

Cascade Co-Ed Invitational
Cascade High School
Cascade, Iowa - 4/25/2024
Results

Girls 100 Meter Dash Varsity

Name	Year	School	Finals	H#	Points
Finals					
1 Kaitlyn Hahn	10	Edgewood-Colesburg	13.54	4	10
2 Alivia Chambers	10	Northeast	13.55	4	8
3 Maria Kilburg	12	Easton Valley	13.57	4	6
4 Amelia Powers	11	Denver	13.59	4	5
5 Makayla Paar	9	Cascade	14.02	4	4
6 Hannah March	12	Springville	14.03	4	3
7 Lilly Kraft	9	Maquoketa Valley	14.21	4	2
8 Madison Demean	11	Springville	14.29	3	1
9 Kaitlyn Hansen	12	Northeast	14.48	3	
10 Becca Goerd	11	Beckman Catholic	14.54	3	
11 Josie Bierman	9	Western Dubuque	14.60	1	
12 Elizabeth Kraft	10	Maquoketa Valley	14.79	2	
13 Grace Swales	11	Denver	14.80	3	14.791
14 Elaina Hayes	8	Marion	14.80	2	14.796
15 Briseyda Rodriguez	10	Beckman Catholic	14.90	2	
16 Katie Hein	10	Calamus-Wheatland	15.01	3	
17 Taylor Coulter	10	Calamus-Wheatland	15.05	3	
18 Aviera Marburger	10	Easton Valley	15.07	3	15.069
18 Olivia Coates	11	Midland	15.07	2	15.069
20 Kamari Hatley	10	Maquoketa	15.13	4	
21 Ellie Green	12	Cascade	15.23	3	
22 Paige Johnson	8	Marion	15.26	2	
23 Renee Cook	9	Maquoketa	15.70	1	
24 Claire Schieltz	9	Western Dubuque	15.74	1	
25 Rachel Eglseider	10	Edgewood-Colesburg	15.98	2	
26 Leana Grothe	11	Bellevue	16.16	2	
27 Kaylee Atkinson	11	Midland	16.25	1	
28 Juliana Gleason	9	Bellevue	16.54	2	
29 Abby Fleming	11	Central City	18.69	1	
30 Allissa Fleming	11	Central City	19.70	1	

Girls 200 Meter Dash Varsity

Name	Year	School	Finals	H#	Points
1 Jordan Tegeler	9	Northeast	26.41	4	10
2 Rylee Atkinson	10	Edgewood-Colesburg	27.34	4	8
3 Maryn Laures	10	Denver	28.03	4	6
4 Taryn Burbridge	10	Maquoketa Valley	28.35	4	5
5 Courtney Knoche	12	Calamus-Wheatland	28.51	4	4
6 Kalyn Hackman	11	Maquoketa	28.61	4	3
7 Jade Sprout	11	Bellevue	29.25	3	2
8 Maria Kilburg	12	Easton Valley	29.33	4	1
9 Taylor Wilson	9	Denver	29.43	3	
10 Riele Burken	10	Northeast	29.57	3	
11 Izzy Heffernan	11	Maquoketa Valley	29.82	3	

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12	Natalie Besler	9	Beckman Catholic	30.20	3
13	Bel Sieverding	9	Bellevue	30.58	3
14	Lilly Sutton	11	Cascade	30.62	3
15	Madison Williams	9	Springville	30.91	2
16	McKenna Doll	10	Midland	30.93	2
17	Tess Nicklaus	9	Calamus-Wheatland	31.15	1
18	Ashlynn Kalmus	9	Springville	31.51	2
19	Paige Johnson	8	Marion	31.56	2
20	Asanti Britton	8	Western Dubuque	31.74	1
21	Kalynn Lamey	11	Cascade	31.92	2
22	Naveaha Wagner	10	Midland	32.47	2
23	Tessa Pasker	9	Western Dubuque	33.02	1
24	Kylie Olson	10	Marion	34.16	1
25	Ashley Meyer	11	Easton Valley	37.59	2
26	Kyrsten Perez	12	Maquoketa	37.92	1
27	Abby Fleming	11	Central City	38.63	1
28	Gianna Westhoff	11	Beckman Catholic	39.02	2
29	Allissa Fleming	11	Central City	41.07	1

