



CONTACT: Anna Harris, Kennewick HS Athletic Director

E-MAIL: anna.harris@ksd.org

FOR IMMEDIATE RELEASE

# 2022 All-Conference Boys Track & Field

## First Team Selections

Event	Name	Perf	School	Year
100 Meters	Lex Luther	11.04	Richland	Junior
200 Meters	Lucien Cone	22.41	Southridge	Junior
400 Meters	Jamie Townsend Jr	51.36	Pasco	Senior
800 Meters	Isaac Teeples	1:53.79	Kamiakin	Senior
1600 Meters	Isaac Teeples	4:09.93	Kamiakin	Senior
3200 Meters	Isaac Teeples	8:55.97	Kamiakin	Senior
110m Hurdles	Seth Shook	15.15	Richland	Junior
300m Hurdles	Keanan Humphreys	41.77	Richland	Fresh
4x100 Relay	Lex Luther, Seth Shook, Ethan Child, Zachary Rose	43.31	Richland	
4x400 Relay	Jamie Townsend Jr, Jesus Guzman, Alexander Ramirez, Jose Banuelos	3:32.62	Pasco	
Shot Put	Caden Hottman	56' 0"	Hermiston	Senior
Discus	Caden Hottman	185' 8"	Hermiston	Senior
Javelin	Dash Sirmon	219' 4"	Walla Walla	Senior
High Jump	Jamie Townsend Jr	6' 5"	Pasco	Senior
Pole Vault	Elijah Lynch	13' 6"	Richland	Soph
Long Jump	Dash Sirmon	22' 7.75"	Walla Walla	Senior
Triple Jump	Kade Smith	43' 11.25"	Chiawana	Junior

**Track Athlete of the Year** Isaac Teeples, Kamiakin  
**Coach of the Year** Eric Hisaw, Walla Walla

**Field Athlete of the Year** Dash Sirmon, Walla Walla  
**Co-MCC Champions** Kamiakin & Walla Walla

## Second Team Selections

Event	Name	Perf	School	Year
100 Meters	Ryker McDonald	11.19	Hermiston	Senior
200 Meters	Easton Woods	22.84	Hanford	Fresh
400 Meters	Caleb Morehead	51.65	Walla Walla	Junior
800 Meters	Brody Hartley	1:56.93	Walla Walla	Junior
1600 Meters	Grayson Wilcott	4:12.55	Kamiakin	Senior
3200 Meters	Grayson Wilcott	9:00.65	Kamiakin	Senior
110m Hurdles	Albersh Kuwa	15.16	Southridge	Senior
300m Hurdles	Jake Hisaw	41.89	Walla Walla	Junior
4x100 Relay	Caleb Morehead, Dane Gardea, Isaiah Roberson, Diego Jaques	43.54	Walla Walla	
4x400 Relay	Erick Benedict, Aidan Canada, Grayson Wilcott, Isaac Teeples	3:33.10	Kamiakin	
Shot Put	EJ Hawkins	48' 5.75"	Kamiakin	Senior
Discus	Dash Sirmon	162' 8"	Walla Walla	Senior
Javelin	Christopher Norris	169' 2"	Walla Walla	Junior
High Jump	Dane Gardea	6' 4"	Walla Walla	Soph
	Ethan Henning	6' 4"	Hanford	Senior
Pole Vault	Keagen Melone	13' 0"	Southridge	Senior
Long Jump	Diego Jaques	21' 7"	Walla Walla	Soph
Triple Jump	Abdelrahim Abdelrahim	40' 9.5"	Southridge	Junior

## Honorable Mention Selections

Event	Name	Perf	School	Year
100 Meters	Lucien Cone	11.27	Southridge	Junior
200 Meters	Mason Dezember	22.85	Hanford	Senior
400 Meters	Diego Avila	51.74	Chiawana	Senior
800 Meters	Jose Banuelos	2:00.95	Pasco	Junior
1600 Meters	Brody Hartley	4:13.37	Walla Walla	Junior
3200 Meters	Brody Hartley	9:32.70	Walla Walla	Junior
110m Hurdles	Jackson Burns	15.61	Kennewick	Soph
	Jake Hisaw	15.61	Walla Walla	Junior
300m Hurdles	Jackson Burns	41.91	Kennewick	Soph
4x100 Relay	Ryan Parker, Nicholas Landon, Ethan Martuscelli, Lucien Cone	43.86	Southridge	
4x400 Relay	Justus Counsell, Tyler Lin, Jaysen Rodriguez, Landon Shilhanek	3:33.23	Hermiston	
Shot Put	Ryker McDonald	48' 3.5"	Hermiston	Senior
Discus	EJ Hawkins	154' 0"	Kamiakin	Senior
Javelin	Logan Ashbeck	164' 10"	Walla Walla	Senior
High Jump	Boone Prock	6' 2"	Kennewick	Senior
Pole Vault	Andrew Thomas	12' 6"	Walla Walla	Soph
Long Jump	Kade Smith	21' 5.75"	Chiawana	Junior
Triple Jump	Boone Prock	40' 8.5"	Kennewick	Junior