

# **GREAT NORTHERN CONFERENCE**

## **2010 TRACK & FIELD ALL CONFERENCE TEAMS**

|                                                |                         |                        |
|------------------------------------------------|-------------------------|------------------------|
| <b>Runner of the Year - Boys:</b>              | <b>Evan Lewandowski</b> | <b>Medford</b>         |
| <b>Runner of the Year - Girls:</b>             | <b>Megan Gwyn</b>       | <b>Northland Pines</b> |
| <b>Field Event Person of the Year - Boys:</b>  | <b>Tyler Hilar</b>      | <b>Northland Pines</b> |
| <b>Field Event Person of the Year - Girls:</b> | <b>Sheena Reed</b>      | <b>Northland Pines</b> |

### **First Team All Conference - Boys**

| <b>Event</b>   | <b>Name</b>                           | <b>School</b>   | <b>Result</b> | <b>Year</b> |
|----------------|---------------------------------------|-----------------|---------------|-------------|
| 100m Dash      | Matt Gerber                           | Tomahawk        | 11.00         | 11          |
| 200m Dash      | Matt Gerber                           | Tomahawk        | 22.74         | 11          |
| 400m Dash      | Marquis Johnson                       | Lakeland        | 51.09         | 10          |
| 800m Run       | Luke Lang                             | Lakeland        | 2:02.13       | 10          |
| 1600m Run      | Evan Lewandowski                      | Medford         | 4:34.34       | 12          |
| 3200m Run      | Evan Lewandowski                      | Medford         | 9:58.23       | 12          |
| 110m Hurdles   | Rich Mork                             | Northland Pines | 15.40         | 10          |
| 300m Hurdles   | Tyler Hilar                           | Northland Pines | 39.87         | 12          |
| 4 x 100m Relay | Murphy, Gerber<br>Zehner, Record      | Tomahawk        | 44.32         |             |
| 4 x 200m Relay | Iczkowski, Kahler<br>Duberstein, Vine | Mosinee         | 1:33.68       |             |
| 4 x 400m Relay | Schwenn, Clark<br>McNeil, Hilar       | Northland Pines | 3:33.15       |             |
| 4 x 800m Relay | Pearson, Dums<br>Gould, Stieber       | Mosinee         | 8:24.79       |             |
| High Jump      | Dominique Harris                      | Mosinee         | 6'0"          | 12          |
| Pole Vault     | Caleb Fleischman                      | Antigo          | 11'6"         | 10          |
| Long Jump      | Tyler Hilar                           | Northland Pines | 21'11.75"     | 12          |
| Triple Jump    | Tyler Hilar                           | Northland Pines | 42'1.5"       | 12          |
| Shot Put       | Sam Arneson                           | Merrill         | 52'10.75"     | 11          |
| Discus         | Sam Arneson                           | Merrill         | 163'8"        | 11          |

### **First Team All Conference - Girls**

| <b>Event</b>   | <b>Name</b>                            | <b>School</b>   | <b>Result</b> | <b>Year</b> |
|----------------|----------------------------------------|-----------------|---------------|-------------|
| 100m Dash      | Megan Gwyn                             | Northland Pines | 12.76         | 12          |
| 200m Dash      | Sarah Vils                             | Mosinee         | 27.23         | 9           |
| 400m Dash      | Megan Gwyn                             | Northland Pines | 1:02.17       | 12          |
| 800m Run       | Delaney FitzPatrick                    | Lakeland        | 2:22.22       | 9           |
| 1600m Run      | Delaney FitzPatrick                    | Lakeland        | 5:15.62       | 9           |
| 3200m Run      | Delaney FitzPatrick                    | Lakeland        | 12:33.08      | 9           |
| 100m Hurdles   | Brittany Dulak                         | Mosinee         | 16.26         | 9           |
| 300m Hurdles   | Megan Gwyn                             | Northland Pines | 47.99         | 12          |
| 4 x 100m Relay | Flynn, Koth<br>A. Sudbury, Ogstad      | Tomahawk        | 52.88         |             |
| 4 x 200m Relay | Flynn, Koth<br>A. Sudbury, Renn        | Tomahawk        | 1:51.45       |             |
| 4 x 400m Relay | Miller, Oestvik<br>R. Sudbury, Kiander | Tomahawk        | 4:13.64       |             |
| 4 x 800m Relay | Maday, Oestvik<br>Renn, Miller         | Tomahawk        | 10:09.52      |             |
| High Jump      | Taylor Havisto                         | Lakeland        | 5'0"          | 12          |
| Pole Vault     | Maddy Nelson                           | Antigo          | 9'0"          | 9           |
| Long Jump      | Brittany Dulak                         | Mosinee         | 16'1.5"       | 9           |
| Triple Jump    | Anna Sudbury                           | Tomahawk        | 34'5.75"      | 10          |
| Shot Put       | Sheena Reed                            | Northland Pines | 38'2"         | 12          |
| Discus         | Sheena Reed                            | Northland Pines | 106'9"        | 12          |

