



**Milwaukee City Conference
Boys Track & Field
All-Conference Honorees**

2022-23 First Team

100M: Nate White Rufus King)

200M: Jon Crymes (Riverside)

400M: Jaiden Alvarado-Jones (Rufus King)

800M: Sebastien Tanner (Rufus King)

1600M: Noah Albarran (Vincent)

3200M: William Krochalk (Reagan)

110M Hurdles: Philip Johnson (Riverside)

300M Hurdles: Christian Thompson (Reagan)

4x100M Relay: Jalanai Hervey, Damian Romero, Tubnas Yang, George Danquah (Rufus King)

4x200M Relay: George Danquah, Damian Romero, Jalanai Hervey, Rashaan Hayes (Rufus King)

4x400M Relay: Abubakar Ali, Derek Cronwell-Zummo, Julius Moreno, Lamar Griffin (Riverside)

4x800M Relay: Pulaski

High Jump: Christopher Thompson (Reagan)

Long Jump: Nate White (Rufus King)

Triple Jump: Christopher Thompson (Reagan)

Discus: Dominic Bezie (Hamilton)

Shot Put: Isaiah Roberts (Riverside)

