

Cascade Co-Ed Invitational
Cascade High School
Cascade, Iowa - 4/29/2021
Results

Girls 100 Meter Dash Varsity

Name	Year	School	Finals	H#	Points
Finals					
1 Kelly Proesch	12	North Cedar	12.76	4	10
2 Neveah Hildebrandt	12	Northeast	12.80	4	8
3 Taylor Menster	12	Cascade	12.82	4	6
4 Madison Tarr	11	Northeast	13.18	4	5
5 Adeline Bowman	12	Maquoketa	13.38	4	4
6 Alyssa McElmeel	12	Calamus-Wheatland	13.44	4	3
7 Nia Howard	10	Springville	13.55	4	2
8 Lily Huber	9	Maquoketa Valley	13.71	3	1
9 Morgan Meyer	10	Bellevue	13.89	4	
10 Grace Bergfeld	11	Cascade	13.92	3	
11 Addison Messerich	9	Easton Valley	14.26	3	
12 Emma Richter	11	Maquoketa Valley	14.47	3	
13 Hillary Frey	10	North Cedar	14.56	2	
14 Malia Sims	10	Maquoketa	14.62	3	
15 Mariah Hacke	9	Midland	14.71	3	
16 Lauren Keil	10	Bellevue	14.80	2	
17 Belle Whitson	9	Central City	14.91	3	
18 Melanie Lutgen	12	Beckman	15.12	2	
19 Lexie Ellison	9	Springville	15.20	3	
20 Natalie Noonan	11	Central City	15.22	2	
21 Makayli Sprague	9	Calamus-Wheatland	15.51	1	
22 Emma Bormann	11	Easton Valley	15.54	2	
23 Kyla Cole	9	Midland	15.56	2	
24 Izzy Lutgen	9	Beckman	15.74	2	
25 Emma Sadoris	10	Edgewood-Colesburg	16.32	1	
26 Jessica Avianeda	12	Edgewood-Colesburg	17.67	1	

Girls 200 Meter Dash Varsity

Name	Year	School	Finals	H#	Points
1 Kelly Proesch	12	North Cedar	26.57	3	10
2 Neveah Hildebrandt	12	Northeast	27.05	3	8
3 Nia Howard	10	Springville	27.64	3	6
4 Madison Tarr	11	Northeast	27.93	3	5
5 Reece Kuhlman	9	Maquoketa	28.00	3	4
6 KaLynn DeShaw	10	Bellevue	28.91	3	3
7 McKenna Thompson	10	Maquoketa Valley	28.98	2	2
8 Aubrey Connelly	10	Calamus-Wheatland	29.11	3	1
9 Claudia Noonan	9	Cascade	29.21	2	
10 Kendall Smith	11	North Cedar	29.46	2	
11 Courtney Knoche	9	Calamus-Wheatland	29.48	2	
12 Grace Bergfeld	11	Cascade	30.00	2	
13 Cami Ellis	10	Central City	30.20	1	
14 Kylie Chesnut	11	Maquoketa Valley	30.66	2	
15 Kelsey Hansel	11	Edgewood-Colesburg	30.88	2	

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Results

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16	Gracie Harrington	9	Midland	31.18	1
17	Emma Fritcher	12	Central City	31.34	1
18	Brooke Bolinger	9	Edgewood-Colesburg	31.35	2
19	Alexis McCombie	9	Bellevue	31.49	1
20	Izzy Lutgen	9	Beckman	32.88	1
21	Laurel Schaul	9	Springville	34.25	1
22	Paula Braun	11	Beckman	34.31	1

