

GREAT NORTHERN CONFERENCE

2009-10 GIRLS' SWIMMING ALL CONFERENCE TEAMS

Conference Meet – Team Standings

<u>School</u>	<u>Score</u>
Ladysmith/Bruce/Flambeau	329
Colby/Abbotsford	267.5
Lakeland	207
Medford	192
Wittenberg-Birnamwood	120
Tomahawk	112.5
Merrill	72

Swimmers of the Year:	Rachel Helgeson	Ladysmith/Bruce/Flambeau
	Missy Avery	Ladysmith/Bruce/Flambeau

First Team All Conference

<u>Name</u>	<u>School</u>	<u>Event</u>
Kimmy Lecheler	Colby/Abbotsford	200yd Medley Relay
Morgan Huber		
Danica Kanneberg		
Sabrina Orth		
Rachel Helgeson	Ladysmith/Bruce/Flambeau	200yd Freestyle
Shelby Bowers	Wittenberg-Birnamwood	200yd IM
Missy Avery	Ladysmith/Bruce/Flambeau	50yd Freestyle
Carolyn Kelk	Lakeland	100yd Butterfly
Missy Avery	Ladysmith/Bruce/Flambeau	100yd Freestyle
Rachel Helgeson	Ladysmith/Bruce/Flambeau	500yd Freestyle
Missy Avery	Ladysmith/Bruce/Flambeau	200yd Freestyle Relay
Hailey Zimmer		
Cassie Long		
Rachel Helgeson		
Sigrid Stensvold	Ladysmith/Bruce/Flambeau	100yd Backstroke
Marlee Kiander	Tomahawk	100yd Breaststroke
Rachel Helgeson	Ladysmith/Bruce/Flambeau	400yd Freestyle Relay
Hailey Zimmer		
Cassie Long		
Missy Avery		

Second Team All Conference

Name	School	Event
Emily Sanderson	Lakeland	200yd Medley Relay
Katie Kubisak		
Carolyn Kelk		
Allie Caudle		
Allie Caudle	Lakeland	200yd Freestyle
Heidi Mortenson	Wittenberg-Birnamwood	200yd IM
Carolyn Kelk	Lakeland	50yd Freestyle
Danica Kanneberg	Colby/Abbotsford	100yd Butterfly
Hailey Zimmer	Ladysmith/Bruce/Flambeau	100yd Freestyle
Sarah Helgeson	Ladysmith/Bruce/Flambeau	500yd Freestyle
Morgan Huber	Colby/Abbotsford	200yd Freestyle Relay
Kelly Binning		
Sabrina Orth		
Kimmy Lecheler		
Shelby Bowers	Wittenberg-Birnamwood	100yd Backstroke
Morgan Huber	Colby/Abbotsford	100yd Breaststroke
Sabrina Orth	Colby/Abbotsford	400yd Freestyle Relay
Danica Kanneberg		
Casey Schilling		
Kimmy Lecheler		

Honorable Mention All Conference

Name	School	Event
Kelsey Maki	Tomahawk	200yd Medley Relay
Marlee Kiander		
Kelsey Hilgendorf		
Hannah Schmit		
Sarah Helgeson	Ladysmith/Bruce/Flambeau	200yd Freestyle
Morgan Huber	Colby/Abbotsford	200yd IM
Kimmy Lecheler	Colby/Abbotsford	50yd Freestyle
Emily Sanderson	Lakeland	100yd Butterfly
Allie Caudle	Lakeland	100yd Freestyle
Emma Mathison	Wittenberg-Birnamwood	500yd Freestyle
Callyn Kamps	Lakeland	200yd Freestyle Relay
Emily Sanderson		
Allie Caudle		
Carolyn Kelk		
Danica Kanneberg	Colby/Abbotsford	100yd Backstroke
Hailey Zimmer	Ladysmith/Bruce/Flambeau	100yd Breaststroke
Carissa Stauske	Medford	400yd Freestyle Relay
Emma Easterly		
Hannah Grunewald		
Sadie Grunewald		