



Greater Spokane League 2023 3A/4A All-League Boys Track & Field

First Team Selections

| Event | Name | School | Year | Perf |
|--------------|--|----------------|--------|------------|
| 100 Meters | Dominick Corley | Mead | Junior | 10.45 |
| 200 Meters | Dominick Corley | Mead | Junior | 21.43 |
| 400 Meters | Boden Gardner | Mt Spokane | Junior | 49.14 |
| 800 Meters | Ben Sonneland | Mt Spokane | Senior | 1:54.56 |
| 1600 Meters | Parker Westermann | Mt Spokane | Soph | 4:17.72 |
| 3200 Meters | Parker Westermann | Mt Spokane | Soph | 9:18.74 |
| 110m Hurdles | Cameron Dewey | North Central | Junior | 14.94 |
| 300m Hurdles | Bradley Runge | Mt Spokane | Senior | 40.05 |
| 4x100 Relay | John Talarico, Zealand Franklin, Drew Menck, Dominick Corley | Mead | | 42.23 |
| 4x400 Relay | Bradley Runge, Jackson Hale, Ben Sonneland, Boden Gardner | Mt Spokane | | 3:20.64 |
| Shot Put | Rodney Minette | Central Valley | Senior | 57'-5" |
| Discus | Rodney Minette | Central Valley | Senior | 155'-4" |
| Javelin | Evan Berg | Mead | Junior | 183'-8.25" |
| High Jump | Brandon Gutzwiller (Central Valley, junior) & Zach Travis (Mt Spokane, senior) | | | 6'-4" |
| Pole Vault | Kadmiel Lopez | Mead | Junior | 15'-1" |
| Long Jump | Macgregor Dawkins | Central Valley | Senior | 21'-8.5" |
| Triple Jump | Donte Jennings | Central Valley | Senior | 42'-9.5" |

Second Team Selections

| Event | Name | School | Year | Perf |
|--------------|--|----------------|--------|-----------|
| 100 Meters | Boden Gardner | Mt Spokane | Junior | 10.90 |
| 200 Meters | Boden Gardner | Mt Spokane | Junior | 22.13 |
| 400 Meters | Jackson Hale | Mt Spokane | Senior | 51.06 |
| 800 Meters | Kade Brownell | Mt Spokane | Soph | 1:57.42 |
| 1600 Meters | Kade Brownell | Mt Spokane | Soph | 4:18.42 |
| 3200 Meters | Evan Bruce | Lewis & Clark | Soph | 9:18.99 |
| 110m Hurdles | John Talarico | Mead | Senior | 15.34 |
| 300m Hurdles | John Talarico | Mead | Senior | 40.28 |
| 4x100 Relay | Jackson Hale, Bradley Runge, Devonn Khaleel, Boden Gardner | Mt Spokane | | 42.77 |
| 4x400 Relay | Braxton Hinton, Teagan O'Callaghan, Kordell Laher, Cameron Johnson | Cheney | | 3:26.38 |
| Shot Put | Jarom Liljenquist | Mt Spokane | Senior | 52'-5" |
| Discus | Jarom Liljenquist | Mt Spokane | Senior | 149'-1" |
| Javelin | Canyon Smith | Central Valley | Junior | 174'-8" |
| Pole Vault | Owen Swanson | Lewis & Clark | Senior | 14' 0" |
| Long Jump | Kaden Harken | Central Valley | Senior | 21'-1.25" |
| Triple Jump | Max Allen | Mead | Senior | 42'-4" |

Honorable Mention Selections

| | | | | |
|--------------|--|----------------|--------|----------|
| 100 Meters | Braxton Hinton | Cheney | Senior | 11.10 |
| 200 Meters | Bradley Runge (Mt Spokane, senior) & Braxton Hinton (Cheney, senior) | | | 22.55 |
| 400 Meters | Tyler Bissell | Central Valley | Fresh | 51.34 |
| 800 Meters | Jonathan Lieb | Mead | Senior | 1:57.87 |
| 1600 Meters | Ben Sonneland | Mt Spokane | Senior | 4:19.40 |
| 3200 Meters | Ben Smith | Mt Spokane | Senior | 9:26.12 |
| 110m Hurdles | Bradley Runge | Mt Spokane | Senior | 15.36 |
| 300m Hurdles | Cameron Dewey | North Central | Junior | 40.33 |
| 4x100 Relay | Braxton Hinton, Teagan O'Callaghan, Kordell Laher, Tucker VanWormer | Cheney | | 43.34 |
| 4x400 Relay | Tyler Bissell, Colin Wright, Jacob Nicholls, Aaron Wright | Central Valley | | 3:27.51 |
| Shot Put | Brandon Thomas | Central Valley | Senior | 48'-3" |
| Discus | Simon Rosselli | Mead | Fresh | 148'-0" |
| Javelin | George Ditto | Central Valley | Senior | 159'-8" |
| High Jump | Will Conley (Mead, senior) & Wilson Hash (Lewis & Clark, junior) | | | 6'-2" |
| Pole Vault | Alma Smith | Cheney | Soph | 13'-0" |
| Long Jump | Darius Stamps (North Central, junior) & Kadmiel Lopez (Mead, junior) | | | 21'-1" |
| Triple Jump | Nic Capri | Gonzaga Prep | Junior | 42'-0.5" |

Sprinters of the Year

Distance Runner of the Year

Thrower of the Year

Coach of the Year

Bode Gardner, Mt Spokane & Dominick Corley, Mead

Ben Sonneland, Mt Spokane

Rodney Minette, Central Valley

Danny Figueira, Mt Spokane

Hurdler of the Year

Jumper of the Year

Bradley Runge, Mt Spokane

Kaden Harken, Central Valley