



2023 2A/3A/4A All-League Swim & Dive

First Team Selections

	Name	School	Year	Season PR
200 Freestyle	Brigid Dinnen	East Valley	Junior	1:55.45
200 Individual Medley	Lucy Sandberg	Pullman	Fresh	2:22.98
50/100 Freestyle	Lauren Howe	Cheney	Senior	24.36/53.57
Diving	Sara Rogers	Ferris	Junior	237.8
100 Butterfly	Joy O'Dell	Cheney	Senior	59.10
500 Freestyle	Acacia O'Dell	Cheney	Fresh	5:26.72
100 Backstroke	Bree Myers	Pullman	Senior	1:02.78
100 Breaststroke	Bostyn Shoemaker	Central Valley	Fresh	1:09.13
Adaptive – 50 Free & 50 Back	Graycie Graham	Clarkston	Junior	

Second Team Selections

	Name	School	Year	Season PR
200 Freestyle	Madi Bauman	Cheney	Soph	1:59.43
200 Individual Medley	Sage Schaefer	Cheney	Senior	2:37.31
50/100 Freestyle	Anjali Richards	Lewis & Clark	Junior	25.52/56.31
Diving	Mia Gergawy	West Valley	Fresh	208.5
100 Butterfly	Anya Atkinson	Lewis & Clark	Soph	1:02.64
500 Freestyle	Catalina Donolo	Pullman	Fresh	5:36.61
100 Backstroke	Jezelle Schmidt	Cheney	Soph	1:03.91
100 Breaststroke	Hazel Edge	Pullman	Soph	1:09.91

Swimmer of the Year

Ava Swigart

Lewis & Clark | Junior

Coach of the Year

Jennifer Hochwalt

Cheney

League Champion

Lewis & Clark