

Cardinal Relays
Maquoketa High School
Maquoketa, Iowa - 5/1/2023
Results

Girls 100 Meter Dash Varsity

Name	Year	School	Finals	H#	Points
Finals					
1 Taylor Wing	10	Maquoketa	12.95	2	10
2 Paige Holst	12	Northeast	13.32	2	8
3 Devin Simon	12	Cascade	13.53	2	6
4 Alyssa Eckhardt	10	Midland	13.80	2	4
5 Alivia Chambers	9	Northeast	14.14	2	2
6 Katie Christiansen	10	Maquoketa	14.19	2	1
7 Maria Kilburg	11	Easton Valley	14.27	2	
8 Ashanti Kolwey	10	Davenport West	14.46	2	
9 Anna Cota	9	Marquette Catholic	14.61	1	
10 Gracie Harrington	11	Midland	14.78	1	
11 Madie Ihrig	9	Maquoketa	x14.88	1	
12 Wiklund Sophie	10	Davenport West	15.18	1	
13 Ellie Green	11	Cascade	16.11	1	
14 Kelsie Thompson	9	Marquette Catholic	17.84	1	
15 Ashley Meyer	10	Easton Valley	18.41	1	

Girls 200 Meter Dash Varsity

Name	Year	School	Finals	H#	Points
1 Paige Holst	12	Northeast	27.02	2	10
2 Devin Simon	12	Cascade	27.36	2	8
3 Reese Kuhlman	11	Maquoketa	27.44	2	6
4 Chloee Abeln	10	Maquoketa	29.17	2	4
5 Lilliana Tracy	9	Marquette Catholic	30.87	2	2
6 Gracie Harrington	11	Midland	31.04	2	1
7 Larissa Fultner	12	Maquoketa	x32.03	1	
8 Mariah Hacke	11	Midland	32.04	1	
9 Hailey Mizer	11	Davenport West	33.23	1	
10 Lilly Sutton	10	Cascade	33.44	2	
11 Hailey Veach	10	Maquoketa	x35.06	1	
12 Jaycee Atkinson	9	Easton Valley	37.26	1	
13 Kelsie Thompson	9	Marquette Catholic	38.42	1	
14 Elezalyn Liles	9	Easton Valley	39.95	1	

Girls 400 Meter Dash Varsity

Name	Year	School	Finals	Points
1 Reese Kuhlman	11	Maquoketa	1:04.63	10
2 Rylee Wing	10	Maquoketa	1:08.91	8
3 Gabbie Franzen	9	Midland	1:09.64	6
4 Brianna Krusey	9	Davenport West	1:09.97	4
5 Bri Streets	9	Midland	1:12.16	2
6 Kalyn Skrivseth	10	Marquette Catholic	1:13.81	1
7 Holly Manders	10	Maquoketa	x1:14.31	

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Results

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8 Abby Bierman 12 Easton Valley 1:16.20

Girls 800 Meter Run Varsity

Name	Year	School	Finals	Points
1 Allison Bean	11	Maquoketa	2:38.87	10
2 Clare Hackman	12	Maquoketa	2:40.74	8
3 Anna Rafayelyan	11	Davenport West	2:59.41	6
4 Bailey Sullivan	9	Easton Valley	3:02.80	4
5 Jessica Deaver	12	Marquette Catholic	3:12.75	2
6 Brittney Hovey	12	Maquoketa	x3:20.70	
7 Olivia McDermott	11	Maquoketa	x3:41.56	

Girls 1500 Meter Run Varsity

Name	Year	School	Finals	Points
1 Hallie Kelchen	9	Cascade	5:28.96	10
2 Faith Ketelsen	12	Northeast	5:46.82	8
3 EmmaLynn Golinghorst	10	Davenport West	5:54.53	6
4 Lilly Supple	9	Cascade	6:00.18	4
5 Ali Simmons	11	Maquoketa	6:22.93	2

Girls 3000 Meter Run Varsity

Name	Year	School	Finals	Points
1 Jessica Deaver	12	Marquette Catholic	13:55.88	10
2 Ali Simmons	11	Maquoketa	14:07.78	8

