



KingCo All League
2023 3A Boys and Girls XC



First Team All KingCo

- 1 Owen Powell - Mercer Island
- 2 Brodie Thomas - Mercer Island
- 3 Matthew Lawrence - Mercer Island
- 4 Thomas Manson - Liberty
- 5 Bridge Gerry - Mercer Island
- 6 Yeray Rodriguez - Juanita
- 7 Silas Rennie - Mercer Island

Second Team All KingCo

- 8 Jordan Stroud - Hazen
- 9 Connor Scharpenberg - Lake Washington
- 10 Jesse Frumkin - Interlake
- 11 Ivan Lee - Bellevue
- 12 Derik Zhu - Bellevue
- 13 Calvin Grabowski - Liberty
- 14 Walter Lumpkin - Lake Washington

First Team All KingCo

- 1 Sophia Rodriguez - Mercer Island
- 2 Victoria Rodriguez - Mercer Island
- 3 Alexa Matora - Lake Washington
- 4 Margaret Champlain - Liberty
- 5 Sophia Fan - Mercer Island
- 6 Joanna Lymberis - Lake Washington
- 7 Natasha Parekh - Bellevue

Second Team All KingCo

- 8 Hannah Burns - Liberty
- 9 Mia Nomura - Juanita
- 10 Dora Cheng - Mercer Island
- 11 Sofia Loop - Mercer Island
- 12 Kira Bringemeier - Lake Washington
- 13 Mia Kinney - Mercer Island
- 14 Madeleine Vanderheiden - Juanita

3A Boys KingCo Champions

- 1 Mercer Island
- 2 Liberty
- 3 Lake Washington
- 4 Bellevue
- 5 Juanita
- 6 Interlake
- 7 Hazen

3A Girls KingCo Champions

- 1 Mercer Island
- 2 Lake Washington
- 3 Liberty
- 4 Juanita
- 5 Bellevue
- 6 Hazen