Girls 400 Meter Dash Varsity

Name	Year	School	Finals	H#	Points
1	Lanni Beaman	10	Maquoketa Valley	1:00.95	3 10
2	Courtney Knoche	12	Calamus-Wheatland	1:01.46	3 8
3	Greta Hansen	11	Marion	1:03.29	3 6
4	Rylee Wing	11	Maquoketa	1:04.33	3 5
5	Rylee Atkinson	10	Edgewood-Colesburg	1:04.93	3 4
6	Taylor Wilson	9	Denver	1:07.36	3 3
7	Gabby Hingtgen	10	Bellevue	1:07.40	3 2
8	Taylor Coulter	10	Calamus-Wheatland	1:08.88	2 1
9	Avery McIntosh	10	Denver	1:10.30	2
10	Maria Kilburg	12	Easton Valley	1:10.86	3
11	McKenna Mineart	9	Maquoketa Valley	1:11.43	2
12	Holly Manders	11	Maquoketa	1:11.92	2
13	Kalynn Lamey	11	Cascade	1:12.03	2
14	Marina Arrieta	12	Springville	1:16.25	1
15	Cadence Klen	10	Bellevue	1:18.55	2
16	Lilli Green	9	Western Dubuque	1:21.07	1

Girls 800 Meter Run Varsity

Name	Year	School	Finals	H#	Points
1	Courtney Knoche	12	Calamus-Wheatland	2:26.27	2 10
2	Julia Mertz	12	Beckman Catholic	2:30.49	2 8
3	Greta Hansen	11	Marion	2:30.64	2 6
4	Kennedy Recker	12	Beckman Catholic	2:36.78	2 5
5	Hailey Homan	11	Denver	2:38.22	2 4

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6 Gabby Hingtgen	10 Bellevue	2:41.98	1	3
7 Jadyn Pauly	8 Marion	2:44.65	1	2
8 Breanna McShane	9 Maquoketa Valley	2:45.69	1	1
9 Amanda Nurre	9 Edgewood-Colesburg	2:46.11	2	
10 Avery Trunkhill	10 Denver	2:46.71	2	
11 Grace Hingtgen	12 Bellevue	2:49.37	2	
12 Isabel Imler	12 Maquoketa Valley	2:53.20	1	
13 Lorelei Smith	9 Western Dubuque	2:55.82	2	
14 Abby Bierman	12 Easton Valley	2:59.50	1	
15 Evelyn Nelson	11 Maquoketa	3:26.09	1	
16 Lilli Green	9 Western Dubuque	3:36.66	1	

Girls 1500 Meter Run Varsity

Name	Year School	Finals	Points
1 Hallie Kelchen	10 Cascade	5:01.79	10
2 Julia Mertz	12 Beckman Catholic	5:14.02	8
3 Reeve Ristau	11 Denver	5:30.56	6
4 Ellie Kirby	11 Edgewood-Colesburg	5:39.28	5
5 Maria Dudzik	12 Beckman Catholic	5:43.14	4
6 Alena Dietz	11 Marion	5:52.15	3
7 Sophie Sanderson	10 Denver	6:00.06	2
8 Ali Simmons	12 Maquoketa	6:04.46	1
9 Alaina Knepper	9 Western Dubuque	6:07.51	
10 Sadie Boeckenstedt	9 Maquoketa Valley	6:31.41	
11 Jaelle Weems	8 Marion	6:41.89	
12 Allison Hogan	12 Maquoketa Valley	7:16.90	

Girls 3000 Meter Run Varsity

Name	Year School	Finals	Points
1 Hallie Kelchen	10 Cascade	11:09.20	10
2 Julia Mertz	12 Beckman Catholic	11:15.13	8
3 Madelyn Reiter	11 Beckman Catholic	11:42.87	6
4 Avery Trunkhill	10 Denver	11:49.60	5
5 AudryElla Meyer	11 Marion	12:21.08	4
6 Maggie Churchill	12 Marion	12:21.54	3
7 Amanda Nurre	9 Edgewood-Colesburg	12:21.75	2
8 Sophie Sanderson	10 Denver	12:25.23	1
9 Lorelei Smith	9 Western Dubuque	13:25.92	
10 Abi Stejskal	11 Springville	14:21.96	

Girls 100 Meter Hurdles Varsity

Name	Year School	Finals	H#	Points
1 Kate Green	11 Cascade	16.48	3	10

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....Girls 100 Meter Hurdles Varsity