Girls 400 Meter Dash Varsity

Name	Year	School	Finals	H#	Points	
1	Nia Howard	10	Springville	1:02.69	3	10
2	Amaya Hunt	11	Maquoketa Valley	1:03.06	3	8
3	Reece Kuhlman	9	Maquoketa	1:03.78	3	6
4	Kendall Smith	11	North Cedar	1:09.46	3	5
5	Jayde Martin	9	Midland	1:10.47	2	4
6	Kylie Chesnut	11	Maquoketa Valley	1:11.53	3	3
7	Kennedy Recker	9	Beckman	1:13.17	2	2
8	Sophia Geistkemper	9	Beckman	1:13.22	3	1
9	Paige Stevenson	9	Northeast	1:13.64	2	
10	Hannah Braet	9	Bellevue	1:14.53	2	
11	Grace Rhomberg	10	Cascade	1:14.55	2	
12	Lexi Hennick	9	Central City	1:14.99	2	
13	Abby Taliaferro	9	Maquoketa	1:17.68	3	
14	Schylar Meyer	10	Edgewood-Colesburg	1:18.74	2	
15	Campbell Kirby	9	Edgewood-Colesburg	1:19.68	1	
16	Miranda Rickels	9	Calamus-Wheatland	1:26.73	1	
17	Makayli Sprague	9	Calamus-Wheatland	1:28.17	1	

Girls 800 Meter Run Varsity

Name	Year	School	Finals	H#	Points	
1	Maria Kruse	9	Beckman	2:39.60	2	10
2	Cenady Soenksen	10	Northeast	2:41.62	2	8
3	Grace Ketelsen	10	Northeast	2:42.96	2	6
4	Gabby Williamson	11	Bellevue	2:46.84	2	5
5	Anna Bartels	9	Midland	2:47.38	2	4
6	Delaney Dunne	10	Bellevue	2:56.24	2	3
7	Emma Tracy	10	Midland	2:58.68	1	2
8	Allison Bean	9	Maquoketa	2:59.63	2	1
9	Coletta Wade	9	Central City	3:05.22	2	
10	Emma Bopp	12	Calamus-Wheatland	3:06.81	1	
11	Sydney Reiter	11	Beckman	3:08.19	1	
12	Addy Kirby	10	Edgewood-Colesburg	3:09.47	1	
13	Faith Gerardy	9	Maquoketa	3:14.19	1	
14	Grace Rowan	10	Maquoketa Valley	3:22.99	1	
15	Jessica Avianeda	12	Edgewood-Colesburg	3:27.13	1	

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Results

Girls 1500 Meter Run Varsity

Name	Year	School	Finals	Points
1 Maria Kruse	9	Beckman	5:20.82	10
2 Faith Ketelsen	10	Northeast	5:44.84	8
3 Grace Hingtgen	9	Bellevue	5:53.09	6
4 Molly Munck	9	Northeast	6:07.89	5
5 Katie Flitsch	11	Central City	6:12.22	4
6 Hannah Braet	9	Bellevue	6:21.63	3
7 Olivia McDermott	9	Maquoketa	6:24.86	2
8 Ali Simmons	9	Maquoketa	6:37.79	1
9 Nora Weighton	9	Central City	6:50.03	
10 Allison Hogan	9	Maquoketa Valley	7:32.28	

Girls 3000 Meter Run Varsity

Name	Year	School	Finals	Points
1 Grace Hingtgen	9	Bellevue	12:49.96	10
2 Delaney Dunne	10	Bellevue	13:00.42	8
3 Olivia McDermott	9	Maquoketa	13:52.28	6
4 Nora Weighton	9	Central City	14:34.09	5
5 Aubrey Bahl	11	Maquoketa	15:05.41	4

Girls 100 Meter Hurdles Varsity

Name	Year	School	Finals	H#	Points
1 Kelly Proesch	12	North Cedar	14.70	3	10
2 Ellie Rickertsen	11	Northeast	15.04	3	8
3 Devin Simon	10	Cascade	16.26	3	6
4 Leah Ries	11	Maquoketa Valley	17.07	3	5
5 Libby Felton	12	Cascade	17.22	3	4
6 Aleah Johnson	11	Easton Valley	17.52	3	3
7 Elizabeth Chambers	11	Northeast	17.58	3	2
8 Savannah Nealman	11	Springville	17.73	2	1
9 Kacy Williams	9	Maquoketa	18.48	2	
10 Jordan Armbruster	9	Maquoketa	18.50	2	
11 Alex Wachendorf	10	North Cedar	19.07	2	
12 Shelby Rollinger	11	Central City	19.19	2	
13 Melanie Lutgen	12	Beckman	19.81	1	
14 Keeya Kunde	12	Easton Valley	19.84	2	
15 Belle Whitson	9	Central City	20.64	1	
16 Laurel Schaul	9	Springville	21.17	1	
17 Teagan Humphrey	9	Bellevue	21.19	1	
18 Livia Hermanson	9	Maquoketa Valley	21.54	2	
19 Emma Sadoris	10	Edgewood-Colesburg	21.70	1	