### Second Team All Conference - Boys

| <b>Event</b>   | <b>Name</b>                             | <b>School</b>   | <b>Result</b> | <b>Year</b> |
|----------------|-----------------------------------------|-----------------|---------------|-------------|
| 100m Dash      | Nico Fulsom                             | Antigo          | 11.54         | 11          |
| 200m Dash      | Blake Vine                              | Mosinee         | 23.09         | 11          |
| 400m Dash      | Jared Dern                              | Lakeland        | 52.75         | 10          |
| 800m Run       | Tyler Bostwick                          | Tomahawk        | 2:02.74       | 12          |
| 1600m Run      | Erik Artymiuk                           | Antigo          | 4:36.12       | 12          |
| 3200m Run      | Randy Holcombe                          | Lakeland        | 10:18.93      | 12          |
| 110m Hurdles   | Uriah Steber                            | Antigo          | 15.42         | 12          |
| 300m Hurdles   | Rich Mork                               | Northland Pines | 40.89         | 10          |
| 4 x 100m Relay | Vandergeest, Woellner<br>Olson, Navarro | Merrill         | 45.43         |             |
| 4 x 200m Relay | Neri, Benson<br>Weldon, Cobb            | Lakeland        | 1:34.40       |             |
| 4 x 400m Relay | Olson, Moscherosch<br>Saal, Sczygelski  | Merrill         | 3:35.36       |             |
| 4 x 800m Relay | Barr, Bostwick<br>McAllister, Dahl      | Tomahawk        | 8:29.32       |             |
| High Jump      | Ryan Pearson                            | Mosinee         | 6'2"          | 12          |
| Pole Vault     | Jake Sczygelski                         | Merrill         | 11'6"         | 11          |
| Long Jump      | Uriah Steber                            | Antigo          | 21'5"         | 12          |
| Triple Jump    | Marshall Strebig                        | Medford         | 41'3.75"      | 11          |
| Shot Put       | Jake Dassow                             | Medford         | 48'2.5"       | 12          |
| Discus         | Austin Zett                             | Lakeland        | 138'0"        | 12          |

### Second Team All Conference - Girls

| <b>Event</b>   | <b>Name</b>                                 | <b>School</b>   | <b>Result</b> | <b>Year</b> |
|----------------|---------------------------------------------|-----------------|---------------|-------------|
| 100m Dash      | Sarah Vils                                  | Mosinee         | 13.24         | 9           |
| 200m Dash      | Anna Sudbury                                | Tomahawk        | 27.46         | 10          |
| 400m Dash      | Emily Miller                                | Tomahawk        | 1:02.86       | 10          |
| 800m Run       | Rachel Sudbury                              | Tomahawk        | 2:23.44       | 10          |
| 1600m Run      | Rachel Sudbury                              | Tomahawk        | 5:17.06       | 10          |
| 3200m Run      | Samantha Stimac                             | Antigo          | 12:37.55      | 10          |
| 100m Hurdles   | Marlee Kiander                              | Tomahawk        | 16.71         | 10          |
| 300m Hurdles   | Marlee Kiander                              | Tomahawk        | 48.61         | 10          |
| 4 x 100m Relay | Starr, Hayes<br>Jass, Nechuta               | Mosinee         | 53.04         |             |
| 4 x 200m Relay | Miller, Marshall<br>Nelson, Best            | Antigo          | 1:51.46       |             |
| 4 x 400m Relay | Rusin, Loppnow<br>Filipiak, Obermann        | Mosinee         | 4:19.62       |             |
| 4 x 800m Relay | Brandenburg, Filipiak<br>Bruening, Cisewski | Mosinee         | 10:15.04      |             |
| High Jump      | Kellan Flynn                                | Tomahawk        | 5'0"          | 10          |
| Pole Vault     | Emily Jones                                 | Merrill         | 8'6"          | 10          |
| Long Jump      | Megan Gwyn                                  | Northland Pines | 15'10.5"      | 12          |
| Triple Jump    | Bridgette Darton                            | Northland Pines | 32'2.25"      | 11          |
| Shot Put       | Jenna Wroblewski                            | Lakeland        | 34'3.25"      | 9           |
| Discus         | Jenna Wroblewski                            | Lakeland        | 103'8"        | 9           |