2	Macy Kalb	10	Western Dubuque	16.86	3	8
3	Carsyn Clothier	12	Springville	17.58	3	6
4	Kaitlyn Besler	11	Beckman Catholic	17.86	3	5
5	Emmaleigh Soper	11	Midland	17.94	3	4
6	Kylie Trentz	11	Maquoketa	17.98	3	3
7	Maelyn Kluever	10	Maquoketa	18.16	2	2
8	Natalie Besler	9	Beckman Catholic	18.19	2	1
9	Morgan DeMean	9	Springville	18.31	2	
10	Emersyn Green	11	Cascade	18.34	3	
11	Lilee Boriskey	10	Edgewood-Colesburg	18.47	2	
12	Emma Brockhohn	9	Maquoketa Valley	18.86	2	
13	Natalie Ries	9	Maquoketa Valley	18.98	3	
14	Avery Mertz	10	Western Dubuque	19.14	2	
15	Katie Hein	10	Calamus-Wheatland	19.77	1	
16	Raelyn Schroeder	10	Northeast	19.78	2	
17	McKenna Brown	11	Midland	20.42	2	
18	Elaina Hayes	8	Marion	21.03	1	
19	Kara Knipper	10	Edgewood-Colesburg	21.99	1	
20	Leana Grothe	11	Bellevue	22.64	1	

Girls 400 Meter Hurdles Varsity

=====						
Name	Year	School	Finals	Points		
=====						
1	Justice	Armbruster	10	Maquoketa	1:10.07	10
2	Molly	Roling	11	Cascade	1:10.65	8
3	Lilee	Boriskey	10	Edgewood-Colesburg	1:14.59	6
4	Adeline	Decker	9	Denver	1:17.13	5
5	McKenna	Brown	11	Midland	1:23.34	4
6	McKenna	Mineart	9	Maquoketa Valley	1:27.94	3

Girls 4x100 Meter Relay Varsity

=====					
School	Finals	H#	Points		
=====					
1	Maquoketa Valley	51.80	2	10	
	1) Lily Huber 12				
	3) Lanni Beaman 10				
2	Denver	52.06	2	8	
	1) Deidra Cinadr 12				
	3) Jillian Clayton 10				
3	Northeast	52.21	2	6	
	1) Kaitlyn Hansen 12				
	3) Teryn Hansen 10				
4	Beckman Catholic	52.39	2	5	
	1) Kaitlyn Besler 11				
	3) Becca Goerd 11				
5	Marion	54.12	1	4	
	1) Lucy Turner 9				
	2) Madison Rinderknect 8				

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....Girls 4x100 Meter Relay Varsity

3) Avery Case 9	4) Imari Michaels 8			
6 Cascade		54.14	2	3
1) Makayla Paar 9	2) Kate Green 11			
3) Ellie Green 12	4) Addison Frake 10			
7 Western Dubuque		54.35	2	2
1) Ana Rauen 8	2) Kate Harbaugh 9			
3) Katie McKenna 11	4) Natalie Soppe 11			
8 Springville		54.47	1	1
1) Carsyn Clothier 12	2) Madison Demean 11			
3) Hannah March 12	4) Morgan DeMean 9			
9 Edgewood-Colesburg		55.30	2	
1) Brooke Bolinger 12	2) Rylee Atkinson 10			
3) Mylie Elliot 10	4) Kaitlyn Hahn 10			
10 Midland		56.39	1	
1) Mariah Hacke 12	2) Jayde Martin 12			
3) Olivia Coates 11	4) Emmi Huston 10			
11 Maquoketa		57.52	1	
1) Kamari Hatley 10	2) Atty Moore 9			
3) Hailey Veach 11	4) JoAnna Ochoa 9			
12 Bellevue		1:01.24	2	
1) Jami Portz 12	2) Tayla Leibfried 11			
3) Cydney Tath 10	4) Bella Leibfried 9			
13 Calamus-Wheatland		1:01.64	1	
1) Katie Hein 10	2) Taylor Coulter 10			
3) Tess Nicklaus 9	4) Ava Cavey 12			
14 Central City		1:05.37	1	
1) Alexa Maxwell 9	2) Savannah Koch 10			
3) Sloane Smith 10	4) Kendall Koch 9			