Cascade Co-Ed Invitational
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Results

Girls 400 Meter Hurdles Varsity

Name	Year	School	Finals	H#	Points
1 Elizabeth Gibbs	11	Cascade	1:07.86	2	10
2 Devin Simon	10	Cascade	1:08.37	2	8
3 Adeline Bowman	12	Maquoketa	1:12.57	2	6
4 Jaden Gatts	10	Midland	1:16.21	2	5
5 Madison Messerich	11	Northeast	1:16.72	2	4
6 Evah Owens	12	Central City	1:18.27	2	3
7 Lexi Hennick	9	Central City	1:24.46	1	2
8 Liz Blakely	11	Springville	1:25.14	1	1
9 Teagan Humphrey	9	Bellevue	1:33.02	1	

Girls 4x100 Meter Relay Varsity

School	Finals	H#	Points
1 Northeast	51.17	2	10
1) Paige Holst 10			
2) Ellie Rickertsen 11			
3) Madison Tarr 11			
4) Neveah Hildebrandt 12			
2 Bellevue	52.56	2	8
1) Kenna Duesing 12			
2) Adessa Leifried 10			
3) Morgan Meyer 10			
4) Kaleisha Deshaw 10			
3 Cascade	53.17	2	6
1) Brianna Koppes 10			
2) Libby Felton 12			
3) Claudia Noonan 9			
4) Taylor Menster 12			
4 Beckman	54.19	2	5
1) Valery Meyer 11			
2) Addie Koelker 11			
3) McKayla Koelker 12			
4) Kiersten Schmitt 11			
5 Maquoketa Valley	54.22	2	4
1) Lily Huber 9			
2) Leah Ries 11			
3) Emma Richter 11			
4) McKenna Thompson 10			
6 Calamus-Wheatland	54.35	2	3
1) Alyssa McElmeel 12			
2) Aubrey Connelly 10			
3) Emily Boeckmann 9			
4) Courtney Knoche 9			
7 Midland	57.68	1	2
1) Gracie Harrington 9			
2) Mariah Hacke 9			
3) Jayde Martin 9			
4) Sophia Raubs 9			
8 Central City	57.76	2	1
1) Belle Whitson 9			
2) Natalie Noonan 11			
3) Cami Ellis 10			
4) Shelby Rollinger 11			
9 Maquoketa	58.35	2	
1) Jordan Armbruster 9			
2) Hope Meyer 10			
3) Malia Sims 10			
4) Erin Otten 9			
10 Springville	59.42	1	
1) Carsyn Clothier 9			
2) Lexie Ellison 9			
3) Ashlynn Zaruba 10			
4) Morgan Nachazel 11			
11 North Cedar	59.97	1	
1) Hillary Frey 10			
2) Baylee Pullen 11			
3) Paige Hart 10			
4) Jenna Syring 12			

