



SWIMMING & DIVING

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Contact: Hannah Parker (719) 488-4052

2023 SWIMMING & DIVING ALL-MOUNTAIN WEST TEAM ANNOUNCED

COLORADO SPRINGS, Colo. – The 2023 Mountain West Swimming & Diving All-Conference honorees were announced today following the conclusion of the championships this past Saturday. The top eight finishers in each individual event and the top three relay teams earned the All-Mountain West designation.

In total, 72 student-athletes earned individual All-Conference honors, in addition to 15 relay teams. San Diego State led the league with 17 individuals named to the team. The Aztecs are also the only team to have all-five relay teams named All-Conference.

San Diego State won the 2023 Mountain West Swimming & Diving Championships in Houston. San Diego State's **Moa Bergdahl** garnered Freshman of the Meet, San Diego State junior **Wilma Johansson** was tabbed the Swimmer of the Meet, while Nevada sophomore **Lucia Gabino** was named Diver of the Meet.

The complete list of honorees is below:

2023 Mountain West Individual All-Conference Honorees

Name	School	Event
Katie Andrist	Air Force	500- Freestyle, 1650-Freestyle
Hanani Dona	Air Force	400-IM
Corby Cormack	Air Force	100-Butterfly
Kai-Min Tsuei	Air Force	200-Backstroke
Abby Turner	Air Force	100-Freestyle
Maya White	Colorado State	500- Freestyle, 1650-Freestyle
Alexis Trietley	Colorado State	50-Freestyle, 100-Freestyle
Erin Dawson	Colorado State	400-IM
Lucy Matheson	Colorado State	100-Butterfly, 200-Butterfly
Anika Johnson	Colorado State	200-Freestyle
Sarah Mundy	Colorado State	200-Freestyle
Amanda Hoffman	Colorado State	200-Butterfly
Mackenzie Hutler	Fresno State	50-Freestyle, 200-Butterfly
Silvia Alessio	Fresno State	Three-Meter Springboard, Platform
Sera Hanagan	Fresno State	400-IM



Samarah Melia	Fresno State	200-Freestyle, 100-Freestyle
Aliz Kalmar	Fresno State	100-Breaststroke, 200-Breaststroke
Athena Clayson	Fresno State	100-Backstroke, 200-Backstroke
Wiktorija Dabrowska	Fresno State	100-Freestyle
Lucia Gabino	Nevada	One-Meter Springboard, Three-Meter Springboard
Melissa Mirafuentes	Nevada	One-Meter Springboard, Three-Meter Springboard, Platform
Bailey Heydra	Nevada	One-Meter Springboard, Three-Meter Springboard, Platform
Isa Vazquez Lopez	Nevada	One-Meter Springboard, Platform
Benedict Nagy	Nevada	200-IM, 400-IM, 200-Backstroke
Josien Wijkhuijs	Nevada	50-Freestyle, 100-Butterfly, 100-Backstroke
Wiktorija Samula	Nevada	100-Breaststroke
Kyla Alexander	Nevada	100-Backstroke
Ola Tomaszek	New Mexico	100-Breaststroke, 200-Breaststroke
Alex Roberts	San Diego State	100-Butterfly, 100-Backstroke, 200-Backstroke
Ximena Lechuga	San Diego State	One-Meter Springboard, Three-Meter Springboard, Platform
Summer Westmoreland	San Diego State	One-Meter Springboard
Wilma Johansson	San Diego State	500- Freestyle, 200-Freestyle, 200-Butterfly
Emily Gebhardt	San Diego State	500- Freestyle, 100-Butterfly, 200-Butterfly
Kristina Murphy	San Diego State	200-IM, 400-IM, 200-Breaststroke
Moa Bergdahl	San Diego State	200-IM, 100-Breaststroke, 200-Breaststroke
Evonne Stehr	San Diego State	200-IM
Meredith Smithbaker	San Diego State	50-Freestyle, 100-Breaststroke, 100-Freestyle
Lizzie Menzmer	San Diego State	50-Freestyle, 100-Butterfly
Jeanette King	San Diego State	50-Freestyle, 100-Backstroke, 100-Freestyle
Lyndsey Wehr	San Diego State	50-Freestyle, 100-Freestyle
Avery Turney	San Diego State	50-Freestyle, 200-Freestyle
Christiana Williams	San Diego State	100-Breaststroke, 200-Breaststroke
Riley Tapley	San Diego State	100-Backstroke, 200-Backstroke
Mai McKenna	San Diego State	100-Breaststroke, 200-Breaststroke
Valentina Lopez Arevalo	San Diego State	Platform
Jenna Jagielski	San José State	Three-Meter Springboard, Platform
Ela Freiman	San José State	400-IM
Zsofia Muzsnay	San José State	100-Butterfly, 200-Butterfly
Vika Yanovska	UNLV	One-Meter Springboard, Three-Meter Springboard

