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FOR IMMEDIATE RELEASE

2023 All-Conference Boys Track & Field

First Team Selections

| Event | Name | Perf | School | Year |
|--------------|--|---------|-------------|--------|
| 100 Meters | Keenan Kuntz | 10.56 | Richland | Senior |
| 200 Meters | Jake Hisaw | 21.56 | Walla Walla | Senior |
| 400 Meters | Landon Shilhanek | 50.30 | Hermiston | Junior |
| 800 Meters | Jose Banuelos | 1:56.69 | Pasco | Senior |
| 1600 Meters | Brody Hartley | 4:09.58 | Walla Walla | Senior |
| 3200 Meters | Brody Hartley | 8:52.81 | Walla Walla | Senior |
| 110m Hurdles | Jackson Burns | 14.59 | Kennewick | Junior |
| 300m Hurdles | Jake Hisaw | 38.34 | Walla Walla | Senior |
| 4x100 Relay | Seth Shook, Lex Luther, Ethan Child, Keenan Kuntz | 42.23 | Richland | |
| 4x400 Relay | Michael Mendoza, Ehzoc Chavez, Jayden Trevino, Carter Kreutz | 3:24.88 | Chiawana | |
| Shot Put | Carson Condie | 52-0 | Southridge | Junior |
| Discus | Jackson Darling | 164-3 | Southridge | Senior |
| Javelin | Christopher Norris | 167-11 | Walla Walla | Senior |
| High Jump | Cooper MacPherson | 6-0 | Chiawana | Soph |
| | Brayden Outlaw | 6-0 | Kamiakin | Senior |
| | Kade Smith | 6-0 | Chiawana | Senior |
| | Zachary Rose | 6-0 | Richland | Soph |
| | Shaun Youngblood | 6-0 | Kennewick | Soph |
| | Nick Davis-Phillips | 6-0 | Walla Walla | Senior |
| Pole Vault | Elijah Lynch | 14-6 | Richland | Junior |
| Long Jump | Kade Smith | 22-2.75 | Chiawana | Senior |
| Triple Jump | Kade Smith | 45-9 | Chiawana | Senior |

Track Athlete of the Year Jake Hisaw, Walla Walla
Coach of the Year Eric Hisaw, Walla Walla

Field Athlete of the Year Kade Smith, Chiawana
Conference Champion Walla Walla

Second Team Selections

| | | | | |
|--------------|--|---------|-------------|--------|
| 100 Meters | Lucien Cone | 10.80 | Southridge | Senior |
| 200 Meters | Keenan Kuntz | 21.62 | Richland | Senior |
| 400 Meters | Modou Kinteh | 50.42 | Hanford | Junior |
| 800 Meters | Brody Hartley | 1:57.22 | Walla Walla | Senior |
| 1600 Meters | Ezra Teeples | 4:19.34 | Kamiakin | Soph |
| 3200 Meters | Eduardo Tobon | 9:28.75 | Hanford | Senior |
| 110m Hurdles | Jake Hisaw | 14.65 | Walla Walla | Senior |
| 300m Hurdles | Jackson Burns | 39.85 | Kennewick | Junior |
| 4x100 Relay | Ryan Parker, Andrew Dorman, Nicholas Landon, Lucien Cone | 42.39 | Southridge | |
| 4x400 Relay | Reese Huff, Heston Homme, Lucien Cone, Liam Stites | 3:25.61 | Southridge | |
| Shot Put | Broc Brooks | 48-0.75 | Walla Walla | Senior |
| Discus | Christopher Norris | 154-3 | Walla Walla | Senior |
| Javelin | Everett Peterson | 165-5 | Richland | Senior |
| Pole Vault | Phillip Wald | 14-0 | Hanford | Junior |
| Long Jump | Abdelrahim Abdelrahim | 21-8.75 | Southridge | Senior |
| Triple Jump | Abdelrahim Abdelrahim | 45-2 | Southridge | Senior |

Honorable Mention Selections

| | | | | |
|--------------|--|---------|-------------|--------|
| 100 Meters | Lex Luther | 10.85 | Richland | Senior |
| 200 Meters | Lucien Cone | 22.13 | Southridge | Senior |
| 400 Meters | Caleb Morehead | 50.70 | Walla Walla | Senior |
| 800 Meters | Ehzoc Chavez | 1:58.52 | Chiawana | Senior |
| 1600 Meters | Beckett Melver | 4:24.57 | Kamiakin | Senior |
| 3200 Meters | Ian Lash | 9:30.62 | Walla Walla | Soph |
| 110m Hurdles | Seth Shook | 15.00 | Richland | Senior |
| 300m Hurdles | Michael Mendoza | 40.98 | Chiawana | Senior |
| 4x100 Relay | Isaiah Roberson, Caleb Morehead, Jake Hisaw, Ian Calhoon | 42.94 | Walla Walla | |
| 4x400 Relay | Caleb Morehead, Brody Hartley, Liam Bergevin, Jake Hisaw | 3:25.98 | Walla Walla | |
| Shot Put | Trevor Hoopes | 47-0.5 | Southridge | Senior |
| Discus | Bradley Hottman | 151-1 | Hermiston | Junior |
| Javelin | Kooper Schmitt | 163-4 | Richland | Junior |
| High Jump | Ozias Richardson | 5-10 | Southridge | Soph |
| | Carsen Rogers | 5-10 | Southridge | Junior |
| | Reece Rheinschmidt | 5-10 | Hanford | Soph |
| Pole Vault | Tanner Chan | 13-0 | Southridge | Junior |
| | Daniel Sampson | 13-0 | Kamiakin | Senior |
| Long Jump | Keenan Kuntz | 21-7 | Richland | Senior |
| Triple Jump | Shaun Youngblood | 42-1.5 | Kennewick | Soph |