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FOR IMMEDIATE RELEASE

2019 All-Conference Girls Track & Field

FIRST TEAM SELECTIONS

Event	Name	Time	School	Year
100 Meters	Katherine Petsch	12.16	Kamiakin	Senior
200 Meters	Katherine Petsch	25.47	Kamiakin	Senior
400 Meters	Geraldin Correa-Cambino	58.66	Kennewick	Junior
800 Meters	Geradin Correa-Cambino	2:15.70	Kennewick	Junior
1600 Meters	Ella Nelson	5:00.93	Walla Walla	Soph
3200 Meters	Ella Nelson	10:42.97	Walla Walla	Soph
110m Hurdles – 33"	Nyenuchi Okemgbo	14.65	Hanford	Senior
300m Hurdles – 30"	Nyenuchi Okemgbo	45.79	Hanford	Senior
4x100 Relay	Kaili Knapp, Britney Donais, Katherine Petsch, Rachel Harper	48.71	Kamiakin	
4x200 Relay	Rachel Harper, Britney Donais, Kaili Knapp, Katherine Petsch	1:45.58	Kamiakin	
4x400 Relay	Sariah Hepworth, Eliana Coburn, Madi Knight, Ella Nelson	4:07.37	Walla Walla	
Shot Put – 4kg	Madeline Mauia	39-9	Richland	Senior
Discus – 1kg	Katelynn Gelston	126-01	Hanford	Fresh
Javelin – 600g	Jazlyn Romero	146-01	Hermiston	Junior
High Jump	Eliana Coburn	5-4	Walla Walla	Soph
	Noelani Helm	5-4	Walla Walla	Senior
Pole Vault	Rachel Harper	11-6	Kamiakin	Soph
	Abigail Winstead	11-6	Kamiakin	Senior
Long Jump	Nyenuchi Okemgbo	17-3	Hanford	Senior
	Madi Knight	17-3	Walla Walla	Senior
Triple Jump	Olivia Lee	34-6	Southridge	Junior
Track Athlete of the Year	Katherine Petsch, Kamiakin		Field Athlete of the Year Noelani Helm, Walla Walla	
Coach of the Year	Eric Hisaw, Walla Walla		Champion Walla Walla	

SECOND TEAM SELECTIONS

100 Meters	Britney Donais	12.56	Kamiakin	Senior
200 Meters	Camryn Dezember	25.84	Richland	Soph
400 Meters	Amanda Fraga	59.2	Hanford	Junior
800 Meters	Ella Nelson	2:16.47	Walla Walla	Soph
1600 Meters	Geraldin Correa-Cambino	5:13.80	Kennewick	Junior
3200 Meters	Emma Sanders	11:16.96	Richland	Soph
110m Hurdles – 33"	Emily Meek	14.89	Southridge	Senior
300m Hurdles – 30"	Britney Donais	46.38	Kamiakin	Senior
4x100 Relay	Amanda Fraga, Camryn Dezember, Sophia Sherman, Nyenuchi Okemgbo	49.6	Hanford	
4x200 Relay	Amanda Fraga, Camryn Dezember, Sophia Sherman, Nyenuchi Okemgbo	1:46.00	Hanford	
4x400 Relay	Tyana Breedlove, Calli Short, Essence Estrada, Geraldin Correa-Cambino	4:12.40	Kennewick	
Shot Put – 4kg	Brianne Turner	39-8	Richland	Senior
Discus – 1kg	Hannah Gilmore	122-5	Walla Walla	Senior
Javelin – 600g	Maelyn George	135-2	Richland	Soph
High Jump	Madi Knight	5-2	Walla Walla	Senior
	Brooke Davison	5-2	Hanford	Soph
	Jayden Smith	5-2	Southridge	Fresh
Pole Vault	Olivia Mancinelli	10-6	Kamiakin	Junior
Long Jump	Lyqualah Kinsey	17-1	Pasco	Soph
Triple Jump	Jaimee Fields	34-5	Richland	Senior

HONORABLE MENTION SELECTIONS

100 Meters	Camryn Dezember	12.58	Hanford	Soph
200 Meters	Madi Knight	26.12	Walla Walla	Senior
400 Meters	Tyana Breedlove	1:00.99	Kennewick	Soph
800 Meters	Hannah Paulsen	2:21.33	Kamiakin	Soph
1600 Meters	Emma Summers	4:14.32	Richland	Soph
3200 Meters	Madilynn Carr	11:17.71	Richland	Soph
110m Hurdles – 33"	Sophia Sherman	15.15	Hanford	Junior
300m Hurdles – 30"	Emily Meek	47.44	Southridge	Senior
4x100 Relay	Emily Meek, Mahek Bhandal, Kassadi Suitonu, Olivia Lee	49.71	Southridge	
4x200 Relay	Emily Meek, Mattison Stayrook, Kassadi Suitonu, Mahek Bhandal	1:47.58	Southridge	
4x400 Relay	Alexa Neff, Brooke Thorne, Brianne Bunger, Alyssa Agundis	4:15.13	Chiawana	
Shot Put – 4kg	Paige Palzinski	39-0	Hermiston	Soph
Discus – 1kg	Peyton Santos	121-4	Southridge	Senior
Javelin – 600g	Noelani Helm	130-7	Walla Walla	Senior
High Jump	Taryn Bohanan	5-1	Walla Walla	Soph
Pole Vault	Graison Oberman	10-0	Hanford	Fresh
Long Jump	Ellie Sievertsen	16-10.5	Walla Walla	Senior
Triple Jump	Noelani Helm	33-10	Walla Walla	Senior