

Cascade Co-Ed Invitational
Cascade High School
Cascade, Iowa - 4/28/2022
Results

Boys 100 Meter Dash Varsity

Name	Year	School	Finals	H#	Points
Finals					
1 Jack Menster	11	Cascade	11.61	3	10
2 Talib Bird	11	Northeast	11.77	3	8
3 Jimmy Weispfenning	11	Northeast	11.80	3	6
4 Collin Cavey	12	Calamus-Wheatland	11.92	3	5
5 Ian Miller	11	Edgewood-Colesburg	11.95	3	4
6 Carver Boelk	11	West Branch	12.18	3	3
7 Arwin Betzer	11	Central City	12.19	3	2
8 Daniel Hansen	12	North Cedar	12.22	3	1
9 Brayden Grau	11	Midland	12.31	2	
10 Cassius McGrane	12	Beckman	12.54	2	
11 Domarius Strickland	12	Maquoketa Valley	12.58	2	
12 Seth Bixler	10	Midland	12.62	2	
13 Chase Kirby	11	Edgewood-Colesburg	12.63	2	
14 Nolan Gates	9	Central City	12.68	2	
15 Logen Clemen	9	Maquoketa Valley	13.43	1	
16 Brady Salter	9	Beckman	13.84	2	
17 Connor Williams	9	Springville	13.85	1	
18 Mason Wells	9	Calamus-Wheatland	14.42	1	
19 Lu Guetzko	10	West Branch	14.90	1	
20 Nate Milum	9	Cascade	15.37	1	
21 Bayne Anderson	9	Springville	15.39	2	

Boys 200 Meter Dash Varsity

Name	Year	School	Finals	H#	Points
1 Jack Menster	11	Cascade	23.62	3	10
2 Mason Ashline	12	Edgewood-Colesburg	23.87	2	8
3 Collin Cavey	12	Calamus-Wheatland	23.96	3	6
4 Michael Schaul	12	Maquoketa Valley	24.11	3	5
5 Cade Hughes	12	Northeast	24.47	3	4
6 Caleb Gruhn	12	Northeast	24.50	3	3
7 Arwin Betzer	11	Central City	24.69	3	2
8 Erik Koopmann	12	Beckman	25.17	2	1
9 Ty McMellen	10	North Cedar	25.28	3	
10 Connor Rios	9	West Branch	25.82	2	
11 Carter Klaren	11	Maquoketa Valley	26.04	2	
12 Matt Klosterman	9	Central City	26.44	2	
13 Sam Schilling	12	Edgewood-Colesburg	27.08	1	
14 Gavin Reiter	9	Cascade	27.39	1	
15 Justin Block	11	Midland	27.71	2	
16 Brady Salter	9	Beckman	28.03	1	
17 Connor Williams	9	Springville	28.57	1	
18 Brayden Svedja	9	Calamus-Wheatland	28.68	1	
19 Andrew King	11	Midland	31.88	2	
20 Zach Tjaden	11	Springville	32.18	1	

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Boys 400 Meter Dash Varsity

Name	Year	School	Finals	H#	Points
1 Cy Huber	12	Maquoketa Valley	51.44	3	10
2 Michael Schaul	12	Maquoketa Valley	52.57	3	8
3 Carter Jargo	11	Northeast	53.46	3	6
4 Collin Cavey	12	Calamus-Wheatland	57.26	3	5 57.253
5 Nathan Carter	12	Edgewood-Colesburg	57.26	3	4 57.259
6 Auden Recker	12	Beckman	57.66	3	3
7 Konnor Putz	12	Edgewood-Colesburg	59.40	2	2
8 Bob Bechthold	12	Central City	1:00.37	3	1
9 Asa Cox	9	Northeast	1:00.64	2	
10 Gavin Reiter	9	Cascade	1:01.40	2	
11 Aiden Klostermann	10	Central City	1:02.10	2	
12 Brady Salter	9	Beckman	1:03.01	2	
13 Kaiser Sands	9	Calamus-Wheatland	1:08.64	1	
14 Paul Stoffer	10	North Cedar	1:10.43	1	
15 Nate Milum	9	Cascade	1:12.69	1	

