

Cascade Co-Ed Invitational
Cascade High School
Cascade, Iowa - 5/1/2025
Results

Boys 100 Meter Dash Varsity

Name	Year	School	Finals	H#	Points
Finals					
1 Tate Hosch	10	Cascade	11.15	3	10
2 Nolan Gates	12	Central City	11.39	3	8
3 Jax Steger	9	Edgewood-Colesburg	11.76	3	6
4 Matt Klosterman	12	Central City	11.78	3	5
5 Colin Smith	11	Maquoketa Valley	12.01	3	4
6 Brody Delitt	11	Northeast	12.05	3	3
7 Connor Soesbe	11	Northeast	12.20	3	2
8 Rogan Heidt	10	Maquoketa Valley	12.22	3	1
9 Chase White	11	Beckman Catholic	12.24	2	
10 Carter Conrad	11	Cascade	12.50	2	
11 Jesse Gonzalez	9	Calamus-Wheatland	12.64	2	
12 Luke Kruse	10	Beckman Catholic	13.19	2	
13 Mason Wells	12	Calamus-Wheatland	13.68	2	
14 Tristan Perry	11	Springville	14.38	2	
15 Alex Phelps	12	Edgewood-Colesburg	14.41	2	
16 Luke Chrisman	9	Springville	14.71	1	
17 Liam Stoffer	10	North Cedar	16.71	1	
18 Gavin Lenhart-Muhs	10	North Cedar	17.59	1	

Boys 200 Meter Dash Varsity

Name	Year	School	Finals	H#	Points
1 Jake Hosch	11	Cascade	22.92	3	10
2 Nolan Gates	12	Central City	22.93	3	8
3 Christopher Lange	11	Edgewood-Colesburg	23.33	3	6
4 August Rowland	12	Northeast	23.49	2	5
5 Chase Klatt	11	Calamus-Wheatland	23.50	3	4
6 Colin Smith	11	Maquoketa Valley	23.62	3	3
7 Brayden Svejda	12	Calamus-Wheatland	23.63	3	2
8 Calvin Manternach	11	Cascade	23.66	2	1
9 Timmy Driver	9	North Cedar	23.92	2	
10 Josh Lindsey	11	Central City	24.00	3	
11 Henry Milbert	9	Beckman Catholic	24.13	2	
12 Michael Frame	12	Northeast	24.59	3	
13 Dustin Damico	10	Maquoketa Valley	25.19	2	
14 Luke Kruse	10	Beckman Catholic	26.17	2	
15 Jeremy Nicodemus	11	Springville	26.55	2	
16 Noah Sweet	9	Springville	27.38	1	
17 Blake Lendt	9	Edgewood-Colesburg	27.73	1	
18 Liam Stoffer	10	North Cedar	33.29	1	

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Boys 400 Meter Dash Varsity

Name	Year	School	Finals	H#	Points
1 Christopher Lange	11	Edgewood-Colesburg	52.53	2	10
2 Michael Frame	12	Northeast	52.54	2	8
3 Dashawn Strickland	11	Maquoketa Valley	53.73	2	6
4 Jaden Miller	9	Edgewood-Colesburg	53.97	2	5
5 Jase Stecher	10	Central City	55.97	1	4
6 Danny Dudzik	11	Beckman Catholic	56.23	2	3
7 Clayton Sweely	9	Northeast	57.44	2	2
8 Carter LeClere	10	Maquoketa Valley	57.89	2	1
9 Reed Elvert	10	Calamus-Wheatland	58.03	1	
10 Parker Pangburn	11	Central City	58.09	1	
11 Blake Trenkamp	9	Calamus-Wheatland	1:04.26	1	
12 Caleb Williams	9	Cascade	1:12.26	1	

