

2022 Girls Zone 1 Report

Zone 1 consists of the Detroit Public School League and the Macomb Area Conference. The MAC is made up of teams from Macomb and St. Clair Counties as well as Grosse Pointe North and Grosse Pointe South from Wayne County.

In this report you will find results from the MAC division meets, special awards/achievements for coaches and athletes, All County Teams, and MHSAA state meet results.

MAC Coach of the Year – Mike Owensby of L’Anse Creuse North

MAC Dive Coach of the Year – Jen Williams of Utica

MAC Swimmer of the Year – Abby Keen of Utica

MAC Diver of the Year – Jordyn Verhaeghe

MAC Red

Regular Season Order of Finish			
Place	School Name	Conference Record	Overall Record
1st	Grosse Pointe South	4-0	
2nd	Dakota	3-1	
3rd	Grosse Pointe North	1-2	
4th	Anchor Bay	1-3	
5th	Eisenhower	0-3	
All Conference Team			
Name of Swimmer	School	Grade	Events
Brooke Lezotte, Phoebe Handwork, Sophie Schutze, Ella Pazuchowski	Grosse Pointe South		200 Medley Relay
Sophia Kapla	Grosse Pointe South	12	200 Free
Sophia Schutze	Grosse Pointe South	12	200 IM
Avery Beal	Grosse Pointe North	10	50 Free
Ariana Heugh	Dakota	10	Dive
Sophia Schutze	Grosse Pointe South	12	100 Fly
Avery Beal	Grosse Pointe North	10	100 Free
Sophia Kapla	Grosse Pointe	12	500 Free

	South		
Lily Petz, Heidi Bryan, Sophia Kapla, Phoebe Handwork	Grosse Pointe South		200 Free Relay
Brooke Lezotte	Grosse Pointe South	12	100 Back
Phoebe Handwork	Grosse Pointe South	12	100 Breast
Sophia Kapla, Heidi Bryan, Brooke Lezotte, Sophia Schutze	Grosse Pointe South		400 Free Relay
Season Awards	Name/School	School	
Coach of the Year	John Fodell	Grosse Pointe South	
Division MVP (Only 1)	Sophie Schuetze	Grosse Pointe South	
Division Meet Champion	Grosse Pointe South		
Sportsmanship Award	Grosse Pointe South		

MAC White

Regular Season Order of Finish			
Place	School Name	Conf Record	Overall Record
1st	LCN	5-0	8-1
2nd	Chippewa	3-1 & 1	
3rd	Fraser	3-2	5-3
4th	Marysville	2-2 & 1	
5th	Romeo	1-5	
6th	St. Clair	0-6	
All Conference Team			
Name of Swimmer(s)	School	Grade	Events
200 Yard Medley Relay	Marysville-D3	2:00.73	
1) Alison Jainer 11	2) Ava Hanners 12	3) Aubrey Hanners 10	4) Joanna Roosa 11
200 Yard Freestyle			
Alyssa Chambers	1:59.99		
200 Yard IM			
Addison Lasley	2:24.42		
50 Yard Freestyle			

Regular Season Order of Finish			
Place	School Name	Conference Record	Overall Record
1st	Utica	4-0-1	
2nd	Lakeview	4-0-1	
3rd	Port Huron United		
4th	Henry Ford II	2-3	6-7
5th	L'Anse Creuse	1-4	3-7
6th	Stevenson	0-5	3-11, all meets in 2022
All Conference Team			
Name of Swimmer	School	Grade	Events
Keen, Abby	Utica	12	200 Medley Relay, 200 Freestyle, 500 Freestyle, & 200 Freestyle Relay
Haewsky, Isabella	Utica	11	200 Medley Relay & 200 Freestyle Relay
Goodwine, Abby	Utica	12	200 Medley Relay, 200 Freestyle Relay, & 100 Backstroke
Collins, Alayna	Utica	9	200 Medley Relay & 200 Freestyle Relay
Mieczkowski, Miley	L'Anse Creuse	9	200 IM & 100 Fly
Glidden, Rebekah	Henry Ford II	11	50 Freestyle
Verhaeghe, Jordyn	Utica	12	Diving
Payne, Katie	Lakeview	10	100 Freestyle & 400 Freestyle Relay
Moore, Sophia	Port Huron United	12	100 Breaststroke
Ruthenberg, Abbey	Lakeview	12	400 Freestyle Relay
Cook, Bailey	Lakeview	9	400 Freestyle Relay
Dell, Emma	Lakeview	11	400 Freestyle Relay
Season Awards	Name/School	School	
Coach of the Year	Joe Michol	Utica	
Division MVP (Only 1)	Abby Keen	Utica	
Division Meet Champion	Utica	Utica	
Sportsmanship Award	Henry Ford II	Henry Ford II	

