

3A/4A 2020-21 All-League Cross Country

Girls First Team

| Name | School | Year |
|-----------------|----------------|-----------|
| Allie Janke | North Central | Senior |
| Audrey Thronson | Lewis & Clark | Junior |
| Kahea Figueira | Mt. Spokane | Senior |
| Madison Lee | North Central | Senior |
| Alice Groza | Lewis & Clark | Junior |
| Alanna Parker | Mead | Junior |
| Bridget Burns | Lewis & Clark | Sophomore |
| Kendall Carter | North Central | Sophomore |
| Alexis Parker | Mead | Junior |
| Nicole Bissell | Central Valley | Sophomore |
| | | |

Girls Second Team

| Name | School | Year |
|---------------------|----------------|-----------|
| Rubagail Brynstesen | Central Valley | Freshman |
| Sophia Ferraro | Mead | Junior |
| Claire Eckhardt | Gonzaga Prep | Senior |
| Kylee Shakespeare | Central Valley | Junior |
| Sarah Pecha | Central Valley | Senior |
| Alivia Bruno | Central Valley | Sophomore |
| Charlotte Cullen | Mead | Freshman |
| Charlotte Cullen | Mead | Freshman |

Girls Honorable Mention

| Name | |
|-------|--|
| Deege | |

- Raegan Borg Samantha Habegger Savannah Pratt Taylor Schillinger Samantha Pierce Tabi Koscielski Bailey Tolman
- School Mead Cheney Central Valley University Mead Mt Spokane Central Valley

Year Freshman Sophomore Senior Junior Freshman Junior Freshman

Coach of the Year

Dori Whitford, North Central

Boys First Team

Name Alex Wright Derek Smith Jacob McIntyre Josh Braun Brycen Gardner Caleb Kartchner Evan Bruce Ethan Greiner Marc Dugenet Zach Kness Leif Swanson School Central Valley North Central Gonzaga Prep Mead Mead Central Valley Lewis & Clark North Central Mead North Central North Central

Year Senior Senior Senior Junior Sophomore Junior Senior Junior Senior Senior

Boys Second Team

- Name Caleb Richardson Jonah Aden Brian Bowers Ben Sonneland Ethan Sheneman Riley Conrad James Dugenet
- School Gonzaga Prep North Central Lewis & Clark Mt Spokane Central Valley University Mead

Year Junior Junior Junior Sophomore Junior Senior Senior

Boys Honorable Mention

Name Beckett Schoenleber Clasen Chamberlain Daniel Champlin Kiler Borg Charles Ledwith Jonah Rieder Grady Ahlquist

Cheney Central Valley Mead Lewis & Clark Mead University Year Senior Freshman Junior Sophomore Sophomore Senior Junior

Coaches of the Year

School

Austin Stuchell, Rogers Andrew Kimple, North Central