



2024-25 ESC - All Conference Honors

Track & Field

Team Sportsmanship Award: Cedar Park Christian

Coach of the Year: Mark Eager & South Whidbey Coaching Staff

	1st Place	2nd Place
Women's 100 Meters	Sophia Michalopoulos, South Whidbey	Reya Goel, Bush
Women's 200 Meters	Hanna Vinkemulder, Bear Creek	Reya Goel, Bush
Women's 400 Meters	Lauren Belden, King's	Hanna Vinkemulder, Bear Creek
Women's 800 Meters	Reed Atwood, South Whidbey	Sophia Inglin, King's
Women's 1600 Meters	Reed Atwood, South Whidbey	Sophia Inglin, King's
Women's 3200 Meters	Reed Atwood, South Whidbey	Elise Fischer, Bush
Women's 100 M Hurdles	Kimberly Zhao, Eastside Prep	Elenwe Wijayratne, King's
Women's 300 M Hurdles	Ivy Stringham, King's	Kimberly Zhao, Eastside Prep
Women's 4x100 M Relay	Bush: Ligaya Santos, Reya Goel, Denise Collins, Niamh Blish	King's: Ellie Bear, Maddie Biederman, Laila Christensen, Clara Hobart
Women's 4x200 M Relay	King's: Laila Christensen, Lucy Mortimer, Ellie Bear, Lauren Belden	South Whidbey: Lucille Schultz, Sierra Muller, Kaia Prael, Sophia Michalopoulos
Women's 4x400 M Relay	Bear Creek: Zoe Piepkorn, Maia Sidhu, Anna Stchur, Hanna Vinkemulder	CPC: Claire Lozier, Hannah Capusan, Sidney Sckorohod, Grace Regan
Shot Put	Kim Beard, King's	Kaelynn Bahnmler, King's
Disc	Kim Beard, King's	Kaelynn Bahnmler, King's
Javelin	Jenna Flynn, CPC	Kim Beard, King's
High Jump	Lucy Mortimer, King's	Joelle Walworth, King's
Pole Vault	Sierra Muller, South Whidbey	Blair Johnson, Granite Falls
Long Jump	Sophia Michalopoulos, South Whidbey	Hanna Vinkemulder, Bear Creek
Triple Jump	Lucy Mortimer, King's	Laurie Takamiya, UPrep

	1st Place	2nd Place
Men's 100 Meters	Jeshua Singletary, King's	Barack Abdallah, Bush
Men's 200 Meters	Xander Timmons, Bush	Jeshua Singletary, King's
Men's 400 Meters	Xander Timmons, Bush	Findlay Hartshorn, Bear Creek
Men's 800 Meters	Duncan Frisbie-Smith, Bush	Findlay Hartshorn, Bear Creek
Men's 1600 Meters	Duncan Frisbie-Smith, Bush	William Reeves, Eastside Prep
Men's 3200 Meters	Duncan Frisbie-Smith, Bush	Oliver Zimmerman, CPC
Men's 110 M Hurdles	Xander Timmons, Bush	Nolan Walsh, King's
Men's 300 M Hurdles	Jack Stringham, King's	Cameron Piepkorn, Bear Creek
Men's 4x100 M Relay	South Whidbey: Robby Sullivan, Carter Penny, Bryson Taylor, Liam Watkins	CPC: Nathan Godoi, Spencer Shorb, Kace Wade, Caz Huebner
Men's 4x400 M Relay	CPC: Caz Huebner, Kace Wade, Josiah Capusan, Isaac Montanes	King's: Michael Little, Jeshua Singletary, Nolan Walsh, Staser Simpson
Shot Put	Simon Vander Wel, King's	Henry Cooper, CPC
Disc	Kasen Parsell, South Whidbey	Simon Vander Wel, King's
Javelin	Liam Watkins, South Whidbey	Andrew Balzer, King's
High Jump	Cody Redford, South Whidbey	Bryson Taylor, South Whidbey
Pole Vault	Erick Diaz, Granite Falls	Cohan Criswell, South Whidbey
Long Jump	Bryson Taylor, South Whidbey	Cody Redford, South Whidbey
Triple Jump	Bryson Taylor, South Whidbey	Cody Redford, South Whidbey