



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

First Team Selections

Event	Name	School	Year	Perf
100 Meters	Karissa Lindner	Mt Spokane	Senior	12.44
200 Meters	Rhyan Madden	Gonzaga Prep	Senior	25.97
400 Meters	Rhyan Madden	Gonzaga Prep	Senior	58.31
800 Meters	Charlotte Cullen	Mead	Junior	2:13.27
1600 Meters	Nicole Bissell	Central Valley	Senior	4:57.66
3200 Meters	Nicole Bissell	Central Valley	Senior	11:00.64
100m Hurdles	Jordis Harmer	North Central	Junior	16.99
300m Hurdles	Dakota Hansen	Mt Spokane	Soph	47.37
4x100 Relay	Izabella Yim, Kaylin McMahon, Hannah Boyum, Rhyan Madden	Gonzaga Prep		50.23
4x200 Relay	Kaylin McMahon, Hannah Boyum, Rhyan Madden, Olivia McIntyre	Gonzaga Prep		1:45.31
4x400 Relay	Nora Cullen, Olivia Ferraro, Teryn Gardner, Charlotte Smith	Mead		4:00.81
Shot Put	Addy MacArthur	University	Soph	42'-8.5"
Discus	Addy MacArthur	University	Soph	127'-6"
Javelin	Cassie Moeller	Mead	Senior	127'-6.25"
High Jump	Maggie Degenhart (Mt Spokane, senior); Allie Ferrin (University, junior); Shauna Elliott (Cheney, senior); Tess King (Cheney, senior); Macey Richards (Cheney, junior); Rachael Dinwiddie (Mead, senior)			5'-0"
Pole Vault	Dezlyn Lundquist	Mead	Soph	11'-7"
Long Jump	Karissa Lindner	Mt Spokane	Senior	17'-8.75"
Triple Jump	Briana Pires	Ridgeline	Junior	35'-2.5"

Second Team Selections

100 Meters	Hannah Boyum	Gonzaga Prep	Soph	12.66
200 Meters	Preslie Young	Ridgeline	Junior	26.05
400 Meters	Charlotte Cullen	Mead	Junior	58.98
800 Meters	Nicole Bissell	Central Valley	Senior	2:15.21
1600 Meters	Charlotte Cullen	Mead	Junior	5:05.72
3200 Meters	Charlotte Pedersen	Mt Spokane	Senior	11:04.97
100m Hurdles	Dakota Hansen	Mt Spokane	Soph	17.00
300m Hurdles	Kayli Eastham	Mt Spokane	Fresh	48.23
4x100 Relay	Bri Pires, Liv Smith, Alex House, Preslie Young	Ridgeline		50.52
4x200 Relay	Alex House, Emma Mostek, Preslie Young, Izzie Olson	Ridgeline		1:45.78
4x400 Relay	Halle Mendenhall, Eden Sander, Keana Gosney, Nicole Bissell	Central Valley		4:01.67
Shot Put	Rylee Andrews	Mt Spokane	Senior	36'-0"
Discus	Cassie Moeller	Mead	Senior	122'-0"
Javelin	Shauna Elliott	Cheney	Senior	113'-5"
Pole Vault	Brooklyn Lawrence	North Central	Soph	10'-6"
Long Jump	Nora Cullen	Mead	Fresh	17'-0.25"
Triple Jump	Tabitha Pierce	Mead	Soph	34'-9.5"

Honorable Mention Selections

100 Meters	Rhyan Madden	Gonzaga Prep	Senior	12.86
200 Meters	Karissa Lindner	Mt Spokane	Senior	26.44
400 Meters	Teryn Gardner	Mead	Junior	1:00.18
800 Meters	Teryn Gardner	Mead	Junior	2:18.37
1600 Meters	Raegan Borg	Mead	Junior	5:11.08
3200 Meters	Raegan Borg	Mead	Junior	11:09.65
100m Hurdles	Danica Zavala	Mead	Soph	17.14
300m Hurdles	Rhyan Madden	Gonzaga Prep	Senior	46.90
4x100 Relay	Timberlie McDonald, MaKenna Ritter, Stella Volpone, Karissa Lindner	Mt Spokane		50.65
4x200 Relay	Micray Williams, Sofia Mark, Julie Thoet, Charlotte Cullen	Mead		1:48.30
4x400 Relay	Alex House, Emma Mostek, Preslie Young, Izzie Olson	Ridgeline		4:04.12
Shot Put	Cale Stinebaugh	Ferris	Soph	35'-1.5"
Discus	Clara Browne	Cheney	Junior	111'-10.5"
Javelin	Mariah Hill	Cheney	Junior	112'-9"
Pole Vault	Ella Lamoreaux	Central Valley	Senior	10'-0"
Long Jump	Marlee Schoeffler	North Central	Junior	16'-8"
Triple Jump	Marlee Schoeffler	North Central	Junior	34'-5.5"

Sprinter of the Year

Rhyan Madden, Gonzaga Prep

Distance Runner of the Year

Nicole Bissell, Central Valley

Thrower of the Year

Addy MacArthur, University

Coach of the Year

Dori Whitford, Mead

Hurdler of the Year

Dakota Hansen, Mt Spokane

Jumper of the Year

Karissa Lindner, Mt Spokane