



# 2026 KingCo Track & Field

## 1st team, 2nd team, Honorable Mention Athletes & Coach of the Year



### 2A

#### Coach of the Year

**Boys Team: Bruce McDowell - Cedarcrest**

#### Coach of the Year

**Girls Team: Marc Hillstad - Cedarcrest**

#### 1st Team

Nick Berens - Cedarcrest	<b>100m</b>	Laine McKenzie - Cedarcrest
Nick Berens - Cedarcrest	<b>200m</b>	Laine McKenzie - Cedarcrest
Yafeth Rivera Dias - Renton	<b>400m</b>	Stella Metcalf - Cedarcrest
Pierce Graham - Cedarcrest	<b>800m</b>	Lydia Swenson - Cedarcrest
Pierce Graham - Cedarcrest	<b>1600m</b>	Lydia Swenson - Cedarcrest
Pierce Graham - Cedarcrest	<b>3200m</b>	Paisley Mullholland - Cedarcrest
Michael Luong - Renton	<b>110H/100H</b>	Brooklyn Kimp-Stephens - Renton
Glen Veranth- Cedarcrest	<b>300H</b>	Addy Jenkins - Cedarcrest
Kashawn Spencer Jr - Renton	<b>Shotput</b>	Angela Fiame - Renton
Elijah Sims - Renton	<b>Discus</b>	Makayla Dabney - Renton
Kashawn Spencer Jr - Renton	<b>Javelin</b>	Mele Fataua - Foster
Kevin Heard, Jr - Renton	<b>High Jump</b>	Stella Metcalf - Cedarcrest
Jason Brimley - Cedarcrest	<b>Pole Vault</b>	Julie Ung - Foster
Tyler Hall - Cedarcrest	<b>Long Jump</b>	Laine McKenzie - Cedarcrest
Tyler Hall - Cedarcrest	<b>Triple Jump</b>	Laine McKenzie - Cedarcrest

#### 2nd Team

Ben Hohmann - Cedarcrest	<b>100m</b>	Khyla Stewar - Renton
Yafeth Rivera Dias - Renton	<b>200m</b>	Stella Metcalf - Cedarcrest
Gabriel Williams - Lindbergh	<b>400m</b>	Lydia Swenson - Cedarcrest
Colter Steere - Cedarcrest	<b>800m</b>	Lara Marais - Cedarcrest
Ian Nachreiner - Cedarcrest	<b>1600m</b>	Lara Marais - Cedarcrest
Ronen Sherman - Cedarcrest	<b>3200m</b>	Claudia Finch - Cedarcrest
William Yehui Teng - Lindbergh	<b>110H/100H</b>	Addy Jenkins - Cedarcrest
Michael Luong - Renton	<b>300H</b>	Brooklyn Kimp-Stephens - Renton
Toa Lavatai - Renton	<b>Shotput</b>	Mackenzie Manglona - Renton
Rafe Lipsky - Cedarcrest	<b>Discus</b>	Angela Fiame - Renton
Maurice White - Lindbergh	<b>Javelin</b>	Faith Marana - Foster
Marshawn Rosier - Foster	<b>High Jump</b>	Lola-Faye Paynter - Foster
Jazz Ancheta - Lindbergh	<b>Pole Vault</b>	Nini Nguyen - Foster
Kevin Heard, Jr. - Renton	<b>Long Jump</b>	Mira Knowlton - Cedarcrest
Isaac Sanchez-Godinez	<b>Triple Jump</b>	Mira Knowlton- Cedarcrest

