# **Greater Spokane League 2019 All-League Boys Track & Field**

# **FIRST TEAM SELECTIONS**

<b>Event</b> Sprinters	Name Badradin Mohammed Spencer Barrera Jake Hallesy Zack Jongeword	School Ferris Mt. Spokane Lewis & Clark Central Valley	Year Senior Senior Junior Senior
Distance	Ryan Kline Wil Smith Alec Kness Jacob Easton Joey Nicholls	Central Valley Lewis & Clark North Central University Central Valley	Senior Junior Senior Junior Senior
Jumpers	Cole Omlin Spencer Barrera Xzandre Jean-Francois Connor Kiepe Keani Guthmueller	Ferris Mt. Spokane Gonzaga Prep Gonzaga Prep Lewis & Clark	Soph Senior Junior Junior Junior
Throwers	Nathan Puletasi Brad Fillis Joey Woodland Tanner Brooks	Mead Central Valley Mt. Spokane Mt. Spokane	Senior Junior Senior Senior
Pole Vault Hurdlers	Eddy Vasilyev Christopher Homen Drew Crosbie	Mead Ferris Mt. Spokane	Senior Senior Senior
Wheelchair 4x100 Relay	Jackson Atwood Ayden Cannon (Soph); Evan Wiersma (Junior);	Central Valley	Soph
4x400 Relay	Jason Terrell (Senior); Brenden Green (Senior) Ryan Gockley (Soph); Kainoa Figueira (Junior); Craig Runge (Soph); Spencer Barrera (Senior)	Mead Mt. Spokane	

# **SECOND TEAM SELECTIONS**

Sprinters	Mason Gifford	North Central	Senior
D: 1	Austin Porter	Central Valley	Junior
Distance	Bret Bergler	Lewis & Clark	Senior
	Jonas Bears	Gonzaga Prep	Junior
Jumpers	Ryan Volmer	Central Valley	Soph
•	Josh Allen	Mead	Junior
Throwers	Tyler Orvik	North Central	Senior
	Preston Grote	Central Valley	Junior
Pole Vault	John Grieshaber	Mt. Spokane	Senior
Hurdles	Kolby Blackler	Mead	Junior
	Jason Terrell	Mead	Senior
Wheelchair	Mike Lucas	Central Valley	Fresh
4x100 Relay	Connor Caffrey (Senior); Austin Porter (Junior);	,	
,	Zack Jongeward (Senior); Ryan Harper (Junior)	Central Valley	
4x400 Relay	Jordan Munir (Junior); Mathew Sayer (Senior);		

Lewis & Clark

Mead

## **HONORABLE MENTION SELECTIONS**

Xavier Guillory (Senior); Jake Hallesy (Junior)

Jason Terrell (Senior); Cayden Miller (Junior)

TIONOITABLE MENTION OLLEGISTOR				
Sprinter	Xzandre Jean Francois	Gonzaga Prep	Junior	
Distance	Evan Peters	Central Valley	Senior	
	Travis Hicks	University	Senior	
	Daniel Jarvis	Mead	Senior	
Throwers	Matt McNitt	Mt. Spokane	Junior	
	Craig Runge	Mt. Spokane	Soph	
	Gus Lazovsky	Gonzaga Prep	Senior	
	Ethan Oliver	Central Valley	Junior	
Pole Vault	Elliot Hammond	Mead	Soph	
	Bridger Pannell	Ferris	Senior	
	Kian Dolan	North Central	Junior	
Hurdler	Terry Zhang	Gonzaga Prep	Soph	
4x100 Relay	Franklin Moore (Junior); Curtis Tensley (Junior);	9  -	-	
	Kolin Almeida (Soph); Christopher Homen (Senior)	Ferris		
4x400 Relay	Jonathan Baird (Senior); Kolby Blackler (Junior);			
	constraint zama (constraint), really blacker (carrier),			

## **Greater Spokane League**



## **Sprint MVPs**

#### **BADRADIN MOHAMMED**

Ferris | Senior

#### **SPENCER BARRERA**

Mt. Spokane | Senior

#### **Distance MVP**

#### **RYAN KLINE**

Central Valley | Senior

# **Jumps MVP**

#### **COLE OMLIN**

Ferris | Sophomore

## **Throws MVP**

#### **NATHAN PULETASI**

Mead | Senior

## **Coach of the Year**

#### **CHARLES BOWDEN**

Central Valley