



CENTRAL WASHINGTON ATHLETIC CONFERENCE

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2021 CWAC Cross Country All-Conference Team

Below are the all-conference teams, specialty award winners, and district championship results for Central Washington Athletic Conference cross country for the Fall 2021 season. First-team honorees were the top seven individual finishers at the district championship meet, second-team honorees placed eighth through 14th at the district meet, and honorable mention members placed 15th through 21st. Specialty awards were voted on by conference coaches.

BOYS			
FIRST TEAM			
NAME	YR	SCHOOL	TIME
*Cooper Quigley	Sr.	Selah	15:32
*Eric Swedin	Jr.	Selah	15:43
*Nicolas Spencer	So.	East Valley (Yakima)	15:56
*Hayden Roberts	So.	Ephrata	16:15
*Chase Perez	Jr.	Ellensburg	16:18
*Hans Roberts	So.	Ephrata	16:18
*Lukkes Hultberg	Sr.	Prosser	16:19

SECOND TEAM			
NAME	YR	SCHOOL	TIME
*Jeremy Wallace	So.	Ellensburg	16:26
*Mac Steele	So.	Ellensburg	16:31
*Jonathan Orozco	Sr.	Selah	16:40
*Isaiah Ahrend	Fr.	Ephrata	16:42
*Sam Anderson	Sr.	Selah	16:46
*Hayden Malone	So.	Ephrata	16:53
*Jorge Morales	Sr.	Grandview	16:57

HONORABLE MENTION			
NAME	YR	SCHOOL	TIME
#Jared Briggs	Sr.	Selah	17:02
Evan Benitez	So.	Grandview	17:20
Theo Dittmer	Sr.	Ellensburg	17:28
Austin Parries	So.	East Valley (Yakima)	17:31
Joseph Fromherz	Fr.	Ellensburg	17:33
#Moon Thompson	Jr.	Selah	17:36
Connor Deveny	Sr.	East Valley (Yakima)	17:39

* Qualified for state as an individual by virtue of top-14 individual finish
 # Individual qualified for state as member of team's top-two team finish

RUNNER OF THE YEAR:	Cooper Quigley , Sr., Selah
COACH OF THE YEAR:	Shane Polley , Selah
SPORTSMANSHIP:	Ephrata

DISTRICT 5/6 CHAMPIONSHIP MEET SCORES								
SCHOOL	PTS	Individual Places (not points)						
		1	2	3	4	5	6	7
Selah	40	1	2	10	12	15	20	30
Ephrata	56	4	6	11	13	22	23	33
Ellensburg	58	5	8	9	17	19	27	37
East Valley (Yakima)	113	3	18	21	31	40	43	44
Prosser	124	7	24	26	29	38	41	42
Grandview	128	14	16	25	34	39	47	48
Othello	176	28	32	35	36	45	46	

GIRLS			
FIRST TEAM			
NAME	YR	SCHOOL	TIME
*Kate Laurent	Sr.	Ellensburg	17:58
*Holly Fromherz	Jr.	Ellensburg	19:56
*Alexa Laughlin	Jr.	Ephrata	20:04
*Rylee Leishman	Jr.	Ellensburg	20:13
*Emma Beachy	Fr.	Ellensburg	20:29
*Elaine Joyce	Sr.	Ellensburg	20:31
*Jenifer Guerrero	Sr.	Othello	20:41

SECOND TEAM			
NAME	YR	SCHOOL	TIME
*Sulibeth Mondragon	Sr.	Othello	20:59
*Margaret Hudson	Fr.	Ellensburg	21:01
*Avery Sarett	Jr.	Selah	21:05
*Kieryann Mattson	Jr.	Selah	21:07
*Abigail Huri	So.	Selah	21:10
*Esther Selby	Jr.	Ellensburg	21:15
*Yobi Ruark	So.	Selah	21:35

HONORABLE MENTION			
NAME	YR	SCHOOL	TIME
#Phoebe Topper	So.	Selah	21:36
Sophia Garza	Fr.	Othello	21:57
#Isabella Escamilla	So.	Selah	22:13
#Kahila Lopez	Sr.	Selah	22:21
Maren Bair	So.	Ephrata	22:26
Miriam Slonecker	Fr.	Prosser	22:33
Aida Roy	Jr.	Prosser	23:21

* Qualified for state as an individual by virtue of top-14 individual finish
 # Individual qualified for state as member of team's top-two team finish

RUNNER OF THE YEAR:	Kate Laurent , Sr., Ellensburg
COACH OF THE YEAR:	Jeff Hashimoto , Ellensburg
SPORTSMANSHIP:	Selah

DISTRICT 5/6 CHAMPIONSHIP MEET SCORES								
SCHOOL	PTS	Individual Places (not points)						
		1	2	3	4	5	6	7
Ellensburg	18	1	2	4	5	6	9	13
Selah	62	10	11	12	14	15	17	18
Othello	79	7	8	16	23	25		
Ephrata	103	3	19	26	29	33		
Prosser	116	20	21	22	24	36		
East Valley (Yakima)	inc	28	31	34	35			
Grandview	inc	27	30	32	37			

"This is the CWAC: Conference of Champions!"