Boys 800 Meter Run Varsity

Name	Year	School	Finals	Points
1 Jackson Riedesel	10	Calamus-Wheatland	2:12.75	10
2 Landin Carter	12	Edgewood-Colesburg	2:13.53	8
3 Andrew Kaalberg	9	Cascade	2:16.85	6
4 Matt Schaul	9	Maquoketa Valley	2:17.68	5
5 Ben Gehl	11	Cascade	2:23.11	4
6 Parker Messerich	9	Northeast	2:25.26	3
7 Chase Christiansen	9	Northeast	2:25.77	2
8 Pedar Rohling	10	Calamus-Wheatland	2:25.84	1
9 Jack Stamp	9	Springville	2:27.56	
10 Jaydon Wiggins	10	North Cedar	2:28.14	
11 Andrew Salrin	10	Beckman	2:41.37	
12 Lu Guetzko	10	West Branch	2:58.62	

Boys 1600 Meter Run Varsity

Name	Year	School	Finals	Points
1 Adam Knepper	11	Cascade	5:00.45	10
2 Logan Riedesel	9	Calamus-Wheatland	5:04.21	8
3 George Livingston	10	Maquoketa Valley	5:04.55	6
4 Lane Cook	9	Cascade	5:04.98	5
5 Korey Putz	12	Edgewood-Colesburg	5:11.68	4
6 Trenton Rickels	12	Midland	5:13.37	3
7 Jake Swisher	10	West Branch	5:17.91	2
8 Jaydon Wiggins	10	North Cedar	5:22.93	1
9 Daniel Rowland	11	Northeast	5:25.42	
10 Jackson Riedesel	10	Calamus-Wheatland	5:30.85	

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....Boys 1600 Meter Run Varsity

11 Ethan Johnson 10 Northeast 5:40.88

Boys 3200 Meter Run Varsity

Name	Year	School	Finals	Points
1 Daniel Rowland	11	Northeast	11:14.10	10
2 Jack Stamp	9	Springville	11:31.30	8
3 Ben Gehl	11	Cascade	11:51.40	6
4 Trenten Topping	9	Cascade	12:19.80	5
5 Zander Carter	12	Edgewood-Colesburg	12:24.30	4
6 Michael Van Meter	12	Maquoketa Valley	13:04.60	3
7 Andrew Salrin	10	Beckman	13:14.70	2

Boys 110 Meter Hurdles Varsity

Name	Year	School	Finals	H#	Points
1 Corbin Knutsen	10	Northeast	17.55	2	10
2 Cole Johnson	11	Northeast	17.72	2	8
3 Arion Rave	9	Maquoketa Valley	18.86	1	6
4 Brody Gravel	10	Cascade	18.87	2	5
5 Johny Amina	10	North Cedar	19.47	2	4
6 Reece Drew	10	Cascade	19.87	1	3
7 Tate Intorf	9	Maquoketa Valley	21.03	1	2

Boys 400 Meter Hurdles Varsity

Name	Year	School	Finals	H#	Points
1 Luke Menster	12	Springville	59.14	2	10
2 Quinn Casey	9	Cascade	59.45	2	8
3 TJ Cook	9	Maquoketa Valley	1:00.57	2	6
4 Corbin Knutsen	10	Northeast	1:00.67	2	5
5 Kinnick Boelk	11	West Branch	1:02.08	2	4
6 Arion Rave	9	Maquoketa Valley	1:03.18	1	3
7 Keagan Lamey	12	Cascade	1:07.37	2	2
8 Auron Marsh	10	West Branch	1:08.07	2	1
9 Alex Everson	11	Northeast	1:09.16	2	

Boys 4x100 Meter Relay Varsity

School	Finals	H#	Points
1 Northeast 1) Talib Bird 11 2) Ty Hudson 12 3) Grant Gray 9 4) Cade Hughes 12	45.19	2	10
2 Edgewood-Colesburg 1) Dawson Bergan 11 2) Colin Harris 11	45.80	2	8

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....Boys 4x100 Meter Relay Varsity

