

2023 CASCADE INVITATIONAL

Cascade, IA
 Fillmore Fairways Golf Course
 Weather: Sunny, SSE 5-10mph, 42% & 75
 Thursday, September 14, 2023

MEET OFFICIALS

Meet Director:
 Carrie Viel
Meet Referee:
 Terry Fisher
Timing:
 Andrew Kauder - Kauder Racing, LLC



KAUDER RACING
OFFICIAL MEET REPORT
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Race #4
Girls 5K

Final Results**TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Monticello	73	9-11-16-17-20(31)(37)	1:49:57	22:00	1:01.0
2 Tipton	81	5-7-21-23-25(28)(32)	1:50:04	22:01	2:25.1
3 Beckman Catholic Dyersvil	92	10-13-14-15-40(46)(57)	1:52:02	22:25	3:19.5
4 Regina Iowa City	126	18-22-27-29-30(34)(43)	1:55:14	23:03	1:17.0
5 Jesup	131	1-2-36-44-48(50)(54)	1:55:29	23:06	6:26.7
6 Wahlert Dubuque	136	4-26-33-35-38(41)(42)	1:56:04	23:13	4:16.2
7 Benton Community	179	6-19-47-51-56(58)(63)	2:03:24	24:41	7:11.4
8 Cascade Western Dubuqu	187	3-24-49-52-59	2:04:45	24:57	8:10.1
9 Maquoketa	242	8-39-62-64-69	2:20:15	28:03	12:58.5
10 Maquoketa Valley Delhi	245	12-45-55-65-68	2:19:04	27:49	12:14.9
11 Durant	307	53-60-61-66-67	2:25:54	29:11	3:48.2

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
1 WRIGHT, Clare	SR	Jesup	1	19:46.9	6:21.6	3:57.4
2 WILSON, Mackenzie	JR	Jesup	2	20:04.0	6:27.1	4:00.8
3 KELCHEN, Hallie	SO	Cascade Western D	3	20:17.9	6:31.6	4:03.6
4 MURPHY, Lucy	SO	Wahlert Dubuque	4	20:26.7	6:34.4	4:05.3
5 EDENS, Alivia	SR	Tipton	5	20:34.1	6:36.8	4:06.8
6 LYONS, Jaida	SR	Benton Community	6	20:36.8	6:37.7	4:07.4
7 OWEN, Laura	JR	Tipton	7	21:08.8	6:47.9	4:13.7
8 HARDIN, Izzy	SO	Maquoketa	8	21:22.8	6:52.5	4:16.6
9 KOEHLER, Leah	JR	Monticello	9	21:30.6	6:55.0	4:18.1
10 DUDZIK, Maria	SR	Beckman Catholic	10	21:34.3	6:56.2	4:18.8
11 KEHOE, Marisa	SR	Monticello	11	21:39.6	6:57.9	4:19.9
12 BURBRIDGE, Taryn	SO	Maquoketa Valley D	12	21:40.2	6:58.1	4:20.0
13 MERTZ, Julia	SR	Beckman Catholic	13	21:49.8	7:01.1	4:21.9
14 KRUSE, Maria	SR	Beckman Catholic	14	21:50.2	7:01.3	4:22.0
15 REITER, Madelyn	JR	Beckman Catholic	15	21:54.1	7:02.5	4:22.8
16 RIES, Peyton	FR	Monticello	16	22:02.2	7:05.1	4:24.4
17 CAPRON, Ava	JR	Monticello	17	22:13.1	7:08.6	4:26.6
18 COSS, Audra	SO	Wilton	-	22:13.9	7:08.9	4:26.8
19 CLARK, Alli	SR	Regina Iowa City	18	22:23.6	7:12.0	4:28.7
20 KAUDER, Kyra	FR	Benton Community	19	22:23.9	7:12.1	4:28.8
21 RECKER, Halle	SO	Monticello	20	22:31.5	7:14.5	4:30.3
22 HEIN, Ella	FR	Tipton	21	22:37.0	7:16.3	4:31.4
23 ERWIN, Harper	SO	Regina Iowa City	22	22:39.1	7:17.0	4:31.8
24 APPLEBY, Adalyn	JR	Central DeWitt	-	22:43.7	7:18.5	4:32.7
25 KLABO, Chloe	SR	Tipton	23	22:44.6	7:18.8	4:32.9
26 MERRITT, Addison	FR	Springville	-	22:46.8	7:19.5	4:33.3
27 SUPPLE, Lilly	SO	Cascade Western D	24	22:58.3	7:23.2	4:35.7
28 NEREM, Addie	SR	Tipton	25	22:59.1	7:23.4	4:35.8
29 BORMANN, Maya	FR	Wahlert Dubuque	26	22:59.9	7:23.7	4:36.0
30 JOHNSON, Ellie	SO	Regina Iowa City	27	23:00.9	7:24.0	4:36.2