#### Honorable Mention

Anthony Watts III - Lindbergh	<b>100m</b>	Ella Hutchinson - Foster
Sully Mohan - Cedarcrest	<b>200m</b>	Khyla Stewart - Renton
Jayden Huebner - Cedarcrest	<b>400m</b>	Tia Swedberg - Cedarcrest
Ian Nachreiner - Cedarcrest	<b>800m</b>	Maren Folkman - Cedarcrest
Ronen Sherman - Cedarcrest	<b>1600m</b>	Paisley Mullholland - Cedarcrest
Ian Nachreiner - Cedarcrest	<b>3200m</b>	Alexa Weisgerber - Cedarcrest
Jason Brimley - Cedarcrest	<b>110H/100H</b>	Madjilom Chancela - Foster
Manglian Lwai - Lindbergh	<b>300H</b>	Madjilom Chancela - Foster
Dameon Ellis - Lindbergh	<b>Shotput</b>	Queen-Bettina Tauai-Fa'ataualofa - Foster
Tyson Halahuni-Tuani - Foster	<b>Discus</b>	Mackenzie Manglona - Renton
Koren Mix - Foster	<b>Javelin</b>	Taylin Phan - Foster
Jeremy Ingram - Renton	<b>High Jump</b>	Alina Linz - Cedarcrest
Matthew Beard - Cedarcrest	<b>Pole Vault</b>	Vivienne Pham - Renton
Christian Chao - Renton	<b>Long Jump</b>	Kanylss Tozer - Cedarcrest
Samuel Emery - Cedarcrest	<b>Triple Jump</b>	Kanylss Tozer- Cedarcrest



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### 3A

#### Coach of the Year

**Boys Team: Tatum Taylor- Bellevue**

#### Coach of the Year

**Girls Team: Amy Wolff - Mercer Island**

#### 1st Team

Sutton Flint - Liberty	<b>100m</b>	Eloise Newman - Mercer Island
Sutton Flint - Liberty	<b>200m</b>	Lauren Balousek - Mercer Island
Aiden Morton - Bellevue	<b>400m</b>	Lauren Balousek - Mercer Island
Maxim Delyagin - Inglemoor	<b>800m</b>	Grace Ding - Inglemoor
Matthew Lawrence - Mercer Island	<b>1600m</b>	Sophia Rodriguez- Mercer Island
Sammy Connell - Ingelmoor	<b>3200m</b>	Sophia Rodriguez - Mercer Island
Sutton Flint - Liberty	<b>110H/100H</b>	Eloise Newman - Mercer Island
Sutton Flint - Liberty	<b>300H</b>	Olga Podkorytova - Bellevue
Troy Platt - Liberty	<b>Shotput</b>	Aracelys Bundesmann - Mercer Island
Aidin Azeem - Mercer Island	<b>Discus</b>	Aracelys Bundesmann - Mercer Island
Spencer Bogh - Liberty	<b>Javelin</b>	Alisha Khan - Mercer Island
Oden Hatcher - Liberty	<b>High Jump</b>	Nicolette Nguyen - Mercer Island
Owen Clarkson - Mercer Island	<b>Pole Vault</b>	Adalynn Van Winkle - Inglemoor
Oliver Kinghorn - Liberty	<b>Long Jump</b>	Aaliyah Khan - Mercer Island
Oliver Kinghorn - Liberty	<b>Triple Jump</b>	Aaliyah Khan - Mercer Island

#### 2nd Team

Dreson Jimerson - Bellevue	<b>100m</b>	Lauren Balousek - Mercer Island
Aiden Morton - Bellevue	<b>200m</b>	Eloise Newman - Mercer Island
Colin Larsson - Liberty	<b>400m</b>	Callie Holmes - Liberty
Beckett Sias - Inglemoor	<b>800m</b>	Rizah Despres - Mercer Island
Sammy Connell - Inglemoor	<b>1600m</b>	Grace Ding - Ingelmoor
Connor Ward - Mercer Island	<b>3200m</b>	Bella Heczey - Mercer Island
Noah Liebmann - Interlake	<b>110H/100H</b>	Olga Podkorytova - Bellevue
Kason Carta - Bellevue	<b>300H</b>	Olivia Young - Liberty
Peyton Mrsny - Inglemoor	<b>Shotput</b>	Katerina Edmonds - Liberty
JP Solano Molina - Liberty	<b>Discus</b>	Zelma Quaynor - Sammamish
Clayton Bogh - Liberty	<b>Javelin</b>	Dahlia Parekh - Bellevue
Max Stephenson - Interlake	<b>High Jump</b>	Wilhelmina Shopay - Mercer Island
Clark Fouillade - Interlake	<b>Pole Vault</b>	Karis Washington - Bellevue
Max Stephenson - Interlake	<b>Long Jump</b>	Wilhelmina Shopay - Mercer Island
Rakin Showki - Sammamish	<b>Triple Jump</b>	Callie Holmes - Liberty

