



# 2024 2A/3A/4A All-League Swim & Dive

## First Team Selections

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

## Second Team Selections

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