

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