

GREAT NORTHERN CONFERENCE
2008-09 CROSS COUNTRY ALL CONFERENCE TEAMS

Conference Meet – Boys Team Standings

<u>School</u>	<u>Score</u>
Tomahawk	29
Antigo	61
Lakeland	68
Medford	91
Mosinee	131
Merrill	138
Northland Pines	INC

BOYS

Runner of the Year: Nick Van Strydonk Tomahawk

First Team All Conference

<u>Runner</u>	<u>School</u>	<u>Time</u>	<u>Year</u>
Nick Van Strydonk	Tomahawk	17:20.6	12
Mitch Easker	Antigo	17:24.9	12
Erik Artymiuk	Antigo	17:25.7	11
Evan Lewandowski	Medford	17:26.9	11
Cody Lemke	Tomahawk	17:46.1	12

Second Team All Conference

<u>Runner</u>	<u>School</u>	<u>Time</u>	<u>Year</u>
Nathan Kainz	Tomahawk	17:49.4	11
Cody Artymiuk	Antigo	17:50.7	9
Sam Arnott	Tomahawk	17:58.9	11
Nick Glaeser	Tomahawk	18:03.1	12
Justin Smith	Lakeland	18:06.2	9

Honorable Mention All Conference

<u>Runner</u>	<u>School</u>	<u>Time</u>	<u>Year</u>
Randy Holcombe	Lakeland	18:10.8	11
Tyler Bostwick	Tomahawk	18:16.1	11
Brian Theuerkauf	Lakeland	18:22.5	11
Andrew Nielsen	Lakeland	18:24.8	10
Nick Hagar	Tomahawk	18:31.5	12

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GIRLS

Conference Meet – Girls

<u>School</u>	<u>Score</u>
Tomahawk	46
Antigo	49
Lakeland	65
Merrill	94
Mosinee	148
Northland Pines	156
Medford	174

Runner of the Year: Rachel Sudbury Tomahawk

First Team All Conference

<u>Runner</u>	<u>School</u>	<u>Time</u>	<u>Year</u>
Rachel Sudbury	Tomahawk	15:53.0	9
Nicole Blahnik	Antigo	16:05.8	12
Michelle Kuber	Tomahawk	16:12.3	12
Danielle Noland	Merrill	16:20.2	12
Sammy Stimac	Antigo	16:24.1	9

Second Team All Conference

<u>Runner</u>	<u>School</u>	<u>Time</u>	<u>Year</u>
Jamie Smith	Lakeland	16:26.1	12
Mary Prunty	Antigo	16:27.6	9
Dana Roach	Lakeland	16:49.3	11
Carla Theuerkauf	Lakeland	16:50.9	10
Rachel Andreska	Merrill	16:52.4	12

Honorable Mention All Conference

<u>Runner</u>	<u>School</u>	<u>Time</u>	<u>Year</u>
Hayley Walbeck	Merrill	16:56.7	10
Megan Gwyn	Northland Pines	17:05.0	11
Kelsey Renn	Tomahawk	17:06.1	9
Rachel Miller	Tomahawk	17:06.7	9
Taylor Laack	Tomahawk	17:07.3	10