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Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
31 HINES, Karli	JR	Tipton	(28)	23:07.1	7:26.0	4:37.4
32 EASTMAN, Ruby	SO	Regina Iowa City	29	23:29.9	7:33.3	4:42.0
33 BOILEAU, Faith	SR	Regina Iowa City	30	23:40.6	7:36.8	4:44.1
34 VERHAGEN, Emmy	FR	Monticello	(31)	23:44.6	7:38.0	4:44.9
35 FITZGERALD, Alexa	FR	Tipton	(32)	23:45.8	7:38.4	4:45.1
36 BELLINI, Olivia	SO	Wahlert Dubuque	33	23:54.7	7:41.3	4:46.9
37 SICKELS, Keira	SR	Regina Iowa City	(34)	23:56.7	7:42.0	4:47.3
38 GRAHAM, Lilly	JR	Wahlert Dubuque	35	23:59.8	7:42.9	4:47.9
39 ALBERT, Mckenna	SR	Jesup	36	24:08.3	7:45.7	4:49.7
40 KUNDE, Kaitlin	JR	Monticello	(37)	24:23.7	7:50.6	4:52.7
41 ROHNER, Ella	FR	Wahlert Dubuque	38	24:42.8	7:56.8	4:56.6
42 HINDERAKER, Rebecca	SR	Tipton	-	24:42.9	7:56.8	4:56.6
43 FOGG, Koda	JR	Tipton	-	24:50.6	7:59.3	4:58.1
44 SIMMONS, Ali	SR	Maquoketa	39	24:52.2	7:59.8	4:58.4
45 DOMEYER, Autumn	FR	Beckman Catholic	40	24:53.8	8:00.3	4:58.7
46 KING, Claire	SO	Wahlert Dubuque	(41)	24:54.2	8:00.4	4:58.8
47 UNSEN, Mallory	FR	Wahlert Dubuque	(42)	24:54.4	8:00.5	4:58.9
48 BERNING, Willa	FR	Wahlert Dubuque	-	24:55.8	8:00.9	4:59.1
49 WILTJEN, Ava	JR	Regina Iowa City	(43)	25:03.7	8:03.5	5:00.7
50 KEARNEY, Bri	SO	Monticello	-	25:08.3	8:05.0	5:01.6
51 NEBERGALL, Tatum	JR	Tipton	-	25:10.9	8:05.8	5:02.2
52 MUNSHOWER, Alison	SR	Wahlert Dubuque	-	25:11.0	8:05.8	5:02.2
53 FORSSBERG, Maia	FR	Jesup	44	25:16.3	8:07.5	5:03.3
54 IMLER, Isabel	SR	Maquoketa Valley D	45	25:24.7	8:10.2	5:04.9
55 RECKER, Kennedy	SR	Beckman Catholic	(46)	25:40.0	8:15.2	5:08.0
56 STADTMUELLER, Katie	FR	Monticello	-	25:43.8	8:16.4	5:08.7
57 SCHEMMELE, Leah	SO	Monticello	-	25:48.1	8:17.8	5:09.6
58 DEMOSS, Layna	FR	Benton Community	47	25:57.5	8:20.8	5:11.5
59 THOLEN, Addi	SR	Tipton	-	26:03.6	8:22.8	5:12.7
60 THIELEN, Claire	FR	Wahlert Dubuque	-	26:12.4	8:25.6	5:14.5
61 WEHRSPANN, Lydia	SR	Jesup	48	26:13.5	8:25.9	5:14.7
62 KLITGAARD, Cate	SR	Regina Iowa City	-	26:15.0	8:26.4	5:15.0
63 MCDERMOTT, Shelby	SO	Cascade Western D	49	26:16.3	8:26.8	5:15.3
64 DEVORE, Ella	FR	Jesup	(50)	26:16.7	8:27.0	5:15.3
65 FORT, Audrey	SO	Anamosa	-	26:25.2	8:29.7	5:17.0
66 SUEPPEL, Gabby	SR	Regina Iowa City	-	26:30.3	8:31.3	5:18.1
67 WOLF, Lizzy	SO	Benton Community	51	26:37.5	8:33.7	5:19.5
68 WETHAL, Grace	JR	Wahlert Dubuque	-	26:43.1	8:35.4	5:20.6
69 TRUMM, Annie	SO	Cascade Western D	52	26:43.8	8:35.7	5:20.8
70 GENTILE, Isabella	SR	Calamus-Wheatlan	-	26:47.1	8:36.7	5:21.4
71 TUTHILL, Lilyan	SO	Wahlert Dubuque	-	26:47.6	8:36.9	5:21.5
72 EUSON, Grace	SO	Durant	53	26:48.8	8:37.3	5:21.7
73 PETERS, Hailee	FR	Central DeWitt	-	27:17.1	8:46.4	5:27.4
74 STEJSKAL, Abi	JR	Springville	-	27:17.9	8:46.6	5:27.6
75 HAMILTON, Saidee	JR	Tipton	-	27:19.7	8:47.2	5:27.9
76 DEVORE, Lizzy	FR	Jesup	(54)	27:20.9	8:47.6	5:28.2

