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**FOR IMMEDIATE RELEASE**

## 2019 All-Conference Gymnastics

The Mid-Columbia Conference congratulates the following gymnasts who were selected to all-conference teams based on their season performance.

### FIRST TEAM SELECTIONS

Event	Name	School	Year
All Around	Amaya Gales	Kamiakin	Junior
Vault	Amaya Gales	Kamiakin	Junior
Uneven Bars	Sophia Collins	Kamiakin	Sophomore
Balance Beam	Abigail Winstead	Kamiakin	Senior
Floor Exercise	Abigail Winstead	Kamiakin	Senior

### SECOND TEAM SELECTIONS

Event	Name	School	Year
All Around	Abigail Winstead	Kamiakin	Senior
Vault	MacKinley Morgan	Southridge	Senior
Uneven Bars	Amaya Gales	Kamiakin	Junior
Balance Beam	Piper Polanik	Kamiakin	Senior
Floor Exercise	Piper Polanik	Kamiakin	Senior

### HONORABLE MENTION SELECTIONS

Event	Name	School	Year
All Around	Piper Polanik	Kamiakin	Senior
Vault	Abigail Winstead	Kamiakin	Senior
Uneven Bars	Piper Polanik	Kamiakin	Senior
Balance Beam	Amaya Gales	Kamakin	Junior
Floor Exercise	MacKinley Morgan	Southridge	Senior