3) Ike Jones 12	4) Ian Miller 11			
3 Cascade		46.02	2	6
1) Luka Rickels 11	2) Jack Menster 11			
3) Will Hosch 10	4) Trever Finzel 11			
4 West Branch		46.08	2	5
1) Kinnick Boelk 11	2) Carver Boelk 11			
3) Zach Walker 11	4) Evan Striegel 11			
5 Beckman		46.97	2	4
1) Ryan Schlarmann 12	2) Auden Recker 12			
3) Cassius McGrane 12	4) Joe Hermsen 12			
6 Maquoketa Valley		47.28	2	3
1) Preston Roling 12	2) Lance McShane 10			
3) TJ Cook 9	4) Domarius Strickland 12			
7 Central City		48.60	1	2
1) Matt Klosterman 9	2) Nolan Gates 9			
3) Aiden Klostermann 10	4) Arwin Betzer 11			
8 North Cedar		50.88	1	1
1) Ty McMellen 10	2) Nate Wood 10			
3) Alek Bishop 9	4) Daniel Hansen 12			
9 Midland		52.00	1	
1) Anthony Schutters 9	2) Kael Cress 9			
3) Justin Block 11	4) Seth Bixler 10			

Boys 4x200 Meter Relay Varsity

School	Finals	H#	Points
1 Edgewood-Colesburg	1:34.11	2	10
1) Mason Ashline 12	2) Colin Harris 11		
3) Ike Jones 12	4) Ian Miller 11		
2 Northeast	1:34.61	2	8
1) Talib Bird 11	2) Ty Hudson 12		
3) Grant Gray 9	4) Caleb Gruhn 12		
3 Cascade	1:37.08	2	6
1) Luka Rickels 11	2) Isaac Nava 12		
3) Will Hosch 10	4) Trever Finzel 11		
4 West Branch	1:37.49	2	5
1) Kinnick Boelk 11	2) Zach Walker 11		
3) Evan Striegel 11	4) Carver Boelk 11		
5 Beckman	1:39.61	1	4
1) Ryan Schlarmann 12	2) Joe Hermsen 12		
3) Cassius McGrane 12	4) Erik Koopmann 12		
6 Maquoketa Valley	1:39.86	2	3
1) Preston Roling 12	2) Carter Klaren 11		
3) Nolan Ries 12	4) Domarius Strickland 12		
7 Springville	1:40.04	2	2
1) Logan Mason 11	2) Noah Brady 11		
3) Luke Menster 12	4) Dylan DeMean 12		
8 Midland	1:43.58	1	1

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....Boys 4x200 Meter Relay Varsity

1) Caden Ballou 11	2) Seth Bixler 10
3) Jayson Ruley 9	4) Justin Block 11
9 Central City	1:51.24 1
1) Christopher Greif 10	2) Trydon Bowen 11
3) Jayden Hansen 10	4) Marcus Pruismann 12

Boys 4x400 Meter Relay Varsity

School	Finals	H#	Points
1 Maquoketa Valley	3:34.18	2	10
1) Cy Huber 12	2) Nolan Ries 12		
3) Lance McShane 10	4) Michael Schaul 12		
2 Cascade	3:34.82	2	8
1) Will Hosch 10	2) Isaac Nava 12		
3) Davis Trumm 12	4) Luka Rickels 11		
3 Northeast	3:36.91	2	6
1) Carter Jargo 11	2) Cade Hughes 12		
3) Corbin Knutsen 10	4) Caleb Gruhn 12		
4 Edgewood-Colesburg	3:49.93	2	5
1) Nathan Carter 12	2) Konnor Putz 12		
3) Mason Ashline 12	4) Dawson Bergan 11		
5 Beckman	4:00.55	2	4
1) Ryan Schlarmann 12	2) Auden Recker 12		
3) Erik Koopmann 12	4) Joe Hermsen 12		
-- Springville	DNF	2	
1) Dylan DeMean 12	2) Noah Brady 11		
3) Logan Mason 11	4) Connor Williams 9		

