



## BAY VALLEY ATHLETIC LEAGUE

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Commissioner: Steve Ahonen

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### 2024 ALL-BVAL GIRLS SWIMMING & DIVING

#### Team Champion - Heritage

#### Most Valuable Swimmer: Natalia Avalos Paz - Heritage - Senior

#### FIRST TEAM

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Year</u>
200 medley relay	Guo-Avalos Paz-Weideman-Ogden		Heritage
200 free	Natalia Avalos Paz	Heritage	Senior
200 IM	Madeline Guo	Heritage	Senior
50 free	Megan Ogden	Heritage	Junior
1 mtr dive	Sydney Anthony	Liberty	Freshman
100 fly	Alana Silva	Liberty	Senior
100 free	Megan Ogden	Heritage	Junior
500 free	Natalia Avalos Paz	Heritage	Senior
200 free relay	DiBerardino-Silva-Hall-Ayers		Liberty
100 back	Athena Ayers	Liberty	Senior
100 breast	Paige Harris	Liberty	Junior
400 free relay	DiBerardino-Silva-Hall-Ayers		Liberty

#### HONORABLE MENTION

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Year</u>
200 medley relay	Hulstrom-Harris-Matthews-Block		Liberty
200 medley relay	Del Masso-Cameron-Moraida-Tryon		Freedom
200 medley relay	Darrin Bascomb-Low-Rodriguez-Moffett		Pittsburg
200 free	Lindsey Hall	Liberty	Senior
200 free	Aaralynn McDonald	Heritage	Junior
200 free	Addy Tryon	Freedom	Junior
200 IM	Paige Weideman	Heritage	Freshman
200 IM	Paige Harris	Liberty	Junior
200 IM	Katey Block	Liberty	Sophomore
50 free	Mia DiBerardino	Liberty	Junior
50 free	Alexia Warner	Heritage	Junior

Antioch - Deer Valley - Freedom - Heritage - Liberty - Pittsburg

50 free	Allie Contiente	Liberty	Sophomore
1 mtr dive	Siena Sanders	Heritage	Sophomore
100 fly	Mia DiBerardino	Liberty	Junior
100 fly	Paige Weideman	Heritage	Freshman
100 fly	Aaralynn McDonald	Heritage	Junior
100 free	Athena Ayers	Liberty	Senior
100 free	Lindsey Hall	Liberty	Senior
100 free	Alexia Warner	Heritage	Sophomore
500 free	Addy Tryon	Freedom	Junior
500 free	Vivian Esmond	Liberty	Sophomore
500 free	Lexi Hoch	Heritage	Freshman
200 free relay	McDonald-Weideman-Chao-Warner		Heritage
200 free relay	Del Masso-Cameron-Moraida-Tryon		Freedom
200 free relay	Tam-Chung-Regelmann-La Bonte		Deer Valley
100 back	Madeline Guo	Heritage	Senior
100 back	Alana Silva	Liberty	Senior
100 back	Natalie Buttitta	Heritage	Junior
100 breast	Makayla Wong	Heritage	Sophomore
100 breast	Remy Gapasin	Heritage	Junior
100 breast	Hillary Tam	Deer Valley	Sophomore
400 free relay	Ogden-McDonald-Warner-Avalos Paz		Heritage
400 free relay	Zavala-Rodriguez-Thurston-Darrin Bascomb		Pittsburg
400 free relay	Gonzales-Matthews-Clepper-Leal		Freedom

## **SPORTSMANSHIP AWARD**

<u>Name</u>	<u>School</u>	
Kaylee Regelmann	Deer Valley	Senior
Samantha Chao	Heritage	Senior
Paige Harris	Liberty	Junior
Makayla Allen	Pittsburg	Senior