



## 3A/4A 2025 All-League Cross Country

### Boys First Team

| Name              | School        | Year   | Time     |
|-------------------|---------------|--------|----------|
| Miro Parr-Coffin  | Gonzaga Prep  | Fresh  | 16:07.96 |
| Zach Frazier      | Gonzaga Prep  | Senior | 16:13.83 |
| Stejer Franklin   | Mead          | Soph   | 16:15.14 |
| Becks Bird        | Shadle Park   | Junior | 16:19.40 |
| Jovanny Lieb      | Mead          | Senior | 16:20.02 |
| Gatlin Michaelsen | Mt Spokane    | Junior | 16:27.60 |
| Andrew Ward       | Cheney        | Soph   | 16:28.10 |
| Jonah Wiser       | Mead          | Senior | 16:34.09 |
| Elijah Tobin      | Lewis & Clark | Junior | 16:37.10 |
| Aaron Pooler      | Mead          | Junior | 16:37.16 |

### Boys Second Team

| Name           | School        | Year   | Time     |
|----------------|---------------|--------|----------|
| Noah Reischman | Mead          | Senior | 16:41.35 |
| Corbin Eiseman | Lewis & Clark | Senior | 16:45.29 |
| Liam Frantzich | Cheney        | Senior | 16:46.40 |
| Elliot Yegge   | North Central | Junior | 16:48.20 |
| Ethan Martin   | Cheney        | Senior | 16:56.10 |
| Marshall Loew  | Gonzaga Prep  | Junior | 16:57.29 |
| Nathan Smith   | Mt Spokane    | Senior | 16:59.50 |

### Boys 2-Mile Ambulatory First Team

|                 |            |        |          |
|-----------------|------------|--------|----------|
| Brycen Phillips | Mt Spokane | Junior | 14:10.08 |
|-----------------|------------|--------|----------|

### Boys 2.1-Mile Unified

|                           |      |        |          |
|---------------------------|------|--------|----------|
| Luke Gottschalk (athlete) | Mead | Soph   | 16:20.48 |
| Mcquang Nguyen (partner)  | Mead | Soph   |          |
| Delivan Hedrick (athlete) | Mead | Junior | 16:21.32 |
| Carter Black (partner)    | Mead | Fresh  |          |

### Girls First Team

| Name            | School       | Year   | Time     |
|-----------------|--------------|--------|----------|
| Jane Wycoff     | Mt Spokane   | Senior | 19:22.37 |
| Erin McMahon    | Gonzaga Prep | Soph   | 19:35.20 |
| Avery Parker    | Mead         | Junior | 19:36.15 |
| Claire Philips  | Mead         | Fresh  | 19:43.40 |
| Claire Gee      | Gonzaga Prep | Junior | 19:44.17 |
| Triniti Ramos   | Ferris       | Soph   | 19:44.69 |
| Frances Rein    | Mt Spokane   | Junior | 19:45.07 |
| Emery Sevy      | Ridgeline    | Fresh  | 19:52.80 |
| Kalia Blanchard | Ridgeline    | Fresh  | 19:55.02 |
| Kyla Roberts    | University   | Senior | 19:58.77 |

### Girls Second Team

| Name            | School         | Year   | Time     |
|-----------------|----------------|--------|----------|
| Alissa Rennaker | University     | Fresh  | 20:02.01 |
| Brianna McKell  | Mt Spokane     | Senior | 20:11.63 |
| Addy Chaffins   | Mead           | Senior | 20:11.81 |
| Aubrey Harvey   | Central Valley | Soph   | 20:19.89 |
| Ella Menard     | Ferris         | Senior | 20:22.43 |
| Emma Anderson   | Lewis & Clark  | Fresh  | 20:23.31 |
| Ellie Apatow    | Ferris         | Soph   | 20:27.82 |

### Girls 2.1-Mile Unified First Team

|                           |        |        |          |
|---------------------------|--------|--------|----------|
| Rosie Mortensen (athlete) | Ferris | Senior | 16:25.56 |
| Emma Danaraj (partner)    | Ferris | Senior |          |

(First team)

(Second Team)

### Coach of the Year

**Austin Stuchel**

Mead

### Coaches of the Year

**Todd Hawley** University

**Kara Ames** Central Valley