Boys 800 Meter Run Varsity

Name	Year	School	Finals	H#	Points
1 Logan Riedesel	12	Calamus-Wheatland	2:06.92	2	10
2 Parker Messerich	12	Northeast	2:07.25	2	8
3 Jaxen Christiansen	8	Northeast	2:08.40	2	6
4 Tyler Taube	10	Springville	2:08.66	2	5
5 Andrew Kaalberg	12	Cascade	2:10.21	2	4
6 Brady Eike	12	Maquoketa Valley	2:17.26	1	3
7 Cooper Brown	10	Edgewood-Colesburg	2:17.34	1	2
8 Jase Stecher	10	Central City	2:19.21	2	1
9 Cole Luensmann	11	Beckman Catholic	2:19.94	2	
10 Aidan Yaddof	11	Calamus-Wheatland	2:22.62	2	
11 Jayden Schwandt	10	Maquoketa Valley	2:22.92	1	
12 Luke Williams	10	Beckman Catholic	2:24.47	1	
13 Eli Bailey	9	Edgewood-Colesburg	2:26.44	1	
14 Jacobi Hines	9	North Cedar	2:37.61	1	

Boys 1600 Meter Run Varsity

Name	Year	School	Finals	Points
1 Matthew Schaul	12	Maquoketa Valley	4:39.26	10
2 Mason Mohr	11	Calamus-Wheatland	4:41.31	8
3 Jack Stecher	12	Central City	4:48.67	6
4 Noah Derrick	10	Springville	4:53.73	5
5 Lane Cook	12	Cascade	4:57.17	4
6 Kenyon Baker	11	Maquoketa Valley	4:59.66	3
7 Nathan Schlarmann	9	Beckman Catholic	5:00.73	2
8 Alex Rickertsen	11	Calamus-Wheatland	5:15.21	1
9 Conor Sweet	9	Springville	5:26.02	
10 David Swanton	10	Northeast	5:30.91	
11 Nick Uhlenkamp	11	Edgewood-Colesburg	5:34.46	

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....Boys 1600 Meter Run Varsity

12 Caleb Williams 9 Cascade 6:01.23

Boys 3200 Meter Run Varsity

Name	Year	School	Finals	Points
1 Jack Stecher	12	Central City	10:37.65	10
2 Alex Rickertsen	11	Calamus-Wheatland	11:02.57	8
3 David Swanton	10	Northeast	11:54.86	6

Boys 110 Meter Hurdles Varsity

Name	Year	School	Finals	H#	Points
1 Jace March	10	Springville	15.61	2	10
2 Asa Cox	12	Northeast	16.22	2	8
3 Dashny Munyakazi	11	Central City	16.37	2	6
4 Gavin Kramer	12	Northeast	17.21	2	5
5 Jackson Green	10	Cascade	17.23	2	4
6 Connor Williams	12	Springville	17.28	1	3
7 Brody Otting	11	Cascade	17.30	2	2
8 Shane Lamber	10	Maquoketa Valley	17.63	1	1
9 Cael Helmricks	11	Edgewood-Colesburg	20.45	1	

Boys 400 Meter Hurdles Varsity

Name	Year	School	Finals	H#	Points
1 Cooper Mclaughlin	11	Central City	59.79	2	10
2 Carter Conrad	11	Cascade	1:01.38	2	8
3 Asa Cox	12	Northeast	1:02.99	2	6
4 Spencer Casey	10	Cascade	1:03.29	2	5
5 Weston Dircks	11	North Cedar	1:03.39	2	4
6 Cole Green	10	Calamus-Wheatland	1:03.61	2	3
7 Gavin Kramer	12	Northeast	1:03.87	2	2
8 Karter Knipper	9	Edgewood-Colesburg	1:03.99	1	1
9 Cael Helmricks	11	Edgewood-Colesburg	1:06.86	1	
10 Preston Salow	11	Maquoketa Valley	1:07.70	1	
11 Dashawn Strickland	11	Maquoketa Valley	1:08.35	2	

