

GREAT NORTHERN CONFERENCE

2009 TRACK & FIELD ALL CONFERENCE TEAMS

Runner of the Year - Boys:	Tyler Hilar	Northland Pines
Runner of the Year - Girls:	Melissa Espeseth	Merrill
Field Event Person of the Year - Boys:	Jeff Haffemann	Merrill
Field Event Person of the Year - Girls:	Nikolene Miller	Tomahawk

First Team All Conference - Boys

Event	Name	School	Result	Year
100m Dash	Tyler Hilar	Northland Pines	11.57	11
200m Dash	Tyler Hilar	Northland Pines	22.92	11
400m Dash	Sam Revak	Lakeland	52.05	11
800m Run	Nick Glaeser	Tomahawk	2:06.43	12
1600m Run	Evan Lewandowski	Medford	4:39.36	11
3200m Run	Mitch Easker	Antigo	10:00.03	12
110m Hurdles	Andy Murphy	Tomahawk	15.81	11
300m Hurdles	Tyler Hilar	Northland Pines	40.43	11
4 x 100m Relay	Folta,Haffemann Vandergeest,Broesch	Merrill	45.31	
4 x 200m Relay	Benson,Neri Roy,Scharbarth	Lakeland	1:35.61	
4 x 400m Relay	S.Sczygelski,J.Sczygelski Saal,Navarro	Merrill	3:35.31	
4 x 800m Relay	Hagar,Leggett Glaeser,Lemke	Tomahawk	8:33.22	
High Jump	Brandon Kennedy	Lakeland	6'2"	12
Pole Vault	Cody Sondelski	Mosinee	12'6"	12
Long Jump	Tyler Hilar	Northland Pines	21'3.5"	11
Triple Jump	Jeff Haffemann	Merrill	43'3.5"	12
Shot Put	Brandon Meier	Medford	48'7"	12
Discus	Ethan Hemer	Medford	150'11"	12

First Team All Conference - Girls

Event	Name	School	Result	Year
100m Dash	Melissa Espeseth	Merrill	13.19	12
200m Dash	Melissa Espeseth	Merrill	27.26	12
400m Dash	Emily Miller	Tomahawk	1:02.53	9
800m Run	Michelle Kuber	Tomahawk	2:27.36	12
1600m Run	Nicole Blahnik	Antigo	5:32.49	12
3200m Run	Danielle Noland	Merrill	11:53.21	12
100m Hurdles	Kayli Ogstad	Tomahawk	17.79	9
300m Hurdles	Megan Gwyn	Northland Pines	47.81	11
4 x 100m Relay	Balcia,Dahl Plooy,Quednow	Medford	54.34	
4 x 200m Relay	Weyers,Mickelson Flynn,Ogstad	Tomahawk	1:51.85	
4 x 400m Relay	Blahnik,Jo.Kerner Ja.Kerner,Hunter	Antigo	4:17.94	
4 x 800m Relay	Kuber,Gustafson Maday,Renn	Tomahawk	10:28.25	
High Jump	Taylor Havisto	Lakeland	5'2"	11
Pole Vault	Marie Peters	Lakeland	9'3"	12
Long Jump	Alexa Hayes	Mosinee	15'9"	9
Triple Jump	Anna Sudbury	Tomahawk	35'2"	9
Shot Put	Sheena Reed	Northland Pines	35'9"	11
Discus	Nikolene Miller	Tomahawk	117'7"	12

Second Team All Conference - Boys

Event	Name	School	Result	Year
100m Dash	Brian Folta	Merrill	11.70	12
200m Dash	Brian Folta	Merrill	22.95	12
400m Dash	Jeffrey Saal	Merrill	53.41	11
800m Run	Dan Stieber	Mosinee	2:07.03	11
1600m Run	Erik Artymuik	Antigo	4:41.36	11
3200m Run	Evan Lewandowski	Medford	10:01.19	11
110m Hurdles	Seth Sczygelski	Merrill	15.82	12
300m Hurdles	Nick Marciniak	Antigo	40.75	12
4 x 100m Relay	Schommer,Benson Zett,Neri	Lakeland	45.71	
4 x 200m Relay	Chase,Murphy Zehner,Record	Tomahawk	1:36.44	
4 x 400m Relay	Benson,Lonsdorf Oxley,Lang	Lakeland	3:37.97	
4 x 800m Relay	Stieber,Gliniecki Boettcher,Pearson	Mosinee	8:43.45	
High Jump	Dom Harris	Mosinee	6'0"	11
Pole Vault	Seth Sczygelski	Merrill	12'0"	12
Long Jump	Brian Folta	Merrill	19'7.25"	12
Triple Jump	Zach Zehner	Tomahawk	41'4.25"	11
Shot Put	Austin Zett	Lakeland	47'10"	11
Discus	Nathan Smolek	Mosinee	139'4"	12