MAC Gold

Regular Season Order of Finish			
Place	School Name	Conference Record	Overall Record
1st	Marine City	4-0	
2nd	Warren Woods Tower	3-1	
3rd	Lamphere	2-2	
4th	Cousino	1-3	5-6
5th	Warren Mott	0-4	
All Conference Team			
Name of Swimmer	School	Grade	Events
	Warren Woods Tower		200 Medley Relay
Kelsey Milz	Lamphere		200 Free
Leautzinger Stephanie	Warren Woods Tower	9	200 IM
Lily Thompson	Warren Woods Tower	11	50 Free
Sara Kozel	Cousino		Dive
Nicole Malinova	Warren Woods Tower		100 Fly
Kelsey Milz	Lamphere		100 Free
Payton Zinyk	Warren Woods Tower	10	500 Free
	Lamphere		200 Free Relay
Nicole Malinova	Warren Woods Tower		100 Back
Stephanie Leutzinger	Warren Woods Tower	9	100 Breast
	Lamphere		400 Free Relay
Season Awards	Name/School	School	
Coach of the Year	John Portalski	Warren Woods Tower	
Division MVP (Only 1)	Nicole Meldova	Warren Woods Tower	
Division Meet Champion	Marine City		
Sportsmanship Award	Lamphere		

MAC Silver

Regular Season Order of Finish			
Place	School Name	Conference Record	Overall Record
1st	Sterling Heights	2-0	2-8
2nd	Center Line	0-1	

3rd	Lake Shore	0-2	0 - 10
4th			
5th			
All Conference Team			
Name of Swimmer	School	Grade	Events
Jessica Woolsey	Center Line	SR	200 Freestyle, 100 Butterfly, 200 Medley Relay
Rachel Schodowski	Center Line	JR	200 IM, 100 Breaststroke, 200 Medley Relay
Isabelle Gonzales	SHHS	Jr	50 Freestyle, 100 Freestyle, 200 Free Relay, 400 Free Relay
Serena Gordon	SHHS	SR	500 Freestyle, 200 Free Relay, 400 Free Relay
Lucy Parsina	SHHS	JR	200 Free Relay, 400 Free Relay
Liza Galley	SHHS	FR	100 Backstroke, 200 Free Relay, 400 Free Relay
Morgan Salazar	Center Line	FR	200 Medley Relay
Olivia Stepnioski	Center Line	Sr	200 Medley Relay
Season Awards	Name/School	School	
Coach of the Year	Nicole Colo	Center Line	
Division MVP (Only 1)	Jessica Woolsey	Center Line	
Division Meet Champion	Sterling Heights		
Sportsmanship Award	Sterling Heights		

Macomb County

Dream Team

<u>200 Medley Relay</u>	<u>Utica</u>	<u>Abby Keen</u>
		<u>Isabella Haewsky</u>
		<u>Abby Goodwine</u>
		<u>Alayna Collins</u>
		<u>1:57.10</u>
<u>200 Free</u>	<u>Utica</u>	<u>Abby Keen</u>
		<u>1:55.95</u>
<u>200 IM</u>	<u>Dakota</u>	<u>Natalie Nehra</u>
		<u>2:20.48</u>

<u>50 Free</u>	<u>L'Anse Creuse North</u>	<u>Samantha Tauriainen</u>
		<u>25.88</u>
<u>Diving</u>	<u>Utica</u>	<u>Jordyn Verhaeghe</u>
<u>100 Fly</u>	<u>Warren Mott</u>	<u>Nicole Malinova</u>
		<u>59.67</u>
<u>100 Free</u>	<u>Utica</u>	<u>Abby Keen</u>
		<u>53.32</u>
<u>500 Free</u>	<u>Dakota</u>	<u>Katelyn Threlkeld</u>
		<u>5:25.75</u>
<u>200 Free Relay</u>	<u>L'Anse Creuse North</u>	<u>Samantha Tauriainen</u>
		<u>Giabella Batkins</u>
		<u>Kayla Owensby</u>
		<u>Emma Bauer</u>
		<u>1:44.59</u>
<u>100 Back</u>	<u>Romeo</u>	<u>Alyssa Chambers</u>
		<u>1:01.05</u>
<u>100 Breast</u>	<u>Eisenhower</u>	<u>Caitlyn LeBel</u>
		<u>1:12.70</u>
<u>400 Free Relay</u>	<u>L'Anse Creuse North</u>	<u>Samantha Tauriainen</u>
		<u>Giabella Batkins</u>
		<u>Kayla Owensby</u>
		<u>Emma Bauer</u>
		<u>3:52.20</u>

