

# Cascade Invitational Varsity Girls Class 3A-4A Cross Country Meet

Event: Varsity Girls

Date: Friday, September 19, 2014

Location: Fillmore Fairways Golf Course,  
Cascade, IA

Weather: Sunny, Wind S 20-25 mph & 75°

[MS Girls](#)

[JV Girls](#)

[Var.Girls 1A2A](#)

[Var.Girls 3A4A](#)

[All Var.Girls](#)

[MS Boys](#)

[JV Boys](#)

[Var.Boy 1A2A](#)

[Var.Boys 3A4A](#)

[All Var.Boys](#)

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***Results By: Andrew Kauder, Kauder Racing***

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| <u>Place</u> | <u>School</u>       | 1  | 2  | 3  | 4  | 5  | 6  | 7  | <u>Total</u> | <u>Time Ave</u> | <u>Time Spread</u> |
|--------------|---------------------|----|----|----|----|----|----|----|--------------|-----------------|--------------------|
| 1            | Assumption          | 1  | 2  | 3  | 7  | 17 | 47 | 49 | 30           | 16:46           | 2:04               |
| 2            | Mount Vernon-Lisbon | 8  | 15 | 16 | 19 | 21 | 29 | 33 | 79           | 17:48           | 1:00               |
| 3            | Western Dubuque     | 6  | 10 | 20 | 24 | 30 | 31 | 32 | 90           | 17:52           | 1:35               |
| 4            | Xavier              | 5  | 22 | 23 | 38 | 43 | 44 |    | 131          | 18:19           | 2:23               |
| 5            | West Delaware       | 11 | 18 | 26 | 37 | 39 | 42 | 53 | 131          | 18:20           | 1:31               |
| 6            | Marion              | 4  | 25 | 28 | 34 | 40 | 51 | 54 | 131          | 18:16           | 2:19               |
| 7            | Center Point-Urbana | 12 | 14 | 27 | 35 | 45 | 50 | 55 | 133          | 18:24           | 2:02               |
| 8            | Central DeWitt      | 9  | 13 | 36 | 41 | 46 | 48 | 52 | 145          | 18:29           | 2:25               |

**Incomplete Teams: Maquoketa**

| <u>Place</u> | <u>Score</u> | <u>Name</u>        | <u>School</u> | <u>Time</u> | <u>Pace mpm</u> |
|--------------|--------------|--------------------|---------------|-------------|-----------------|
| 1            | 1            | Joy Ripslinger, SO | Assumption    | 15:45       | 6:20/M          |

