

Cascade Co-Ed Invitational
Cascade High School
Cascade, Iowa - 4/27/2023
Results

Girls 100 Meter Dash Varsity

Name	Year	School	Finals	H#	Points
Finals					
1 Alyssa Eckhardt	10	Midland	13.45	3	10
2 Maria Kilburg	11	Easton Valley	13.61	3	8
3 Rylee Atkinson	9	Edgewood-Colesburg	13.63	3	6
4 Alivia Smith	12	Midland	13.80	3	5
5 Madison Demean	10	Springville	14.21	3	4
6 Katie Christiansen	10	Maquoketa	14.22	3	3
7 Aviera Marburger	9	Easton Valley	14.46	3	2
8 Lilly Sutton	10	Cascade	14.50	2	1
9 Kaylee Teymer	9	Springville	14.62	3	
10 Ellie Green	11	Cascade	14.74	2	
11 Zari Ambundo	11	Maquoketa Valley	15.10	2	
12 Taylor Coulter	9	Calamus-Wheatland	15.28	2	
13 Izzy Lutgen	11	Beckman Catholic	15.44	2	
14 Brooklin Kurt	10	Bellevue	15.58	1	
15 Gianna Westhoff	10	Beckman Catholic	15.60	2	
16 Elizabeth Kraft	9	Maquoketa Valley	15.74	2	
17 Jordan Hennings	10	Bellevue	16.27	1	
18 Delanie Tenley	9	North Cedar	16.38	1	
19 Mia Powers	10	Maquoketa	16.52	2	
20 Lena Hines	9	Calamus-Wheatland	17.88	1	
21 Kiah Wendt	11	North Cedar	17.92	1	
22 Abby Fleming	10	Central City	18.99	1	
23 Allissa Fleming	10	Central City	19.20	1	

Girls 200 Meter Dash Varsity

Name	Year	School	Finals	H#	Points
1 Rylee Atkinson	9	Edgewood-Colesburg	27.35	3	10
2 Anna Bartels	11	Midland	28.23	3	8
3 Gracie Franzen	12	Midland	28.36	3	6
4 Katie Christiansen	10	Maquoketa	28.74	3	5
5 Rowan Jacobi	9	Springville	29.06	3	4
6 Addison Frake	9	Cascade	29.21	3	3
7 Izzy Heffernan	10	Maquoketa Valley	29.27	3	2
8 Emyerson Green	10	Cascade	29.30	2	1
9 Cydney Tath	9	Bellevue	30.39	2	
10 Schyler Meyer	12	Edgewood-Colesburg	30.40	2	
11 Cailyn Husemann	9	North Cedar	30.42	2	
12 Saige Hunt	12	Maquoketa Valley	30.55	2	
13 Larissa Fultner	12	Maquoketa	31.77	2	
14 Caitlyn Klein	10	Bellevue	32.07	2	
15 Gianna Westhoff	10	Beckman Catholic	32.18	1	
16 Izzy Lutgen	11	Beckman Catholic	33.05	1	
17 Hayden Hoefler	11	North Cedar	34.32	1	
18 Lena Hines	9	Calamus-Wheatland	39.02	1	

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Results

....Girls 200 Meter Dash Varsity

19 Abby Fleming	10 Central City	39.76	1
20 Allissa Fleming	10 Central City	40.59	1

Girls 400 Meter Dash Varsity

Name	Year	School	Finals	H#	Points
1 Anna Bartels	11	Midland	1:01.58	2	10
2 Rylee Wing	10	Maquoketa	1:06.02	2	8
3 Gabbie Franzen	9	Midland	1:08.07	2	6
4 Ella Nauman	10	Cascade	1:08.69	2	5
5 Saige Hunt	12	Maquoketa Valley	1:09.60	2	4
6 Lilly Supple	9	Cascade	1:09.93	2	3
7 Holly Manders	10	Maquoketa	1:11.54	1	2
8 Abby Bierman	12	Easton Valley	1:12.16	2	1
9 Taylor Coulter	9	Calamus-Wheatland	1:12.53	2	
10 Cailyn Husemann	9	North Cedar	1:16.19	1	
11 Addison Shields	11	North Cedar	1:17.85	1	
12 Brooklin Kurt	10	Bellevue	1:19.59	1	
13 Melanie Stoecker	10	Central City	1:23.20	1	
14 Jordan Hennings	10	Bellevue	1:26.28	1	

