ECL Track and Field All League 2019

ECL Boys Track & Field Champions – Northwest
Boys Coach of the Year – Northwest (Allen Wood, Alanna Coker, Cletus Coffey, Phuong Truong, Jack Buckner)
Boys Sportspersonship – Northwest
Boys Rookie of the Year – Lex Capestany – Seattle Academy

ECL Girls Track Champions – Seattle Academy
Girls Coach of the Year – Gavin Tucker – Seattle Academy
Girls Sportspersonship – Northwest
Girls Rookie of the Year – Kiki Caputo – Seattle Academy

Bear Creek
Brielle Baker – Long Jump (ECL Champion)
Juliette Shields – Shot Put (ECL Champion)
Olivia Markezich – 800m (ECL Champion), 1600m, 3200m (ECL Champion)
Andrea Markezich – 800m, 1600m (ECL Champion), 3200m

Bush
Abby Goodfried – 4x400, 400m
Jackson McCloskey – Javelin
Ela Nickels – 4x400, 800m, 1600m
Mira Nickels – 4x400
Sam Thompson – 400m
Jasmine Young – 4x400

Eastside Prep
Halle Berlin – Javelin (ECL Champion)

Northwest
Amelia Hewson – 100m, 100m Hurdles (ECL Champion), 300m Hurdles, 4x100 (ECL Champion), 4x400
Ben Weiner – 100m, 200m, 4x100m (ECL Champion)
Grace Patterson – 200m, 400m (ECL Champion), 800m, 300m Hurdles (ECL Champion), 4x100 (ECL Champion), 4x200 (ECL Champion), 4x400
Macenna Hansen – 800m, 1600m, 3200m
Mosey Brown – 100m (ECL Champion), 200m (ECL Champion), 400m (ECL Champion), 4x100 (ECL Champion), 4x400
Mikaela Lipsky – 400m, 4x100 (ECL Champion), 4x200 (ECL Champion), 4x400
Tamrat Hathaway – 110 Hurdles (ECL Champion), 300 Hurdles (ECL Champion), 4x100m (ECL Champion)
Tony Wu – 4x400
Maleda Sims – 200m, 4x100 (ECL Champion), 4x200 (ECL Champion), 4x400
Lanie Rettig – 4x200 (ECL Champion)
Keegan Minahan – 1600, 3200 (ECL Champion)
Jeffrey Ju – 4x100 (ECL Champion), Long Jump (ECL Champion)
Owen Blaine – 4x400
Sasha Balaski – 1600m, 3200m
Milo Greenberg – 800m, 4x400
Haylie Bleakley-Harris – 3200m
Logan Spoonmore – Javelin

Seattle Academy
Lex Capestany - 200m, Triple Jump (ECL Champion), 4x100, 4x400
Trevor Dunnigan - Pole Vault (ECL Champion)
Max Shethar - Shot Put (ECL Champion), Discus (ECL Champion)
Harlowe Dunn - 100m (ECL Champion), 200m
Lauren Hanauer - Pole Vault
Ella Kodjababian - 100m Hurdles, Triple Jump (ECL Champion), 4x100
Brenna McCormick - 100m; 200m (ECL Champion), 400m, 4x100, 4x400
Alexis Norwitz - Pole Vault (ECL Champion)
Campbell Rempel-White - 300m Hurdles
Olivia Shaw - High Jump (ECL Champion)
Chloe Darrow – 4x100, 4x400
Kiki Caputo - 4x100, 4x400
Anika Segall – 4x400 (ECL Champion)
Elle Misko – 4x400 (ECL Champion)
Hannah McConnell – 4x400 (ECL Champion)
Sadie Cook – 4x400 (ECL Champion)
Jack Spangler - 4x100, 4x400
Isaac Long – 4x100, 4x400
Fox Sassaman – 4x100, 4x400
Lars Purdy – 4x400

University Prep
Arie Smidt - 800m (ECL Champion), 1600m (ECL Champion), 4x400 (ECL Champion)
Ailey Birkeland - 1600m, 3200m
Ian Ferguson – Javelin (ECL Champion), High Jump (ECL Champion)
Joanna Oster – Discus (ECL Champion)
Remy Talbot – 4x400 (ECL Champion)
Max Lagunoff – 4x400 (ECL Champion), 1600m, 3200m
Connor McConville – 4x400 (ECL Champion)
Sara Colando – 400m, 800m