



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

First Team Selections

Event	Name	School	Year	Perf
100 Meters	Preslie Young	Ridgeline	Soph	12.62
100 Ambulatory	Kylah Lopez	Central Valley	Senior	20.69
200 Meters	Preslie Young	Ridgeline	Soph	26.23
200 Ambulatory	Kylah Lopez	Central Valley	Senior	47.05
400 Meters	Teryn Gardner	Mead	Soph	59.83
800 Meters	Teryn Gardner	Mead	Soph	2:17.1
1600 Meters	Audrey Thronson	Lewis & Clark	Senior	5:03.2
3200 Meters	Audrey Thronson	Lewis & Clark	Senior	11:13.6
100m Hurdles	Cassidy Haddad	Central Valley	Senior	15.77
300m Hurdles	Cassidy Haddad	Central Valley	Senior	47.08
4x100 Relay	Cassidy Haddad, Hailey Patterson, Sydney Spraggins, Fiona Hart	Central Valley		50.77
4x200 Relay	Izabella Yim, Kaylin McMahon, Hannah Boyum, Rhyan Madden	Gonzaga Prep		1:47.8
4x400 Relay	Charlotte Cullen, Olivia Ferraro, Haylie Egan, Teryn Gardner	Mead		4:08.2
Shot Put	Emily Hutchinson	Mead	Senior	42' 0"
Discus	Isabella Carpenter	Central Valley	Senior	125' 1"
Javelin	Talia Emmerson	Ridgeline	Junior	123' 9"
High Jump	Kacey Spink	Ferris	Senior	5' 3"
Pole Vault	Ivy Pete (North Central, Senior) and Rachel Dinwiddie (Mead, Junior)			9' 6"
Long Jump	Emma Van Gemert	Gonzaga Prep	Senior	16' 11.75"
Triple Jump	Emma Van Gemert	Gonzaga Prep	Senior	36' 5.25"

Second Team Selections

100 Meters	Sydney Reagan	Cheney	Senior	12.69
200 Meters	Therisa Niven	Mead	Junior	26.34
400 Meters	Izzie Olson	Ridgeline	Fresh	1:00.5
800 Meters	Alice Groza	Lewis & Clark	Senior	2:19.8
1600 Meters	Alice Groza	Lewis & Clark	Senior	5:13.0
3200 Meterrs	Bridget Burns	Lewis & Clark	Junior	11:18.36
100m Hurdles	Isabel Ferney	Lewis & Clark	Senior	16.52
300m Hurdles	Jennifer Nackos	Lewis & Clark	Soph	48.88
4x100 Relay	Briana Pires, Victoria Usab, Alexandra House, Preslie Young	Ridgeline		51.59
4x200 Relay	Charlotte Cullen, Haylie Egan, Teryn Gardner, Therisa Niven	Mead		1:48.0
4x400 Relay	Eden Sander, Fiona Hart, Tori Layden, Nicole Bissell	Central Valley		4:12.0
Shot Put	Rylee Andrews	Mt Spokane	Junior	36' 3"
Discus	Cassie Moeller	Mead	Junior	121' 1"
Javelin	Rylee Andrews	Mt Spokane	Junior	120' 5"
High Jump	Haley Burns	Mead	Senior	5' 1"
Long Jump	Keeley Johnson (LC, Senior and Cassidy Haddad (Cent Valley, Senior)			16' 10"
Triple Jump	Alicia Suggs	Mead	Senior	34' 8.75"

Honorable Mention Selections

100 Meters	Hailey Patterson	Central Valley	Senior	12.79
200 Meters	Fiona Hart	Central Valley	Senior	26.53
400 Meters	Charlotte Cullen	Mead	Soph	1:00.9
800 Meters	Audrey Thronson	Lewis & Clark	Senior	2:19.9
1600 Meters	Nicole Bissell	Central Valley	Junior	5:17.4
3200 Meters	Alanna Parker (Mead, senior); Kendall Carter (North Central, junior)			11:21
100m Hurdles	Hannah Ayers	Cheney	Senior	17.28
300m Hurdles	Hannah Ayers	Cheney	Senior	49.38
4x100 Relay	Mikaila Williams, Jen Nackso, Isabel Ferney, Malia Mowrey	Lewis & Clark		51.78
4x200 Relay	Eden Sander, Nicole Bissell, Fiona Hart, Hailey Patterson	Central Valley		1:48.6
4x400 Relay	Preslie Young, Emma Mostek, Alivia Bruno, Izzie Olson	Ridgeline		4:15.3
Shot Put	Leigha Howey	University	Senior	35' 9"
Discus	Emily Hutchinson	Mead	Senior	117' 5.5"
Javelin	Emily Hutchinson	Mead	Senior	110' 8"
High Jump	Shanaya Byrd (Gonzaga Prep, senior); Mariah Hill (Cheney, soph); Maggie Degenhart (Mt Spokane, junior); Alivia Bruno (Ridgeline, junior); Macey Richards (Cheney, soph); Madisyn Chandler (University, senior); Rachel Dinwiddie (Mead, junior)			5' 0"
Pole Vault	Ella Lamoreaux (Central Valley, junior); Victoria Layden, Central Valley, senior); Sydney Pike (Lewis & Clark, soph); Julie Greiner (North Central), soph)			9' 0"
Triple Jump	Haley Burns	Mead	Senior	34' 0.5"