



2025 3A/4A All-League Girls Track & Field

First Team Selections

Event	Name	School	Year	Perf
100 Meters	Laine Gardner	Mt Spokane	Soph	11.89
100 Meters Ambulatory	Kayla Morgan	North Central	Fresh	21.11
200 Meters	Laine Gardner	Mt Spokane	Soph	24.61
200 Meters	Kayla Morgan	North Central	Fresh	46.98
400 Meters	Laine Gardner	Mt Spokane	Soph	55.81
800 Meters	Kyla Roberts	University	Junior	2:14.02
1600 Meters	Hannah Ward	Cheney	Senior	5:01.99
3200 Meters	Hannah Ward	Cheney	Senior	10:53.15
100m Hurdles	Natalie Richards	Cheney	Junior	15.15
300m Hurdles	Kayli Eastham	Mt Spokane	Junior	46.26
4x100 Relay	Hannah Boyum, Kaylin McMahon, Olivia McIntyre, Jolina Olson	Gonzaga Prep		48.47
4x200 Relay	Kira Ritter, Kaia Oglesbee, Madi Hood, Laine Gardner	Mt Spokane		1:42.83
4x400 Relay	Kayli Eastham, Kira Ritter, Laine Gardner, Makenna Ritter	Mt Spokane		3:50.19
Shot Put	Addy MacArthur	University	Senior	46'-2"
Discus	Addy MacArthur	University	Senior	155'-5"
Javelin	Mercedes Gilroy	Mead	Soph	133'-5"
High Jump	Karolina Flanagan	Gonzaga Prep	Junior	5'-5"
Pole Vault	Josie Anselmo	Shadle Park	Senior	12'-0"
Long Jump	Nora Cullen	Mead	Junior	18'-1"
Triple Jump	Ella Brinkman	Ferris	Senior	37'-0.75"

Second Team Selections

100 Meters	Makenna Ritter	Mt Spokane	Senior	11.98
200 Meters	Makenna Ritter	Mt Spokane	Senior	24.65
400 Meters	Makenna Ritter	Mt Spokane	Senior	56.65
800 Meters	Jane Wycoff	Mt Spokane	Junior	2:14.38
1600 Meters	Jane Wycoff	Mt Spokane	Junior	5:03.79
3200 Meters	Ainsley Bowen	Mt Spokane	Senior	11:05.19
100m Hurdles	Davina Kostecka	Central Valley	Senior	15.44
300m Hurdles	Natalie Richards	Cheney	Junior	46.54
4x100 Relay	Charlotte Dix, Mae McLachlan, Zenobia Burgess, Nevaeh Jones	Lewis & Clark		48.93
4x200 Relay	Charlotte Dix, Aubrey Anderson, Nevaeh Jones, Mae McLachlan	Lewis & Clark		1:44.06
4x400 Relay	Mariah Denney, Ainsley Miller, Peyton Richter, Kyla Roberts	University		3:58.85
Shot Put	Cale Stinebaugh	Ferris	Senior	41'-6.5"
Discus	Cale Stinebaugh	Ferris	Senior	141'-4"
Javelin	Arkayla Brown	North Central	Junior	121'-9"
High Jump	Kara Minette	Central Valley	Senior	5'-2"
Pole Vault	Dezlyn Lundquist	Mead	Senior	11'-6"
Long Jump	Ella Brinkman	Ferris	Senior	17'-7.5"
Triple Jump	Laura Thompson	Gonzaga Prep	Junior	34'-9"

SPRINTER OF THE YEAR

DISTANCE RUNNER OF THE YEAR

THROWER OF THE YEAR

Mckenna Ritter, Mt Spokane

Hannah Ward, Cheney

Addy MacArthur, University

COACH OF THE YEAR

HURDLER OF THE YEAR

JUMPER OF THE YEAR

Annette Helling

Natalie Richards, Cheney

Ella Brinkman, Ferris