

**2009-10 ALL CONFERENCE 1st TEAM**

<b>Player</b>	<b>School</b>	<b>Position</b>
Justin Bowie	Williamsport	At-Large
Evan Hardy	Williamsport	4x800m Relay
Cody Hawbaker	Williamsport	4x400m Relay
Scott Long	Williamsport	4x800m Relay
Mark Oliver	Williamsport	4x400m Relay, 4x800m Relay
Darius Smith	Williamsport	4x400m Relay
Nate Willis	Williamsport	4x400m Relay
Mike Wyant	Williamsport	4x800m Relay
Renee Barnes	Williamsport	4x400m Relay
Ashley Likely	Williamsport	4x400m Relay
Brittany Weaver	Williamsport	500m Dash, 4x400m Relay
Lauren Weicht	Williamsport	4x400m Relay

**2009-10 ALL CONFERENCE 2nd TEAM**

<b>Player</b>	<b>School</b>	<b>Position</b>
Cody Gardenhour	Williamsport	4x200m Relay
Connor Haines	Williamsport	4x200m Relay
Collin Linton	Williamsport	4x200m Relay
Graylon Wright	Williamsport	1600m Run
Summer Neff	Williamsport	4x800m Relay
Emily Snyder	Williamsport	4x800m Relay