



2025 All-League Boys Swim & Dive

First Team Selections

Event	Name	School	Year	Season PR
200 Freestyle	Ari Teske	Ridgeline	Senior	1:46.3
500 Freestyle	Nolan Pollestad	Pullman	Junior	5:03.6
200 Individual Medley	Brock Pollestad	Pullman	Fresh	2:11.2
100 Backstroke	Ethan Gingras	Ridgeline	Junior	52.75
100 Butterfly	Levi Ritter	Pullman	Junior	55.16
100 Breaststroke	Kevin Gu	Pullman	Fresh	1:02.6
50/100 Freestyle	Liam Gingras	Ridgeline	Fresh	22.07/48.43
Diving	Alma Smith	Cheney	Senior	470.66

Second Team Selections

Event	Name	School	Year	Season PR
200 Freestyle	Aiden Duff	Pullman	Junior	1:57.2
500 Freestyle	Tanner Nelson	Cheney	Soph	5:11.9
200 Individual Medley	Luke Gao	Pullman	Junior	2:15.70
100 Backstroke	Ayden Albertsen	Cheney	Fresh	56.66
100 Butterfly	Scott Frye	Pullman	Senior	56.52
100 Breaststroke	Cason Bentley	Cheney	Fresh	1:05.1
50/100 Freestyle	Zaine Pumphrey	Pullman	Senior	22.30/50.77

Swimmer of the Year

Jake McCoy

Pullman | Senior

Diver of the Year

Alma Smith

Cheney | Senior

Coaches of the Year

Jennifer Hochwalt, Cheney

Jacob Hogg, Pullman

League Champion

Pullman