Girls 100 Meter Hurdles Varsity

Name	Year	School	Finals	H#	Points
1 Kate Green	10	Cascade	16.75	2	10
2 Kacy Williams	11	Maquoketa	17.15	2	8
3 Elise Kilburg	11	Marquette Catholic	17.22	2	6
4 Alexandria Peterson	12	Davenport West	17.37	2	4
5 Isabel Sinksen	12	Davenport West	17.40	2	2
6 Kylie Trentz	10	Maquoketa	17.71	2	1
7 Emyerson Green	10	Cascade	18.57	2	
8 Rylie Zeimet	12	Easton Valley	18.76	2	
9 Jordyn Ellefson	10	Midland	18.83	1	
10 Finley Starr	10	Maquoketa	x18.86	1	
11 Molly Matthiesen	12	Easton Valley	21.17	1	
12 Sophia Hunter	9	Midland	24.65	1	

Cardinal Relays
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Results

Girls 400 Meter Hurdles Varsity

Name	Year	School	Finals	Points
1 Mya Curry	11	Cascade	1:09.99	10
2 Emmaleigh Soper	10	Midland	1:19.36	8
3 Finley Starr	10	Maquoketa	1:20.17	6
4 Kalyn Skrivseth	10	Marquette Catholic	1:23.58	4
-- Justice Armbruster	9	Maquoketa	FS	

Girls 4x100 Meter Relay Varsity

School	Finals	Points
1 Maquoketa	51.40	10
1) Kacy Williams 11		
3) Kylie Trentz 10		
2) Cora Widel 9		
4) Reese Kuhlman 11		
2 Midland	52.17	8
1) Alivia Smith 12		
3) Alyssa Eckhardt 10		
2) Anna Bartels 11		
4) Jaden Gatts 12		
3 Northeast	53.15	6
1) Jasalyn Jensen 9		
3) Alivia Chambers 9		
2) Paige Holst 12		
4) Alyssa Fowler 12		
4 Davenport West	53.44	4
1) Dayvane Buikema 9		
3) Alexandria Peterson 12		
2) Sydney Westerhof 11		
4) Isabel Sinksen 12		
5 Cascade	54.25	2
1) Brianna Koppes 12		
3) Lilly Sutton 10		
2) Kate Green 10		
4) Molly Roling 10		
6 Marquette Catholic	56.78	1
1) Elise Kilburg 11		
3) Skylar Sieverding 10		
2) Lilliana Tracy 9		
4) Anna Cota 9		

Girls 4x200 Meter Relay Varsity

School	Finals	Points
1 Maquoketa	1:50.01	10
1) Kacy Williams 11		
3) Chloe Abeln 10		
2) Reese Kuhlman 11		
4) Taylor Wing 10		
2 Northeast	1:52.48	8
1) Jasalyn Jensen 9		
3) Alivia Chambers 9		
2) Paige Holst 12		
4) Alyssa Fowler 12		
3 Davenport West	1:54.76	6
1) Dayvane Buikema 9		
3) Alexandria Peterson 12		
2) Sydney Westerhof 11		
4) Isabel Sinksen 12		
4 Easton Valley	1:56.63	4
1) Aviera Marburger 9		
3) Libby Bierman 12		
2) Sarah Gruver 10		
4) Maria Kilburg 11		
5 Cascade	1:57.15	2
1) Molly Roling 10		
2) Brooklyn Trumm 9		

Cardinal Relays
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Results

....Girls 4x200 Meter Relay Varsity

3) Addison Frake 9	4) Mya Curry 11		
6 Midland		2:01.71	1
1) Emmaleigh Soper 10	2) Gracie Harrington 11		
3) Jayde Martin 11	4) Mariah Hacke 11		
7 Marquette Catholic		2:09.27	
1) Kory Kintzle 10	2) Amelia Taylor 9		
3) Josie Kintzle 10	4) Skylar Sieverding 10		

Girls 4x400 Meter Relay Varsity

School	Finals	Points
1 Midland	4:18.99	10
1) Anna Bartels 11	2) Gracie Franzen 12	
3) Alyssa Eckhardt 10	4) Jaden Gatts 12	
2 Cascade	4:24.26	8
1) Brooklyn Trumm 9	2) Addison Frake 9	
3) Grace Rhomberg 12	4) Devin Simon 12	
3 Maquoketa	4:33.66	6
1) Clare Hackman 12	2) Rylee Wing 10	
3) Kalyn Hackman 10	4) Justice Armbruster 9	
4 Northeast	4:34.26	4
1) Teryn Hansen 9	2) Grace Ketelsen 12	
3) Alyssa Fowler 12	4) Rieleley Burken 9	