|    |    |                       |                         |       |        |
|----|----|-----------------------|-------------------------|-------|--------|
| 2  | 2  | Mallory King, JR      | Assumption              | 16:31 | 6:39/M |
| 3  | 3  | Julia Schumacher, FR  | Assumption              | 16:36 | 6:41/M |
| 4  | 4  | Madison Bach, JR      | Marion                  | 16:41 | 6:43/M |
| 5  | 5  | Jenny Dickes, JR      | Xavier                  | 16:57 | 6:49/M |
| 6  | 6  | Alyssa Dougherty, JR  | Western Dubuque         | 17:00 | 6:50/M |
| 7  | 7  | Sarah Adams, JR       | Assumption              | 17:07 | 6:53/M |
| 8  | 8  | Maren Jeppson, JR     | Mount Vernon-<br>Lisbon | 17:10 | 6:54/M |
| 9  | 9  | Brittany McNamara, JR | Central DeWitt          | 17:11 | 6:55/M |
| 10 | 10 | Laura Snyder, JR      | Western Dubuque         | 17:16 | 6:57/M |
| 11 | 11 | Janna Utter, JR       | West Delaware           | 17:26 | 7:01/M |
| 12 | 12 | Samantha Croghan, SR  | Center Point-Urbana     | 17:29 | 7:02/M |
| 13 | 13 | Julia Campbell, FR    | Central DeWitt          | 17:37 | 7:05/M |
| 14 | 14 | Allison Woods, JR     | Center Point-Urbana     | 17:40 | 7:06/M |
| 15 | 15 | Kendra Schmidt, SR    | Mount Vernon-<br>Lisbon | 17:47 | 7:09/M |
| 16 | 16 | Shae Banwart, SO      | Mount Vernon-<br>Lisbon | 17:49 | 7:10/M |
| 17 | 17 | Grace Rohlf, FR       | Assumption              | 17:49 | 7:10/M |
| 18 | 18 | Kaitlin Pauls, SR     | West Delaware           | 17:56 | 7:13/M |
| 19 | 19 | Hayley Corkin, SO     | Mount Vernon-<br>Lisbon | 18:03 | 7:16/M |
| 20 | 20 | Cassie Hermesen, FR   | Western Dubuque         | 18:09 | 7:18/M |
| 21 | 21 | Lydia Frey, SO        | Mount Vernon-<br>Lisbon | 18:10 | 7:19/M |
| 22 | 22 | Kiana Stanek, SO      | Xavier                  | 18:10 | 7:19/M |
| 23 | 23 | Emiko Coffey, SO      | Xavier                  | 18:16 | 7:21/M |
| 24 | 24 | Mikaela Armstrong, SR | Western Dubuque         | 18:20 | 7:23/M |
| 25 | 25 | Sydney Brase, SO      | Marion                  | 18:22 | 7:23/M |
| 26 | 26 | Hannah Gaffney, SR    | West Delaware           | 18:26 | 7:25/M |
| 27 | 27 | Alexa Brooker, SO     | Center Point-Urbana     | 18:28 | 7:26/M |
| 28 | 28 | Skylar Dede, FR       | Marion                  | 18:29 | 7:26/M |
| 29 |    | Janey Saunders, SO    | Maquoketa               | 18:31 | 7:27/M |
| 30 | 29 | Faith Anton, SO       | Mount Vernon-<br>Lisbon | 18:33 | 7:28/M |
| 31 | 30 | Madison Simon, JR     | Western Dubuque         | 18:35 | 7:29/M |
| 32 | 31 | Maria Gudenkauf, FR   | Western Dubuque         | 18:39 | 7:30/M |
| 33 | 32 | Sarah Kluesner, JR    | Western Dubuque         | 18:42 | 7:32/M |
| 34 | 33 | Haley Baker, SO       | Mount Vernon-<br>Lisbon | 18:50 | 7:35/M |
| 35 | 34 | Andrea Ertz, JR       | Marion                  | 18:51 | 7:35/M |
| 36 | 35 | Bryanna Grant, SO     | Center Point-Urbana     | 18:52 | 7:36/M |
| 37 | 36 | Kali Roling, SO       | Central DeWitt          | 18:53 | 7:36/M |
| 38 | 37 | Ellen Mattice, SR     | West Delaware           | 18:53 | 7:36/M |
| 39 | 38 | Lydia Brown, JR       | Xavier                  | 18:54 | 7:36/M |
| 40 | 39 | Kinsey Gudenkauf, SO  | West Delaware           | 18:57 | 7:38/M |
| 41 | 40 | Ellie Conzett, JR     | Marion                  | 18:59 | 7:38/M |

|    |    |                        |                     |       |        |
|----|----|------------------------|---------------------|-------|--------|
| 42 | 41 | Coleen Kinney, SR      | Central DeWitt      | 19:06 | 7:41/M |
| 43 | 42 | MacY Klein, SO         | West Delaware       | 19:14 | 7:44/M |
| 44 | 43 | Faith Satern, SO       | Xavier              | 19:20 | 7:47/M |
| 45 | 44 | Alaina Marti, JR       | Xavier              | 19:29 | 7:50/M |
| 46 | 45 | Payton Hasleiet, JR    | Center Point-Urbana | 19:31 | 7:51/M |
| 47 | 46 | Claire Campbell, JR    | Central DeWitt      | 19:37 | 7:53/M |
| 48 |    | Cassie Ruppert, SO     | Maquoketa           | 19:39 | 7:54/M |
| 49 | 47 | Andra McCrery, SO      | Assumption          | 19:40 | 7:55/M |
| 50 | 48 | Shannon Coyle, JR      | Central DeWitt      | 19:41 | 7:55/M |
| 51 | 49 | Mary Grace Carroll, FR | Assumption          | 19:45 | 7:57/M |
| 52 | 50 | Claire Chandler, SO    | Center Point-Urbana | 19:58 | 8:02/M |
| 53 | 51 | Jessica Ertz, JR       | Marion              | 19:59 | 8:02/M |
| 54 | 52 | Nicole Goldensoph, JR  | Central DeWitt      | 20:15 | 8:09/M |
| 55 | 53 | Addison Schrader, SR   | West Delaware       | 20:34 | 8:16/M |
| 56 | 54 | Jamie Draeger, SR      | Marion              | 20:48 | 8:22/M |
| 57 | 55 | Elizabeth Hearn, SR    | Center Point-Urbana | 21:20 | 8:35/M |
| 58 |    | Jessica Gerardy, SR    | Maquoketa           | 21:24 | 8:37/M |