Boys 4x800 Meter Relay Varsity

School	Finals	Points
1 Maquoketa Valley	8:36.61	10
1) Cy Huber 12	2) Matt Schaul 9	
3) Nolan Ries 12	4) Michael Schaul 12	
2 Cascade	8:48.26	8
1) Davis Trumm 12	2) Adam Knepper 11	
3) Isaac Nava 12	4) Andrew Kaalberg 9	
3 Edgewood-Colesburg	8:57.39	6
1) Landin Carter 12	2) Nathan Carter 12	
3) Konnor Putz 12	4) Korey Putz 12	
4 Calamus-Wheatland	9:13.73	5
1) Logan Riedesel 9	2) Pedar Rohling 10	
3) Jacob Weih 11	4) Jackson Riedesel 10	
5 Northeast	9:40.64	4
1) Parker Messerich 9	2) Michael Frame 9	
3) Chase Cristiansen 9	4) Daniel Rowland 11	
6 Central City	10:14.17	3

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....Boys 4x800 Meter Relay Varsity

1) Brandon Hennick 9	2) Bob Bechthold 12		
3) Tristan Dieteker 12	4) Brayden Rickles 11		
7 North Cedar		11:33.96	2
1) Tyler Driver 9	2) Alek Bishop 9		
3) Soren Turner 9	4) Brayden Balichek 9		

Boys 800 Sprint Medley Varsity

School	Finals	H#	Points
1 Northeast	1:40.41	2	10
1) Grant Gray 9	2) Ty Hudson 12		
3) Cade Hughes 12	4) Carter Jargo 11		
2 Maquoketa Valley	1:43.71	2	8
1) Preston Roling 12	2) Carter Klaren 11		
3) Domarius Strickland 12	4) Lance McShane 10		
3 Midland	1:45.85	2	6
1) Seth Bixler 10	2) Brayden Grau 11		
3) Cayden Miller 12	4) Caden Ballou 11		
4 Central City	1:48.29	2	5
1) Matt Klosterman 9	2) Nolan Gates 9		
3) Aiden Klostermann 10	4) Arwin Betzer 11		
5 Springville	1:48.45	2	4
1) Logan Mason 11	2) Noah Brady 11		
3) Luke Menster 12	4) Dylan DeMean 12		
6 West Branch	1:51.53	2	3
1) Wyatt Fiderlein 11	2) Cale Seydel 10		
3) Zach Walker 11	4) Auron Marsh 10		
7 Cascade	1:55.36	1	2
1) JC Sesbrano 9	2) Riley Koppes 10		
3) Wesley Knepper 9	4) Nathan Manternach 10		
8 Calamus-Wheatland	2:06.05	1	1
1) John Riedesel 9	2) Henry Bopp 10		
3) Mason Wells 9	4) Kaiser Sands 9		
9 North Cedar	2:12.19	1	
1) Nate Wood 10	2) Alek Bishop 9		
3) Soren Turner 9	4) Paul Stoffer 10		
-- Edgewood-Colesburg	DNF	2	
1) Ike Jones 12	2) Ian Miller 11		
3) Colin Harris 11	4) Mason Ashline 12		

Boys Distance Medley Varsity

School	Finals	H#	Points
1 Cascade	3:55.69	2	10
1) Luka Rickels 11	2) Trever Finzel 11		
3) Davis Trumm 12	4) Adam Knepper 11		
2 Maquoketa Valley	4:01.88	2	8



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....Boys Distance Medley Varsity

1) Tate Intorf 9	2) Arion Rave 9		
3) TJ Cook 9	4) George Livingston 10		
3 Midland		4:10.52	1 6
1) Caden Ballou 11	2) Kael Cress 9		
3) Andrew King 11	4) Trenton Rickels 12		
4 Northeast		4:12.71	2 5
1) Sawyer Schmidt 10	2) William Schemers 11		
3) Kirk Camp 10	4) Daniel Rowland 11		
5 West Branch		4:18.28	2 4
1) Wyatt Fiderlein 11	2) Cale Seydel 10		
3) Connor Rios 9	4) Jake Swisher 10		
6 Calamus-Wheatland		4:24.62	2 3
1) Pedar Rohling 10	2) Brayden Svedja 9		
3) Logan Riedesel 9	4) Jacob Weih 11		
7 Central City		4:53.06	1 2
1) Christopher Greif 10	2) Marcus Pruismann 12		
3) Trydon Bowen 11	4) Jack Stecker 9		