Boys 4x100 Meter Relay Varsity

School	Finals	H#	Points
1 Cascade	44.59	2	10
1) Quinn Casey 12			
2) Tate Hosch 10			
3) Tanner Topping 10			
4) Eli Fritz 11			
2 Maquoketa Valley	44.90	2	8
1) Rogan Heidt 10			
2) Kash Hunt 11			

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....Boys 4x100 Meter Relay Varsity

3) Brady Wall 11	4) Macoy Stone 11	45.91	2	6
3 Edgewood-Colesburg				
1) Jax Steger 9	2) Carson Ingles 11			
3) Carter Battin 11	4) Christopher Lange 11			
4 Central City		46.51	2	5
1) Matt Klosterman 12	2) Josh Lindsey 11			
3) Max Authur 12	4) Nolan Gates 12			
5 Northeast		46.92	2	4
1) Kody Camp 11	2) Brody Delitt 11			
3) Santiago De La Cruz 12	4) Jade Mielk 9			
6 Beckman Catholic		47.00	2	3
1) Steffen Goerd 10	2) Jude Kramer 9			
3) Danny Dudzik 11	4) Julien Kramer 11			
7 Calamus-Wheatland		47.84	1	2
1) Brayden Svedja 12	2) Chase Klatt 11			
3) Cole Green 10	4) Jesse Gonzalez 9			
8 Springville		51.98	1	1
1) Braden Jordan 11	2) Connor Williams 12			
3) Zak King 10	4) Eli Rabe 10			
9 North Cedar		57.51	1	
1) Brayden Balichek 12	2) Jacobi Hines 9			
3) Noah Schroeder 11	4) Cooper Heister 10			

Boys 4x200 Meter Relay Varsity

School		Finals	Points
1 Cascade		1:32.88	10
1) Quinn Casey 12	2) Eli Fritz 11		
3) Tanner Topping 10	4) Tate Hosch 10		
2 Central City		1:33.59	8
1) Matt Klosterman 12	2) Dashny Munyakazi 11		
3) Josh Lindsey 11	4) Nolan Gates 12		
3 Maquoketa Valley		1:34.08	6
1) Rogan Heidt 10	2) Kash Hunt 11		
3) Brady Wall 11	4) Macoy Stone 11		
4 Beckman Catholic		1:36.20	5
1) Julien Kramer 11	2) Jude Kramer 9		
3) Steffen Goerd 10	4) Jack Wessels 10		
5 Northeast		1:39.30	4
1) Kody Camp 11	2) Brody Delitt 11		
3) Santiago De La Cruz 12	4) Jade Mielk 9		
6 Edgewood-Colesburg		1:44.16	3
1) Jax Steger 9	2) Kyler Cole 12		
3) Ike Schulte 11	4) Conner Bahls 9		

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Boys 4x400 Meter Relay Varsity

School	Finals	Points
1 Springville	3:30.38	10
1) Luke Lansing 11	2) Mason Hoy 11	
3) Jack Stamp 12	4) Jace March 10	
2 Beckman Catholic	3:34.54	8
1) Steffen Goerdts 10	2) Jude Kramer 9	
3) Danny Dudzik 11	4) Julien Kramer 11	
3 Northeast	3:34.97	6
1) Michael Frame 12	2) Clayton Sweely 9	
3) Parker Messerich 12	4) Gavin Kramer 12	
4 Cascade	3:35.01	5
1) Tanner Topping 10	2) Trenten Topping 12	
3) Eli Fritz 11	4) Quinn Casey 12	
5 Edgewood-Colesburg	3:47.53	4
1) Jaden Miller 9	2) Bryce Stannard 11	
3) Carter Battin 11	4) Jorge Blanco Garcia 11	
6 Maquoketa Valley	3:50.16	3
1) Carter LeClere 10	2) Owen Smith 9	
3) Kenyon Baker 11	4) Dashawn Strickland 11	
7 North Cedar	4:03.38	2
1) Timmy Driver 9	2) Brayden Balichek 12	
3) Weston Dircks 11	4) Jacobi Hines 9	

