



3A/4A 2020-21 All-League Cross Country

Girls First Team

Name	School	Year
Allie Janke	North Central	Senior
Audrey Thronson	Lewis & Clark	Junior
Kahea Figueira	Mt. Spokane	Senior
Madison Lee	North Central	Senior
Alice Groza	Lewis & Clark	Junior
Alanna Parker	Mead	Junior
Bridget Burns	Lewis & Clark	Sophomore
Kendall Carter	North Central	Sophomore
Alexis Parker	Mead	Junior
Nicole Bissell	Central Valley	Sophomore

Boys First Team

Name	School	Year
Alex Wright	Central Valley	Senior
Derek Smith	North Central	Senior
Jacob McIntyre	Gonzaga Prep	Senior
Josh Braun	Mead	Senior
Brycen Gardner	Mead	Junior
Caleb Kartchner	Central Valley	Senior
Evan Bruce	Lewis & Clark	Sophomore
Ethan Greiner	North Central	Junior
Marc Dugenet	Mead	Senior
Zach Kness	North Central	Junior
Leif Swanson	North Central	Senior

Girls Second Team

Name	School	Year
Rubagail Brynstesen	Central Valley	Freshman
Sophia Ferraro	Mead	Junior
Claire Eckhardt	Gonzaga Prep	Senior
Kylee Shakespeare	Central Valley	Junior
Sarah Pecha	Central Valley	Senior
Alivia Bruno	Central Valley	Sophomore
Charlotte Cullen	Mead	Freshman

Boys Second Team

Name	School	Year
Caleb Richardson	Gonzaga Prep	Junior
Jonah Aden	North Central	Junior
Brian Bowers	Lewis & Clark	Junior
Ben Sonneland	Mt Spokane	Sophomore
Ethan Sheneman	Central Valley	Junior
Riley Conrad	University	Senior
James Dugenet	Mead	Senior

Girls Honorable Mention

Name	School	Year
Raegan Borg	Mead	Freshman
Samantha Habegger	Cheney	Sophomore
Savannah Pratt	Central Valley	Senior
Taylor Schillinger	University	Junior
Samantha Pierce	Mead	Freshman
Tabi Koscielski	Mt Spokane	Junior
Bailey Tolman	Central Valley	Freshman

Boys Honorable Mention

Name	School	Year
Beckett Schoenleber	Cheney	Senior
Clasen Chamberlain	Central Valley	Freshman
Daniel Champlin	Mead	Junior
Kiler Borg	Mead	Sophomore
Charles Ledwith	Lewis & Clark	Sophomore
Jonah Rieder	Mead	Senior
Grady Ahlquist	University	Junior

Coach of the Year

Dori Whitford, North Central

Coaches of the Year

Austin Stuchell, Rogers
Andrew Kimple, North Central