



**KingCo Track & Field**  
**2025 All-League, Athlete of the Year**  
**& Coaches of the Year**  
**2A, 3A, 4A**



KingCo Champions for all events at the KingCo Championship Meet are 1st team All-League.

*2025 teams voted for Athletes of the Year and Coaches of the Year per classification*

**2A**

**Girls Team**

Coach of the Year- Dean Vergillo (Cedarcrest)

**Boys Team**

Coach of the Year- Michael King (Renton)

**Athlete of the Year**

Sprints - Laine McKenzie (Cedarcrest)  
Hurdles - Rochelle Jeffries (Foster)  
Distance - Lydia Swenson (Cedarcrest)  
Jumps - Laine McKenzie (Cedarcrest)  
Throws - Angela Fiamme (Renton)

**Athlete of the Year**

Sprints - Major Bloodsaw (Renton)  
Hurdles - Chase Meikle (Cedarcrest)  
Distance - Pierce Graham (Cedarcrest)  
Jumps - Kevin Heard Jr. (Renton)  
Throws - Litani Moimoi (Foster)

**3A**

**Girls Team**

Coach of the Year -  
Amy Wolff and Stacy Edwards (MI)

**Boys Team**

Coach of the Year - Brad Anderson (Liberty)

**Athlete of the Year**

Sprints - Laruen Balousek (MI)  
Hurdles - Eloise Newman (MI)  
Distance - Sophia Rodriguez (MI)  
Jumps - Aaliyah Khan (MI)  
Throws - Sarina Sawhney (MI)

**Athlete of the Year**

Sprints - Jackson Moffitt (Liberty)  
Hurdles - Sutton Flint (Liberty)  
Distance - Owen Powell (MI)  
Jumps - Lawson Campbell (Interlake)  
Throws - Carson Ford (Interlake)

**4A**

**Girls Team**

Coach of the Year - Adam Frye (Mount Si)

**Boys Team**

Coach of the Year - Chris Roa (LW)

**Athlete of the Year**

Sprints - Isaac Seraille (Juanita)  
Hurdles - Haoran Lin (Redmond)  
Distance - Connor Rickey (Issy)  
Zachary Leader (Redmond)  
Jumps - Yevhen Zhmailo (LW)  
Throws - Angus Jones (LW)

**Athlete of the Year**

Sprints - Anna Schneider (Eastlake)  
Hurdles - Anna Schneider (Eastlake)  
Distance - Alexa Matora (LW)  
Jumps - Domfo Abekah (Issy)  
Throws - Shebly McCallum (Mount Si)