Boys 4x110 Meter Shuttle Hurdle Varsity

School		Finals	Points
1 Maquoketa Valley		1:08.49	10
1) Carter Klaren 11	2) Arion Rave 9		
3) TJ Cook 9	4) Lance McShane 10		
2 Northeast		1:08.91	8
1) Corbin Knutsen 10	2) Cole Johnson 11		
3) Daniel Rowland 11	4) Alex Everson 11		
3 Cascade		1:11.02	6
1) Quinn Casey 9	2) Keagan Lamey 12		
3) Brody Gravel 10	4) Reece Drew 10		

Boys High Jump Varsity

Name	Year School	Finals	Points
1 Johnny Amina	10 North Cedar	6-02.00	10
2 Ty Hudson	12 Northeast	5-08.00	8
3 Quinn Casey	9 Cascade	5-06.00	6
-- Kael Cress	9 Midland	NH	

Boys Long Jump Varsity

Name	Year School	Finals	Points
1 Dylan DeMean	12 Springville	20-03.00	10
2 Daniel Hansen	12 North Cedar	18-04.50	8
3 Aiden Klostermann	10 Central City	18-04.00	6
4 Quinn Casey	9 Cascade	18-03.75	5

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....Boys Long Jump Varsity

5 Ty McMellen	10 North Cedar	17-06.75	4
6 Matt Klosterman	9 Central City	16-10.00	3
7 Kael Cress	9 Midland	16-08.75	2
8 Jayson Ruley	9 Midland	16-06.00	1
9 Sam Schilling	12 Edgewood-Colesburg	15-04.75	
10 Garrett Lamp	11 Northeast	15-03.00	
11 Asa Cox	9 Northeast	14-08.25	
12 Connor Williams	9 Springville	14-03.00	

Boys Shot Put Varsity

Name	Year	School	Finals	H#	Points
1 Brock Trenkamp		Maquoketa Valley	46-04.50	2	10
2 Ben Fransen	12	Cascade	44-07.25	2	8
3 Devin Smith		Maquoketa Valley	43-09.00	1	6
4 Logan Foster Paulsen	11	West Branch	42-11.00	2	5
5 Clayton Meyermann	10	Northeast	42-10.50	2	4
6 Reese Trepanier	10	West Branch	42-08.50	2	3
7 Kiernan Hansel	12	Edgewood-Colesburg	41-04.00	2	2
8 Kaleb Westphal	12	Midland	38-04.25	1	1
9 Daiton Price	10	Central City	38-00.75	2	
10 Lucas Boge	11	Beckman	36-10.75	1	
11 Brody Beecher	9	Cascade	34-10.50	1	
12 Nathan Lorenzen	12	Northeast	34-10.00	2	
13 Ben Shoaff	11	Midland	33-11.75	1	
14 Joe Kielkucki	10	Beckman	32-02.25	1	
15 Will Wiskus	9	Edgewood-Colesburg	32-02.00	1	
16 Bayne Anderson	9	Springville	30-00.50	1	
17 Tristan Malanaphy	11	Springville	29-08.50	1	
18 Chase DeHoet	9	Calamus-Wheatland	28-02.00	1	

Boys Discus Throw Varsity

Name	Year	School	Finals	H#	Points
1 Brock Trenkamp		Maquoketa Valley	146-03	2	10
2 Wyatt Schulte	12	Beckman	138-05	2	8
3 Reese Trepanier	10	West Branch	129-05	2	6
4 Ben Fransen	12	Cascade	124-05	2	5
5 Matt Sauer	10	Midland	117-10	2	4
6 Drake Berry	12	West Branch	116-02	2	3
7 Morgan Schulte	10	Beckman	113-04	2	2
8 Troy Curtis	12	Central City	111-01	1	1
9 Devin Smith		Maquoketa Valley	107-07	1	
10 Ty Jensen	10	Midland	105-10	2	
11 Clayton Meyermann	10	Northeast	101-08	2	
12 Colton Nowadsky	11	Central City	98-05	1	
13 Grant Gray	9	Northeast	85-03	1	

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....Boys Discus Throw Varsity

