

# MISCA

## Zone 5 Boys Season Report 2023

***Zone 5 Coach of the Year: Cory Van Fleet Manistee High School***

***Zone 5 Swimmer of the Year: Owen Stevens Zeeland High School***

***Zone 5 Diver of the Year: Xander Austin Jenison High School***

### ***Conference Champions:***

Ottawa-Kent Red:

West Ottawa-Coach Steve Bowyer

Ottawa-Kent Greater Grand Rapids:

Northview - Rab Damuth and East Grand Rapids-

Butch Briggs

Ottawa-Kent Green:

Holland Christian - Todd Smeenge and Zeeland

High Schools- Andrew Scheerhorn

Ottawa-Kent Rainbow:

Grand Rapids Ottawa Hills - Eve Jullian

### ***Top 15 State Team Finishes:***

#### **Division 1:**

West Ottawa - 2nd

Zeeland - 5th

Rockford - 12th

#### **Division 2:**

Northview 5th

Jension - 8th

Byron Center - 11th

Forest Hills Central - 11th

#### **Division 3:**

East Grand Rapids - 2nd

Holland Christian -3rd

Grand Rapids Christian - 5th

Holland - 6th

Manistee - 7th

Hamilton - 9th

## ***Individual and Relay State Champions:***

### **Division 1:**

200 Yard Individual Medley Owen Stevens (Zeeland) 1:50.76

1 Meter Diving Julian Cardenas (Rockford) 474.35

500 Yard Freestyle Owen Stevens (Zeeland) 4:30.81

### **Division 2:**

50 Yard Freestyle Austin Briggs (Byron Center) 21.05

### **Division 3:**

50 Yard Freestyle Ben Sytsma (Grand Rapids Christian) 20.57

500 Yard Freestyle Carter Kegel (Holland Christian) 4:33.36

100 Yard Backstroke Alec Lampen (Mainistee) 50.30

400 Yard Free Relay East Grand Rapids High School 3:08.20

Micah Spitzley, Ted Turnage, Carter Kegel, Logan McCahill