



BAY VALLEY ATHLETIC LEAGUE

Commissioner: Steve Ahonen
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2023 ALL-BVAL BOYS CROSS COUNTRY

Team Champion - Heritage

Most Valuable Runner: Michael Simpson - Heritage - Senior

FIRST TEAM

<u>Name</u>	<u>School</u>	<u>Grade</u>
Carter Dizon	Liberty	Freshman
Brady Lockrem	Heritage	Sophomore
Aadit Nair	Heritage	Freshman
Juan Castro	Antioch	Junior
Zachary Nicholas	Liberty	Junior
Draven Kessler	Deer Valley	Sophomore
Ethan Kirya	Pittsburg	Junior
Angel Valdez	Pittsburg	Senior
Arturo Gonzalez	Pittsburg	Junior
Logan Vorster	Liberty	Sophomore

SPORTSMANSHIP AWARD

<u>Name</u>	<u>School</u>	<u>Grade</u>
Bhargan Kapur	Deer Valley	Senior
Evan Connolly	Freedom	Junior
Michael Simpson	Heritage	Senior
William Soper	Liberty	Sophomore
Alexander Tautolo	Pittsburg	Senior