Second Team All Conference - Girls

Event	Name	School	Result	Year
100m Dash	Brianna Weyers	Tomahawk	13.57	12
200m Dash	Brianna Weyers	Tomahawk	27.84	12
400m Dash	Lindsey Goff	Lakeland	1:04.41	12
800m Run	Nicole Blahnik	Antigo	2:33.55	12
1600m Run	Rachael Miller	Tomahawk	5:34.46	9
3200m Run	Mary Prunty	Antigo	12:36.44	9
100m Hurdles	Marlee Kiander	Tomahawk	18.09	9
300m Hurdles	Marlee Kiander	Tomahawk	48.57	9
4 x 100m Relay	Ave'Lallemant,S.Falesch Havisto,C.Falesch	Lakeland	54.34	
4 x 200m Relay	Jo.Kerner,Ja.Kerner Hunter,Miller	Antigo	1:53.58	
4 x 400m Relay	Ave'Lallemant,Bassett Goff,C.Falesch	Lakeland	4:21.43	
4 x 800m Relay	Smith,Roach Theuerkauf,Hicks	Lakeland	10:40.85	
High Jump	Kellan Flynn	Tomahawk	5'0"	9
Pole Vault	Hayley Bassett	Lakeland	8'6"	12
Long Jump	Anna Sudbury	Tomahawk	15'5.25"	9
Triple Jump	Megan Gwyn	Northland Pines	32'8"	11
Shot Put	Nikolene Miller	Tomahawk	34'9"	12
Discus	Marlee Arneson	Merrill	101'2"	12

Honorable Mention All Conference - Boys

Event	Name	School	Result	Year
100m Dash	Sam Revak	Lakeland	11.77	11
200m Dash	Sam Revak	Lakeland	23.28	11
400m Dash	Jake Sczygelski	Merrill	53.46	10
800m Run	Bart Hallgren	Medford	2:08.06	10
1600m Run	Cody Lemke	Tomahawk	4:43.06	12
3200m Run	Nick VanStrydonk	Tomahawk	10:16.60	12
110m Hurdles	Logan Voellinger	Lakeland	16.09	12
300m Hurdles	Seth Sczygelski	Merrill	41.59	12
4 x 100m Relay	Soderberg,Kaiser Duberstein,Kahler	Mosinee	45.78	
4 x 200m Relay	Sondelski,Kaiser Duberstein,Iczkowski	Mosinee	1:37.21	
4 x 400m Relay	Rauhut,Shrempp Schult,Marciniak	Antigo	3:40.45	
4 x 800m Relay	Theuerkauf,Holcombe Lonsdorf,Oxley	Lakeland	8:57.42	
High Jump	Ryan Pearson	Mosinee	5'8"	11
Pole Vault	Jimmy Nellesen	Northland Pines	11'6"	12
Long Jump	Sam Soderberg	Mosinee	19'6"	11
Triple Jump	Nathan Roy	Lakeland	41'3"	12
Shot Put	Jake Dassow	Medford	46'1.5"	11
Discus	Samuel Arneson	Merrill	131'9"	10

Honorable Mention All Conference - Girls

Event	Name	School	Result	Year
100m Dash	Jolene Kerner	Antigo	13.69	11
200m Dash	Rachelle Miller	Antigo	28.42	9
400m Dash	Jaclyn Kerner	Antigo	1:05.33	11
800m Run	Carly Theuerkauf	Lakeland	2:36.30	10
1600m Run	Danielle Noland	Merrill	5:35.45	12
3200m Run	Lindsay Brandenburg	Mosinee	12:38.77	10
100m Hurdles	Rachel Brodhead	Lakeland	18.21	10
300m Hurdles	Rachel Brodhead	Lakeland	51.43	10
4 x 100m Relay	English,Johnson Jones,Rodriguez	Merrill	54.92	
4 x 200m Relay	Dahl,Plooy Quednow,Barnetzke	Medford	1:54.10	
4 x 400m Relay	Bittner,Gorman Obermann,Rusin	Mosinee	4:22.06	
4 x 800m Relay	Andreska,Blakeslee Chism,Deering	Merrill	10:58.81	
High Jump	Abby Clark	Medford	4'8"	12
	Melissa Espeseth	Merrill	4'8"	12
Pole Vault	Anne Balciar	Medford	8'6"	12
Long Jump	Erica Plooy	Medford	15'3.75"	10
Triple Jump	Stacy Falesch	Lakeland	31'8.5"	12
Shot Put	Marlee Arneson	Merrill	33'9"	12
Discus	Sheena Reed	Northland Pines	97'2"	11