Boys 4x800 Meter Relay Varsity

School	Finals	Points
1 Northeast	8:27.58	10
1) Michael Frame 12	2) Clayton Sweely 9	
3) Jaxen Christiansen 8	4) Parker Messerich 12	
2 Maquoketa Valley	8:31.85	8
1) Matthew Schaul 12	2) Brady Eike 12	
3) Kenyon Baker 11	4) Dashawn Strickland 11	
3 Calamus-Wheatland	8:43.44	6
1) Logan Riedesel 12	2) Aidan Yaddof 11	
3) Alex Rickertsen 11	4) Mason Mohr 11	
4 Cascade	8:49.14	5
1) Lane Cook 12	2) Andrew Kaalberg 12	
3) Cody Lynch 9	4) Trenten Topping 12	
5 Beckman Catholic	9:12.92	4
1) Danny Dudzik 11	2) Nathan Schlarmann 9	
3) Cole Luensmann 11	4) Luke Williams 10	
6 Edgewood-Colesburg	9:29.11	3
1) Jorge Blanco Garcia 11	2) Cooper Brown 10	
3) Eli Bailey 9	4) Nick Uhlenkamp 11	
7 North Cedar	9:30.89	2
1) Weston Dircks 11	2) Timmy Driver 9	
3) Brayden Balichek 12	4) Jacobi Hines 9	

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....Boys 4x800 Meter Relay Varsity

8 Springville	9:55.01	1
1) Jeremy Nicodemus 11	2) Conor Sweet 9	
3) Zak King 10	4) Noah Sweet 9	

Boys 800 Sprint Medley Varsity

School	Finals	Points
1 Maquoketa Valley	1:38.58	10
1) Rogan Heidt 10	2) Colin Smith 11	
3) Brady Wall 11	4) Macoy Stone 11	
2 Beckman Catholic	1:38.73	8
1) Julien Kramer 11	2) Jack Wessels 10	
3) Jude Kramer 9	4) Steffen Goerdts 10	
3 Edgewood-Colesburg	1:41.01	6
1) Jax Steger 9	2) Carson Ingles 11	
3) Jaden Miller 9	4) Christopher Lange 11	
4 Central City	1:42.24	5
1) Josh Lindsey 11	2) Dashny Munyakazi 11	
3) Max Authur 12	4) Cooper Mclaughlin 11	
5 Cascade	1:42.54	4
1) Brody Otting 11	2) Jackson Green 10	
3) Calvin Manternach 11	4) Eli Fritz 11	
6 Calamus-Wheatland	1:53.53	3
1) Mason Wells 12	2) Mason Easterday 9	
3) Kaiser Sands 12	4) Reed Elvert 10	
-- Northeast	DQ	
1) Kody Camp 11	2) Jade Mielk 9	
3) Santiago De La Cruz 12	4) Brody Delitt 11	

Boys Distance Medley Varsity

School	Finals	Points
1 Springville	3:43.63	10
1) Luke Lansing 11	2) Mason Hoy 11	
3) Noah Derrick 10	4) Jack Stamp 12	
2 Calamus-Wheatland	3:53.79	8
1) Brayden Svedja 12	2) Cole Green 10	
3) Chase Klatt 11	4) Logan Riedesel 12	
3 Edgewood-Colesburg	4:05.26	6
1) Carson Ingles 11	2) Carter Battin 11	
3) Bryce Stannard 11	4) Jorge Blanco Garcia 11	
4 North Cedar	4:13.83	5
1) Brayden Balichek 12	2) Cameron Sturtz 11	
3) Timmy Driver 9	4) Weston Dircks 11	
5 Northeast	4:19.65	4
1) Darren Schemers 10	2) Daniel Schemers 10	
3) Jackson Kleinschmidt 9	4) Chase Christiansen 12	

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....Boys Distance Medley Varsity

