

## 2023 Girls Track & Field BCIAA All-Stars

<b>Athlete of the Year</b>	Sarah Ann Miller	Twin Valley
<b>Coach of the Year</b>	Doug Dahms	Wilson

<b>Event</b>	<b>All-Conference (Grade)</b>	<b>School</b>
<b>100M</b>	Alexis Hardy (10)	Wyomissing
<b>200M</b>	Nadly Gyapong (11)	Muhlenberg
<b>400M</b>	Sarah Ann Miller (12)	Twin Valley
<b>800M</b>	Sarah Ann Miller (12)	Twin Valley
<b>1600M</b>	Gabrielle Keith (11)	Exeter Township
<b>3200M</b>	Kaitlyn Highduch(11)	Governor Mifflin
<b>110 Hurdles</b>	Katelyn Murphy (12)	Conrad Weiser
<b>300 Hurdles</b>	Violet Houck (9)	Wilson
<b>4x100 Relay</b>	Violet Houck (9), Mia Brown (12), Erika Culp (12), Cat Arentz (12)	Wilson
<b>4x400 Relay</b>	Cat Arentz (12), Mia Brown (12), Violet Houck (9), Erika Culp (12)	Wilson
<b>4x800 Relay</b>	Ally Devine (10), Olivia Lampron (11), Michaela Burkey (12), Mackenzie Langdon (11)	Berks Catholic
<b>Long Jump</b>	Annie Gao (11)	Schuylkill Valley
<b>Triple Jump</b>	Clara Engel (9)	Kutztown
<b>High Jump</b>	Julia Rosenberger (11)	Berks Catholic
<b>Shot Put</b>	D'Mornay Woollery (12)	Muhlenberg
<b>Discus</b>	Emma Deyarmin (12)	Schuylkill Valley
<b>Javelin</b>	Lauren Akers (11)	Kutztown
<b>Pole Vault</b>	Hayden Adams (11)	Exeter Township

<b>Event</b>	<b>All-Division 1 (Grade)</b>	<b>School</b>
<b>100M</b>	Nadly Gyapong (11)	Muhlenberg
<b>200M</b>	Mia Brown (12)	Wilson
<b>400M</b>	Erika Culp (12)	Wilson
<b>800M</b>	Ella Reidinger (9)	Wilson
<b>1600M</b>	Carly Keith (9)	Exeter Township
<b>3200M</b>	Lydia Drago(10)	Governor Mifflin
<b>110 Hurdles</b>	Violet Houck (9)	Wilson
<b>300 Hurdles</b>	Nadia Medianick (10)	Governor Mifflin
<b>4x100 Relay</b>	Nadly Gyapong (11), Kiaraly Colon-Mojica(12), Jaeylin Rodriguez(11), Skylar Laffey(12)	Muhlenberg
<b>4x400 Relay</b>	Janitza Hernandez-Albino (12)Talis Hernandez(11) Rosnelly Sanchez De Aza(12) Wailany De La Cruz(9)	Reading
<b>4x800 Relay</b>	Evie Eastman (12), Kyrianna Nemitz (12), Cameran Huyett (10), Ella Reidinger (9)	Wilson
<b>Long Jump</b>	Catherine Arentz (12)	Wilson
<b>Triple Jump</b>	Aaliyah Ware (11)	Exeter Township
<b>High Jump</b>	Aubrey Moyer (11)	Wilson
<b>Shot Put</b>	Kemi Ojikutu (10)	Wilson
<b>Discus</b>	Maddie Henne (9)	Wilson
<b>Javelin</b>	Mia Vasquez (10)	Governor Mifflin
<b>Pole Vault</b>	Gillian Foster (10)	Exeter Township

<b>Event</b>	<b>All-Division 2</b>	<b>School</b>
<b>100M</b>	Chanel Hercules (12)	Fleetwood
<b>200M</b>	Sarah Ann Miller (12)	Twin Valley
<b>400M</b>	Ava Sallee (11)	Fleetwood
<b>800M</b>	Sydney Werner (12)	Conrad Weiser
<b>1600M</b>	Sydney Werner (12)	Conrad Weiser
<b>3200M</b>	Laura Posh (12)	Twin Valley
<b>110 Hurdles</b>	Hailey Kilgore (9)	Twin Valley
<b>300 Hurdles</b>	Hailey Kilgore (9)	Twin Valley
<b>4x100 Relay</b>	Ava Sallee (11), Gigi Gonzalez (9), Jadelyn Eichert (10), Chanel Hercules (12)	Fleetwood
<b>4x400 Relay</b>	Sarah Miller (12), Laura Posh (12), Addison Pratt (10), Olivia Miller (10)	Twin Valley
<b>4x800 Relay</b>	Sarah Miller (12), Laura Posh (12), Ashley Lavrich (11), Olivia Miller (10)	Twin Valley
<b>Long Jump</b>	Lindsey Preston (12)	Conrad Weiser
<b>Triple Jump</b>	Lindsey Preston (12)	Conrad Weiser
<b>High Jump</b>	Kelsie Toucher (11)	Fleetwood
<b>Shot Put</b>	Emma Deyarmin (12)	Schuylkill Valley
<b>Discus</b>	Amanda Smith (12)	Hamburg
<b>Javelin</b>	Sophia Barrell-Kobryn (10)	Fleetwood
<b>Pole Vault</b>	Kelsie Toucher (11)	Fleetwood