### Honorable Mention All Conference - Boys

| <b>Event</b>   | <b>Name</b>                         | <b>School</b>   | <b>Result</b> | <b>Year</b> |
|----------------|-------------------------------------|-----------------|---------------|-------------|
| 100m Dash      | Elijah Record                       | Tomahawk        | 11.61         | 12          |
| 200m Dash      | Marquis Johnson                     | Lakeland        | 23.52         | 10          |
| 400m Dash      | Cody McNeil                         | Northland Pines | 52.82         | 11          |
| 800m Run       | Dan Stieber                         | Mosinee         | 2:03.44       | 12          |
| 1600m Run      | Andrew Nielsen                      | Lakeland        | 4:37.30       | 11          |
| 3200m Run      | Cody Artymiuk                       | Antigo          | 10:26.51      | 10          |
| 110m Hurdles   | Travis Spaeth                       | Tomahawk        | 15.59         | 11          |
| 300m Hurdles   | Nick Marciniak                      | Antigo          | 42.55         | 12          |
| 4 x 100m Relay | Iczkowski,Kahler<br>Duberstien,Vine | Mosinee         | 45.48         |             |
| 4 x 200m Relay | Ludwig,Stiglich<br>Blasel,Platt     | Medford         | 1:36.22       |             |
| 4 x 400m Relay | Oxley,Goff<br>Dern,Lang             | Lakeland        | 3:36.08       |             |
| 4 x 800m Relay | Theuerkauf,Lang<br>Orlowski,Nielsen | Lakeland        | 8:35.71       |             |
| High Jump      | Brett Mai                           | Northland Pines | 6'0"          | 11          |
| Pole Vault     | Jorgen Hamann                       | Medford         | 11'6"         | 9           |
| Long Jump      | Rich Mork                           | Northland Pines | 20'1.75"      | 10          |
| Triple Jump    | Zach Zehner                         | Tomahawk        | 41'3.5"       | 12          |
| Shot Put       | Nick Leskey                         | Merrill         | 47'8.5"       | 11          |
| Discus         | Jake Dassow                         | Medford         | 131'8"        | 12          |

### Honorable Mention All Conference - Girls

| <b>Event</b>   | <b>Name</b>                       | <b>School</b> | <b>Result</b> | <b>Year</b> |
|----------------|-----------------------------------|---------------|---------------|-------------|
| 100m Dash      | Mariah Higgins                    | Medford       | 13.56         | 10          |
| 200m Dash      | Abby Scharbarth                   | Lakeland      | 28.21         | 9           |
| 400m Dash      | Sarah Vils                        | Mosinee       | 1:03.34       | 9           |
| 800m Run       | Rachael Miller                    | Tomahawk      | 2:31.91       | 10          |
| 1600m Run      | Carly Theuerkauf                  | Lakeland      | 5:37.73       | 11          |
| 3200m Run      | Dana Roach                        | Lakeland      | 12:40.18      | 12          |
| 100m Hurdles   | Taylor Havisto                    | Lakeland      | 16.89         | 12          |
| 300m Hurdles   | Kelly Obermann                    | Mosinee       | 49.96         | 10          |
| 4 x 100m Relay | Plooy,Wibben<br>Stolp,Higgins     | Medford       | 53.71         |             |
| 4 x 200m Relay | Falesch,Brodhead<br>Jennik,Gesch  | Lakeland      | 1:51.78       |             |
| 4 x 400m Relay | Hunter,Marshall<br>Nelson,Purdun  | Antigo        | 4:26.90       |             |
| 4 x 800m Relay | Lisowski,Vedder<br>Weiss,Emmerich | Lakeland      | 10:25.51      |             |
| High Jump      | Carol Falesch                     | Lakeland      | 5'0"          | 12          |
| Pole Vault     | Kelly Wenman                      | Mosinee       | 8'6"          | 12          |
| Long Jump      | Abby Scharbarth                   | Lakeland      | 15'8.75"      | 9           |
| Triple Jump    | Devon Gorman                      | Mosinee       | 31'10.75"     | 12          |
| Shot Put       | Katie Kubisiak                    | Lakeland      | 32'6"         | 10          |
| Discus         | Hannah Boehm                      | Mosinee       | 94'9"         | 11          |