

**2008-09 All-Wisconsin Intercollegiate Athletic Conference  
Men's Indoor Track & Field Team**

<b>Event</b>	<b>Name</b>	<b>First Team School</b>	<b>Year</b>	<b>Hometown (High School)</b>
55-Meter Dash	Keith Ingram	Stevens Point	Freshman	Milwaukee (Riverside)
200-Meter Dash	Keith Ingram	Stevens Point	Freshman	Milwaukee (Riverside)
400-Meter Dash	Isiah Gray	Whitewater	Freshman	Milwaukee (Brown Deer)
800-Meter Run	Matt Kovnesky	Whitewater	Senior	Fort Atkinson
One-Mile Run	Willy Kaul	Oshkosh	Senior	Menomonee Falls (Milwaukee Lutheran)
3,000-Meter Run	Willy Kaul	Oshkosh	Senior	Menomonee Falls (Milwaukee Lutheran)
5,000-Meter Run	Chris Wirtz	Eau Claire	Junior	Weston (D.C. Everest)
55-Meter Hurdles	Mike Dellemann	Stevens Point	Senior	Oregon
High Jump	Dave Stauder	La Crosse	Junior	Greenfield (Whitnall)
Long Jump	Cory Lockridge	Whitewater	Freshman	Milwaukee (Rufus King)
Triple Jump	James Simms	Oshkosh	Junior	Fredonia (Ozaukee)
Pole Vault	Daniel Drewek	Stout	Freshman	Athens
Shot Put	Bobby Riley	La Crosse	Senior	Wittenberg (Wittenberg-Biramwood)
35-Pound Weight Throw	Sam Johnson	Eau Claire	Senior	Deer Park (Amery)
Pentathlon	Ben Zill	Oshkosh	Junior	New Franken (Green Bay Preble)
4 x 200-Meter Relay	Dean Jensen	Oshkosh	Freshman	De Pere (West De Pere)
	A.J. Hollanquest	Oshkosh	Senior	Wausau (East)
	Chad Churchill	Oshkosh	Senior	Sheboygan (North)
	Shane Diederichs	Oshkosh	Freshman	Manitowoc (Lincoln)
4 x 400-Meter Relay	Peter Schroeder	Whitewater	Freshman	Ripon
	Joe Bailey	Whitewater	Freshman	Hartford (Union)
	Matt Kovnesky	Whitewater	Senior	Fort Atkinson
	Isiah Gray	Whitewater	Freshman	Milwaukee (Brown Deer)
Distance Medley Relay	Nate Stymiest	Oshkosh	Freshman	Oconto Falls
	Nick Katsandonis	Oshkosh	Senior	Menasha
	Jared Morris	Oshkosh	Junior	Wausau (East)
	Willy Kaul	Oshkosh	Senior	Menomonee Falls (Milwaukee Lutheran)



**Second Team**

55-Meter Dash	Matt Gordy	La Crosse	Junior	Whitewater
200-Meter Dash	Matt Gordy	La Crosse	Junior	Whitewater
400-Meter Dash	Alex Rooker	La Crosse	Junior	Maple Grove, Minn. (Totino-Grace)
800-Meter Run	Nick Zeien	River Falls	Sophomore	Hastings, Minn.
One-Mile Run	Andrew McGuire	Oshkosh	Senior	Wisconsin Rapids (Lincoln)
3,000-Meter Run	Corey Towle	Stevens Point	Senior	Waukesha (South)
5,000-Meter Run	Andrew McGuire	Oshkosh	Senior	Wisconsin Rapids (Lincoln)
55-Meter Hurdles	Keith Dismuske	Stevens Point	Freshman	Rockford, Ill. (Jefferson)
High Jump	Derek Stone	Stevens Point	Sophomore	Belvidere, Ill.
Long Jump	Kendall Wade	Stout	Junior	Milwaukee (Bay View)
Triple Jump	Jessie Dengsavang	La Crosse	Senior	Milwaukee (West Allis Central)
Pole Vault	Mark Cufaude	Stevens Point	Junior	Evansville
Shot Put	Kyle Scofield	Stevens Point	Senior	Green Bay (Preble)
35-Pound Weight Throw	Corey Digman	Platteville	Senior	Platteville
Pentathlon	Mike Delleman	Stevens Point	Senior	Oregon
4 x 200-Meter Relay	Sam Flood	Stout	Sophomore	Eden (Fond du Lac)
	Kendall Wade	Stout	Junior	Milwaukee (Bay View)
	Dan Strong	Stout	Senior	Lantana, Fla. (Santaluces)
	Daniel Drewek	Stout	Freshman	Athens
4 x 400-Meter Relay	Justin White	Eau Claire	Junior	Arcadia
	Nate Kelly	Eau Claire	Freshman	Green Bay (Ashwaubenon)
	Pat Mackin	Eau Claire	Freshman	Green Bay (Notre Dame Academy)
	Tim Braunschweig	Eau Claire	Junior	Mukwonago
Distance Medley Relay	Zach Wilhelmy	La Crosse	Freshman	La Crosse (Aquinas)
	Paul Yerhot	La Crosse	Freshman	Chaska, Minn.
	Mitch Wilson	La Crosse	Freshman	La Crosse (Central)
	Dallas Vincent	La Crosse	Junior	Oakfield (Mayville)

**All-Sportsmanship Team**

Justin Janke	Eau Claire	Junior	Black River Falls
Pat Bryan	La Crosse	Sophomore	Cedarburg
Nick Katsandonis	Oshkosh	Senior	Menasha
Mitch Spees	Platteville	Senior	Poynette
Tony Casci	River Falls	Junior	Shoreview, Minn. (Mounds View)
Greg Haak	Stevens Point	Senior	Belleville
Kendall Wade	Stout	Junior	Milwaukee (Bay View)
Sam Maday	Superior	Senior	Odanah
Shaun Davis	Whitewater	Junior	Edgerton

**Track Performer of the Meet**

Willy Kaul of Oshkosh

**Field Performer of the Meet**

Sam Johnson of Eau Claire

**Max Sparger Scholar-Athlete**

Brad Peterson of La Crosse

**Coach of the Year**

Josh Buchholtz of La Crosse