Girls 4x200 Meter Relay Varsity

School		Finals	H#	Points
1 Maquoketa Valley		1:51.71	2	10
1) Lily Huber 12	2) Lili Bauers 11			
3) Lilly Kraft 9	4) Camryn Paris 9			
2 Denver		1:51.78	2	8
1) Jillian Clayton 10	2) Deidra Cinadr 12			
3) Maryn Laures 10	4) Elaina Hildebrandt 12			
3 Cascade		1:53.25	2	6
1) Makayla Paar 9	2) Molly Roling 11			
3) Addison Frake 10	4) Kate Green 11			
4 Northeast		1:53.64	2	5
1) Alivia Chambers 10	2) Rieleley Burken 10			
3) Teryn Hansen 10	4) Jordan Tegeler 9			
5 Marion		1:54.59	2	4
1) Lucy Turner 9	2) Madison Rinderknect 8			
3) Avery Case 9	4) Imari Michaels 8			
6 Springville		1:54.86	2	3

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1) Hannah March 12	2) Madison Demean 11		
3) Lizzie Hansen 9	4) Addison Merritt 9		
7 Western Dubuque		1:56.18	2 2
1) Katie McKenna 11	2) Natalie Soppe 11		
3) Leah Steger 10	4) Katelyn Wulfekuhle 8		
8 Bellevue		1:58.37	2 1
1) Jami Portz 12	2) Bel Sieverding 9		
3) Catherine Dunne 11	4) Jade Sprout 11		
9 Midland		1:58.51	1
1) Mariah Hacke 12	2) Haleigh Payne 11		
3) Alyssa Eckhardt 11	4) Emmi Huston 10		
10 Maquoketa		2:02.53	1
1) Macky Marlowe 9	2) JoAnna Ochoa 9		
3) Lexi Wallroff 11	4) Hailey Veach 11		
11 Easton Valley		2:07.39	1
1) Aviera Marburger 10	2) Sarah Gruver 11		
3) Bridgette Moeller 9	4) Lexie Tebbe 12		
12 Beckman Catholic		2:07.55	1
1) Madison Goedken 10	2) Catalina McGrane 9		
3) Maria Rodriguez 9	4) Ava Oberbroecking 9		
13 Edgewood-Colesburg		2:08.46	1
1) Mylie Elliot 10	2) Sophie Mueller 9		
3) Rachel Eglsteder 10	4) Alayna Fry 9		

Girls 4x400 Meter Relay Varsity

School	Finals	H#	Points
1 Maquoketa Valley	4:12.19	2	10
1) Lily Huber 12	2) Camryn Paris 9		
3) Taryn Burbridge 10	4) Lanni Beaman 10		
2 Denver	4:26.46	2	8
1) Hailey Homan 11	2) Amelia Powers 11		
3) Jillian Clayton 10	4) Lily Cooper 11		
3 Maquoketa	4:29.46	2	6
1) Kalyn Hackman 11	2) Rylee Wing 11		
3) Finley Starr 11	4) Justice Armbruster 10		
4 Beckman Catholic	4:29.98	2	5
1) Kaitlyn Besler 11	2) Becca Goerdts 11		
3) Kennedy Recker 12	4) Judith Williams 11		
5 Bellevue	4:33.60	1	4
1) Gabby Hingtgen 10	2) Jade Sprout 11		
3) Grace Hingtgen 12	4) Catherine Dunne 11		
6 Northeast	4:37.11	2	3
1) Teryn Hansen 10	2) Rieley Burken 10		
3) Kaitlyn Hansen 12	4) Lily Ranke 9		
7 Western Dubuque	4:37.13	2	2
1) Leah Steger 10	2) Paige Koetz 11		
3) Josie Bierman 9	4) Rachael Weber 9		

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8 Midland	4:39.66	1	1
1) Emmaleigh Soper 11			
3) Haleigh Payne 11			
9 Marion	4:47.16	1	
1) Andreana Rediger 10			
3) Eden Hufford 9			
10 Springville	4:52.21	2	
1) Lizzie Hansen 9			
3) Madison Williams 9			

Girls 4x800 Meter Relay Varsity

School	Finals	Points
1 Denver	10:30.15	10
1) Grace Swales 11		
3) Lily Cooper 11		
2 Western Dubuque	10:45.96	8
1) Alyssa Klein 12		
3) Kasey McIlrath 11		
3 Marion	11:58.35	6
1) Andreana Rediger 10		
3) Iyanna Barkley 11		