6 Beckman Catholic	4:34.80	3
1) Aiden Womer 12	2) Will Goedken 9	
3) Tommy Dudzik 10	4) Rafeal Cortes 9	
-- Maquoketa Valley	DQ	Out of Zone 1-2
1) Brady Wall 11	2) Kash Hunt 11	
3) Macoy Stone 11	4) Matthew Schaul 12	

Boys 4x110 Meter Shuttle Hurdle Varsity

School	Finals	Points
1 Northeast	1:05.65	10
1) August Rowland 12	2) Gavin Kramer 12	
3) Brayden Parks 12	4) Asa Cox 12	
2 Springville	1:06.03	8
1) Creston Cordes 12	2) Luke Lansing 11	
3) Jace March 10	4) Connor Williams 12	
3 Cascade	1:06.21	6
1) Brody Otting 11	2) Calvin Manternach 11	
3) Jackson Green 10	4) Spencer Casey 10	
4 Edgewood-Colesburg	1:11.23	5
1) Jaden Miller 9	2) Cael Helmricks 11	
3) Karter Knipper 9	4) Conner Bahls 9	

Boys High Jump Varsity

Name	Year School	Finals	Points
1 Spencer Casey	10 Cascade	6-02.00	10
5-00 5-02 5-04 5-06 5-08 5-10 6-00 6-02 6-03			
P P P P O O O XXO XXX			
2 Chase Klatt	11 Calamus-Wheatland	5-10.00	8
5-00 5-02 5-04 5-06 5-08 5-10 6-00			
P P P O O XO XXX			
3 Connor Soesbe	11 Northeast	J5-10.00	6
5-00 5-02 5-04 5-06 5-08 5-10 6-00			
P P O XXO O XXO XXX			
4 Henry Milbert	9 Beckman Catholic	5-06.00	5
5-00 5-02 5-04 5-06 5-08			
P O XO XXO XXX			
5 Dashny Munyakazi	11 Central City	5-04.00	4
5-00 5-02 5-04 5-06			
O O XXO XXX			
6 Luke Kruse	10 Beckman Catholic	J5-04.00	3
5-00 5-02 5-04 5-06			
XO O XXO XXX			
-- Brayden Parks	12 Northeast	NH	
5-00 5-02 5-04			
P P XXX			

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Boys Long Jump Varsity

Name	Year	School	Finals	Points
1 Connor Soesbe	11	Northeast	19-07.00	10
2 Spencer Casey	10	Cascade	19-01.00	8
3 Matt Klosterman	12	Central City	19-00.50	6
4 Brayden Parks	12	Northeast	18-01.50	5
5 Brayden Svedja	12	Calamus-Wheatland	17-09.00	4
6 Bryce Stannard	11	Edgewood-Colesburg	17-02.50	3
7 Danny Dudzik	11	Beckman Catholic	16-11.00	2
8 Calvin Steines	9	Calamus-Wheatland	16-03.50	1
9 Dayce Arthur	9	Edgewood-Colesburg	16-02.50	
10 Keagan Rahe	9	Maquoketa Valley	13-06.00	

Boys Shot Put Varsity

Name	Year	School	Finals	H#	Points
1 Brody Beecher	12	Cascade	45-07.00	2	10
2 Erik Boge	11	Beckman Catholic	44-09.00	2	8
3 Preston Salow	11	Maquoketa Valley	41-09.75	2	6
4 Lane Manternach	10	Cascade	40-09.50	2	5
5 Dylan Knipper	11	Maquoketa Valley	40-03.00	2	4
6 Cooper Heister	10	North Cedar	39-06.50	2	3
7 Brady Olson	11	Calamus-Wheatland	38-04.00	1	2
8 Ben Pierschbacher	10	Edgewood-Colesburg	35-07.00	2	1
9 Noah Schroeder	11	North Cedar	34-07.50	1	
10 Jace Carpenter	10	Calamus-Wheatland	32-00.50	1	
11 Isaac Weber	10	Springville	28-01.00	1	
11 Tristan Perry	11	Springville	28-01.00	1	
13 Keegan Stelken	9	Edgewood-Colesburg	27-02.00	1	

