

**2009 All-Wisconsin Intercollegiate Athletic Conference
Women's Outdoor Track & Field Team**

Event	Name	First Team		Year	Hometown (High School)
			School		
100-Meter Dash	Brooke Bell		Whitewater	Sophomore	Milwaukee (Alexander Hamilton)
200-Meter Dash	Brooke Bell		Whitewater	Sophomore	Milwaukee (Alexander Hamilton)
400-Meter Dash	Liz Kooistra		Eau Claire	Senior	Lakeville, Minn.
800-Meter Run	Jessica Scott		Platteville	Senior	Kiel
1,500-Meter Run	Ayla Mitchell		Oshkosh	Senior	New Richmond
5,000-Meter Run	Ayla Mitchell		Oshkosh	Senior	New Richmond
10,000-Meter Run	Mary Palmer		Eau Claire	Senior	Anoka, Minn.
100-Meter Hurdles	Jessica Reed		River Falls	Senior	Hampton, Minn. (Hastings)
400-Meter Hurdles	Alison Glendenning		Platteville	Senior	German Valley, Ill. (Forreston)
3,000-Meter Steeplechase	Stephanie Perleberg		La Crosse	Junior	New Berlin (Divine Savior)
High Jump	Amy Jo Garringer		La Crosse	Freshman	Muskego
Long Jump	Caitlin Schetter		La Crosse	Senior	Kiel
Triple Jump	Katie Fondow		La Crosse	Senior	Green Bay (West)
Pole Vault	Hayley Suckow		Eau Claire	Junior	Elk Mound
Shot Put	Holly Ozanich		Oshkosh	Sophomore	Green Bay (East)
Discus	Ellie Sitek		Oshkosh	Junior	Marinette
Javelin	Katie Kohn		Oshkosh	Senior	Mayville
Hammer Throw	Sue Trzebiatowski		Oshkosh	Sophomore	Rosholt
Heptathlon	Colleen Kopel		River Falls	Junior	Stillwater, Minn.
4 x 100-Meter Relay	Kailey Charlton		La Crosse	Sophomore	Brookfield (East)
	Katie Fondow		La Crosse	Senior	Green Bay (West)
	Ashton May		La Crosse	Junior	Adams, Minn. (Southland)
	Caitlin Schetter		La Crosse	Senior	Kiel
4 x 400-Meter Relay	Liz Kooistra		Eau Claire	Senior	Lakeville, Minn.
	Laura Broner		Eau Claire	Senior	Madison (Memorial)
	Talisa Emberts		Eau Claire	Freshman	Sussex (Sussex-Hamilton)
4 x 800-Meter Relay	Haley Suckow		Eau Claire	Junior	Elk Mound
	Heather Bassett		Oshkosh	Junior	Minocqua (Lakeland)
	Jordan Clark-Mand		Oshkosh	Sophomore	Waupun
	Brittany Haas		Oshkosh	Sophomore	St. Charles, Ill. (North)
	Ayla Mitchell		Oshkosh	Senior	New Richmond



Second Team

100-Meter Dash	Elizabeth Caine	Stevens Point	Senior	Plover (SPASH)
200-Meter Dash	Liz Kooistra	Eau Claire	Senior	Lakeville, Minn.
400-Meter Dash	Kathleen Folbrecht	Stevens Point	Junior	Jefferson
800-Meter Run	Ann Tank	Platteville	Freshman	Dodgeville
1,500-Meter Run	Jessica Scott	Platteville	Senior	Kiel
5,000-Meter Run	Kelly Haen	Stevens Point	Sophomore	Kaukauna
10,000-Meter Run	Kelly Haen	Stevens Point	Sophomore	Kaukauna
100-Meter Hurdles	Andrea Fabiano	Oshkosh	Sophomore	Roscoe, Ill. (Honanegah)
400-Meter Hurdles	Andrea Fabiano	Oshkosh	Sophomore	Roscoe, Ill. (Honanegah)
3,000 Meter-Steeplechase	Hannah Humbach	Eau Claire	Junior	Madison (Abundant Life)
High Jump	Maranda Dohrn	River Falls	Freshman	Lake City, Minn.
Long Jump	Katie Fondow	La Crosse	Senior	Green Bay (West)
Triple Jump	Ashlea Peter	Stout	Junior	Wausau (Northland Lutheran)
Pole Vault	Pam Sellberg	Stout	Senior	Brooklyn Park, Minn. (Park Center)
Shot Put	Ellie Sitek	Oshkosh	Junior	Marinette
Discus	Amy Morse	Eau Claire	Senior	Kaukauna
Javelin	Colleen Kopel	River Falls	Junior	Stillwater, Minn.
Hammer Throw	Ellie Sitek	Oshkosh	Junior	Marinette
Heptathlon	Jamie Scott	La Crosse	Senior	Rosholt
4 x 100-Meter Relay	Amy Bachinski	Eau Claire	Junior	Stevens Point (SPASH)
	Liz Kooistra	Eau Claire	Senior	Lakeville, Minn.
	Jordanne Greenup	Eau Claire	Freshman	Fridley, Minn.
	Talisa Emberts	Eau Claire	Freshman	Sussex (Sussex-Hamilton)
4 x 400-Meter Relay	Elizabeth Caine	Stevens Point	Senior	Plover (SPASH)
	Kathleen Folbrecht	Stevens Point	Junior	Jefferson
	Kristin Kuber	Stevens Point	Senior	Tomahawk
	Laura Simonis	Stevens Point	Senior	Rosholt
4 x 800-Meter Relay	Sara Weisman	Platteville	Junior	Columbus (Sun Prairie)
	Kristy Curry	Platteville	Junior	Platteville
	Ann Tank	Platteville	Freshman	Dodgeville
	Jessica Scott	Platteville	Senior	Kiel

Larry Zirgibel All-Sportsmanship Team

Julie Meis	Eau Claire	Senior	Platteville
Katie Fondow	La Crosse	Senior	Green Bay (West)
Sarah Roswell	Oshkosh	Senior	Eleva (Eau Claire Memorial)
Alison Glendenning	Platteville	Senior	German Valley, Ill. (Forreston)
Colleen Kopel	River Falls	Junior	Stillwater, Minn.
Laura Simonis	Stevens Point	Senior	Rosholt
Erin Berg	Stout	Senior	Sheboygan (North)
Katee Rosburg	Superior	Senior	Superior
Katie Wagner	Whitewater	Sophomore	Germantown

Track Performer of the Meet

Brooke Bell of Whitewater

Field Performer of the Meet

Ellie Sitek of Oshkosh

Judy Kruckman Scholar-Athlete

Liz Kooistra of Eau Claire

Coach of the Year

Pat Healy of La Crosse