<b>Event</b>	<b>All-Division 3</b>	<b>School</b>
<b>100M</b>	N/A	
<b>200M</b>	Alexis Hardy (10)	Wyomissing
<b>400M</b>	Cadi Hoke (12)	Wyomissing
<b>800M</b>	Addie Cohen (11)	Wyomissing
<b>1600M</b>	Addie Cohen (11)	Wyomissing
<b>3200M</b>	Addie Cohen (11)	Wyomissing
<b>110 Hurdles</b>	N/A	
<b>300 Hurdles</b>	Lyla Pugh (9)	Tulpehocken
<b>4x100 Relay</b>	Ayla Snyder (11), Aliah Contreras (11), Georgia Delucas (10), Alexis Hardy (10)	Wyomissing
<b>4x400 Relay</b>	Vanesa Aguay (11), Hannah Shimp (11), Aliah Contreras (11), Cadi Hoke (12)	Wyomissing
<b>4x800 Relay</b>	Cathryn Fegely(9), Hannah Houp(9), Mia Woodard(11), Taylor Vaccaro(11)	Oley Valley
<b>Long Jump</b>	Clara Engel (9)	Kutztown
<b>Triple Jump</b>	Rebecca Herrmann (12)	Tulpehocken
<b>High Jump</b>	Clara Engle (9)	Kutztown
<b>Shot Put</b>	Faith Price (11)	Berks Catholic
<b>Discus</b>	N/A	
<b>Javelin</b>	Meaghan Miller (11)	Brandywine Heights
<b>Pole Vault</b>	Natalya Hemmings (11)	Wyomissing

Event	Honorable Mention (Grade/School)	Honorable Mention (Grade/School)
<b>100M</b>		
<b>200M</b>		
<b>400M</b>	Hannah Shimp (11/Wyomissing)	Sienna Miller (11/Brandywine Heights)
<b>800M</b>	Vanessa VanTiggelen (12/Tulpehocken)	Addison Benner (10/Brandywine Heights)
<b>1600M</b>	Abigail Gehris (10/Tulpehocken)	Meghan Higgins-Haas (12/Oley Valley)
<b>3200M</b>	Meghan Higgins-Haas (12/Oley Valley)	Lily Asplundh (11/Kutztown)
<b>110 Hurdles</b>	Aliah Contreras (11/Wyomissing)	
<b>300 Hurdles</b>	Aliah Contreras (11/Wyomissing)	
<b>4x100 Relay</b>	Hannah Ray (12), Reece Ferry (11), Layla Reinert (9), Ashley DeLong (12) (Brandywine Heights)	
<b>4x400 Relay</b>	Layla Reinert (9), Ashley DeLong (12), Hannah Ray (12), Sienna Miller (11) (Brandywine Heights)	
<b>4x800 Relay</b>	Vanesa Aguay (11), Kathryn Masano (12), Taylor Butler (11), Hannah Shimp (11) (Wyomissing)	Annaliese Horvath (10), Cloey Renner (9), Addison Benner (10), Sienna Miller (11) (Brandywine Heights)
<b>Long Jump</b>	Chanel Hercules (12/Fleetwood)	
<b>Triple Jump</b>	Emily Cassler (11/Wyomissing)	
<b>High Jump</b>	Kyla Rogers (9/Hamburg)	
<b>Shot Put</b>	Amanda Smith (12/Hamburg)	Alexia Ewing (9/Hamburg)
<b>Discus</b>	Charlotte Prout (9/Oley Valley)	
<b>Javelin</b>	Amanda Smith (12/Hamburg)	
<b>Pole Vault</b>	Ember Sunday (9/Tulpehocken)	

Event	Honorable Mention (Grade/School)
<b>100M</b>	
<b>200M</b>	
<b>400M</b>	
<b>800M</b>	Carly Keith (9/Exeter Township)
<b>1600M</b>	
<b>3200M</b>	
<b>110 Hurdles</b>	
<b>300 Hurdles</b>	
<b>4x100 Relay</b>	

<b>4x400 Relay</b>	
<b>4x800 Relay</b>	Vanessa VanTiggelen (12), Rakya Cullins (9), Faith Forry (12), Abigail Gehris (12) (Tulpehocken)
<b>Long Jump</b>	
<b>Triple Jump</b>	
<b>High Jump</b>	
<b>Shot Put</b>	
<b>Discus</b>	
<b>Javelin</b>	
<b>Pole Vault</b>	