



2024 3A/4A All-League Boys Track & Field

First Team Selections

Event	Name	School	Year	Perf
100 Meters	Dominick Corley	Mead	Senior	10.39
200 Meters	Dominick Corley	Mead	Senior	21.05
400 Meters	Jake Trefry	University	Senior	49.89
800 Meters	Parker Westermann	Mt Spokane	Junior	1:55.26
1600 Meters	Kade Brownell	Mt Spokane	Junior	4:12.53
3200 Meters	Kade Brownell	Mt Spokane	Junior	9:12.21
110m Hurdles	Jaeland Leman	Mead	Junior	14.59
300m Hurdles	Cameron Dewey	North Central	Senior	39.40
4x100 Relay	Colin Sheehan, Romin Saleki, Elijah Nelson, Rashaun Engel	Lewis & Clark		42.21
4x400 Relay	Logan Noble, Brayden Godfrey, Jeffrey Whitman, Jake Trefry	University		3:22.70
Shot Put	Kale Kardonsky	Ridgeline	Senior	52'-9"
Discus	Simon Rosselli	Mead	Soph	182'-9"
Javelin	Evan Berg	Mead	Senior	199'-5"
High Jump	Brandon Gutzwiler	Central Valley	Senior	6'-4"
Pole Vault	Kyle Worthy	Lewis & Clark	Senior	16'-0"
Long Jump	Eugene Hennequin	Cheney	Senior	22'-8.5"
Triple Jump	Joseph Hilton	Central Valley	Soph	43'-4"

Second Team Selections

100 Meters	Rashaun Engel	Lewis & Clark	Soph	10.80
200 Meters	Nikko Alexander	Gonzaga Prep	Soph	21.77
400 Meters	Nikko Alexander	Gonzaga Prep	Soph	50.27
800 Meters	Kade Brownell	Mt Spokane	Junior	1:55.37
1600 Meters	Micaiah Aden	North Central	Junior	4:16.96
3200 Meters	Calvin Hilton	Cheney	Junior	9:12.97
110m Hurdles	Cameron Dewey	North Central	Senior	14.73
300m Hurdles	Aidan Grenier	Mt Spokane	Junior	39.98
4x100 Relay	JJ Leman, Eamon Gamon, Matt McShane, Braden Powers	Mead		43.07
4x400 Relay	Alex Scott, Preston Yim, Nic Capri, Nikko Alexander	Gonzaga Prep		3:25.0
Shot Put	Spencer Dery	Mt Spokane	Senior	50'-11"
Discus	Daden Lewis	Ridgeline	Junior	157'-7"
Javelin	Canyon Smith	Central Valley	Senior	176'-1"
High Jump	Nicholas Janke (Gonzaga Prep, senior); Braden Powers (Mead, junior); Wilson Hash (Lewis & Clark, Senior); Gage Anderson, Lewis & Clark, junior), Noah Warnica, Ferris, senior)			6'-2"
Pole Vault	Kadmiel Lopez	Mead	Senior	15'-0"
Long Jump	Kadmiel Lopez	Mead	Senior	21'-3"
Triple Jump	Noah Warnica	Ferris	Senior	42'-9"

SPRINTER OF THE YEAR

DISTANCE RUNNER OF THE YEAR

THROWER OF THE YEAR

Dominic Corley, Mead

Kade Brownell, Mt Spokane

Evan Berg, Mead

COACH OF THE YEAR
HURDLER OF THE YEAR
JUMPER OF THE YEAR

Michael Johnston, Lewis & Clark

Cameron Dewey, North Central

Kadmiel Lopez, Mead