#### Honorable Mention

Nicholas Castaneda - Mercer Island	<b>100m</b>	Callie Holmes - Liberty
Kaden Johnson - Bellevue	<b>200m</b>	Hanna Lassila - Mercer Island
Christian Bailey - Liberty	<b>400m</b>	Leah Vesely - Inglemoor
Finn Bunker - Mercer Island	<b>800m</b>	Sophia Rodriguez - Mercer Island
Maxim Delyagin - Inglemoor	<b>1600m</b>	Rizah Despres - Mercer Island
Jake Powell - Mercer Island	<b>3200m</b>	Ella Zhang - Mercer Island
Brighton Flint - Bellevue	<b>110H/100H</b>	Nola Hamilton - Liberty
Brighton Flint - Bellevue	<b>300H</b>	Annatje van der Bogert - Interlake
Owen Brannam - Inglemoor	<b>Shotput</b>	Maria Solano Molina - Liberty
Craig Wilson - Highline	<b>Discus</b>	Aimee Montpellier - Mercer Island
Will Brotherton - Bellevue	<b>Javelin</b>	Elettra Primavera - Sammamish
Rowan Delaney - Inglemoor	<b>High Jump</b>	Scout Bates - Mercer Island
Blake Thomas - Sammamish	<b>Pole Vault</b>	Daniela Leal - Interlake
Yul Park - Bellevue	<b>Long Jump</b>	Alisha Khan - Mercer Island
Rowan Delaney - Inglemoor	<b>Triple Jump</b>	Wilhelmina Shopay - Mercer Island



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### 4A

**Coach of the Year**

**Boys Team: Sean Hyland - Skyline**

**Coach of the Year**

**Girls Team: Adam Frye - Mount Si**  
*Special Rec: Sophie Rockow- Mt Si Sprints*

#### 1st Team

Austin Schildt - Issaquah Justin Van Bibber - Redmond Jonah Leavengood - Woodinville Quinten Brooks - Bothell Chase Joanou - Redmond Chase Joanou - Redmond Darien Smith - Skyline Kenyon Andrews - Hazen Angus Jones - Lake Washington TreyVonn Gaines - Hazen Angus Jones - Lake Washington Luke Prior - North Creek Logan Stacey - Hazen Yevhen Zhmailo - Lake Washington Yevhen Zhmailo - Lake Washington	<b>100m</b> <b>200m</b> <b>400m</b> <b>800m</b> <b>1600m</b> <b>3200m</b> <b>110H/100H</b> <b>300H</b> <b>Shotput</b> <b>Discus</b> <b>Javelin</b> <b>High Jump</b> <b>Pole Vault</b> <b>Long Jump</b> <b>Triple Jump</b>	Riley Crandall - Skyline Riley Crandall - Skyline Penny Atwood - Redmond Aubrey Wilems - Eastlake Aubrey Wilems - Eastlake Lenorah Mcgarty - Redmond Anna Schneider - Eastlake Anna Schneider - Eastlake Shelby McCallum - Mt. Si Shelby McCallum - Mt. Si Larissa Fernandes - Redmond Janna Stibbe - Skyline Avery Gessel - Bothell Belyia Tidd - Mt Si Anastasia Cohen - Issaquah
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#### 2nd Team