**Place 1 Assumption Time Spread = 2:04 Ave Time = 16:46 Score = 30**

| <u>Place</u> | <u>Name</u>            | <u>Time</u> | <u>Pace mpm</u> |
|--------------|------------------------|-------------|-----------------|
| 1            | Joy Ripslinger, SO     | 15:45       | 6:20            |
| 2            | Mallory King, JR       | 16:31       | 6:39            |
| 3            | Julia Schumacher, FR   | 16:36       | 6:41            |
| 7            | Sarah Adams, JR        | 17:07       | 6:53            |
| 17           | Grace Rohlf, FR        | 17:49       | 7:10            |
| 47           | Andra McCrery, SO      | 19:40       | 7:55            |
| 49           | Mary Grace Carroll, FR | 19:45       | 7:57            |

**Place 2 Mount Vernon-Lisbon Time Spread = 1:00 Ave Time = 17:48 Score = 79**

| <u>Place</u> | <u>Name</u>        | <u>Time</u> | <u>Pace mpm</u> |
|--------------|--------------------|-------------|-----------------|
| 8            | Maren Jeppson, JR  | 17:10       | 6:54            |
| 15           | Kendra Schmidt, SR | 17:47       | 7:09            |
| 16           | Shae Banwart, SO   | 17:49       | 7:10            |
| 19           | Hayley Corkin, SO  | 18:03       | 7:16            |
| 21           | Lydia Frey, SO     | 18:10       | 7:19            |
| 29           | Faith Anton, SO    | 18:33       | 7:28            |
| 33           | Haley Baker, SO    | 18:50       | 7:35            |

**Place 3 Western Dubuque Time Spread = 1:35 Ave Time = 17:52 Score = 90**

| <u>Place</u> | <u>Name</u>           | <u>Time</u> | <u>Pace mpm</u> |
|--------------|-----------------------|-------------|-----------------|
| 6            | Alyssa Dougherty, JR  | 17:00       | 6:50            |
| 10           | Laura Snyder, JR      | 17:16       | 6:57            |
| 20           | Cassie Hermesen, FR   | 18:09       | 7:18            |
| 24           | Mikaela Armstrong, SR | 18:20       | 7:23            |

