

2004 Valley Girls Swimming All-Conference Team

1st Team

| Event | Name | Yr. | School |
|--------------------------|---|-----|---------------|
| 200-Yard Medley Relay | Wausau East A Jenny Gajewski 9; Lauren Feemster 10; Sarah Johnson 10; Kristin Hilgemann 10 | | |
| 200-Yard Freestyle | Anna Gajewski | 11 | Wausau East |
| 200-Yard IM | Jenny Gajewski | 9 | Wausau East |
| 50-Yard Freestyle | Molly Southworth | 10 | Wausau East |
| 100-Yard Butterfly | Anna Drewry | 9 | Wausau East |
| 100-Yard Freestyle | Molly Southworth | 10 | Wausau East |
| 500-Yard Freestyle | Anna Gajewski | 11 | Wausau East |
| 200-Yard Freestyle Relay | Wausau East A Emily Ertl 12; Kristin Hilgemann 10; Anna Gajewski 11; Molly Southworth 10 | | |
| 100-Yard Backstroke | Mandy Jehn | 12 | Wausau West |
| 100-Yard Breaststroke | Danielle Alinea | 10 | Stevens Point |
| 400-Yard Freestyle Relay | Wausau East A Emily Ertl 12; Andee Keefe 11; Anna Gajewski 11; Molly Southworth 10 | | |

2nd Team

| Event | Name | Yr. | School |
|--------------------------|---|-----|---------------|
| 200-Yard Medley Relay | Stevens Point A Lauren Golla 10; Sharisa Hillstead 12; Maddy Etrheim 10; Carlee Jo Liss 10 | | |
| 200-Yard Freestyle | Mandy Jehn | 12 | Wausau West |
| 200-Yard IM | Danielle Alinea | 10 | Stevens Point |
| 50-Yard Freestyle | Emily Ertl | 12 | Wausau East |
| 100-Yard Butterfly | Carlee Jo Liss | 10 | Stevens Point |
| 100-Yard Freestyle | Ann Grossklaus | 11 | Wausau West |
| 500-Yard Freestyle | Kristin Hilgemann | 10 | Wausau East |
| 200-Yard Freestyle Relay | Stevens Point A Sharisa Hillstead 12; Carlee Jo Liss 10; Lauren Golla 10; Amy Bachinski 11 | | |
| 100-Yard Backstroke | Jenny Gajewski | 9 | Wausau East |
| 100-Yard Breaststroke | Sharisa Hillstead | 12 | Stevens Point |
| 400-Yard Freestyle Relay | Wausau West A Ann Grossklaus 11; J.J. Otto 12; Kristin Eckert 11; Mandy Jehn 12 | | |

Honorable Mention

| Event | Name | Yr. | School |
|--------------------------|--|-----|---------------|
| 200-Yard Medley Relay | Wisconsin Rapids Lincoln A Sam Esselman 10; Emily Young 10; Taylor Galles 11; Alison Reitter 10 | | |
| 200-Yard Freestyle | Molly Schneider | 12 | Rhinelander |
| 200-Yard IM | Anna Drewry | 9 | Wausau East |
| 50-Yard Freestyle | Ann Grossklaus | 11 | Wausau West |
| 100-Yard Butterfly | Jaimee Hall | 9 | Wausau West |
| 100-Yard Freestyle | Emily Ertl | 12 | Wausau East |
| 500-Yard Freestyle | Molly Schneider | 12 | Rhinelander |
| 200-Yard Freestyle Relay | Stevens Point B Danielle Alinea 10; Keely Bohm 12; Kelly MacDonald 11; Brittany Forrest 11 | | |
| 100-Yard Backstroke | Lauren Golla | 10 | Stevens Point |
| 100-Yard Breaststroke | Lauren Feemster | 10 | Wausau East |
| 400-Yard Freestyle Relay | Wisconsin Rapids Lincoln A Sam Esselman 10; Heather Nennig 10; Alison Reitter 10; Stacy Lau 11 | | |