



# 2025 3A/4A All-League Boys Track & Field

## First Team Selections

Event	Name	School	Year	Perf
100 Meters	Romin Saleki	Lewis & Clark	Senior	10.63
100 Meters Ambulatory	Brycen Phillips	Mt Spokane	Soph	14.11
200 Meters	Jonah Keller	Gonzaga Prep	Junior	21.57
200 Meters Ambulatory	Brycen Phillips	Mt Spokane	Soph	28.42
400 Meters	Jeffrey Whitman	University	Senior	50.23
400 Meters Ambulatory	Brycen Phillips	Mt Spokane	Soph	1:09.27
800 Meters	Kade Brownell	Mt Spokane	Senior	1:52.43
1600 Meters	Kade Brownell	Mt Spokane	Senior	4:03.48
3200 Meters	Kade Brownell	Mt Spokane	Senior	8:51.53
110m Hurdles	JJ Leman	Mead	Senior	14.05
300m Hurdles	JJ Leman	Mead	Senior	38.24
4x100 Relay	Jacob Gering, Brayden Oletzke, Elijah Nelson, Romin Saleki	Lewis & Clark		42.05
4x400 Relay	Jason Dodge, Ryelan Horntvedt, Mason Stinson, Cameron Johnson	Cheney		3:22.13
Shot Put	Simon Rosselli	Mead	Junior	58'-2"
Discus	Simon Rosselli	Mead	Junior	218'-7"
Javelin	Quinn Lipke	University	Junior	180'-0"
High Jump	Colt Kenison	Mt Spokane	Senior	6'-4"
Pole Vault	Alma Smith	Cheney	Senior	14'-6"
Long Jump	Kaden Hooper	Shadle Park	Senior	22'-1"
Triple Jump	Feso Ogbozor	Gonzaga Prep	Junior	46'-3"

## Second Team Selections

100 Meters	Isaiah Newman	Ferris	Senior	11.05
200 Meters	Romin Saleki	Lewis & Clark	Senior	21.79
400 Meters	Eamon Gamon	Mead	Junior	50.32
800 Meters	Parker Westermann	Mt Spokane	Senior	1:52.84
1600 Meters	Parker Westermann	Mt Spokane	Senior	4:06.76
3200 Meters	Parker Westermann	Mt Spokane	Senior	9:08.96
110m Hurdles	Brayden Oletzke	Lewis & Clark	Senior	14.54
300m Hurdles	Aidan Grenier	Mt Spokane	Senior	38.83
4x100 Relay	Ryelan Horntvedt, Tristan Huse, Cameron Johnson, Andrew Houndonougbo	Cheney		42.77
4x400 Relay	Gatlin Michaelsen, Aidan Grenier, Parker Westermann, Kade Brownell	Mt Spokane		3:22.28
Shot Put	Daden Lewis	Ridgeline	Senior	52'-7.5"
Discus	Daden Lewis	Ridgeline	Senior	170'-1"
Javelin	Charlie Newton	Mt Spokane	Junior	156'-6"
High Jump	Andy Agada (Gonzaga Prep, junior); Cole Leavitt (Cheney, senior); Jacob Cook (Mead, junior)			6'-2"
Pole Vault	Trezdon Howell	Mead	Senior	13'-6"
Long Jump	Jonah Keller	Gonzaga Prep	Junior	21'-10.25"
Triple Jump	Quincy Malacas	Mt Spokane	Senior	45'-2.5"

**SPRINTER OF THE YEAR**

**DISTANCE RUNNER OF THE YEAR**

**THROWER OF THE YEAR**

Roman Saleki, Lewis & Clark

Kade Brownell, Mt Spokane

Simon Rosselli, Mead

**COACH OF THE YEAR**

**HURDLER OF THE YEAR**

**JUMPER OF THE YEAR**

Derek Slaughter

Jaeland Lehman, Mead

Kaden Hooper, Shadle Park