



# Greater Spokane League 2022 3A/4A All-League Boys Track & Field

## First Team Selections

Event	Name	School	Year	Perf
100 Meters	Noah Barbery	Lewis & Clark	Senior	10.74
200 Meters	Noah Barbery	Lewis & Clark	Senior	21.58
400 Meters	Bradley Runge	Mt Spokane	Junior	51.69
800 Meters	Ben Sonneland	Mt Spokane	Junior	1:56.2
1600 Meters	Evan Bruce	Lewis & Clark	Junior	4:19.1
3200 Meters	Evan Bruce	Lewis & Clark	Junior	9:20.9
110m Hurdles	John Talarico	Mead	Junior	15.79
300m Hurdles	Kenlove Oakley	Ferris	Junior	40.83
4x100 Relay	John Talarico, Zealand Franklin, Colby Danielson, Keenan Kuntz	Mead		43.57
4x400 Relay	Boden Gardner, Jackson Hale, Ben Sonneland, Bradley Runge	Mt Spokane		3:29.0
Shot Put	Rodney Minette	Central Valley	Junior	53' 0"
Discus	Luke MacIver	Lewis & Clark	Senior	143' 8"
Javelin	Evan Berg	Mead	Soph	170' 7"
Javelin	Konner Dobosh	Cheney	Senior	168' 6"
High Jump	AJ McGloflin	Central Valley	Senior	6' 10"
Pole Vault	Lakotah Henderson	Mead	Senior	14' 6"
Long Jump	AJ McGloflin	Central Valley	Senior	22' .05"
Triple Jump	Justin Sands	Mead	Senior	43' 0"

## Second Team Selections

Event	Name	School	Year	Perf
100 Meters	Keenan Kuntz	Mead	Junior	10.79
200 Meters	Braxton Hinton	Cheney	Junior	22.52
400 Meters	Broden Gardner	Mt Spokane	Soph	51.96
800 Meters	Spencer Sandberg	Mead	Senior	2:00.1
1600 Meters	Caleb Richardson	Gonzaga Prep	Senior	4:21.7
3200 Meters	Caleb Richardson	Gonzaga Prep	Senior	9:23.5
100m Hurdles	Kenlove Oakley	Ferris	Junior	15.92
300m Hurdles	Max Gockley	Mt Spokane	Senior	40.97
4x100 Relay	Jackson Hale, Zach Travis, Devonn Khaleel, Boden Gardner	Mt Spokane		44.36
4x400 Relay	Isrrael Martinez, Colin Wright, Aaron Wright, James Tanner	Central Valley		3:29.4
Shot Put	Ethan Williamson	Mt Spokane	Senior	50' 5.75"
Discus	Antonio Williams	Lewis & Clark	Senior	139' 3"
High Jump	Zachary Travis	Mt Spokane	Junior	6' 4"
Pole Vault	Andrew Steinhart	North Central	Senior	14' 0"
Long Jump	Macgregor Dawkins	Central Valley	Junior	21' 9.5"
Triple Jump	Caden Harken	Central Valley	Junior	42' 5"

## Honorable Mention Selections

100 Meters	Colby Danielson	Mead	Junior	11.27
200 Meters	Colby Danielson	Mead	Junior	22.34
400 Meters	James Tanner	Central Valley	Senior	51.99
800 Meters	Noah Holden	Mead	Junior	2:00.3
1600 Meters	Jonah Aden	North Central	Senior	4:28.8
3200 Meters	Jonah Aden	North Central	Senior	9:27.3
100m Hurdles	Trey Fowler	Central Valley	Senior	15.95
300m Hurdles	John Talarico	Mead	Junior	41.54
4x100 Relay	Keoni Lindsey, De'Veion Walter, Benjamin Regehr, Anthony Aguirre	Ferris		44.73
4x400 Relay	Spencer Sandberg, Jacob Marchesseault, Daniel Champlin, Brycen Gardner	Mead		3:30.1
Shot Put	Jarom Liljenquist	Mt Spokane	Junior	47' 8.5"
Discus	George Sonko	Central Valley	Senior	137' 8"
Javelin	Gabe Winborne	Mead	Senior	158' 8"
High Jump	Kai York-Akiu	Cheney	Senior	6' 2"
	Isaiah Shaw	University	Senior	6' 2"
	Justin Sands	Mead	Senior	6' 2"
Pole Vault	Ethan Lotrario	Lewis & Clark	Junior	12' 6"
	Owen Swanson	Lewis & Clark	Junior	12' 6"
	Kadmiel Lopez	Mead	Soph	12' 6"
	Kadin Acheson	North Central	Senior	12' 6"
Long Jump	Justin Sands	Mead	Senior	21' 9"
Triple Jump	Kenlove Oakley	Ferris	Junior	41' 9.5"