



2023 Girls Swimming All-Conference First Team

Event	First Team	School
200 Medley Relay	Maris Sadowski, Sydney Koehler, Abby Koehler and Ashley Gutshall	Spring-Ford
200 Freestyle	Kenzie Padilla	Phoenixville
200 IM	Madison Wimmer	Methacton
50 Freestyle	Ashley Gutshall	Spring-Ford
Diving	Ashley Evitts	Upper Merion
100 Butterfly	Kenzie Padilla	Phoenixville
100 Freestyle	Kaitlyn McGuire	Owen J. Roberts
500 Freestyle	Madison Wimmer	Methacton
200 Freestyle Relay	Maris Sadowski, Sydney Koehler, Abby Koehler and Ashley Gutshall	Spring-Ford
100 Backstroke	Maris Sadowski	Spring-Ford
100 Breaststroke	Tamara Engler	Boyertown
400 Freestyle Relay	Maris Sadowski, Sydney Koehler, Abby Koehler and Ashley Gutshall	Spring-Ford

2023 Girls Swimming All-Conference Second Team

Event	First Team	School
200 Medley Relay	Mackenzie Gorman, Eliana Crew, Natalie Spencer and Kaitlyn McGuire	Owen J. Roberts
200 Freestyle	Olivia Cooper	Owen J. Roberts
200 IM	Eliana Crew	Owen J. Roberts
50 Freestyle	Hadley Mardis	Phoenixville
Diving	Rowan Quinn	Owen J. Roberts
100 Butterfly	Natalie Spencer	Owen J. Roberts
100 Freestyle	Hadley Mardis	Phoenixville
500 Freestyle	Maddy Deeney	Phoenixville
200 Freestyle Relay	Kaitlyn McGuire, Natalie Spencer, Mackenzie Gorman and Eliana Crew	Owen J. Roberts
100 Backstroke	Beatriz Santos	Upper Perkiomen
100 Breaststroke	Sydney Koehler	Spring-Ford
400 Freestyle Relay	Kaitlyn McGuire, Natalie Spencer, Mackenzie Gorman and Eliana Crew	Owen J. Roberts



2023 Girls Swimming All-Conference Honorable Mention

Event	First Team	School
200 Medley Relay	Hadley Mardis, Maddy Deeney, Kenzie Padilla and Liza Barbash	Phoenixville
200 Freestyle	Shae Gonzales	Pope John Paul II
200 IM	Audrey Schroeder	Owen J. Roberts
50 Freestyle	Ashley Andrews	Boyertown
Diving	Elle Meade	Upper Merion
100 Butterfly	Abby Koehler	Spring-Ford
100 Freestyle	Kate Spencer	Owen J. Roberts
500 Freestyle	Audrey Schroeder	Owen J. Roberts
200 Freestyle Relay	Hadley Mardis, Liza Barbash, Maddy Deeney and Kenzie Padilla	Phoenixville
100 Backstroke	Amanda Tsai	Methacton
100 Breaststroke	Jane Hummel	Owen J. Roberts
400 Freestyle Relay	Truly Sommer, Lucy Michel, Ava Sgarra and Madison Wimmer	Methacton