14 Grady Mather	10 Edgewood-Colesburg	82-04	1
15 Gil Noonan	9 Cascade	80-04	1
16 Bayne Anderson	9 Springville	77-10	1
17 Chase DeHoet	9 Calamus-Wheatland	76-10	1
18 Tristan Malanaphy	11 Springville	65-08	1
19 Conner Kirby	10 Edgewood-Colesburg	59-00	1

Boys 4x100 Meter Relay JV

School	Finals
1 Northeast	48.62
1) Sawyer Schmidt 10	2) Clayton Meyermann 10
3) Curtis Eberhart 11	4) William Schemers 11
2 Edgewood-Colesburg	50.92
1) Sam Schilling 12	2) Pryce Rochford 9
3) Bennett Steger 10	4) Chase Kirby 11
3 Cascade	50.95
1) Brody Beecher 9	2) Brody Gravel 10
3) Keagan Lamey 12	4) Wesley Knepper 9
4 Midland	51.91
1) Carl Thomsen 10	2) Ethan Miller 9
3) Garrett Moore 9	4) Wyatt Hansen 9
5 Maquoketa Valley	52.20
1) Logen Clemen 9	2) Lane Domeyer 12
3) Brayden Bjorkgren 9	4) Tate Intorf 9
6 Calamus-Wheatland	54.59
1) John Riedesel 9	2) Mason Wells 9
3) Brayden Svedja 9	4) Kaiser Sands 9

Boys 4x200 Meter Relay JV

School	Finals
1 Northeast	1:43.30
1) Sawyer Schmidt 10	2) Clayton Meyermann 10
3) Curtis Eberhart 11	4) William Schemers 11
2 Midland	1:49.55
1) Anthony Schutters 9	2) Ethan Miller 9
3) Garrett Moore 9	4) Wyatt Hansen 9
3 North Cedar	1:50.84
1) Nate Wood 10	2) Brayden Balichek 9
3) Soren Turner 9	4) Tyler Driver 9
4 Cascade	1:51.53
1) Brad Denemark 12	2) Riley Koppes 10
3) Wesley Knepper 9	4) JC Sesbrano 9
5 Maquoketa Valley	1:52.29
1) Logen Clemen 9	2) Lane Domeyer 12
3) Brayden Bjorkgren 9	4) Michael Van Meter 12

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6 Calamus-Wheatland	1:57.73
1) John Riedesel 9	2) Henry Bopp 10
3) Mason Wells 9	4) Brayden Svedja 9

Boys 4x800 Meter Relay JV

School	Finals
1 Cascade	9:27.22
1) Max Nadeau 11	2) Payton Feldmann 10
3) Lane Cook 9	4) Nathan Manternach 10

Boys 4x100 Meter Relay Weightpersons

School	Finals
1 West Branch	53.84
1) Reese Trepanier 10	2) Logan Foster Paulsen 11
3) Brandon Pickett 9	4) Drake Berry 12
2 Edgewood-Colesburg	54.37
1) Grady Mather 10	2) Conner Kirby 10
3) Kiernan Hansel 12	4) Hunter Phelps 12
3 Central City	55.68
1) Colton Nowadsky 11	2) Troy Curtis 12
3) Jayden Hansen 10	4) Daiton Price 10
4 Beckman	58.90
1) Morgan Schulte 10	2) Wyatt Schulte 12
3) Joe Kielkucki 10	4) Lucas Boge 11
-- Northeast	FS
1) Caden Melchiori 10	2) Gavin Schneider 11
3) Calvin Fowler 9	4) Nathan Lorenzen 12

Women - Varsity - Team Rankings - 19 Events Scored

1) Maquoketa	154	2) Maquoketa Valley	111
3) Cascade	99	4) Midland	78
5) Beckman	59	6) North Cedar	56
7) Springville	45	8) Edgewood-Colesburg	40.50
9) Calamus-Wheatland	33.50	10) Central City	31

Men - Varsity - Team Rankings - 19 Events Scored

1) Cascade	144	2) Maquoketa Valley	132
3) Northeast	128	4) Edgewood-Colesburg	65
5) Calamus-Wheatland	44	5) West Branch	44
7) Springville	34	8) North Cedar	31
9) Beckman	28	10) Central City	27
11) Midland	24		