Erika Carlson	UNLV	500- Freestyle, 200-Freestyle
Teneka Ash	UNLV	500- Freestyle, 200-Butterfly
Kayleigh Lovell	UNLV	500- Freestyle
Ruby Howell	UNLV	200-IM, 400-IM, 200-Breaststroke
Calysta Bartlett	UNLV	200-IM, 200-Breaststroke
Blanka Bokros	UNLV	200-IM, 100-Butterfly, 200-Butterfly
Gabby Lizzul	UNLV	400-IM
Hannah Jones	UNLV	1650-Freestyle
Teneka Ash	UNLV	1650-Freestyle
Cameron Mykkanen	UNLV	200-Backstroke
Malia Fernandez	UNLV	100-Freestyle
Alicia Gonzalez	Wyoming	One-Meter Springboard, Three-Meter Springboard
Maisyn Klimczak	Wyoming	500- Freestyle, 200-Freestyle, 1650-Freestyle
Carly Palmer	Wyoming	200-IM, 100-Breaststroke
Kali Franckowiak	Wyoming	200-Freestyle
Sydney McKenzie	Wyoming	100-Breaststroke
Emily Giles	Wyoming	100-Backstroke
Sage Morton	Wyoming	1650-Freestyle
Britt Nichols	Wyoming	1650-Freestyle
Roxanna Ramirez	Wyoming	1650-Freestyle
Kayla Cunningham	Wyoming	200-Backstroke
Bryn Busckohl	Wyoming	200-Breaststroke
Gabriella Haigler	Wyoming	Platform

2023 Mountain West Relay All-Conference Honorees

200-YARD MEDLEY RELAY	
San Diego State	Alex Roberts Meredith Smithbaker Lizzie Menzmer Jeanette King
UNLV	Averi Webb
	Calysta Bartlett
	Blanka Bokros
	Pilar Cohen
Nevada	Kyla Alexander
	Wiktorija Samula
	Josien Wijkhuijs
	Martyna Jablonska

800-YARD FREESTYLE RELAY	
San Diego State	Avery Turney
	Wilma Johansson
	Kristina Murphy
	Emily Gebhardt
UNLV	Kayleigh Lovell
	Marta Klimek
	Erika Carlson
	Teneka Ash
Wyoming	Carly Palmer
	Brooke Ford
	Kali Franckowiak
	Maisyn Klimczak
400-YARD MEDLEY RELAY	
San Diego State	Alex Roberts
	Meredith Smithbaker
	Lizzie Menzmer
	Jeanette King
Fresno State	Athena Clayson
	Aliz Kalmar
	Mackenzie Hutler
	Julia Matney
Nevada	Kyla Alexander
	Wiktoria Samula
	Josien Wijkhuijs
	Colette Berkenfield
200-YARD FREESTYLE RELAY	
San Diego State	Lyndsey Wehr
	Lizzie Menzmer
	Meredith Smithbaker
	Jeanette King
Fresno State	Mackenzie Hutler
	Eleonora Trentin
	Samarah Melia
	Wiktoria Dabrowska
UNLV	Pilar Cohen
	Averi Webb
	Blanka Bokros

	Malia Fernandez
400-YARD FREESTYLE RELAY	
San Diego State	Avery Turney
	Evonne Stehr
	Kristina Murphy
	Lyndsey Wehr
Fresno State	Athena Clayson
	Eleonora Trentin
	Samarah Melia
	Wiktorija Dabrowska
Nevada	Josien Wijkhuijs
	Kyla Alexander
	Nikki Jasko
	Colette Berkenfield

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