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 Results**

....Girls 4x100 Meter Relay Varsity

12	Edgewood-Colesburg	1:04.82	1
	1) Emma Saddoris 10		2) Annie Hoffman 11
	3) Campbell Kirby 9		4) Jessica Avianeda 12

Girls 4x200 Meter Relay Varsity

	School	Finals	H#	Points
1	Bellevue	1:53.42	2	10
	1) Morgan Meyer 10		2) KaLynn DeShaw 10	
	3) Adessa Leifried 10		4) Kaleisha Deshaw 10	
2	Calamus-Wheatland	1:57.55	2	8
	1) Alyssa McElmeel 12		2) Aubrey Connelly 10	
	3) Emily Boeckmann 9		4) Courtney Knoche 9	
3	Cascade	1:57.58	2	6
	1) Brianna Koppes 10		2) Claudia Noonan 9	
	3) Maddie Knapp 12		4) Grace Bergfeld 11	
4	Easton Valley	1:59.16	2	5
	1) Maria Kilburg 9		2) Renee Hartung 11	
	3) Maisy Johnson 12		4) Maddi Klemme 12	
5	Maquoketa Valley	2:00.57	2	4
	1) Emma Richter 11		2) Payton Beaman 12	
	3) Caelyn Sands 11		4) Ella Mensen 10	
6	Northeast	2:01.00	2	3
	1) Paige Holst 10		2) Aubrie Kruse 11	
	3) Kaitlyn Hasen 9		4) Alyssa Fowler 10	
7	Beckman	2:02.91	2	2
	1) Abby Knepper 10		2) Valery Meyer 11	
	3) McKenna Milbert 11		4) Nell McDermott 12	
8	Central City	2:03.57	1	1
	1) Emma Tritle 12		2) Emma Fritcher 12	
	3) Evah Owens 12		4) Sara Reid 11	
9	Midland	2:07.46	1	
	1) Mariah Hacke 9		2) Sophia Raubs 9	
	3) Kyla Cole 9		4) Emma Tracy 10	
10	Springville	2:08.50	2	2:08.491
	1) Hannah March 9		2) Morgan Nachazel 11	
	3) Ashlyne Zaruba 10		4) Carsyn Clothier 9	
11	Edgewood-Colesburg	2:08.50	1	2:08.493
	1) Kelsey Hansel 11		2) Claire Aulwes 9	
	3) Aspen Jones 9		4) Ellie Bockenstedt 10	
12	North Cedar	2:10.98	1	
	1) Paige Hart 10		2) Hillary Frey 10	
	3) Baylee Pullen 11		4) Grace Musser 11	
13	Maquoketa	2:12.09	1	
	1) Elizabeth Sheets 10		2) Kelsey Leopold 10	
	3) Krista Machael 11		4) Erin Otten 9	

Cascade Co-Ed Invitational
Cascade High School
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Results

Girls 4x400 Meter Relay Varsity

School	Finals	H#	Points
1 Cascade	4:21.83	2	10
1) Taylor Menster 12	2) Elizabeth Gibbs 11		
3) Devin Simon 10	4) Maddie Knapp 12		
2 Maquoketa	4:24.74	2	8
1) Kacy Williams 9	2) Alexa Huffman 10		
3) Reece Kuhlman 9	4) Adeline Bowman 12		
3 Bellevue	4:24.79	2	6
1) Gabby Williamson 11	2) Alexa Roeder 11		
3) Adessa Leifried 10	4) Kaleisha Deshaw 10		
4 Maquoketa Valley	4:26.05	2	5
1) Ella Mensen 10	2) Saige Hunt 10		
3) Payton Beaman 12	4) Amaya Hunt 11		
5 Midland	4:28.71	2	4
1) Anna Bartels 9	2) Ella Rupp 12		
3) Jaden Gatts 10	4) Ari Hacke 12		
6 Northeast	4:35.16	2	3
1) Alyssa Fowler 10	2) Cenady Soenksen 10		
3) Elizabeth Chambers 11	4) Grace Ketelsen 10		
7 Springville	5:02.35	1	2
1) Savannah Nealman 11	2) Hannah March 9		
3)	4) Liz Blakely 11		
8 Edgewood-Colesburg	5:04.76	1	1
1) Brooke Bolinger 9	2) Brooke Amling 9		
3) Schyler Meyer 10	4) Ellie Bockenstedt 10		
9 Central City	5:06.27	1	
1) Coletta Wade 9	2) Ali Fritcher 10		
3) Lexi Hennick 9	4) Madison Forsyth 10		

Girls 4x800 Meter Relay Varsity

School	Finals	Points
1 Northeast	11:10.22	10
1) Cenady Soenksen 10	2) Makenzie Petersen 12	
3) Grace Ketelsen 10	4) Faith Ketelsen 10	
2 Maquoketa	12:22.03	8
1) Allison Bean 9	2) Erin Otten 9	
3) Faith Gerardy 9	4) Ali Simmons 9	
3 Edgewood-Colesburg	12:52.37	6
1) Brooke Amling 9	2) Brooke Bolinger 9	
3) Schyler Meyer 10	4) Addy Kirby 10	

