



**Milwaukee City Conference
Girls Track & Field
All-Conference Honorees**

2022-23 First Team

100M: Vanessa Ford (Rufus King)
200M: Vanessa Ford (Rufus King)
400M: Nadiyah Ahmad (Rufus King)
800M: Izabel Romero (Rufus King)
1600M: Isabella Switalski (Reagan)
3200M: Isabella Switalski (Reagan)
100M Hurdles: Harmony Hudson
(Rufus King)
300M Hurdles: Aliana Rauter (Reagan)
4x100M Relay: Kaiden Harris, Terrhyan McBride, Tasanee Gray, Alana Griffin (Rufus King)
4x200M Relay: Kaiden Harris, Alana Griffin, Terrhyan McBride, Tasanee Gray (Rufus King)
4x400M Relay: Riverside
4x800M Relay: Reagan
High Jump: Chastity Campbell (Marshall)
Long Jump: Zariah Dyer (Riverside)
Triple Jump: Aliana Rauter (Reagan)
Discus: Joy Amaihe (Rufus King)
Shot Put: Kai Boswell (Marshall)