Isaac Seraile -Juanita Austin Schildt - Issaquah Rowen Raffo - Lake Washington Daniel Ojeda - North Creek Quinten Brooks - Bothell Yashveer Brar - Skyline Felipe Figueira - Eastlake Jackson Kono - Bothell Leto Rivers - Redmond Angus Jones - Lake Washington Jeong Min Ha - Lake Washington Jaiden Walcolm - Skyline Charlie Porter - Eastlake Jaidyn Stephenson-Thomas - Mt Si Navaugh Felton - Woodinville	<b>100m</b> <b>200m</b> <b>400m</b> <b>800m</b> <b>1600m</b> <b>3200m</b> <b>110H/100H</b> <b>300H</b> <b>Shotput</b> <b>Discus</b> <b>Javelin</b> <b>High Jump</b> <b>Pole Vault</b> <b>Long Jump</b> <b>Triple Jump</b>	Sophia Kono - Mt Si Belyia Tidd - Mt Si Carla Atwood - Redmond Amelia Wray - North Creek Amelia Wray - North Creek Sophia Haslhofer - Newport Emily Rodriguez - Mt Si Janna Stibbe - Skyline Phoenix Swanger - Juanita Jalecionna Anakotta - Bothell Aaliyah Manjarrez - Mt Si Daniela Jaeschke - Issaquah Christina Thomas - Newport Janna Stibbe - Skyline Soraya Fulcher - Bothell
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#### Honorable Mention

Major Bloodsaw - Hazen Major Bloodsaw - Hazen Austin Schildt - Issaquah Vini Denczuk - Issaquah Yashveer Brar - Skyline Nathaniel Laursen - Issaquah Colin Shamp - Skyline Darien Smith - Skyline TreyVonn Gaines - Hazen Leto Rivers - Redmond Davis Nelson - Mt Si Cavan Companion - Woodinville Zayde Chihab - Newport Peter Versnel - Redmond Luke Prior - North Creek	<b>100m</b> <b>200m</b> <b>400m</b> <b>800m</b> <b>1600m</b> <b>3200m</b> <b>110H/100H</b> <b>300H</b> <b>Shotput</b> <b>Discus</b> <b>Javelin</b> <b>High Jump</b> <b>Pole Vault</b> <b>Long Jump</b> <b>Triple Jump</b>	Madelyn Kraemer - Issaquah Sophia Kono - Mt Si Abby Park - Bothell Ryan Mclellan - Mt Si Nora Doyle-Newe - Issaquah Elin Beeler - Lake Washington Angelica Nguyen - Hazen Emily Rodriguez - Mt Si Makayla Joki - Bothell Abigail Witecki - Issaquah Makayla Joki - Bothell Charlotte Thompson - Hazen Rachel Hauer - Hazen Rachel Hauer - Hazen Olivia Brown - Hazen
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### Unified

#### 1st Team

<b>100m Shotput 4x100 SMR Relay</b>	Tyler Nguyen & Josh Feren - Liberty Hudson Xavier & Tyler Nguyen - Liberty Iria Barham, Esperanca Mbengi, Finn Christensen, Alan Gonzalez Castaneda - Lake Washington Justin Pang, Marin Robinaugh, Eyuel Tewodros, Zoe Wong - Hazen
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#### 2nd Team

<b>100m Shotput 4x100 SMR Relay</b>	Finn Christensen & Fadhl AL Khazaali - Lake Washington Finn Christensen & Henry Harrison - Lake Washington Mia Gregori, Zachary Selfon, Vicky Lenkov, Oggie Zaric - Juanita Thomas Barrows, Danna Chen, Riya Satishkumar, Devaj Krishnakumar - Interlake
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#### Honorable Mention

<b>100m Shotput 4x100 SMR Relay</b>	An Dang & Ethan Carlson - Liberty An Dang & Josh Feren - Liberty James Brown, Haley Diglio, Mariel Napenias, Devaj Krishnakumar - Interlake James Brown, Haley Diglio, Mariel Napenias, Reyan Miftah - Interlake
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### Wheelchair

#### Boys

#### 1st Team

#### Girls

NA Soham Agrawal - Issaquah Soham Agrawal - Issaquah Soham Agrawal - Issaquah	<b>100m Shotput Discus Javelin</b>	Melinda Lacy - Hazen Sarina Sawhney - Mercer Island Sarina Sawhney - Mercer Island Sarina Sawhney - Mercer Island
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#### 2nd Team

NA	<b>100m Shotput Discus Javelin</b>	NA Melinda Lacy - Hazen Melinda Lacy - Hazen Melinda Lacy - Hazen
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