Girls 800 Meter Run Varsity

Name	Year	School	Finals	Points
1 Taryn Burbridge	9	Maquoketa Valley	2:28.67	10
2 Ellie Kirby	10	Edgewood-Colesburg	2:36.20	8
3 Grace Hingtgen	11	Bellevue	2:37.70	6
4 Ella Nauman	10	Cascade	2:44.72	5
5 Anna Conlin	12	Cascade	2:46.17	4
6 Madelyn Reiter	10	Beckman Catholic	2:46.36	3
7 Catherine Dunne	10	Bellevue	2:46.44	2
8 Allison Bean	11	Maquoketa	2:48.17	1
9 Kennedy Recker	11	Beckman Catholic	2:49.82	
10 Haleigh Payne	10	Midland	2:56.63	
11 Allesha Westphal	9	Midland	2:58.39	
12 Nina Gonzalez	12	North Cedar	3:06.60	
13 Brittney Hovey	12	Maquoketa	3:19.24	
14 Melanie Stoecker	10	Central City	3:47.36	

Girls 1500 Meter Run Varsity

Name	Year	School	Finals	Points
1 Hallie Kelchen	9	Cascade	5:11.93	10
2 Julia Mertz	11	Beckman Catholic	5:15.91	8
3 Hunter Jones	12	North Cedar	5:22.59	6
4 Izzy Hardin	9	Maquoketa	5:24.27	5

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Results

....Girls 1500 Meter Run Varsity

5 Ellie Kirby	10 Edgewood-Colesburg	5:35.13	4
6 Maria Dudzik	11 Beckman Catholic	5:42.76	3
7 Isabel Imler	11 Maquoketa Valley	5:43.60	2
8 Lilly Supple	9 Cascade	5:48.49	1
9 Ali Simmons	11 Maquoketa	6:02.15	
10 Miley Walz	12 Edgewood-Colesburg	6:38.95	
11 Delaney Dunne	12 Bellevue	7:07.51	
12 Allison Hogan	11 Maquoketa Valley	7:26.86	

Girls 3000 Meter Run Varsity

Name	Year School	Finals	Points
1 Hallie Kelchen	9 Cascade	11:17.82	10
2 Hunter Jones	12 North Cedar	11:33.80	8
3 Izzy Hardin	9 Maquoketa	12:18.89	6
4 Grace Hingtgen	11 Bellevue	12:41.88	5
5 Miley Walz	12 Edgewood-Colesburg	14:43.16	4

Girls 100 Meter Hurdles Varsity

Name	Year School	Finals	H#	Points
1 Devin Simon	12 Cascade	16.04	2	10
2 Kate Green	10 Cascade	16.51	2	8
3 Justice Armbruster	9 Maquoketa	17.96	2	6
4 Lilee Boriskey	9 Edgewood-Colesburg	18.16	2	5
5 Abby Knepper	12 Beckman Catholic	18.50	2	4
6 Rylie Zeimet	12 Easton Valley	18.76	2	3
7 Jordyn Ellefson	10 Midland	18.81	2	2
8 Finley Starr	10 Maquoketa	18.96	1	1
9 Mayson Lehrman	12 North Cedar	18.98	2	
10 Claire Heinrichs	10 Beckman Catholic	19.11	1	
11 Emma Saddoris	12 Edgewood-Colesburg	21.07	1	
12 Molly Matthiesen	12 Easton Valley	21.26	1	
13 Jayde Martin	11 Midland	22.30	1	

Girls 400 Meter Hurdles Varsity

Name	Year School	Finals	Points
1 Mya Curry	11 Cascade	1:09.22	10
2 Abby Knepper	12 Beckman Catholic	1:11.00	8
3 Lilee Boriskey	9 Edgewood-Colesburg	1:11.02	6
4 Justice Armbruster	9 Maquoketa	1:11.65	5
5 Finley Starr	10 Maquoketa	1:21.86	4
6 Addyson Lehrman	9 North Cedar	1:23.86	3
7 Emmaleigh Soper	10 Midland	1:26.43	2