Girls 4x800 Meter Relay Varsity

School	Finals	Points
1 Northeast	10:46.49	10
1) Grace Ketelsen 12	2) Teryn Hansen 9	
3) Faith Ketelsen 12	4) Rieleley Burken 9	
2 Maquoketa	10:50.39	8
1) Justice Armbruster 9	2) Izzy Hardin 9	
3) Allison Bean 11	4) Rylee Wing 10	
3 Cascade	11:07.05	6
1) Hallie Kelchen 9	2) Ella Nauman 10	
3) Anna Conlin 12	4) Lilly Supple 9	

Girls 800 Sprint Medley Varsity

School	Finals	Points
1 Maquoketa	1:52.84	10
1) Katie Christiansen 10	2) Chloe Abeln 10	
3) Taylor Wing 10	4) Reese Kuhlman 11	
2 Midland	1:57.49	8
1) Alyssa Eckhardt 10	2) Gracie Franzen 12	
3) Jaden Gatts 12	4) Anna Bartels 11	

Cardinal Relays
Maquoketa High School
Maquoketa, Iowa - 5/1/2023
Results

....Girls 800 Sprint Medley Varsity

3 Cascade	1:59.69	6
1) Brianna Koppes 12	2) Kate Green 10	
3) Brooklyn Trumm 9	4) Molly Roling 10	
4 Easton Valley	2:13.23	4
1) Aviera Marburger 9	2) Rylie Zeimet 12	
3) Libby Bierman 12	4) Abby Bierman 12	
5 Marquette Catholic	2:19.17	2
1) Katie Tritz 11	2) Kory Kintzle 10	
3) Josie Kintzle 10	4) Kambree Schwager 9	
6 Northeast	2:19.59	1
1) Lauryn Tarr 9	2) Jazmine Johnson 9	
3) Addison Holst 10	4) Ana Lower 9	

Girls Distance Medley Varsity

School	Finals	Points
1 Maquoketa	4:34.40	10
1) Kylie Trentz 10	2) Cora Widel 9	
3) Kalyn Hackman 10	4) Clare Hackman 12	
2 Midland	4:49.72	8
1) Alivia Smith 12	2) Emmi Huston 9	
3) Gracie Franzen 12	4) Anna Bartels 11	

Girls 4x100 Meter Shuttle Hurdle Varsity

School	Finals	H#	Points
1 Maquoketa	1:11.13	2	10
1) Kacy Williams 11	2) Chloe Abeln 10		
3) Justice Armbruster 9	4) Kylie Trentz 10		
2 Davenport West	1:13.84	2	8
1) Ashanti Kolwey 10	2) Alexandria Peterson 12		
3) Rachel Ehlers 10	4) Isabel Sinksen 12		
3 Cascade	1:14.15	2	6
1) Mya Curry 11	2) Emyerson Green 10		
3) Brianna Koppes 12	4) Addison Frake 9		
4 Midland	1:17.13	1	4
1) Gracie Franzen 12	2) Emmaleigh Soper 10		
3) Jordyn Ellefson 10	4) Sophia Hunter 9		
5 Marquette Catholic	1:23.83	1	2
1) Elise Kilburg 11	2) Kalyn Skrivseth 10		
3) Skylar Sieverding 10	4) Lilliana Tracy 9		

Girls High Jump Varsity

Name	Year School	Finals	Points
1 Jaden Gatts	12 Midland	5-00.00	10

Cardinal Relays
Maquoketa High School
Maquoketa, Iowa - 5/1/2023
Results

....Girls High Jump Varsity

2	Alyssa Fowler	12	Northeast	4-10.00	8
3	Malia Sims	12	Maquoketa	4-08.00	6
4	Sarah Gruver	10	Easton Valley	J4-06.00	4
5	Marlie Lemke	12	Maquoketa	J4-06.00	2