Girls 800 Sprint Medley Varsity

School	Finals	H#	Points
1 Northeast	1:54.51	2	10

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 Results**

....Girls 800 Sprint Medley Varsity

1) Paige Holst 10	2) Madison Tarr 11		
3) Neveah Hildebrandt 12	4) Ellie Rickertsen 11		
2 Maquoketa		1:56.68	2 8
1) Kacy Williams 9	2) Hope Meyer 10		
3) Adeline Bowman 12	4) Reece Kuhlman 9		
3 Cascade		1:57.15	2 6
1) Brianna Koppes 10	2) Libby Felton 12		
3) Taylor Menster 12	4) Elizabeth Gibbs 11		
4 Maquoketa Valley		1:59.50	2 5
1) Lily Huber 9	2) Payton Beaman 12		
3) Ella Mensen 10	4) Amaya Hunt 11		
5 Bellevue		2:00.77	2 4
1) Kenna Duesing 12	2) Morgan Meyer 10		
3) Adessa Leifried 10	4) Alexa Roeder 11		
6 Springville		2:01.72	2 3
1) Hannah March 9	2) Morgan Nachazel 11		
3) Savannah Neelman 11	4) Nia Howard 10		
7 Central City		2:07.18	2 2
1) Shelby Rollinger 11	2) Cami Ellis 10		
3) Emma Tritle 12	4) Evah Owens 12		
8 Beckman		2:10.33	1 1
1) McKenna Milbert 11	2) Valery Meyer 11		
3) Sophia Geistkemper 9	4) Kennedy Recker 9		
9 Easton Valley		2:14.14	2
1) Maisy Johnson 12	2) Paige Thines 12		
3) Addison Messerich 9	4) Jaysie Wood 11		
10 Calamus-Wheatland		2:16.24	1
1) Malana Mohr 9	2) Emma Bopp 12		
3) Anne Tulley 12	4) Sarah Tulley 10		
11 North Cedar		2:18.28	1
1) Hillary Frey 10	2) Paige Hart 10		
3) Jilliet Spahr 10	4) Sarah Redhage 10		
12 Edgewood-Colesburg		2:18.43	1
1) Ella Aulwes 11	2) Claire Aulwes 9		
3) Ellie Bockenstedt 10	4) Aspen Jones 9		

Girls Distance Medley Varsity

School	Finals	H#	Points
1 Bellevue	4:42.25	2	10
1) Kaleisha Deshaw 10	2) KaLynn DeShaw 10		
3) Alexa Roeder 11	4) Gabby Williamson 11		
2 Midland	4:42.98	2	8
1) Gracie Harrington 9	2) Ella Rupp 12		
3) Jaden Gatts 10	4) Anna Bartels 9		
3 Easton Valley	4:54.34	2	6
1) Renee Hartung 11	2) Maddi Klemme 12		
3) Maria Kilburg 9	4) Lindsey Reuter 11		

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 Results**

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4	Central City	5:13.14	2	5
	1) Emma Tritle 12		2) Evah Owens 12	
	3) Sara Reid 11		4) Katie Flitsch 11	
5	Northeast	5:19.34	2	4
	1) Ella Trenkamp 9		2) Makenzie Petersen 12	
	3) Sveva Koeppert 11		4) Molly Munck 9	
6	Edgewood-Colesburg	5:23.03	1	3
	1) Kelsey Hansel 11		2) Aspen Jones 9	
	3) Brooke Bolinger 9		4) Brooke Amling 9	
7	Calamus-Wheatland	5:29.39	1	2
	1) Malana Mohr 9		2) Anne Tulley 12	
	3) Sarah Tulley 10		4) Emma Bopp 12	
8	Maquoketa Valley	5:41.68	2	1
	1) Saige Hunt 10		2) Molly Anderegg 11	
	3) Isabel Imler 9		4) Emma Doyl 11	
9	Maquoketa	5:49.22	2	
	1) Erin Otten 9		2) Kelsey Leopold 10	
	3) Allison Bean 9		4) Emma Haan 9	
10	North Cedar	5:53.68	1	
	1) Grace Musser 11		2) Ashlynn Miller 11	
	3) Jilliet Spahr 10		4) Sarah Redhage 10	

