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**FOR IMMEDIATE RELEASE**

# 2023 All-Conference Girls Track & Field

## First Team Selections

Event	Name	Perf	School	Year
100 Meters	Adelyn Mitchell	12.18	Kamiakin	Junior
200 Meters	Alyssa Marsh	25.44	Richland	Junior
400 Meters	Carly Martin	59.72	Walla Walla	Junior
800 Meters	Emma Gis	2:21.90	Chiawana	Soph
1600 Meters	Megan Joyce	5:21.98	Hermiston	Junior
3200 Meters	Elizabeth Newman	11:21.81	Hermiston	Soph
100m Hurdles	Diana Kuwa	15.70	Southridge	Junior
300m Hurdles	Louesa Gledhill	47.77	Kamiakin	Soph
4x100 Relay	Danica Helms, Aubrey Herrin, Kate Christian, Adelyn Mitchell	49.26	Kamiakin	
4x200 Relay	Carly Martin, Ava Nelson, Cami Martin, Jaily Davenport	1:46.10	Walla Walla	
4x400 Relay	Karina Ortiz, Dalia Cervantes, Alondra Risueno, Jaquelin Garcia Sandoval	4:06.23	Hermiston	
Shot Put	Camia Howard	37-8.75	Kamiakin	Junior
Discus	Whitney Griffith	131-4	Walla Walla	Junior
Javelin	Baylee Wroble	126-10	Richland	Junior
High Jump	Aubrey Herrin	5-3	Kamiakin	Soph
Pole Vault	Landry Allen	12-0	Hanford	Soph
Long Jump	Cami Martin	17-0.5	Walla Walla	Junior
Triple Jump	Aubrey Herrin	38-4	Kamiakin	Soph

**Track Athlete of the Year** Adelyn Mitchell, Kamiakin  
**Coach of the Year** Cheryl Schauble, Kamiakin

**Field Athlete of the Year** Aubrey Herrin, Kamiakin  
**Conference Champion** Kamiakin

## Second Team Selections

100 Meters	Ashlyn Nielsen	12.36	Walla Walla	Junior
200 Meters	Adelyn Mitchell	25.64	Kamiakin	Junior
400 Meters	Ava Nelson	1:00.08	Walla Walla	Senior
800 Meters	Jaquelin Garcia Sandoval	2:22.57	Hermiston	Junior
1600 Meters	Elizabeth Newman	5:22.29	Hermiston	Soph
3200 Meters	Tylar Wolff	11:46.59	Richland	Senior
100m Hurdles	Haylee Johnson	16.19	Kennewick	Junior
300m Hurdles	Mary Nakamura	48.90	Chiawana	Senior
4x100 Relay	Kaitlyn King, Ashlyn Nielsen, Cami Martin, Jaily Davenport	49.42	Walla Walla	
4x200 Relay	Kylie Gilmore, Naly Khamlue-Pratt, Hailey Summers, Alyssa Marsh	1:46.35	Richland	
4x400 Relay	Naly Khamlue-Pratt, Alyssa Marsh, Hailey Summers, Lydia Medina	4:07.77	Richland	
Shot Put	Malia Ruud	36-10	Chiawana	Soph
Discus	Emily Dawes	129-6	Chiawana	Senior
Javelin	Reagan Bybee	119-9	Kamiakin	Senior
High Jump	Jaily Davenport	5-2	Walla Walla	Soph
	Ashley Parker	5-2	Hanford	Senior
	Landry Allen	5-2	Hanford	Soph
Pole Vault	Paizlei Tucker	10-6	Richland	Soph
	Kirsten Anderson	10-6	Walla Walla	Soph
Long Jump	Ema Blazkova	16-11.75	Southridge	Senior
Triple Jump	Cami Martin	36-2	Walla Walla	Junior

## Honorable Mention Selections

100 Meters	Naly Khamlue-Pratt	12.45	Richland	Fresh
200 Meters	Ashlyn Nielsen	25.91	Walla Walla	Junior
400 Meters	Alyssa Marsh	1:00.53	Richland	Junior
800 Meters	Carly Martin	2:23.38	Walla Walla	Junior
1600 Meters	Mia Beightol	5:24.17	Hanford	Junior
3200 Meters	Morgan Thompson	11:55.51	Kennewick	Soph
100m Hurdles	Abigail Dainty	16.43	Hermiston	Soph
300m Hurdles	Brooke Bird	49.01	Richland	Soph
4x100 Relay	Alyssa Marsh, Hailey Summers, Gracie Moss, Naly Khamlue-Pratt	49.58	Richland	
4x200 Relay	Danica Helms, Aubrey Herrin, Kate Christian, Adelyn Mitchell	1:46.68	Kamiakin	
4x400 Relay	Ava Nelson, Carly Martin, Jaily Davenport, Ashlyn Nielsen	4:10.68	Walla Walla	
Shot Put	Emily Dawes	35-9	Chiawana	Senior
Discus	Avonlea Edwards	123-2	Hermiston	Soph
Javelin	Emily Kaylor	118-5.25	Kennewick	Junior
High Jump	Lenah Martin	5-0	Richland	Soph
	Cami Martin	5-0	Walla Walla	Junior
Pole Vault	Madison Paeschke	10-0	Richland	Senior
	Alice Williams	10-0	Richland	Fresh
	Katelyn Wolfert	10-0	Hanford	Soph
Long Jump	Taylor Page	16-4.75	Southridge	Senior
Triple Jump	Diana Kuwa	34-7	Southridge	Junior