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FOR IMMEDIATE RELEASE

2022 All-Conference Girls Track & Field

First Team Selections

Event	Name	Perf	School	Year
100 Meters	Adelyn Mitchell	12.48	Kamiakin	Soph
200 Meters	Alyssa Marsh	25.92	Richland	Soph
400 Meters	Hailey Summers	58.78	Richland	Soph
800 Meters	Natalie Ruzauskas	2:17.03	Richland	Senior
1600 Meters	Macy Marquardt	5:00.54	Kennewick	Senior
3200 Meters	Macy Marquardt	10:33.39	Kennewick	Senior
100m Hurdles	Hannah Chang	14.97	Richland	Senior
300m Hurdles	Hannah Chang	47.27	Richland	Senior
4x100 Relay	Alyssa Marsh, Emma Wahlstrom, Hannah Chang, Macie Milum	49.19	Richland	
4x200 Relay	KaiLi Knapp, Emily Legard, Danica Helms, Adelyn Mitchell	1:45.14	Kamiakin	
4x400 Relay	Hailey Summers, Alyssa Marsh, Hannah Chang, Natalie Ruzauskas	4:02.49	Richland	
Shot Put	Bailey Young	46' 10"	Hermiston	Senior
Discus	Katelyn Gelston	157' 9"	Hanford	Senior
Javelin	Katelyn Gelston	135' 1"	Hanford	Senior
High Jump	Jayden Smith	5' 6"	Southridge	Senior
Pole Vault	Graison Oberman	11' 6"	Hanford	Senior
Long Jump	Hannah Chang	17' 2.25"	Richland	Senior
Triple Jump	Jayden Smith	36' 11"	Southridge	Senior

Track Athlete of the Year Hannah Chang, Richland
Coach of the Year Stuart Allen, Richland

Field Athlete of the Year Katelyn Gelston, Hanford
MCC Champion Richland

Second Team Selections

100 Meters	Alyssa Marsh	12.7	Richland	Soph
200 Meters	Adelyn Mitchell	26.33	Kamiakin	Soph
400 Meters	Chelsie Baker	1:00.46	Kennewick	Fresh
800 Meters	Sariah Hepworth	2:21.75	Walla Walla	Senior
1600 Meters	Natalie Ruzauskas	5:06.99	Richland	Senior
3200 Meters	Tylar Wolff	11:46.10	Richland	Junior
100m Hurdles	Iliana Moran	16.07	Hanford	Senior
300m Hurdles	Iliana Moran	48.51	Hanford	Senior
4x100 Relay	KaiLi Knapp, Emily Legard, Danica Helms, Adelyn Mitchell	49.34	Kamiakin	
4x200 Relay	Emma Wahlstrom, Gracie Moss, Kylie Gilmore, Macie Milum	1:47.71	Richland	
4x400 Relay	Carly Martin, Jaielyn Davenport, Ava Nelson, Sariah Hepworth	4:14.79	Walla Walla	
Shot Put	Katelyn Gelston	43' 4"	Hanford	Senior
Discus	Emily Dawes	130' 5"	Chiawana	Junior
Javelin	Crystal Kelly	134' 0"	Walla Walla	Senior
High Jump	Kaylie Pearson	5' 2"	Richland	Senior
Pole Vault	Landry Allen	11' 0"	Hanford	Fresh
Long Jump	Jayden Smith	17' 0"	Southridge	Senior
Triple Jump	Aubrey Herrin	35' 6.5"	Kamiakin	Fresh

Honorable Mention Selections

100 Meters	Emma Wahlstrom	12.83	Richland	Junior
	Ashlyn Nielsen	12.83	Walla Walla	Soph
200 Meters	Brianne Bunger	26.52	Chiawana	Senior
400 Meters	Carly Martin	1:00.90	Walla Walla	Soph
800 Meters	Carly Martin	2:23.91	Walla Walla	Soph
1600 Meters	Sariah Hepworth	5:15.32	Walla Walla	Senior
3200 Meters	Morgan Thompson	11:49.57	Kennewick	Fresh
100m Hurdles	Diana Kuwa	16.37	Southridge	Soph
300m Hurdles	Jennifer Huntsman	49.24	Walla Walla	Senior
4x100 Relay	Ashlyn Nielsen, Jaielyn Davenport, Cami Martin, Jennifer Huntsman	50.42	Walla Walla	
4x200 Relay	Chloe Bond, Jayden Bertsch, Kylie Gideon, Mattison Stayrook	1:48.50	Southridge	
4x400 Relay	Dalia Cervantes, Jaquelin Garcia Sandoval, Alondra Risueno, Estephany Diaz	4:15.73	Hermiston	
Shot Put	Taleya Maiden	39' 1.75"	Pasco	Senior
Discus	Eseta Sepeni	123' 0"	Hermiston	Senior
Javelin	Taleya Maiden	118' 0"	Pasco	Senior
High Jump	Cami Martin	5' 0"	Walla Walla	Soph
	Jaielyn Davenport	5' 0"	Walla Walla	Fresh
	Autumn Larson	5' 0"	Kennewick	Senior
Pole Vault	Madison Castillo	10' 6"	Richland	Junior
Long Jump	Jennifer Huntsman	16' 3"	Walla Walla	Senior
Triple Jump	Cami Martin	34' 4"	Walla Walla	Soph