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Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
77 BARBER, Delaney	JR	Central DeWitt	-	27:33.8	8:51.7	5:30.7
78 BUSH, McKenna	JR	Maquoketa Valley D	55	27:35.3	8:52.2	5:31.0
79 HAGEN, Zoey	JR	Tipton	-	27:39.5	8:53.6	5:31.9
80 DEHN, Anna	SR	Wahlert Dubuque	-	27:40.5	8:53.9	5:32.1
81 BRANDT, Ali	JR	Regina Iowa City	-	27:41.3	8:54.2	5:32.3
82 FRESE, Libi	FR	Benton Community	56	27:48.1	8:56.4	5:33.6
83 YOUNGBLUT, Peyton	JR	Jesup	-	27:54.2	8:58.3	5:34.8
84 MOLONY, Katie	SR	Regina Iowa City	-	27:57.8	8:59.5	5:35.6
85 NESBIT, Olivia	JR	Jesup	-	27:58.7	8:59.8	5:35.7
86 NABER, Hope	SR	Beckman Catholic	(57)	28:00.5	9:00.3	5:36.1
87 WELTE, Alex	SO	Benton Community	(58)	28:12.2	9:04.1	5:38.4
88 PURSLEY, Melia	JR	Regina Iowa City	-	28:15.9	9:05.3	5:39.2
89 NOONAN, Hanna	FR	Cascade Western D	59	28:27.9	9:09.2	5:41.6
90 PRITCHARD, Chloe	FR	Regina Iowa City	-	28:28.9	9:09.5	5:41.8
91 LERMA, Rebekah	FR	Durant	60	28:33.0	9:10.8	5:42.6
92 CUSHMAN, Ellie	FR	Wahlert Dubuque	-	28:36.9	9:12.0	5:43.4
93 SELL, Everlie	FR	Wahlert Dubuque	-	28:42.2	9:13.7	5:44.4
94 CEARLOCK, Annebelle	SO	Wahlert Dubuque	-	28:50.3	9:16.4	5:46.1
95 BERRY, Mia	JR	Durant	61	29:17.9	9:25.2	5:51.6
96 MENSCHING, Cece	SO	Jesup	-	29:31.2	9:29.5	5:54.2
97 NELSON, Evelyn	JR	Maquoketa	62	29:37.8	9:31.6	5:55.6
98 PHILLIPS, Mary	SR	Benton Community	(63)	29:43.2	9:33.4	5:56.6
99 BOBLENZ, Becca	FR	Regina Iowa City	-	29:48.7	9:35.1	5:57.7
100 ZALBA, Amaia	JR	Jesup	-	29:54.9	9:37.1	5:59.0
101 MCDERMOTT, Olivia	SR	Maquoketa	64	30:01.3	9:39.2	6:00.2
102 PRITCHARD, Emily	SO	Regina Iowa City	-	30:06.6	9:40.9	6:01.3
103 GILROY, Madison	SR	Central DeWitt	-	30:09.0	9:41.7	6:01.8
104 KOHAGEN, Laney	FR	Jesup	-	30:11.2	9:42.4	6:02.2
105 RECKER, Avery	SO	Regina Iowa City	-	30:23.0	9:46.2	6:04.6
106 HANSEN, Lizzie	FR	Springville	-	30:28.7	9:48.0	6:05.7
107 FLANNAGAN, Haydin	FR	Maquoketa Valley D	65	30:28.8	9:48.0	6:05.7
108 HEIN, Elise	FR	Durant	66	30:36.8	9:50.6	6:07.3
109 RICHARDSON, Jocelynn	FR	Durant	67	30:37.0	9:50.6	6:07.4
110 SUNDSTROM, Kathryne	FR	Anamosa	-	30:41.4	9:52.1	6:08.3
111 GAHAN, Morgan	SR	Regina Iowa City	-	30:48.8	9:54.4	6:09.7
112 SCHNEIDER, Andrea	FR	Beckman Catholic	-	30:52.0	9:55.5	6:10.4
113 REA, Mallory	SR	Beckman Catholic	-	31:14.8	10:02.8	6:14.9
114 KRAMER, McKenna	SR	Benton Community	-	32:00.8	10:17.6	6:24.1
115 WEHRSPANN, Marta	FR	Jesup	-	32:22.2	10:24.5	6:28.4
116 MCGRANE, Catalina	FR	Beckman Catholic	-	32:25.6	10:25.6	6:29.1
117 BEHN, Sage	JR	Jesup	-	32:28.1	10:26.4	6:29.6
118 TIERNEY, Abby	SO	Regina Iowa City	-	32:31.2	10:27.4	6:30.2
119 GREBNER, Marie	JR	Beckman Catholic	-	32:47.8	10:32.7	6:33.6
120 GOEDKEN, Chloe	JR	Beckman Catholic	-	32:51.7	10:34.0	6:34.3
121 ECKHOFF, Rachel	SR	Regina Iowa City	-	32:55.2	10:35.1	6:35.0
122 GOERDT, Alyssa	SR	Beckman Catholic	-	32:56.3	10:35.5	6:35.3

