



BAY VALLEY ATHLETIC LEAGUE

Commissioner: Steve Ahonen

Email: slahonen@comcast.net

Website: www.bvalsports.org

2019 Girls Swimming BVAL All League Teams

Team Champion - Heritage

Most Valuable Athletes

Kaleigh Tompkins – Freedom – Senior

Diana Chan – Deer Valley - Freshman

First Team

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Year</u>
200 free	Diana Chan	Deer Valley	Freshman
200 IM	Christy Foster	Heritage	Sophomore
50 free	Emma Lenfest	Liberty	Sophomore
1 mtr dive	Alexis Sanabria	Heritage	Junior
100 fly	Claire Kane	Liberty	Sophomore
100 free	Courtney Coplan	Heritage	Sophomore
500 free	Christy Foster	Heritage	Sophomore
100 back	Diana Chan	Deer Valley	Freshman
100 breast	Eisha Pasamonte	Heritage	Freshman

Antioch – Deer Valley – Freedom – Heritage – Liberty – Pittsburg



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Second Team

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Year</u>
200 free	Emma Lapum	Heritage	Junior
200 IM	Eisha Pasamonte	Heritage	Freshman
50 free	Kaitlyn Hill	Heritage	Senior
1 mtr dive	Nellie Nooteboom	Antioch	Senior
100 fly	Kristen Fitch	Heritage	Sophomore
100 free	Caleigh Quist	Heritage	Sophomore
500 free	Annabell Chavoya	Liberty	Freshman
100 back	Courtney Coplan	Heritage	Sophomore
100 breast	Kendall Zogg	Liberty	Junior

Honorable Mention

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Year</u>
200 free	Annabell Chavoya	Liberty	Freshman
200 IM	Claire Kane	Liberty	Sophomore
50 free	Emma Lapum	Heritage	Junior
1 mtr dive	Jade Inderbitzen	Heritage	Sophomore
100 fly	Yazmine Warner	Heritage	Sophomore
100 free	Emma Lenfest	Liberty	Senior
500 free	Maggie Dodson	Liberty	Senior
100 back	Ava Battle	Deer Valley	Junior
100 breast	Sydney Garrity	Liberty	Freshman



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Sportsmanship Award

<u>Name</u>	<u>School</u>	<u>Year</u>
Nellie Nooteboom	Antioch	Senior
Ava Battle	Deer Valley	Junior
Kaitlyn Hill	Heritage	Senior
Emma Benko	Liberty	Junior
Princess Pamela Macias	Pittsburg	Senior
Catie Corridon	Freedom	Sophomore

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