

**Missouri River Runners All-Comers Track Meet  
July 8, 2007  
South Sioux City, Neb.**

**FEMALE DIVISION**

2-Year-Olds

50—1, Lily Riherd 1:00.0

3-Year-Olds

Long Jump—1, Sarah Hall 4-1; 2, Kaia Downs 3-1

50—1, Kaia Downs 16.2

100—1, Kaia Downs 32.85

5-Year-Olds

Long Jump—1, Katie Meister 5-6.5

50—1, Katie Meister 13.2

100—1, Katie Meister 25.17

7-Year-Olds

Long Jump—1, Emma Hall 7-0; 2, Kelsi Ryan 6-1

50—1, Emma Hall 9.9; 2, Holly Heistand 10.2; 3, Kelsi Ryan 13.2

100—1, Emma Hall 19.6; 2, Holly Heistand 20.3

200—1, Emma Hall 43.1; 2, Holly Heistand 44.1

8-Year-Olds

Long Jump—1, Kali Ryan 8-5.5

100—1, Heather East 18.8; 2, Kali Ryan 19.1

200—1, Heather East 40.6; 2, Kali Ryan 42.8

10-Year-Olds

Long Jump—1, Madison Ryan 9-2; 2, Hannah Hall 8-2.5; 3, Rebecca Meister 7-8

100—1, Hannah Hall 17.3

200—1, Rebecca Meister 1:57.64; 2, Madison Ryan 2:07.55

11-Year-Olds

800—1, Alyssa Nash 2:59

13-Year-Olds

Long Jump—1, Tiffany Bosse 12-0.5

200—1, Tiffany Bosse 31.83

400—1, Tiffany Bosse 1:10.61

1600—1, Brittny Copple 6:38.70 (NEW RECORD, old mark 6:56.88 by Dannika Nash)

15-Year-Olds

1600—1, Dannika Nash 7:05.00

30-39

100—1, Lisa Ryan 15.7

200—1, Amber Garrett 32.3; 2, Lisa Ryan 33.3

1600—1, Amber Garrett 5:44.32; 2, Lisa Ryan 6:21.83

50-59

1600 Walk—1, Maria Rundquist 14:15

**MALE DIVISION**

2-Year-Olds

50—1, Gabe Nash 24.22; 2, Jake LaFleur 39.6; 3, Lucas LaFleur 46.21

3-Year-Olds

Long Jump—1, Cade LaFleur 2-4

50—1, Cade LaFleur 21.2

100—1, Cade LaFleur 47.99

4-Year-Olds

Long Jump—1, Cael Garrett 11.13

5-Year-Olds

Long Jump—1, Tyler LaFleur 3-3

50—1, Tyler LaFleur 15.15

100—1, Tyler LaFleur 33.26

200—1, Tyler LaFleur 1:11.29

6-Year-Olds

Long Jump—1, Micah McWell 8-3; 2, Sean Westergaard 7-6.5; 3, Kody LaFleur 7-0; 4, Harrison East 5-11.5; 5, Logan Riherd 4-9.5

50—1, Micah McWell 9.42; 2, Harrison East 9.73; 3, Kody LaFleur 10.09; 4, Logan Riherd 10.58; 5, Colin Garrett 10.87

100—1, Sean Westergaard 19.51; 2, Micah McWell 19.59; 3, Colin Garrett 20.41; 4, Kody LaFleur 23.06; Logan Riherd 24.03

200—1, Micah McWell 43.05; 2, Sean Westergaard 44.24; 3, Colin Garrett 48.49; 4, Harrison East 49.58; 5, Kody LaFleur 53.62

8-Year-Olds

Long Jump—1, Isaiah Galbavy 7-9; 2, Jacob Hall 6-4

100—1, Isaiah Galbavy 18.16; 2, Jacob Hall 19.98; 3, Grant Gorham 21.12

200—1, Isaiah Galbavy 37.11; 2, Jacob Hall 45.61

400—1, Isaiah Galbavy 1:25.39; 2, Jacob Hall 1:43.66; 3, Connor Garrett 1:44.69; 4, Grant Gorham 1:51.05

9-Year-Olds

Long Jump—1, Noah McWell 12-0

100—1, Noah McWell 15.80

10-Year-Olds

Long Jump—1, Hunter East 11-4; 2, Kyler Hobbs 8-8.5

100—1, Hunter East 16.00; 2, Kyler Hobbs 18.11

200—1, Darnell Smith 35.94; 2, Kyler Hobbs 38.88

400—1, Hunter East 1:22.09; 2, Kyler Hobbs 1:41.31

800—1, Darnell Smith 3:17; 2, Hunter East 3:27

1600—1, Darnell Smith 7:19.43

14-Year-Olds

800—1, Keaton Kell 2:51

3200—1, Keaton Kell 14:05

16-Year-Olds

Long Jump—1, Tyler Heitman 21-1 (NEW RECORD, old mark 19-4 by Tyler Heitman)

100—1, Tyler Heitman 12.0

3200—1, Damian Brand 11:02

17-Year-Olds

1600—1, Anthony Henriks 5:08.22

20-29

1600—1, Ryan Williams 4:59.68

30-39

200—1, Dave Nash 25.56; 2, Brent Copple 31.08; 3, Kris Westergaard 31.53

400—1, Dave Nash 52.54

800—1, Brent Copple 2:28

1600—1, Brent Copple 5:26

40-49

100—1, Jeff Stone 13.08

1600—1, Kevin Vanderlinden 5:18.17

50-59

3200—1, Rex Rundquist 16:07