Cascade Co-Ed Invitational
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Results

Girls 4x100 Meter Relay Varsity

School	Finals	H#	Points
1 Midland	52.49	2	10
1) Alyssa Eckhardt 10	2) Alivia Smith 12		
3) Anna Bartels 11	4) Gracie Franzen 12		
2 Maquoketa Valley	52.77	2	8
1) Lily Huber 11	2) Lanni Beaman 9		
3) Izzy Heffernan 10	4) McKenna Thompson 12		
3 Bellevue	53.61	2	6
1) Morgan Meyer 12	2) Cydney Tath 9		
3) Jami Portz 11	4) Tayla Leibfried 10		
4 Cascade	53.77	2	5
1) Brianna Koppes 12	2) Kate Green 10		
3) Lilly Sutton 10	4) Ellie Green 11		
5 North Cedar	55.28	2	4
1) Mollie Ries 10	2) Elyse Wilhau 11		
3) Claire Dennis 11	4) Reese Sandberg 9		
6 Beckman Catholic	55.40	2	3
1) Kaitlyn Besler 10	2) Judith Williams 10		
3) Becca Goerdts 10	4) Claire Heinrichs 10		
7 Maquoketa	56.33	1	2
1) Hadley Ihrig 9	2) Malia Sims 12		
3) Marlie Lemke 12	4) Lexi Wallroff 10		
8 Northeast	57.32	1	1
1) Grace Ketelsen 12	2) Teryn Hansen 9		
3) Faith Ketelsen 12	4) Rieley Burken 9		
9 Springville	57.46	1	
1) Rowan Jacobi 9	2) Madison Demean 10		
3) Kaylee Teymer 9	4) Renee Brecht 10		

Girls 4x200 Meter Relay Varsity

School	Finals	H#	Points
1 Maquoketa Valley	1:52.09	2	10
1) Lily Huber 11	2) Izzy Heffernan 10		
3) Lili Bauers 10	4) McKenna Thompson 12		
2 Cascade	1:52.54	2	8
1) Brianna Koppes 12	2) Molly Roling 10		
3) Brooklyn Trumm 9	4) Lilly Sutton 10		
3 Midland	1:55.07	2	6
1) Alivia Smith 12	2) Alyssa Eckhardt 10		
3) Mariah Hacke 11	4) Emmaleigh Soper 10		
4 Bellevue	1:55.44	2	5
1) Morgan Meyer 12	2) Cydney Tath 9		
3) Catherine Dunne 10	4) Tayla Leibfried 10		
5 Easton Valley	1:57.78	2	4
1) Maria Kilburg 11	2) Libby Bierman 12		
3) Sarah Gruver 10	4) Aviera Marburger 9		

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 Cascade High School
 Cascade, Iowa - 4/27/2023
 Results**

....Girls 4x200 Meter Relay Varsity

6 Beckman Catholic	1:58.96	1	3
1) Kaitlyn Besler 10			
3) Becca Goerdts 10			
7 Northeast	1:59.57	2	2
1) Grace Ketelsen 12			
3) Faith Ketelsen 12			
8 Springville	1:59.79	2	1
1) Rowan Jacobi 9			
3) Kaylee Teymer 9			
9 North Cedar	2:02.56	2	
1) Reese Sandberg 9			
3) Addyson Lehrman 9			
10 Edgewood-Colesburg	2:09.27	1	
1) Schyler Meyer 12			
3) Rachel Eglsteder 9			
11 Maquoketa	2:14.43	1	
1) Larissa Fultner 12			
3) Kelsey Leopold 12			

Girls 4x400 Meter Relay Varsity

School	Finals	Points
1 Maquoketa Valley	4:14.23	10
1) Lily Huber 11		
3) Lanni Beaman 9		
2 Cascade	4:15.31	8
1) Molly Roling 10		
3) Mya Curry 11		
3 Midland	4:22.09	6
1) Anna Bartels 11		
3) Alivia Smith 12		
4 Northeast	4:30.73	5
1) Grace Ketelsen 12		
3) Faith Ketelsen 12		
5 Maquoketa	4:32.31	4
1) Clare Hackman 12		
3) Kalyn Hackman 10		
6 Bellevue	4:36.98	3
1) Jade Sprout 10		
3) Grace Hingtgen 11		
7 Edgewood-Colesburg	4:40.80	2
1) Rylee Atkinson 9		
3) Brooke Bolinger 11		
8 North Cedar	5:10.08	1
1) Nina Gonzalez 12		
3) Addison Shields 11		