Division 1 All County

		<u>1st Team All County</u>		<u>2nd Team All County</u>
<u>200 Medley Relay</u>	<u>Utica</u>	<u>Abby Keen</u>	<u>Dakota</u>	<u>Madison Johannes</u>
		<u>Isabella Haewsky</u>		<u>Brayden Donahue</u>

			<u>Abby Goodwine</u>		<u>Natalie Nehra</u>
			<u>Alayna Collins</u>		<u>Katelyn Threlkeld</u>
			<u>1:57.10</u>	-	<u>1:59.34</u>
<u>200 Free</u>		<u>Utica</u>	<u>Abby Keen</u>	<u>Eisenhower</u>	<u>Grace Schutter</u>
			<u>1:55.95</u>		<u>2:06.18</u>
<u>200 IM</u>		<u>Dakota</u>	<u>Natalie Nehra</u>	<u>Dakota</u>	<u>Madison Johannes</u>
			<u>2:20.48</u>		<u>2:23.75</u>
<u>50 Free</u>		<u>Chippewa Valley</u>	<u>Rachel Kincher</u>	<u>Chippewa Valley</u>	<u>Emily Zanolli</u>
			<u>26.08</u>		<u>26.35</u>
<u>Diving</u>		<u>Utica</u>	<u>Jordyn Verhaeghe</u>	<u>Dakota</u>	<u>Ariana Heugh</u>
<u>100 Fly</u>		<u>L'Anse Creuse North</u>	<u>Emma Bauer</u>	<u>Anchor Bay</u>	<u>Averee McIntyre</u>
			<u>1:02.79</u>		<u>1:06.03</u>
<u>100 Free</u>		<u>L'Anse Creuse North</u>	<u>Samantha Tauriainen</u>	<u>Romeo</u>	<u>Sarah Jespersen</u>
			<u>56.37</u>		<u>58.50</u>
<u>500 Free</u>		<u>Dakota</u>	<u>Katelyn Threlkeld</u>	<u>Dakota</u>	<u>Brayden Donahue</u>
			<u>5:25.75</u>		<u>5:37.67</u>
<u>200 Free Relay</u>		<u>Dakota</u>	<u>Andrea Robles</u>	<u>Chippewa Valley</u>	<u>Emily Zanolli</u>
			<u>Katelyn Threlkeld</u>		<u>Rachel Kincher</u>
			<u>Brayden Donahue</u>		<u>Marissa Warm</u>
			<u>Natalie Nehra</u>		<u>Julia Webbr</u>
			<u>1:46.36</u>		<u>1:47.31</u>
<u>100 Back</u>		<u>Romeo</u>	<u>Alyssa Chambers</u>	<u>Chippewa Valley</u>	<u>Julia Sikora</u>
			<u>1:01.05</u>		<u>1:06.89</u>
<u>100 Breast</u>		<u>Eisenhower</u>	<u>Caitlyn LeBel</u>	<u>Utica</u>	<u>Isabella Haewsky</u>

			<u>1:12.70</u>			<u>1:13.43</u>
<u>400 Free Relay</u>		<u>L'Anse Creuse North</u>	<u>Samantha Tauriainen</u>		<u>Dakota</u>	<u>Natalie Nehra</u>
			<u>Giabella Batkins</u>			<u>Andrea Robles</u>
			<u>Kayla Owensby</u>			<u>Katelyn Threlkeld</u>
			<u>Emma Bauer</u>			<u>Madison Johannes</u>
			<u>3:52.20</u>			<u>3:56.10</u>

