



Pioneer League



Early Pioneer Spacecraft

High School Girls Swimming 2010 ALL-LEAGUE TEAM

Pioneer League Most Valuable Swimmer: **Julianne Allison, Sr, El Segundo HS**
League Championship High Point Winner: **Tessa Franke, Jr, Santa Monica HS**
Most Outstanding Freshman: **Tiana Pugliese, Fr, South Torrance HS**

200-Yard Medley Relay

**El Segundo HS (Julianne Allison, Sr, Colette Gulick, Jr, Kelsey Cummings, Jr, Hayden Green, So),
(Alternate: Courtney Rava, Sr), 1:55.17 @3rd CIF**

200-Yard Freestyle

Kelsey Cummings, Jr, El Segundo HS, 1:49.35 @2nd CIF & MASTERS **

200-Yard Individual Medley

Aviva Alvarez-Zakson, So, Santa Monica HS, 2:24.24

50-Yard Freestyle

Aleya Spielman, So, Santa Monica HS, :25.26

100-Yard Butterfly

Tessa Franke, Jr, Santa Monica HS, :59.43 @2nd CIF

100-Yard Freestyle

Hayden Green, So, El Segundo HS, :55.73

500-Yard Freestyle

Courtney Rava, Sr, El Segundo HS, 5:31.29 @8th CIF

200-Yard Free Relay

**El Segundo HS (Courtney Rava, Sr, Lesley Marin, Fr, Sydney Amaral, Fr, Kelsey Cummings, So),
(Alternates: Julianne Allison, Sr, Jordan Stiggers, Fr), 1:47.65**

100-Yard Backstroke

Julianne Allison, So, El Segundo HS, 1:00.60 @2nd CIF

100-Yard Breaststroke

Colette Gulick, Jr, El Segundo HS, 1:11.78

400-Yard Free Relay

**El Segundo HS (Kelsey Cummings, Jr, Colette Gulick, Jr, Julianne Allison, Sr, Hayden Green, So),
(Alternate: Courtney Rava, Sr), 3:45.41 @1st CIF**

Co-Coaches of the Year: **Matt Flanders, Santa Monica; Fotis Davlantis and Jim Makuta, El Segundo**