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Cascade High School
Cascade, Iowa - 4/27/2023
Results

Girls 4x800 Meter Relay Varsity

School	Finals	Points
1 Maquoketa	10:31.56	10
1) Justice Armbruster 9	2) Allison Bean 11	
3) Kalyn Hackman 10	4) Clare Hackman 12	
2 Northeast	10:38.15	8
1) Grace Ketelsen 12	2) Teryn Hansen 9	
3) Faith Ketelsen 12	4) Rielely Burken 9	
3 Beckman Catholic	10:51.66	6
1) Julia Mertz 11	2) Maria Dudzik 11	
3) Madelyn Reiter 10	4) Kennedy Recker 11	

Girls 1600 Sprint Medley Varsity

School	Finals	Points
1 Maquoketa Valley	1:56.82	10
1) Lily Huber 11	2) Lanni Beaman 9	
3) McKenna Thompson 12	4) Taryn Burbridge 9	
2 Cascade	1:59.18	8
1) Brianna Koppes 12	2) Kate Green 10	
3) Brooklyn Trumm 9	4) Molly Roling 10	
3 Bellevue	2:02.10	6
1) Morgan Meyer 12	2) Jami Portz 11	
3) Cydney Tath 9	4) Catherine Dunne 10	
4 Midland	2:05.21	5
1) Mariah Hacke 11	2) Jayde Martin 11	
3) Emmi Huston 9	4) Gabbie Franzen 9	
5 Maquoketa	2:05.97	4
1) Hadley Ihrig 9	2) Quinn Williams 12	
3) Finley Starr 10	4) Rylee Wing 10	
6 Beckman Catholic	2:08.13	3
1) Anna Sperslage 10	2) Haley Kluesner 10	
3) Briseyda Rodriguez 9	4) Judith Williams 10	
7 North Cedar	2:08.32	2
1) Kaycie Ries 12	2) Claire Dennis 11	
3) Elyse Wilhau 11	4) Hayden Hoefler 11	
8 Easton Valley	2:08.90	1
1) Aviera Marburger 9	2) Libby Bierman 12	
3) Maria Kilburg 11	4) Rylie Zeimet 12	

Girls Distance Medley Varsity

School	Finals	Points
1 Cascade	4:34.33	10
1) Molly Roling 10	2) Mya Curry 11	
3) Addison Frake 9	4) Hallie Kelchen 9	
2 Edgewood-Colesburg	4:36.40	8

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 Results**

....Girls Distance Medley Varsity

1) Rylee Atkinson 9	2) Schyler Meyer 12		
3) Lilee Boriskey 9	4) Ellie Kirby 10		
3 Maquoketa		4:39.84	6
1) Hadley Ithrig 9	2) Katie Christiansen 10		
3) Kalyn Hackman 10	4) Clare Hackman 12		
4 Maquoketa Valley		4:41.71	5
1) Izzy Heffernan 10	2) Lili Bauers 10		
3) Lanni Beaman 9	4) Isabel Imler 11		
5 North Cedar		4:54.47	4
1) Mollie Ries 10	2) Claire Dennis 11		
3) Elyse Wilhau 11	4) Hunter Jones 12		
6 Midland		5:02.57	3
1) McKenna Doll 9	2) Emmi Huston 9		
3) Bri Streets 9	4) Haleigh Payne 10		
7 Bellevue		5:30.65	2
1) Jami Portz 11	2) Caitlyn Klein 10		
3) Jade Sprout 10	4) Delaney Dunne 12		