Division 2&3 All County

			<u>1st Team All County</u>			<u>2nd Team All County</u>
<u>200 Medley Relay</u>		<u>Fraser</u>	<u>Amber Masinick</u>		<u>Lakeview</u>	<u>Katie Payne</u>
			<u>Anabeth Blehm</u>			<u>Emma Dell</u>
			<u>Addison Lasley</u>			<u>Abbey Ruthenberg</u>
			<u>Nevaeh Zatkoff</u>			<u>Jordyn Checkley</u>
			<u>2:03.63</u>			<u>2:07.76</u>
<u>200 Free</u>		<u>Lakeview</u>	<u>Amelie Neely</u>		<u>Fraser</u>	<u>Addison Kardas</u>
			<u>2:12.85</u>			<u>2:15.18</u>
<u>200 IM</u>		<u>Fraser</u>	<u>Addison Lasley</u>		<u>Lakeview</u>	<u>Abbey Ruthenberg</u>
			<u>2:22.53</u>			<u>2:29.30</u>
<u>50 Free</u>		<u>L'Anse Creuse</u>	<u>Josie Doss</u>		<u>Fraser</u>	<u>Nevaeh Zatkoff</u>
			<u>26.92</u>			<u>28.09</u>
<u>Diving</u>		<u>Cousino</u>	<u>Sara Kozel</u>		<u>Regina</u>	<u>Victoria Millett</u>
<u>100 Fly</u>		<u>L'Anse Creuse</u>	<u>Miley Mieczkowski</u>		<u>Fraser</u>	<u>Bridget Rutila</u>
			<u>1:03.22</u>			<u>1:08.51</u>
<u>100 Free</u>		<u>Lakeview</u>	<u>Katie Payne</u>		<u>L'Anse Creuse</u>	<u>Madison Verhaeghe</u>
			<u>59.83</u>			<u>1:02.18</u>

<u>500 Free</u>		<u>Fraser</u>	<u>Quinn Savage</u>		<u>Lakeview</u>	<u>Emma Dell</u>
			<u>5:44.41</u>			<u>5:54.37</u>
<u>200 Free Relay</u>		<u>Fraser</u>	<u>Addison Lasley</u>		<u>L'Anse Creuse</u>	<u>Josie Doss</u>
			<u>Addison Kardas</u>			<u>Madison Verhaeghe</u>
			<u>Nevaeh Zatkoff</u>			<u>Nacelle Kenny</u>
			<u>Quinn Savage</u>			<u>Miley Mieczkowski</u>
			<u>1:51.86</u>			<u>1:53.77</u>
<u>100 Back</u>		<u>Warren Mott</u>	<u>Nicole Malinova</u>		<u>Lakeview</u>	<u>Angelina Bontomasi</u>
			<u>1:01.14</u>			<u>1:10.08</u>
<u>100 Breast</u>		<u>Regina</u>	<u>Sierra Liggins</u>		<u>Fraser</u>	<u>Anabeth Blehm</u>
			<u>1:14.56</u>			<u>1:15.18</u>
<u>400 Free Relay</u>		<u>Lakeview</u>	<u>Katie Payne</u>		<u>Fraser</u>	<u>Addison Kardas</u>
			<u>Abbey Ruthenberg</u>			<u>Bridget Rutila</u>
			<u>Bailey Cook</u>			<u>Quinn Savage</u>
			<u>Emma Dell</u>			<u>Addison Lasley</u>
			<u>4:07.02</u>			<u>4:08.69</u>

State Qualifiers and Results

Name	Event	Place	Time	Points
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Division 1

Utica

Abby Keen	100 Y Free	Finals 13th	53.32	121
Abby Keen	200 Y Free	Prelims 18th	1:58.25	108
Jordyn Verhaeghe	Dive	Finals 14 th	235.30	76

Port Huron United

Sophia Moore	100 Y Fly	Finals 13th	59.44	115
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Sophia Moore	200 Y IM	Prelims 21st	2:14.70	102
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Dakota

Rebecca Plieth	Dive	22nd	142.95	21
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Ariana Heugh	Dive	28th	133.60	13
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Division 2

Martin Luther King

Bili Thurmond	100 Y Breast	Finals 11th	1:06.76	125
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Ariana Byrd	50 Y Free	Finals 7th	24.52	123
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Ariana Byrd	100 Y Free	Finals 11th	54.42	112
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Grosse Pointe North