Girls Long Jump Varsity

Name	Year	School	Finals	Points
1 Taylor Wing	10	Maquoketa	15-11.50	10
2 Dayvane Buikema	9	Davenport West	15-04.50	8
3 Katie Christiansen	10	Maquoketa	14-07.75	6
4 Olivia Coates	10	Midland	13-04.50	4
5 Issie Rhomberg	10	Cascade	13-04.00	2
6 Wiklund Sophie	10	Davenport West	13-02.00	1
7 Gabbie Franzen	9	Midland	13-01.50	
8 Josie Kintzle	10	Marquette Catholic	12-05.75	
9 Mady Lutton	9	Easton Valley	12-00.00	
10 Kory Kintzle	10	Marquette Catholic	11-02.75	

Girls Shot Put Varsity

Name	Year	School	Finals	Points
1 Riley Gillen	9	Easton Valley	32-03.00	10
2 Lilli Gustaf	10	Davenport West	31-08.50	8
3 Olivia Paulsen	10	Midland	29-09.50	6
4 Meghan Klemme	12	Easton Valley	28-09.00	4
5 Faith Rettler	12	Davenport West	26-10.00	2
6 Ally Kane	11	Northeast	26-01.00	1
7 Alaina DeSotel	10	Marquette Catholic	25-11.50	
8 Brianna Harwick	12	Maquoketa	25-01.00	
9 Zulieka Nodal	11	Cascade	24-11.50	
10 Lakera Hannah	12	Maquoketa	22-07.00	

Girls Discus Throw Varsity

Name	Year	School	Finals	Points
1 Grace Rhomberg	12	Cascade	105-02	10
2 Kailyn Thompson	10	Marquette Catholic	95-03	8
3 Rachel Ehlers	10	Davenport West	92-06	6
4 Brianna Harwick	12	Maquoketa	89-11	4
5 Madison Kluever	11	Northeast	84-07	2
6 Lilli Gustaf	10	Davenport West	78-05	1
7 Emma Beck	10	Easton Valley	75-00	
8 Olivia Paulsen	10	Midland	72-11	
9 Piper Isbel	11	Northeast	J72-11	
10 Makenna Klemme	8	Easton Valley	69-04	

Cardinal Relays
Maquoketa High School
Maquoketa, Iowa - 5/1/2023
Results

....Girls Discus Throw Varsity

11 Zulieka Nodal	11 Cascade	66-11
12 Alaina DeSotel	10 Marquette Catholic	57-07
13 Katie Otten	10 Maquoketa	57-03

Girls 4x100 Meter Relay JV

School	Finals	Points
1 Maquoketa	56.62	10
1) Hadley Ihrig 9	2) Quinn Williams 12	
3) Malia Sims 12	4) Marlie Lemke 12	
2 Cascade	57.59	8
1) Ellie Green 11	2) Emyerson Green 10	
3) Ella Nauman 10	4) Anna Conlin 12	
3 Midland	57.72	6
1) Kaylee Atkinson 10	2) Naveaha Wagner 9	
3) McKenna Doll 9	4) Sierra Ricklefs 10	
4 Northeast	1:00.41	4
1) Lauryn Tarr 9	2) Addison Holst 10	
3) Jazmine Johnson 9	4) Ana Lower 9	
5 Marquette Catholic	1:01.82	2
1) Katie Tritz 11	2) Kory Kintzle 10	
3) Justine Hager 9	4) Amelia Taylor 9	
6 Davenport West	1:01.95	1
1) Wiklund Sophie 10	2) Selma Isic 10	
3) Audriana Tete 11	4) Ashanti Kolwey 10	

Girls 4x200 Meter Relay JV

School	Finals	Points
1 Cascade	2:01.11	10
1) Ellie Green 11	2) Lilly Sutton 10	
3) Ella Nauman 10	4) Anna Conlin 12	
2 Maquoketa	2:03.45	8
1) Quinn Williams 12	2) Marlie Lemke 12	
3) Hadley Ihrig 9	4) Malia Sims 12	
3 Midland	2:06.37	6
1) Emmaleigh Soper 10	2) Jayde Martin 11	
3) Gracie Harrington 11	4) Emmi Huston 9	
4 Northeast	2:08.01	4
1) Lauryn Tarr 9	2) Addison Holst 10	
3) Jazmine Johnson 9	4) Ana Lower 9	