Girls 4x100 Meter Shuttle Hurdle Varsity

School	Finals	Points
1 Cascade	1:07.53	10
1) Mya Curry 11	2) Kate Green 10	
3) Brianna Koppes 12	4) Devin Simon 12	
2 Beckman Catholic	1:15.00	8
1) Kaitlyn Besler 10	2) Claire Heinrichs 10	
3) Kayla Burkle 10	4) Abby Knepper 12	
3 Midland	1:16.17	6
1) Gracie Franzen 12	2) Jordyn Ellefson 10	
3) Sophia Hunter 9	4) Emmaleigh Soper 10	
4 North Cedar	1:19.54	5
1) Mayson Lehrman 12	2) Reese Sandberg 9	
3) Addyson Lehrman 9	4) Mollie Ries 10	

Girls High Jump Varsity

Name	Year School	Finals	Points
1 Emily Boeckmann	11 Calamus-Wheatland	4-10.00	10
2 Rowan Jacobi	9 Springville	4-08.00	8
3 Sarah Gruver	10 Easton Valley	4-06.00	6
4 Izzy Lutgen	11 Beckman Catholic	4-04.00	4.50
4 Malia Sims	12 Maquoketa	4-04.00	4.50
6 Marlie Lemke	12 Maquoketa	J4-04.00	3
7 Mayson Lehrman	12 North Cedar	4-02.00	2
-- Delaney Dunne	12 Bellevue	NH	

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Cascade, Iowa - 4/27/2023
Results

Girls Long Jump Varsity

Name	Year	School	Finals	Points
1 Morgan Meyer	12	Bellevue	15-01.00	10
2 Reese Sandberg	9	North Cedar	14-06.50	8
3 Becca Goerdts	10	Beckman Catholic	13-11.00	6
4 Addison Frake	9	Cascade	13-10.50	5
5 Emma Sadoris	12	Edgewood-Colesburg	13-05.00	4
6 Tayten Trail	9	Springville	12-11.50	3
7 Naveaha Wagner	9	Midland	12-10.50	2
8 Mia Powers	10	Maquoketa	12-04.50	1
9 Madison Goedken	9	Beckman Catholic	12-00.50	
10 Sierra Ricklefs	10	Midland	9-04.50	

Girls Shot Put Varsity

Name	Year	School	Finals	H#	Points
1 Raven Knocke	12	North Cedar	34-08.75	2	10
2 Erica Will	10	Calamus-Wheatland	33-10.25	2	8
3 Liz Sander	12	North Cedar	33-04.00	2	6
4 Riley Gillen	9	Easton Valley	33-01.50	2	5
5 Gracie Tompkins	10	Midland	32-00.75	2	4
6 Marin Gaul	11	Edgewood-Colesburg	30-09.75	2	3
7 Meghan Klemme	12	Easton Valley	29-07.00	2	2
8 Alivia Hoyt	11	Springville	29-02.00	1	1
9 Emma Barrick	10	Beckman Catholic	28-07.00	1	
10 Ally Kane	11	Northeast	28-05.50	2	
11 Olivia Paulsen	10	Midland	28-02.25	2	
12 Lillyan Courtney	11	Bellevue	27-06.75	1	
13 Abbi Hoyt	10	Springville	25-08.75	1	
14 Brianna Harwick	12	Maquoketa	25-08.50	1	
15 Zulieka Nodal	11	Cascade	24-11.25	1	
16 Lakera Hannah	12	Maquoketa	21-01.75	1	
17 Trish Dietiker	9	Maquoketa Valley	19-01.50	1	

Girls Discus Throw Varsity

Name	Year	School	Finals	H#	Points
1 Ava Cavey	11	Calamus-Wheatland	103-06	2	10
2 Marin Gaul	11	Edgewood-Colesburg	102-10	2	8
3 Grace Rhomberg	12	Cascade	102-05	2	6
4 Brianna Harwick	12	Maquoketa	98-08	2	5
5 Haley Hefflefinger	10	North Cedar	97-11	2	4
6 Madison Kluever	11	Northeast	96-05	2	3
7 Alyssa Hefflefinger	12	North Cedar	82-10	2	2
8 Emma Beck	10	Easton Valley	81-11	2	1
9 Gracie Tompkins	10	Midland	78-08	2	
10 Emma Barrick	10	Beckman Catholic	76-09	1	