Avery Beal	50 Y Free	Finals 4th	24.20	129
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Avery Beal	100 Y Free	Finals 6th	53.46	1205
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Cailey Hard	100 Y Free	Finals –	54.48 R	111
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Cailey Hard	200 Y Free	Prelims 20th	1:58.79	106
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Cailey Hard	500 Y Free	Prelims 17th	5:21.43	101
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Rylee Nugent	50 Y Back	Prelims –	30.96 R	–
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Grosse Pointe North	400 Free Relay	B Final 14th	3:42.28	6
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Cousino

Sara Kozel	Dive	Prelims		
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Lamphere

Kelsey Milz	100 Y Free	Prelims 24 th	55.73	
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Kelsey Milz	50 Y Free	Prelims 22 nd	25.26	
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Grosse Pointe South

Sophie Schuetze	100 Y Fly	Finals 3rd	56.69		133
Sophie Schuetze	200 Y IM	Finals 5th	2:08.00		126
Sophia Kapla	500 Y Free	Finals 5th	5:06.75		123
Brooke Lezotte	100 Y Back	Prelims 10th	58.65		122
Sophie Schuetze	100 Y Free	Prelims –	53.37	R	121
Sophia Kapla	200 Y Free	Finals 10th	1:55.25		120
Mischa Eng	200 Y IM	Finals 8th	2:09.68		120
Brooke Lezotte	100 Y Back	Finals 11th	59.37		117
Mischa Eng	200 Y IM	Prelims 8th	2:10.28		117
Phoebe Handwork	100 Y Breast	Prelims 20th	1:08.08		116
Sophia Kapla	100 Y Free	Finals –	54.03	R	115
Mischa Eng	100 Y Back	Prelims 12th	59.68		114
Whitney Handwork	50 Y Free	Finals –	25.08	R	113
Whitney Handwork	50 Y Free	Finals 11th	25.05		113
Heidi Bryan	200 Y Free	Finals 13th	1:57.07		113
Whitney Handwork	50 Y Free	Prelims 16th	25.11		112
Brooke Lezotte	100 Y Free	Prelims 11th	54.46		112
Heidi Bryan	500 Y Free	Finals 13th	5:13.98		112
Mischa Eng	100 Y Back	Finals 15th	1:00.20		111
Betty Engel	100 Y Fly	Prelims 13th	59.94		111
Heidi Bryan	200 Y Free	Prelims 15th	1:57.46		111
Phoebe Handwork	50 Y Free	Prelims 20th	25.23		110
Betty Engel	100 Y Fly	Finals 15th	1:00.19		110
Hannah DiDio	100 Y Fly	Finals 16th	1:00.22		110
Whitney Handwork	100 Y Breast	Prelims 24th	1:09.39		109
Keira Collins	100 Y Breast	Prelims 26th	1:09.57		108
Sienna Clark	100 Y Back	Prelims 20th	1:00.90		106
Whitney Handwork	50 Y Free	Prelims –	25.54	R	105
Brooke Lezotte	100 Y Free	Finals 16th	55.23		105

Maryn Smith	500 Y Free	Finals 14th	5:19.39	104
Charlotte Bedsworth	100 Y Fly	Prelims 25th	1:01.55	102
Vivian Rizer	100 Y Fly	Prelims 27th	1:02.17	98
Maryn Smith	200 Y Free	Prelims 36th	2:01.49	96
Ella Pazuchowski	100 Y Back	Prelims 29th	1:03.20	91
Brooke Lezotte	50 Y Back	Finals –	27.83 R	–
Grosse Pointe South	400 Free Relay	8th	3:36.92	22
Grosse Pointe South	200 Free Relay	6th	1:39.92	26
Grosse Pointe South	200 Medley Relay	3rd	1:47.44	32

Warren Mott

Nicole Malinova	100 Fly	Finals 12 th	59.8
Nicole Malinova	100 Back	Prelims 22nd	1:01.29

Division 3

Marysville

Ava Hanners	100 Y Fly	Prelims 22nd	1:03.65	90
Ava Hanners	100 Y Free	Prelims –	57.26 R	89
Marysville	400 Free Relay	Prelims 17 th	3:52.99	

Regina

Sierra Liggins	100 Y Breast	Prelims 30th	1:14.8779
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What a great season for all teams and a special congratulations to Grosse Pointe South on their 5th place finish at the MHSAA Division 2 Meet.

Please let me know if I missed anything or if any information needs to be updated.

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