Girls 4x100 Meter Shuttle Hurdle Varsity

=====		=====		
School		Finals	H#	Points
=====		=====		
1	Cascade	1:10.46	2	10
	1) Elizabeth Gibbs 11		2) Devin Simon 10	
	3) Libby Felton 12		4) Brianna Koppes 10	
2	Beckman	1:12.09	2	8
	1) Abby Knepper 10		2) Addie Koelker 11	
	3) Nell McDermott 12		4) Kiersten Schmitt 11	
3	Northeast	1:12.37	2	6
	1) Madison Messerich 11		2) Elizabeth Chambers 11	
	3) Aubrie Kruse 11		4) Ellie Rickertsen 11	
4	Maquoketa Valley	1:15.58	2	5
	1) Leah Ries 11		2) Caelyn Sands 11	
	3) McKenna Thompson 10		4) Kendra Hillers 11	
5	Maquoketa	1:19.22	1	4
	1) Kacy Williams 9		2) Jordan Armbruster 9	
	3) Larissa Fultner 10		4) Alexa Huffman 10	
6	North Cedar	1:21.07	1	3
	1) Mayson Lehrman 10		2) Ashlynn Miller 11	
	3) Caitlin Jensen 10		4) Alex Wachendorf 10	
--	Springville		DQ	1
	1) Molly Stamp 10		2) Savannah Nealman 11	
	3) Ashlynn Zaruba 10		4) Carsyn Clothier 9	

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Results

Girls High Jump Varsity

Name	Year	School	Finals	Points
1 Elizabeth Chambers	11	Northeast	J5-02.00	10
2 Jaden Gatts	10	Midland	J5-02.00	8
3 Kiersten Schmitt	11	Beckman	J5-02.00	6
4 Maddi Klemme	12	Easton Valley	J4-10.00	5
5 Emma Fritcher	12	Central City	J4-08.00	3.50
5 Alyssa Fowler	10	Northeast	J4-08.00	3.50
7 Kelsey Hansel	11	Edgewood-Colesburg	J4-08.00	2
8 Corrine Rea	10	Cascade	J4-08.00	1
9 Alexa Huffman	10	Maquoketa	J4-06.00	
10 Lily Clark	10	Springville	J4-06.00	
11 Emily Boeckmann	9	Calamus-Wheatland	J4-06.00	
12 Malana Mohr	9	Calamus-Wheatland	4-04.00	
-- Izzy Lutgen	9	Beckman	NH	

Girls Long Jump Varsity

Name	Year	School	Finals	Points
1 Nell McDermott	12	Beckman	14-05.75	10
2 Malia Sims	10	Maquoketa	14-05.50	8
3 Mayson Lehrman	10	North Cedar	14-04.50	6
4 Renee Hartung	11	Easton Valley	J14-04.00	5
5 Paige Holst	10	Northeast	J14-04.00	4
6 Ella Aulwes	11	Edgewood-Colesburg	14-03.50	3
7 Sophia Geistkemper	9	Beckman	14-01.50	2
8 Emma Richter	11	Maquoketa Valley	13-10.50	1
9 Natalie Noonan	11	Central City	13-06.75	
10 Sveva Koeppert	11	Northeast	12-08.25	
11 Makayli Sprague	9	Calamus-Wheatland	12-05.75	
12 Carsyn Clothier	9	Springville	12-05.00	
13 Miranda Rickels	9	Calamus-Wheatland	10-07.25	
-- Hope Meyer	10	Maquoketa	ND	