|                     |                            |                           |                         |                    |
|---------------------|----------------------------|---------------------------|-------------------------|--------------------|
| 30                  | Madison Simon, JR          | 18:35                     | 7:29                    |                    |
| 31                  | Maria Gudenkauf, FR        | 18:39                     | 7:30                    |                    |
| 32                  | Sarah Kluesner, JR         | 18:42                     | 7:32                    |                    |
| <b>Place 4</b>      | <b>Xavier</b>              | <b>Time Spread = 2:23</b> | <b>Ave Time = 18:19</b> | <b>Score = 131</b> |
| <u><b>Place</b></u> | <u><b>Name</b></u>         | <u><b>Time</b></u>        | <u><b>Pace mpm</b></u>  |                    |
| 5                   | Jenny Dickes, JR           | 16:57                     | 6:49                    |                    |
| 22                  | Kiana Stanek, SO           | 18:10                     | 7:19                    |                    |
| 23                  | Emiko Coffey, SO           | 18:16                     | 7:21                    |                    |
| 38                  | Lydia Brown, JR            | 18:54                     | 7:36                    |                    |
| 43                  | Faith Satern, SO           | 19:20                     | 7:47                    |                    |
| 44                  | Alaina Marti, JR           | 19:29                     | 7:50                    |                    |
| <b>Place 5</b>      | <b>West Delaware</b>       | <b>Time Spread = 1:31</b> | <b>Ave Time = 18:20</b> | <b>Score = 131</b> |
| <u><b>Place</b></u> | <u><b>Name</b></u>         | <u><b>Time</b></u>        | <u><b>Pace mpm</b></u>  |                    |
| 11                  | Janna Utter, JR            | 17:26                     | 7:01                    |                    |
| 18                  | Kaitlin Pauls, SR          | 17:56                     | 7:13                    |                    |
| 26                  | Hannah Gaffney, SR         | 18:26                     | 7:25                    |                    |
| 37                  | Ellen Mattice, SR          | 18:53                     | 7:36                    |                    |
| 39                  | Kinsey Gudenkauf, SO       | 18:57                     | 7:38                    |                    |
| 42                  | MacY Klein, SO             | 19:14                     | 7:44                    |                    |
| 53                  | Addison Schrader, SR       | 20:34                     | 8:16                    |                    |
| <b>Place 6</b>      | <b>Marion</b>              | <b>Time Spread = 2:19</b> | <b>Ave Time = 18:16</b> | <b>Score = 131</b> |
| <u><b>Place</b></u> | <u><b>Name</b></u>         | <u><b>Time</b></u>        | <u><b>Pace mpm</b></u>  |                    |
| 4                   | Madison Bach, JR           | 16:41                     | 6:43                    |                    |
| 25                  | Sydney Brase, SO           | 18:22                     | 7:23                    |                    |
| 28                  | Skylar Dede, FR            | 18:29                     | 7:26                    |                    |
| 34                  | Andrea Ertz, JR            | 18:51                     | 7:35                    |                    |
| 40                  | Ellie Conzett, JR          | 18:59                     | 7:38                    |                    |
| 51                  | Jessica Ertz, JR           | 19:59                     | 8:02                    |                    |
| 54                  | Jamie Draeger, SR          | 20:48                     | 8:22                    |                    |
| <b>Place 7</b>      | <b>Center Point-Urbana</b> | <b>Time Spread = 2:02</b> | <b>Ave Time = 18:24</b> | <b>Score = 133</b> |
| <u><b>Place</b></u> | <u><b>Name</b></u>         | <u><b>Time</b></u>        | <u><b>Pace mpm</b></u>  |                    |
| 12                  | Samantha Croghan, SR       | 17:29                     | 7:02                    |                    |
| 14                  | Allison Woods, JR          | 17:40                     | 7:06                    |                    |
| 27                  | Alexa Brooker, SO          | 18:28                     | 7:26                    |                    |
| 35                  | Bryanna Grant, SO          | 18:52                     | 7:36                    |                    |
| 45                  | Payton Hasleiet, JR        | 19:31                     | 7:51                    |                    |
| 50                  | Claire Chandler, SO        | 19:58                     | 8:02                    |                    |
| 55                  | Elizabeth Hearn, SR        | 21:20                     | 8:35                    |                    |
| <b>Place 8</b>      | <b>Central DeWitt</b>      | <b>Time Spread = 2:25</b> | <b>Ave Time = 18:29</b> | <b>Score = 145</b> |
| <u><b>Place</b></u> | <u><b>Name</b></u>         | <u><b>Time</b></u>        | <u><b>Pace mpm</b></u>  |                    |
| 9                   | Brittany McNamara, JR      | 17:11                     | 6:55                    |                    |

|    |                        |       |      |
|----|------------------------|-------|------|
| 13 | Julia Campbell, FR     | 17:37 | 7:05 |
| 36 | Kali Roling, SO        | 18:53 | 7:36 |
| 41 | Coleen Kinney, SR      | 19:06 | 7:41 |
| 46 | Claire Campbell, JR    | 19:37 | 7:53 |
| 48 | Shannon Coyle, JR      | 19:41 | 7:55 |
| 52 | Nicole Golden Soph, JR | 20:15 | 8:09 |

## **Incomplete Teams:**

| <b>Maquoketa</b>    |                     |                    |                    |
|---------------------|---------------------|--------------------|--------------------|
| <b><u>Place</u></b> | <b><u>Name</u></b>  | <b><u>Time</u></b> | <b><u>Pace</u></b> |
| 29                  | Janey Saunders, SO  | 18:30.69           | 7:27               |
| 48                  | Cassie Ruppert, SO  | 19:38.68           | 7:54               |
| 58                  | Jessica Gerardy, SR | 21:24.07           | 8:37               |

Return to [home page](#)

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Andrew Kauder, Kauder Racing

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