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**FOR IMMEDIATE RELEASE**

## 2020 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

<b>Event</b>	<b>Name</b>	<b>School</b>	<b>Year</b>
All Around	Emily Larson	Kamiakin	Soph
Vault	Reagan Santos	Southridge	Junior
Uneven Bars	Amaya Gales	Kamiakin	Senior
Balance Beam	Rachel Harper	Kamiakin	Junior
Floor Exercise	Rachel Harper	Kamiakin	Junior

### Second Team Selections

<b>Event</b>	<b>Name</b>	<b>School</b>	<b>Year</b>
All Around	Rachel Harper	Kamiakin	Junior
Vault	Rachel Harper	Kamiakin	Junior
Uneven Bars	Emily Larson	Kamiakin	Soph
Balance Beam	Emily Larson	Kamiakin	Soph
Floor Exercise	Maia Canada	Kamiakin	Fresh

### Honorable Mention Selections

<b>Event</b>	<b>Name</b>	<b>School</b>	<b>Year</b>
All Around	Kayla Appleby	Southridge	Soph
Vault	Emily Larson	Kamiakin	Soph
Uneven Bars	Rachel Harper	Kamiakin	Junior
Balance Beam	Rylee Garvey	Southridge	Senior
Floor Exercise	Reagan Santos	Southridge	Junior

