



2023 2A All-League Girls Track & Field

First Team Selections

Event	Name	School	Perf
100 Meters	Ellabelle Taylor	Rogers	12.46
200 Meters	Lauren Matthew	West Valley	25.28
400 Meters	Quincy Andrews	West Valley	1:00.50
800 Meters	Anna Fitzgerald	Pullman	2:20.55
1600 Meters	Roxanne Fredericksen	West Valley	5:19.02
3200 Meters	Roxanne Fredericksen	West Valley	11:35.19
100 Hurdles	Makenzey Gillespie	East Valley	16.11
300 Hurdles	Jennabee Harris	Pullman	49.59
4x100 Relay	Akeelis Muhammed, Emily Peabody, Iedaezia Grayson, Ellabelle Taylor	Rogers	50.26
4x200 Relay	Akeelis Muhammed, Emily Peabody, Iedaezia Grayson, Ellabelle Taylor	Rogers	1:47.00
4x400 Relay	Kyia Silva, Hadassah Duff, Quincy Andrews, Lauren Matthew	West Valley	4:28.88
Shot Put	Sydney Petersen	East Valley	33'-8"
Discus	Lily Sullivan	East Valley	108'-8"
Javelin	Abbey Flerchinger	Shadle Park	118'-11"
High Jump	Cyarra Johnson	Rogers	5'-2"
Pole Vault	Josie Anselmo	Shadle Park	10'-3"
Long Jump	Kyleigh Archer	Shadle Park	16'-6.75"
Triple Jump	Ayana Kapofu	Pullman	34'11"

Second Team Selections

Event	Name	School	Perf
100 Meters	Lauren Matthew	West Valley	12.5
200 Meters	Ellabelle Taylor	Rogers	25.73
400 Meters	Emily Peabody	Rogers	1:00.76
800 Meters	Hadassah Duff	West Valley	2:23.34
1600 Meters	Logan Hofstee	East Valley	5:25.31
3200 Meters	Abby Crossley	East Valley	11:39.85
100 Hurdles	Addison Jahn	Shadle Park	17.71
300 Hurdles	Addison Jahn	Shadle Park	50.33
4x100 Relay	Berlyn Stem, Makenzey Gillespie, Emagyne Joseph, Alex Stave	East Valley	51.4
4x200 Relay	Chloe Sands, Aubrey Dunn, Madison Claar, Abi Caprye	Shadle Park	1:48.99
4x400 Relay	Mika Toyoda, Ada Harris, Jennabee Harris, Anna Fitzgerald	Pullman	4:10.52
Shot Put	Oveyonna Ivy	Rogers	33'-4.5"
Discus	Kailee Hurst	West Valley	93'-0"
Javelin	Haylee Thomas	East Valley	108'-4"
High Jump	Abi Caprye	Shadle Park	5'-2"
Pole Vault	Olivia Amen	East Valley	9'-6"
Long Jump	Lilli Van Den Berg	East Valley	15'-4.25"
Triple Jump	Izabela Sullivan	East Valley	34'-4"

Coach of the Year

Shane Toy

East Valley