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Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
123 HOGAN, Allison	SR	Maquoketa Valley D	68	33:55.1	10:54.4	6:47.0
124 CHRISTENSEN, Skylar	FR	Monticello	-	34:18.0	11:01.7	6:51.6
125 NELSON, Ella	FR	Maquoketa	69	34:21.2	11:02.8	6:52.2
126 WHITSON, Emma	SR	Anamosa	-	34:41.6	11:09.3	6:56.3
127 DEMOSS, Jessa	SR	Benton Community	-	34:47.1	11:11.1	6:57.4
128 GLAWE, Ana	JR	Benton Community	-	35:51.1	11:31.7	7:10.2
129 RICKELS, Miranda	SR	Calamus-Wheatlan	-	36:49.4	11:50.4	7:21.9
130 KANE, Kelly	SR	Jesup	-	40:01.8	12:52.3	8:00.3
-- BITTER, Sophie	SR	Wahlert Dubuque	-		---	---
-- BROPHY, Bree	JR	Anamosa	-		---	---
-- HELGENS, Caejyn	JR	Anamosa	-		---	---
-- HERRICK, Mickala	SR	Anamosa	-		---	---
-- HEYING, Brooke	SO	Anamosa	-		---	---
-- OLTMANNNS, Lauren	FR	Anamosa	-		---	---
-- REMLEY, Ava	SO	Anamosa	-		---	---
-- UTHOFF, Rheagyn	SO	Anamosa	-		---	---
-- WHITSON, Leah	SO	Anamosa	-		---	---
-- MOORE, Kennedy	SR	Springville	-		---	---
-- MEINCKE, Emma	JR	Durant	-		---	---
-- BODECKER, Mya	FR	Tipton	-		---	---
-- CUMMINGS, Audrey	SO	Wilton	-		---	---
-- BELL, Caitlyn	SO	Regina Iowa City	-		---	---
-- GREVING, Ruby	SO	Regina Iowa City	-		---	---
-- PAYTON, Sophie	SO	Maquoketa	-		---	---
-- STEFFEN, Rylee	SR	Wahlert Dubuque	-		---	---
-- ZHANG, Grace	SR	Wahlert Dubuque	-		---	---
-- BERGMAN, Jordyn	FR	Jesup	-		---	---
-- KOHAGEN, Scout	SR	Jesup	-		---	---
-- SCHUG, Kaitlyn	SR	Jesup	-		---	---
-- SCHUTTE, Karlie	JR	Jesup	-		---	---
-- DUNNE, Rylie	JR	Central DeWitt	-		---	---
-- MCAVAN, Nora	JR	Central DeWitt	-		---	---
-- RHEINGANS, Tori	SR	Central DeWitt	-		---	---
-- JONES, Abbie	JR	Benton Community	-		---	---
-- WRIGHT, Sarah	JR	Benton Community	-		---	---
-- GASSMAN, Taylor	SR	Monticello	-		---	---
-- STADTMUELLER, Jessica	JR	Monticello	-		---	---
-- VERHAGEN, Lauren	SR	Monticello	-		---	---