



CENTRAL WASHINGTON ATHLETIC CONFERENCE

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2022 CWAC Track and Field All-Conference Teams

Below are the all-conference teams, coaches of the year, and sportsmanship award winners for Central Washington Athletic Conference for the 2022 track and field season. All-conference teams were nominated and selected by coaches from the seven CWAC schools. Selah co-head coaches **Kelly Mattson** and **Shane Polley** were tabbed as boy's Coaches of the Year, while Ellensburg head coach **John Arlt** earned girls' Coach of the Year. Selah was selected to receive the Team Sportsmanship honor for both boys' and girls' track and field this spring.

2022 BOYS' TRACK & FIELD

FIRST TEAM

NAME	EVENT GROUP	YR	SCHOOL
Josh Green	Sprints	Jr.	Ephrata
Chase Perez	Sprints	Jr.	Ellensburg
Cooper Quigley	Distance	Sr.	Selah
Eric Swedin	Distance	Jr.	Selah
Josh Boast	Hurdles	Jr.	Ellensburg
Tyler Raine	Hurdles	Jr.	Ephrata
Weslee Kriete	Throws	Jr.	Ephrata
Richard Wellington	Throws	Sr.	Ellensburg
Josh Boast	Horizontal Jumps	Jr.	Ellensburg
Ethan Lakey	Horizontal Jumps	Sr.	Selah
Levi Dorsett	Vertical Jumps	So.	Grandview
Calvin Lundgren	Vertical Jumps	Sr.	Selah

SECOND TEAM

NAME	EVENT GROUP	YR	SCHOOL
Ethan Lakey	Sprints	Sr.	Selah
Shaun Salvesson	Sprints	Sr.	Selah
Jonathan Orozco	Distance	Sr.	Selah
Hayden Roberts	Distance	So.	Ephrata
Kolbe Phillips	Hurdles	Sr.	Prosser
Sam Rees	Hurdles	Sr.	Selah
Cole Hertz	Throws	Sr.	Ephrata
Titus Jeffrey	Throws	Fr.	Grandview
Darius Andaya	Horizontal Jumps	So.	Ellensburg
Nehemiah Medrano	Horizontal Jumps	Jr.	Prosser
Mason Blad	Vertical Jumps	Jr.	Ellensburg
Josh Green	Vertical Jumps	Jr.	Ephrata

HONORABLE MENTION

NAME	EVENT GROUP	YR	SCHOOL
Noe Medina	Sprints	Sr.	Grandview
George Wright	Sprints	Sr.	Ellensburg
Hayden Malone	Distance	So.	Ephrata
Mac Steele	Distance	So.	Ellensburg
Travis Hendrick	Hurdles	Jr.	Ephrata
Hans VerMulm	Hurdles	Fr.	Prosser
Ethan Christensen	Throws	Sr.	Prosser
Jesus Soto	Throws	Sr.	East Valley (Yakima)
Caden Lewis	Horizontal Jumps	Jr.	Othello
George Wright	Horizontal Jumps	Sr.	Ellensburg
Maddox Martinez	Vertical Jumps	So.	Othello
Adam Singer	Vertical Jumps	So.	Ellensburg

COACHES OF THE YEAR: Kelly Mattson & Shane Polley, Selah
SPORTSMANSHIP: Selah

2022 GIRLS' TRACK & FIELD

FIRST TEAM

NAME	EVENT GROUP	YR	SCHOOL
Carsyn Arlt	Sprints	Jr.	Ellensburg
Allison Bryan	Sprints	Sr.	East Valley (Yakima)
Holly Fromherz	Distance	Jr.	Ellensburg
Kate Laurent	Distance	Sr.	Ellensburg
Allison Bryan	Hurdles	Sr.	East Valley (Yakima)
Samantha MacNeil	Hurdles	Sr.	Ephrata
Sierra Newell	Throws	Sr.	Selah
Ashley Perez	Throws	Sr.	Othello
Kambree Blair	Horizontal Jumps	Jr.	Prosser
Allison Bryan	Horizontal Jumps	Sr.	East Valley (Yakima)
Clara Holmes	Vertical Jumps	So.	Selah
Halle Wright	Vertical Jumps	Sr.	Prosser

SECOND TEAM

NAME	EVENT GROUP	YR	SCHOOL
Madisen Douglas	Sprints	Sr.	Othello
Bella Garza	Sprints	Fr.	Othello
Elaine Joyce	Distance	Sr.	Ellensburg
Rylee Leishman	Distance	Jr.	Ellensburg
Kieryann Mattson	Hurdles	Jr.	Selah
Sierra Newell	Hurdles	Sr.	Selah
Kieryann Mattson	Throws	Jr.	Selah
McKenzie Paullin	Throws	So.	Ephrata
Isabel Montes-Salamanca	Horizontal Jumps	Jr.	Ellensburg
Jocelyn Newschwander	Horizontal Jumps	Fr.	Ellensburg
Sienna Black	Vertical Jumps	So.	Grandview
Payten Hill	Vertical Jumps	Jr.	Selah

HONORABLE MENTION

NAME	EVENT GROUP	YR	SCHOOL
Bryana Barry	Sprints	Sr.	East Valley (Yakima)
Isabel Montes-Salamanca	Sprints	Jr.	Ellensburg
Jenifer Guerrero	Distance	Sr.	Othello
Alejandra Salcedo	Distance	Fr.	Selah
Jazmine Richey	Hurdles	Jr.	Grandview
Abby Whitemarsh	Hurdles	Sr.	Ellensburg
Maliyah Gordon	Throws	Jr.	East Valley (Yakima)
Emma Gruenberg	Throws	Sr.	East Valley (Yakima)
Elisabeth Williams	Horizontal Jumps	Sr.	East Valley (Yakima)
Cami Anderson	Vertical Jumps	Sr.	Prosser
Mackenzie Pelson	Vertical Jumps	Sr.	Selah

COACH OF THE YEAR: John Arlt, Ellensburg
SPORTSMANSHIP: Selah



Co-HC Kelly Mattson



Co-HC Shane Polley



HC John Arlt

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