Boys Discus Throw Varsity

Name	Year	School	Finals	H#	Points
1 Grant Gray	12	Northeast	167-02	2	10
2 Cael Kluever	11	Northeast	141-09	2	8
3 Dylan Knipper	11	Maquoketa Valley	132-05	2	6
4 Noah Schroeder	11	North Cedar	130-06	2	5
5 Erik Boge	11	Beckman Catholic	129-08	2	4
6 Brody Beecher	12	Cascade	126-06	2	3
7 Chase DeHoet	12	Calamus-Wheatland	110-02	1	2
8 Ike Schulte	11	Edgewood-Colesburg	108-04	2	1
9 Carter Janiszski	10	Cascade	104-08	2	
10 Jace Carpenter	10	Calamus-Wheatland	91-01	1	
11 Brady Thein	10	Edgewood-Colesburg	91-00	1	
12 Isaac Weber	10	Springville	89-11	1	
13 Cooper Heister	10	North Cedar	89-06	1	
14 Max Recker	10	Central City	89-04	1	

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....Boys Discus Throw Varsity

15 Luke Chrisman	9 Springville	80-08	1
16 Owen Heser	9 Central City	73-10	1

Boys 4x100 Meter Relay JV

School	Finals
1 Cascade	47.33
1) Brody Otting 11	2) Jackson Green 10
3) Calvin Manternach 11	4) Brody Beecher 12
2 Northeast	50.35
1) Jayden Jensen 8	2) Caden Frame 8
3) Darren Schemers 10	4) Jackson Kleinschmidt 9
3 Maquoketa Valley	51.05
1) Shane Lamber 10	2) Keagan Rahe 9
3) Preston Salow 11	4) Dylan Knipper 11
4 Edgewood-Colesburg	51.35
1) Ike Schulte 11	2) Colton Hoisington 9
3) Dayce Arthur 9	4) Kyler Cole 12
5 Beckman Catholic	51.49
1) Cael Wolfe 12	2) Aiden Womer 12
3) Mizael Aburto 10	4) Will Goedken 9
6 Calamus-Wheatland	55.30
1) Mason Wells 12	2) Mason Easterday 9
3) Blake Trenkamp 9	4) Reed Elvert 10

Boys 4x200 Meter Relay JV

School	Finals
1 Beckman Catholic	1:39.60
1) Cooper Wolfe 11	2) Mack Wolfe 11
3) Mizael Aburto 10	4) Henry Milbert 9
2 Maquoketa Valley	1:44.22
1) Keagan Rahe 9	2) Owen Smith 9
3) Dylan Knipper 11	4) Dustin Damico 10
3 Northeast	1:45.36
1) Jackson Kleinschmidt 9	2) Caden Frame 8
3) Jayden Jensen 8	4) Daniel Schemers 10
4 Calamus-Wheatland	1:54.04
1) Blake Trenkamp 9	2) Mason Wells 12
3) Mason Easterday 9	4) Kaiser Sands 12

Women - Varsity - Team Rankings - 19 Events Scored

1) West Delaware	139	2) Maquoketa Valley	128.50
3) Maquoketa	95	4) Edgewood-Colesburg	90
5) Cascade	66	6) Northeast	51
7) Springville	43	8) Beckman Catholic	39.50

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9) Easton Valley	28	10) Calamus-Wheatland	19
11) North Cedar	10		

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Men - Varsity - Team Rankings - 19 Events Scored

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1) Northeast	138	2) Cascade	124
3) Central City	86	4) Maquoketa Valley	83
5) Calamus-Wheatland	72	6) Edgewood-Colesburg	68
7) Beckman Catholic	58	8) Springville	53
9) North Cedar	21		