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 Results**

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11 Renee Brecht	10 Springville	71-09	1
12 McKenna Doll	9 Midland	67-09	1
13 Piper Isbel	11 Northeast	67-00	1
14 Lillyan Courtney	11 Bellevue	65-08	1
15 Meghan Klemme	12 Easton Valley	65-03	1
16 Katie Otten	10 Maquoketa	63-03	1
17 Zulieka Nodal	11 Cascade	56-04	1
18 Trish Dietiker	9 Maquoketa Valley	54-01	1

Girls 4x100 Meter Relay JV

School	Finals
1 Midland	55.70
1) Jayde Martin 11	2) Olivia Coates 10
3) Naveaha Wagner 9	4) Gracie Harrington 11
2 Beckman Catholic	59.00
1) Anna Sperslage 10	2) Briseyda Rodriguez 9
3) Madison Goedken 9	4) Haley Kluesner 10
3 Cascade	59.75
1) Emyerson Green 10	2) Ellie Green 11
3) Carly Manternach 9	4) Issie Rhomberg 10
4 North Cedar	1:00.82
1) Kaycie Ries 12	2) Addison Shields 11
3) Sarah Esbaum 10	4) Delanie Tenley 9
5 Edgewood-Colesburg	1:02.27
1) Emma Staner 11	2) Emma Saddoris 12
3) Ellie Bockenstedt 12	4) Rachel Eglsteder 9
6 Maquoketa Valley	1:02.51
1) Elizabeth Kraft 9	2) Zari Ambundo 11
3) Kiersten Bush 11	4) Emily Rudd 9

Girls 4x400 Meter Relay JV

School	Finals	Points
1 Cascade	4:49.99	10
1) Ella Nauman 10	2) Anna Conlin 12	
3) Hallie Kelchen 9	4) Lilly Supple 9	
2 Midland	4:51.81	8
1) Allesha Westphal 9	2) Jordyn Ellefson 10	
3) Bri Streets 9	4) Haleigh Payne 10	

Girls 1600 Sprint Medley JV

School	Finals	Points
1 Cascade	2:06.98	10
1) Emyerson Green 10	2) Carly Manternach 9	

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 Results**

....Girls 1600 Sprint Medley JV

3) Ellie Green 11	4) Anna Conlin 12		
2 Midland		2:08.09	8
1) Olivia Coates 10	2) Kaylee Atkinson 10		
3) Gracie Harrington 11	4) Bri Streets 9		
3 Beckman Catholic		2:14.43	6
1) Gianna Westhoff 10	2) Izzy Lutgen 11		
3) Madison Goedken 9	4) Kayla Burkle 10		
4 North Cedar		2:19.30	5
1) Sarah Esbaum 10	2) Cailyn Husemann 9		
3) Addison Shields 11	4) Nina Gonzalez 12		
5 Edgewood-Colesburg		2:20.19	4
1) Emma Staner 11	2) Rachel Eglseeder 9		
3) Brooke Bolinger 11	4) Kallyn Henny 9		

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Women - Varsity - Team Rankings - 19 Events Scored

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1) Cascade	131	2) Midland	91
3) Maquoketa	85.50	4) Edgewood-Colesburg	68
5) North Cedar	65	6) Maquoketa Valley	61
7) Beckman Catholic	59.50	8) Bellevue	45
9) Easton Valley	33	10) Calamus-Wheatland	28
11) Springville	21	12) Northeast	19

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Women - JV - Team Rankings - 2 Events Scored

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1) Cascade	20	2) Midland	16
3) Beckman Catholic	6	4) North Cedar	5
5) Edgewood-Colesburg	4		

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Men - Varsity - Team Rankings - 19 Events Scored

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1) Dubuque Senior	126	2) Cascade	119
3) Midland	84	4) Northeast	83.50
5) Maquoketa Valley	83	6) Edgewood-Colesburg	72
7) Beckman Catholic	48	8) Central City	34
8) Calamus-Wheatland	34	10) Springville	27
11) North Cedar	21.50		

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Men - JV - Team Rankings - 2 Events Scored

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1) Dubuque Senior	18	2) Beckman Catholic	11
3) Cascade	10	4) Midland	8
5) Edgewood-Colesburg	6		