Girls 800 Sprint Medley Varsity

School	Finals	H#	Points
1 Maquoketa Valley	1:53.83	2	10
1) Lily Huber 12			
3) Taryn Burbridge 10			
2 Northeast	1:56.81	2	8
1) Kaitlyn Hansen 12			
3) Teryn Hansen 10			
3 Denver	1:58.10	2	6
1) Amelia Powers 11			
3) Jillian Clayton 10			
4 Springville	1:59.86	2	5
1) Carsyn Clothier 12			
3) Hannah March 12			
5 Maquoketa	1:59.89	2	4
1) Kylie Trentz 11			
3) Finley Starr 11			
6 Beckman Catholic	2:02.54	1	3
1) Natalie Besler 9			
3) Kennedy Recker 12			
7 Calamus-Wheatland	2:02.90	2	2
1) Taylor Coulter 10			
3) Katie Hein 10			

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....Girls 800 Sprint Medley Varsity

8 Western Dubuque	2:04.59	1	1
1) Katie McKenna 11		2) Katelyn Wulfekuhle 8	
3) Natalie Soppe 11		4) Rachael Weber 9	
9 Edgewood-Colesburg	2:04.78	1	
1) Brooke Bolinger 12		2) Kaitlyn Hahn 10	
3) Rylee Atkinson 10		4) Ellie Kirby 11	
10 Cascade	2:05.81	1	
1) Ellie Green 12		2) Emersyn Green 11	
3) Lilly Sutton 11		4) Maddie Recker 10	
11 Bellevue	2:06.81	2	
1) Jami Portz 12		2) Tayla Leibfried 11	
3) Bella Leibfried 9		4) Catherine Dunne 11	
12 Easton Valley	2:14.50	1	
1) Lexie Tebbe 12		2) Sarah Gruver 11	
3) Aviera Marburger 10		4) Abby Bierman 12	
13 Central City	2:22.96	1	
1) Savannah Koch 10		2) Sloane Smith 10	
3) Alexa Maxwell 9		4) Lexi Hennick 12	
14 Marion	2:46.90	1	
1) Kaylee Sagner 9		2) Lashay Lowery 10	
3) Kylie Olson 10		4) Gracie Uhl 8	
-- Midland		DQ	2
1) Mariah Hacke 12		2) Emmi Huston 10	
3) Alyssa Eckhardt 11		4) Gabbie Franzen 10	

Girls Distance Medley Varsity

School	Finals	H#	Points
1 Cascade	4:29.43	2	10
1) Maddie Recker 10		2) Addison Frake 10	
3) Molly Roling 11		4) Hallie Kelchen 10	
2 Maquoketa Valley	4:32.90	2	8
1) Lili Bauers 11		2) Camryn Paris 9	
3) Izabella Heffernan 11		4) Taryn Burbridge 10	
3 Maquoketa	4:44.80	2	6
1) Maelyn Kluever 10		2) Kylie Trentz 11	
3) Kalyn Hackman 11		4) Justice Armbruster 10	
4 Bellevue	4:45.63	2	5
1) Tayla Leibfried 11		2) Cydney Tath 10	
3) Bella Leibfried 9		4) Grace Hingtgen 12	
5 Denver	4:46.59	2	4
1) Maryn Laures 10		2) Hailey Homan 11	
3) Deidra Cinadr 12		4) Reeve Ristau 11	
6 Beckman Catholic	5:00.25	2	3
1) Judith Williams 11		2) Maria Dudzik 12	
3) Catalina McGrane 9		4) Madison Goedken 10	
7 Edgewood-Colesburg	5:01.16	2	2
1) Brooke Bolinger 12		2) Mylie Elliot 10	



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3) Amanda Nurre 9	4) Ellie Kirby 11			
8 Western Dubuque		5:06.80	1	1
1) Kate Harbaugh 9	2) Hannah Stump 9			
3) Ana Rauen 8	4) Paige Koetz 11			
9 Northeast		5:12.64	2	
1) Raelyn Schroeder 10	2) Addison Holst 11			
3) Karleigh Hansen 9	4) Lily Ranke 9			
10 Midland		5:23.86	1	
1) Allesha Westphal 10	2) Jayde Martin 12			
3) Bri Streets 10	4) McKenna Brown 11			
11 Easton Valley		5:26.84	1	
1) Bridgette Moeller 9	2) Leire Vargas 11			
3) Chloe Bowling 10	4) Bailey Sullivan 10			
12 Marion		5:36.07	1	
1) Kaylee Sagner 9	2) Lashay Lowery 10			
3) CeCe Flecksing 8	4) Iyanna Barkley 11			