Girls 4x400 Meter Relay JV

School	Finals	Points
1 Midland	4:50.01	10

Cardinal Relays
Maquoketa High School
Maquoketa, Iowa - 5/1/2023
Results

....Girls 4x400 Meter Relay JV

1) Gabbie Franzen 9	2) Bri Streets 9		
3) Jordyn Ellefson 10	4) Alivia Smith 12		
2 Maquoketa		5:47.27	8
1) Holly Manders 10	2) Lexi Wallroff 10		
3) Hailey Veach 10	4) Olivia McDermott 11		

Girls 800 Sprint Medley JV

School	Finals	Points
1 Midland	2:09.78	10
1) Gracie Harrington 11	2) Jayde Martin 11	
3) Emmi Huston 9	4) Bri Streets 9	
2 Maquoketa	2:14.53	8
1) Larissa Fultner 12	2) Kelsey Leopold 12	
3) Lexi Wallroff 10	4) Holly Manders 10	
3 Davenport West	2:14.57	6
1) Lilli Gustaf 10	2) Audriana Tete 11	
3) Meredith Mitchell 11	4) Anna Rafayelyan 11	
4 Easton Valley	2:22.16	4
1) Mady Lutton 9	2) Ashley Meyer 10	
3) Bailey Sullivan 9	4) Molly Matthiesen 12	

Girls Distance Medley JV

School	Finals	Points
1 Davenport West	5:10.74	10
1) Selma Isic 10	2) Meredith Mitchell 11	
3) Hailey Mizer 11	4) EmmaLynn Golinghorst 10	
2 Midland	5:38.78	8
1) Kaylee Atkinson 10	2) Sierra Ricklefs 10	
3) McKenna Doll 9	4) Allesha Westphal 9	
3 Maquoketa	6:03.85	6
1) Larissa Fultner 12	2) Mia Powers 10	
3) Holly Manders 10	4) Evelyn Nelson 10	

Girls Long Jump JV

Name	Year School	Finals	Points
1 Anna Rafayelyan	11 Davenport West	12-06.50	10
2 Mia Powers	10 Maquoketa	11-07.50	8
3 Audriana Tete	11 Davenport West	10-05.00	6
-- Naveaha Wagner	9 Midland	FOUL	
-- Sierra Ricklefs	10 Midland	FOUL	

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Maquoketa High School
Maquoketa, Iowa - 5/1/2023
Results

Girls Shot Put JV

Name	Year	School	Finals	Points
1 Emma Beck	10	Easton Valley	30-02.50	10
2 Rachel Ehlers	10	Davenport West	23-07.00	8
3 Tylan Bentley	10	Midland	J22-11.00	6
4 Josie Geerts	10	Midland	J22-11.00	4
5 Katie Otten	10	Maquoketa	20-06.50	2
6 Jordin Manners	9	Midland	x18-05.50	

Girls Discus Throw JV

Name	Year	School	Finals	Points
1 McKenna Doll	9	Midland	79-00	10
2 Hailey Mizer	11	Davenport West	64-04	8
3 Aj Soper	9	Midland	63-05	6
4 Ally Kane	11	Northeast	62-05	4
5 Josie Geerts	10	Midland	x56-08	
6 Tylan Bentley	10	Midland	x55-00	
7 Lakera Hannah	12	Maquoketa	50-02	2

Women - Varsity - Team Rankings - 19 Events Scored

1) Maquoketa	174	2) Cascade	90
3) Midland	80	4) Northeast	68
5) Davenport West	66	6) Marquette Catholic	38
7) Easton Valley	30		

Women - JV - Team Rankings - 8 Events Scored

1) Midland	66	2) Maquoketa	52
3) Davenport West	49	4) Cascade	18
5) Easton Valley	14	6) Northeast	12
7) Marquette Catholic	2		

Men - Varsity - Team Rankings - 19 Events Scored

1) Dubuque Wahlert	160	2) Davenport Central	135
3) Midland	102	4) Maquoketa	96
5) Marquette Catholic	19		

Men - JV - Team Rankings - 9 Events Scored

1) Dubuque Wahlert	79	2) Davenport Central	67
3) Maquoketa	40	4) Midland	22
5) Marquette Catholic	6		