



ALL CONFERENCE SELECTIONS

Sport: Girls Swimming	Year: 2023-24
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FIRST TEAM:

Name (First Last)	School
1. 200 Medley Relay	Claire Wong, Newark Academy
2. 200 Medley Relay	Kim Tran, Newark Academy
3. 200 Medley Relay	Laura Kim, Newark Academy
4. 200 Medley Relay	Meghan Lai, Newark Academy
5. 200 Freestyle	Reagan Gilligan, Montclair
6. 200 Individual Medley	Laura Kim, Newark Academy
7. 50 Freestyle	Lily Miklaszewski, Montclair
8. 100 Butterfly	Sophia Liwanag, MSDA
9. 100 Freestyle	Meghan Lai, Newark Academy
10. 500 Freestyle	Ella Lepis, James Caldwell
11. 200 Freestyle Relay	Meghan Lai, Newark Academy
12. 200 Freestyle Relay	Claire Wong, Newark Academy
13. 200 Freestyle Relay	Kim Tran, Newark Academy
14. 200 Freestyle Relay	Laura Kim, Newark Academy
15. 100 Backstroke	Carly Frank, Montclair
16. 100 Breaststroke	Kim Tran, Newark Academy
17. 400 Freestyle Relay	Reagan Gilligan, Montclair
18. 400 Freestyle Relay	Lily Miklaszewski, Montclair
19. 400 Freestyle Relay	Avery Dollard, Montclair
20. 400 Freestyle Relay	Carly Frank, Montclair

SECOND TEAM:

Name (First Last)	School
1. 200 Medley Relay	Reagan Gilligan, Montclair
2. 200 Medley Relay	Carly Frank, Montclair
3. 200 Medley Relay	Avery Dollard, Montclair
4. 200 Medley Relay	Lily Miklaszewski, Montclair
5. 200 Freestyle	Caroline Murray, James Caldwell
6. 200 Individual Medley	Phoebe Kaplan, Newark Academy
7. 50 Freestyle	Sonia Jagen, MSDA
8. 100 Butterfly	Avery Dollard, Montclair
9. 100 Freestyle	Sofia Kopytek, Columbia
10. 500 Freestyle	Hannah Ewing, MKA
11. 200 Freestyle Relay	Sophia Liwanag, MSDA
12. 200 Freestyle Relay	Alexa Whitworth, MSDA
13. 200 Freestyle Relay	Caroline Rosiecki, MSDA

14. 200 Freestyle Relay	Sonia Jagen, MSDA
15. 100 Backstroke	Claire Wong, Newark Academy
16. 100 Breaststroke	Keira Gilligan, Montclair
17. 400 Freestyle Relay	Emma Crall, Newark Academy
18. 400 Freestyle Relay	Lauren Markowitz, Newark Academy
19. 400 Freestyle Relay	Amy Jiang, Newark Academy
20. 400 Freestyle Relay	Phoebe Kaplan, Newark Academy

HONORABLE MENTION:

Name (First Last)	School
1. Lauren Espiritu	Bloomfield
2. Stella Williams	Columbia
3. Margaret Sawa	Glen Ridge
4. Makayla Tucci	James Caldwell
5. Alyson Hom	Livingston
6. Alexandra Tan	Millburn
7. Sophie Merrifield	Montclair
8. Lena Forysiak	MKA
9. Riley Kopp	MSDA
10. Ivie Drogin	Newark Academy
11. Maya Ratzan	Newark East Side
12. Sophie Beaubouef	Verona
13. Thea Baldevarona	West Essex
14. Kazuri Lateef	West Orange