Girls Shot Put Varsity

Name	Year	School	Finals	H#	Points
1 Erin Knipper	10	Maquoketa Valley	35-04.50	2	10
2 Shayla Oster	12	Bellevue	34-06.50	2	8
3 Annie Hoffman	11	Edgewood-Colesburg	33-04.75	2	6
4 Jenna Syring	12	North Cedar	32-07.25	2	5
5 Grace Helle	10	Beckman	31-03.00	2	4
6 Hannah March	9	Springville	31-01.75	2	3
7 Raven Knoche	10	Calamus-Wheatland	30-00.75	2	2
8 Grace Rhomberg	10	Cascade	29-05.50	2	1
9 Liz Sander	10	North Cedar	29-05.00	1	
10 Taylor Jacobsen	12	Calamus-Wheatland	28-08.75	1	

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 Results**

....Girls Shot Put Varsity

11	Abbi Moraetes	12	Northeast	28-08.00	2
12	Sophia Wilson	11	Edgewood-Colesburg	28-05.50	2
13	Alivia Hoyt	9	Springville	28-04.50	1
14	Rejusha Kuan	11	Maquoketa	28-03.00	2
15	Paige Wiese	10	Maquoketa	28-02.50	2
16	Alyssa Manders	11	Bellevue	27-10.50	1
17	Lacey Hennick	12	Central City	26-07.00	1
18	Charly Holdgrafer	10	Easton Valley	26-05.50	2
19	Meghan Klemme	10	Easton Valley	26-05.00	1
20	Ellie Lentz	12	Central City	26-01.50	1
21	Ally Kane	9	Northeast	24-00.75	1
22	Anni Trenkamp	12	Maquoketa Valley	24-00.50	1
23	Breanna Lamey	9	Cascade	22-07.00	1

Girls Discus Throw Varsity

Name	Year	School	Finals	H#	Points	
1	Shayla Oster	12	Bellevue	120-07	2	10
2	Paige Winter	11	Maquoketa Valley	99-04	2	8
3	Sara Reid	11	Central City	97-06	2	6
4	Grace Rhomberg	10	Cascade	91-05	2	5
5	Maddyx Kemp	9	Maquoketa Valley	90-00	2	4
6	Sam Petersen	11	Easton Valley	85-10	2	3
7	Carly Meier	12	North Cedar	84-10	2	2
8	Molly Stamp	10	Springville	82-11	2	1
9	Brianna Harwick	10	Maquoketa	81-10	2	
10	Rejusha Kuan	11	Maquoketa	81-05	1	
11	Ava Cavey	9	Calamus-Wheatland	79-02	1	
12	Sophia Wilson	11	Edgewood-Colesburg	78-08	2	
13	Sydney Boeckmann	12	Calamus-Wheatland	78-01	2	
14	Lily Clark	10	Springville	77-07	1	
15	Breanna Lamey	9	Cascade	77-05	1	
16	Ari Hacke	12	Midland	75-05	2	
17	Abbi Moraetes	12	Northeast	75-00	1	
18	Rissa Yaddof	11	Easton Valley	72-10	1	
19	Liz Sander	10	North Cedar	71-05	1	
20	Grace Helle	10	Beckman	69-05	1	
21	Olivia Welsh	12	Edgewood-Colesburg	67-07	1	
22	Ali Fritcher	10	Central City	67-02	1	
23	Alyssa Manders	11	Bellevue	63-02	1	

Women - Varsity - Team Rankings - 19 Events Scored

1)	Northeast	130.50	2)	Bellevue	94
3)	Cascade	79	4)	Maquoketa	70
5)	Maquoketa Valley	66	6)	Beckman	61
7)	North Cedar	51	8)	Midland	37
9)	Central City	32.50	10)	Springville	29

**Cascade Co-Ed Invitational
Cascade High School
Cascade, Iowa - 4/29/2021
Results**

....Girls Discus Throw Varsity

11) Easton Valley	27	12) Edgewood-Colesburg	21
13) Calamus-Wheatland	19		

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 Men - Varsity - Team Rankings - 19 Events Scored
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1) Northeast	136	2) Cascade	113
3) Edgewood-Colesburg	110	4) Beckman	70
5) Calamus-Wheatland	63	6) Maquoketa Valley	59
7) West Branch	57.50	8) North Cedar	53
9) Springville	38	10) Midland	20.50
11) Central City	8		