

1A NISQUALLY LEAGUE

The Home of CHAMPIONS

Nisqually League – Girls Cross Country All-League Fall 2019

Co-League Champs: Erica Julian & Isabella Mastras (Charles Wright)

Coach of the Year: Ryan Johnson (Charles Wright)

Sportsmanship: Seattle Christian

First Team

Erica Julian
Isabella Mastras
Ella Yarkin
Maxine Pendras
Macy Vinther
Charis Kim
Allie Milburn

School

Charles Wright Academy
Charles Wright Academy
Vashon High School
Annie Wright Schools
Seattle Christian
Charles Wright Academy
Bellevue Christian

Second Team

Kate Shirley
Anna Parrott
Aline Sol
Dylan Brassard
Isabelle Spence
Ellie Lande
Taryn Stadler

School

Bellevue Christian
Annie Wright Schools
Bellevue Christian
Charles Wright Academy
Vashon High School
Vashon High School
Seattle Christian