Girls 4x100 Meter Shuttle Hurdle Varsity

School	Finals	H#	Points
1 Cascade	1:08.87	2	10
1) Molly Roling 11			
3) Addison Frake 10			
2 Beckman Catholic	1:13.99	1	8
1) Kaitlyn Besler 11			
3) Kayla Burkle 11			
3 Springville	1:15.68	2	6
1) Madison Williams 9			
3) Carsyn Clothier 12			
4 Western Dubuque	1:15.74	2	5
1) Macy Kalb 10			
3) Madison Randall 10			
5 Maquoketa	1:16.20	2	4
1) Kylie Trentz 11			
3) Maelyn Kluever 10			
6 Maquoketa Valley	1:22.22	1	3
1) Emma Brockhohn 9			
3) Ruby Recker 9			
-- Midland	DQ	1	
1) Emmaleigh Soper 11			
3) McKenna Brown 11			

Girls High Jump Varsity

Name	Year School	Finals	Points
1 Izzy Lutgen	12 Beckman Catholic	4-06.00	10
2 Kalynn Lamey	11 Cascade	J4-06.00	8



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3 Sarah Gruver	11 Easton Valley	4-02.00	6
4 Haydin Flannagan	9 Maquoketa Valley	J4-02.00	5
-- Hayden Robertson	9 Springville	NH	
-- Lexi Wallroff	11 Maquoketa	NH	
-- Cadence Klen	10 Bellevue	NH	

Girls Long Jump Varsity

Name	Year School	Finals	Points
1 Alyssa Eckhardt	11 Midland	15-04.50	10
2 Lilee Boriskey	10 Edgewood-Colesburg	15-01.00	8
3 Cydney Tath	10 Bellevue	14-11.00	6
4 Finley Starr	11 Maquoketa	14-07.00	5
5 Emma Brockohon	9 Maquoketa Valley	14-06.50	4
6 Imari Michaels	8 Marion	14-04.00	3
7 Elaina Hayes	8 Marion	14-02.00	2
8 Lilly Kraft	9 Maquoketa Valley	J14-02.00	1
9 Bel Sieverding	9 Bellevue	13-10.50	
10 Raelyn Schroeder	10 Northeast	13-10.00	
11 Ava Franzen	8 Midland	12-07.50	
12 Atty Moore	9 Maquoketa	11-11.50	
13 Asanti Britton	8 Western Dubuque	11-11.00	
14 Reagan Cohn	9 Springville	11-04.50	
15 Lizzy Seidell	9 Easton Valley	10-07.00	
16 Jada Geerts	9 Easton Valley	10-06.50	
17 Hannah Stump	9 Western Dubuque	10-04.00	

Girls Shot Put Varsity

Name	Year School	Finals	H#	Points
1 Gracie Tompkins	11 Midland	35-10.00	2	10
2 Luxi Coutu	9 Northeast	35-05.50	2	8
3 Erica Will	11 Calamus-Wheatland	34-07.50	2	6
4 Kendall Wittman	9 Edgewood-Colesburg	31-10.00	2	5
5 Marin Gaul	12 Edgewood-Colesburg	31-02.50	2	4
6 Macee Nolan	10 Maquoketa Valley	30-02.00	2	3
7 Lillyan Courtney	12 Bellevue	29-03.50	2	2
8 Lexi Hennick	12 Central City	28-11.50	2	1
9 Jeanie Teymer	9 Maquoketa Valley	26-00.50	2	
10 Kristina Foley	12 Western Dubuque	J26-00.50	2	
11 Kennedy Burke	9 Denver	25-08.50	2	
12 Makenna Klemme	9 Easton Valley	25-06.00	1	
13 Jentry Johnson	11 Maquoketa	24-00.00	1	
14 Peyton Grau	9 Calamus-Wheatland	23-10.00	1	
15 Avery Lindquist	9 Northeast	22-09.50	1	
16 MacKayla Cavanagh	9 Maquoketa	22-05.50	1	
17 Abbi Schwiebert	9 Springville	21-08.50	1	

