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FOR IMMEDIATE RELEASE

2021 All-Conference Girls Track & Field

FIRST TEAM SELECTIONS

Event	Name	Time	School	Year
100 Meters	Camryn Dezember	12.53	Hanford	Senior
200 Meters	Camryn Dezember	26.20	Hanford	Senior
400 Meters	Hailey Summers	59.41	Richland	Fresh
800 Meters	Natalie Ruzauskas	2:15.82	Richland	Junior
1600 Meters	Ella Nelson	4:55.67	Walla Walla	Senior
3200 Meters	Natalie Ruzauskas	11:06.25	Richland	Junior
110m Hurdles – 33"	Eliana Coburn	15.37	Walla Walla	Senior
300m Hurdles – 30"	Eliana Coburn	47.44	Walla Walla	Senior
4x100 Relay	KaiLi Knapp, Adelyn Mitchell, Madeline Seguin, Rachel Harper	50.55	Kamiakin	
4x200 Relay	Rachel Harper, Madeline Seguin, Adelyn Mitchell, Nikole Thomas	1:48.43	Kamiakin	
4x400 Relay	Isabella Williams, Emma Summers, Hailey Summers, Natalie Ruzauskas	4:12.43	Richland	
Shot Put – 4kg	Katelynn Gelston	42-0	Hanford	Junior
Discus – 1kg	Katelynn Gelston	151-9	Hanford	Junior
Javelin – 600g	Taryn Bohanan	137-2	Walla Walla	Senior
High Jump	Jayden Smith	5-6	Southridge	Junior
Pole Vault	Rachel Harper	10-0	Kamiakin	Senior
Long Jump	Makaylee Young	17-3.5	Hermiston	Senior
Triple Jump	Jayden Smith	35-8	Southridge	Junior

Track Athlete of the Year Ella Nelson, Walla Walla
Coach of the Year Eric Hisaw, Walla Walla

Field Athlete of the Year Katelynn Gelston, Hanford
Champion Walla Walla

SECOND TEAM SELECTIONS

100 Meters	Adelyn Mitchell	12.74	Kamiakin	Fresh
200 Meters	Alyssa Marsh	26.64	Richland	Fresh
400 Meters	Ella Nelson	1:00.06	Walla Walla	Senior
800 Meters	Ella Nelson	2:16.06	Walla Walla	Senior
1600 Meters	Natalie Ruzauskas	5:03.80	Richland	Junior
3200 Meters	Macy Marquardt	11:08.55	Kennewick	Junior
110m Hurdles – 33"	Hannah Chang	16.38	Richland	Junior
300m Hurdles – 30"	Ellie Marsh	48.97	Richland	Senior
4x100 Relay	Kylie Gideon, Mattison Stayrook, Leeah Williamson, Kassadi Suitonu	50.57	Southridge	
4x200 Relay	Chloe Bond, Kassadi Suitonu, Leeah Williamson, Mattison Stayrook	1:48.50	Southridge	
4x400 Relay	Sariah Hepworth, Ava Nelson, Ella Nelson, Talia Billingsley	4:17.31	Walla Walla	
Shot Put – 4kg	Bailey Young	41-10.75	Junior	Junior
Discus – 1kg	Jordan Perkins	111-10	Richland	Soph
Javelin – 600g	Katelynn Gelston	134-9	Hanford	Junior
High Jump	Taryn Bohanan	5-3	Walla Walla	Senior
	Eliana Coburn	5-3	Walla Walla	Senior
	Kaylie Pearson	5-3	Richland	Junior
Pole Vault	Tricia Lu	9-0	Richland	Senior
	Leah Nastri	9-0	Chiawana	Senior
Long Jump	Jayden Smith	16-11.5	Southridge	Junior
Triple Jump	Madeline Jacobson	34-7.75	Walla Walla	Senior

HONORABLE MENTION SELECTIONS

100 Meters	Makaylee Young	12.82	Hermiston	Senior
200 Meters	Adelyn Mitchell	26.98	Kamiakin	Fresh
400 Meters	Camryn Dezember	1:01.19	Hanford	Senior
800 Meters	Emma Summers	2:18.49	Richland	Senior
1600 Meters	Macy Marquardt	5:12.02	Kennewick	Junior
3200 Meters	Andrijana Fundak	11:34.68	Richland	Senior
110m Hurdles – 33"	Talia Billingsley	16.84	Walla Walla	Junior
300m Hurdles – 30"	Talia Billingsley	49.60	Walla Walla	Junior
4x100 Relay	Abigail Sharon, Makaylee Young, Alondra Risueno, Jayden Ray	51.31	Hermiston	
4x200 Relay	Ashlyn Nielsen, Jennifer Huntsman, Talia Billingsley, Ella Nelson	1:49.63	Walla Walla	
4x400 Relay	Jayden Ray, Amanda Nygard, Makaylee Young, Abigail Sharon	4:22.63	Hermiston	
Shot Put – 4kg	Paige Palzinski	36-7.5	Hermiston	Senior
Discus – 1kg	Paige Palzinski	110-1	Hermiston	Senior
Javelin – 600g	Madeline Gebers	129-3	Kennewick	Senior
High Jump	Roslyn McLellan	5-0	Richland	Senior
Pole Vault	Madison Best	8-0	Kennewick	Junior
	Madison Castillo	8-0	Richland	Soph
	Sage Miller	8-0	Richland	Senior
Long Jump	Sydney Patton	15-9.75	Walla Walla	Senior
Triple Jump	Sydney Seavert	34-7.25	Hermiston	Junior