



CWAC Cross Country All Conference Selections

2018

Boys

1 st Team	2 nd Team	Honorable Mention
Shea Mattson – Selah	Tryston Crawford - Selah	Oswaldo Perez - Quincy
Lorenzo Alvarado – Wapato	Cesar Loza - Wapato	Gabe Fjellstad - Ellensburg
Haiden Drury – Toppenish	Izak Garza - Grandview	Jonathan Watkins - Selah
Patrick Adkisson – Ellensburg	David Maldonado - Othello	Reese Braman - Ellensburg
Cooper Quigley – Selah	Bryce DeLarosa - Grandview	
Gonzalo Birrueta - Quincy	Brandon Wise – Ellensburg	
Isak Larson - Ellensburg	Zachary Mathias - Ellensburg	

Runner of the year: Shea Mattson - Selah

Coach of the year: Shane Polley - Selah

Team Sportsmanship: Prosser High School

Girls

1 st Team	2 nd Team	Honorable Mention
Leah Holmgren – Ellensburg	Bryn Heikes – Quincy	Kaleigh Dalrymple – Selah
Kaylea Hartman - Selah	Anna Swedin – Selah	
Crystal Colin - Wapato	Heidi Seemiller – Ellensburg	
Kate Laurent - Ellensburg	Adrianna Redstar - Ephrata	
Natalie Andreas – East Valley	Charis Williams – Selah	
Nicole DeHerrera - Selah	Madison Thompson - Ellensburg	
Jane Kennedy - Quincy	Nati VerMulm - Prosser	

Runner of the year: Leah Holmgren - Ellensburg

Coach of the year: Kelly Mattson - Selah

Team Sportsmanship: Selah High School