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 Cascade, Iowa - 4/25/2024
 Results**

....Girls Shot Put Varsity

18 Cambri Clark	9 Easton Valley	21-01.00	1
19 Ameera Hicks	10 Central City	20-09.00	1
20 Kela Peterson	9 Springville	20-05.50	1
21 Hailey Schilling	8 Western Dubuque	17-00.00	1

Girls Discus Throw Varsity

Name	Year	School	Finals	H#	Points
1 Ava Cavey	12	Calamus-Wheatland	101-05	2	10
2 Marin Gaul	12	Edgewood-Colesburg	101-02	2	8
3 Gracie Tompkins	11	Midland	99-06	2	6
4 Luxi Coutu	9	Northeast	91-07	2	5
5 Emma Beck	11	Easton Valley	88-09	2	4
6 Macee Nolan	10	Maquoketa Valley	86-09	2	3
7 McKenna Doll	10	Midland	86-06	2	2
8 Jeanie Teymer	9	Maquoketa Valley	80-00	2	1
9 Savannah Drips	10	Edgewood-Colesburg	79-07	2	
10 Kyleigh Kloser	8	Western Dubuque	78-05	1	
11 Katie Otten	11	Maquoketa	68-06	1	
12 Makenna Klemme	9	Easton Valley	67-05	1	
13 Leana Grothe	11	Bellevue	66-02	1	
14 Peyton Grau	9	Calamus-Wheatland	65-03	2	
15 Kennedy Burke	9	Denver	63-10	1	
16 Zoey Johnson	11	Central City	63-05	1	
17 Juliana Gleason	9	Bellevue	62-11	1	
18 Lexi Hennick	12	Central City	62-06	1	
19 Madison Williams	9	Springville	59-03	1	
20 Avery Lindquist	9	Northeast	56-02	2	
21 Abbi Schwiebert	9	Springville	55-01	1	
22 Cheyenne Hoffmann	10	Western Dubuque	49-05	1	

Girls 4x100 Meter Relay JV

School	Finals
1 Cascade	56.75
1) Emersyn Green 11	2) Lilly Sutton 11
3) Maddie Recker 10	4) Hallie Kelchen 10
2 Denver	58.02
1) Addison Carlson 11	2) Grace Swales 11
3) Katelyn Knutson 11	4) Mollie Tierney 10
3 Western Dubuque	1:00.60
1) Etta Lukes 10	2) Claire Schieltz 9
3) Erin Fagan 9	4) Kylee Harwick 9
4 Edgewood-Colesburg	1:01.28
1) Alayna Fry 9	2) Rachel Eglsteder 10
3) Kara Knipper 10	4) Sophie Mueller 9

**Cascade Co-Ed Invitational
 Cascade High School
 Cascade, Iowa - 4/25/2024
 Results**

Girls 4x200 Meter Relay JV

School	Finals
1 Denver	2:03.32
1) Addison Carlson 11	2) Lily Cooper 11
3) Katelyn Knutson 11	4) Grace Swales 11
2 Easton Valley	2:27.78
1) Lizzy Seidell 9	2) Jaycee Atkinson 10
3) Lea Pluequett 11	4) Maddy Edwards 9

Women - Varsity - Team Rankings - 19 Events Scored

1) Maquoketa Valley	89	2) Denver	81
3) Cascade	79	3) Beckman Catholic	79
5) Edgewood-Colesburg	62	6) Northeast	53
7) Maquoketa	49	8) Marion	43
9) Calamus-Wheatland	41	10) Midland	37
11) Western Dubuque	29	12) Bellevue	25
12) Springville	25	14) Easton Valley	17
15) Central City	1		

Women - JV - Team Rankings - 1 Events Scored

1) Denver	10	2) Easton Valley	8
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Men - Varsity - Team Rankings - 19 Events Scored

1) Dubuque Senior	137	2) Maquoketa Valley	117.50
3) Northeast	90	4) Cascade	58
5) Beckman Catholic	52	6) Midland	49.50
7) Central City	44	8) Edgewood-Colesburg	43
9) Calamus-Wheatland	41	10) Easton Valley	40
11) Springville	33	12) Marion	24

Men - JV - Team Rankings - 1 Events Scored

1) Marion	10	2) Northeast	8
3) Maquoketa Valley	6		