



BAY VALLEY ATHLETIC LEAGUE

Commissioner: Steve Ahonen

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2023 ALL-BVAL BOYS SWIMMING & DIVING

Team Champion - Heritage

Most Valuable Swimmer: Brendon Chang - Heritage - Senior

FIRST TEAM

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Year</u>
200 medley relay	Chang-Loo-Cadero-Warner		Heritage
200 free	Nick Woolery	Heritage	Sophomore
200 IM	Anderson Loo	Heritage	Sophomore
50 free	Matthew Nakayama	Freedom	Freshman
1-meter dive	Gavin Capelli	Liberty	Junior
100 fly	Brendon Chang	Heritage	Senior
100 free	Matthew Nakayama	Freedom	Freshman
500 free	Zach Lengyel	Heritage	Junior
200 free relay	Warner-Woolery-Cadero-Chang		Heritage
100 back	Brendon Chang	Heritage	Senior
100 breast	Anderson Loo	Heritage	Sophomore
400 free relay	Pasamonte-Lengyel-Loo-Woolery		Heritage

SECOND TEAM

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Year</u>
200 medley relay	Tompkins-Nakayama-Fowler-Greer		Freedom
200 free	Zach Lengyel	Heritage	Junior
200 IM	Christian Ceja	Liberty	Junior
50 free	Luke Gunderman	Liberty	Junior
1-meter dive	Q Drief	Liberty	Sophomore
100 fly	Danny Fowler	Freedom	Sophomore
100 free	Nick Woolery	Heritage	Sophomore
500 free	Christian Ceja	Liberty	Junior
200 free relay	Fowler-Tompkins-Greer-Nakayama		Freedom
100 back	Nick Cadero	Heritage	Freshman
100 breast	Calvin Tam	Deer Valley	Junior

400 free relay Drief-Pierce-Pearson-Ceja Liberty

HONORABLE MENTION

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Year</u>
200 medley relay	Venables-Ceja-Pearson-Gunderman		Liberty
200 free	Danny Fowler	Freedom	Sophomore
200 IM	Calvin Tam	Deer Valley	Junior
50 free	Joe Greer	Freedom	Sophomore
100 fly	Isaiah Warner	Heritage	Sophomore
100 free	Luke Gunderman	Liberty	Junior
500 free	Stephen Pasamonte	Heritage	Junior
200 free relay	Metez-Venables-Pierce-Gunderman		Liberty
100 back	Connor Tompkins	Freedom	Senior
100 breast	Nick Vreeland	Liberty	Junior
400 free relay	Morales-Pearman-Criswell-Tryon		Freedom

SPORTSMANSHIP

<u>Name</u>	<u>School</u>
Stan Ivanenko	Deer Valley
Brandon Criswell	Freedom
Braden Madden	Heritage
Matthew Pearson	Liberty
Ethan Darrin Bascomb	Pittsburg