

# **MISCA**

## **Zone 5 Girls Season Report 2024**

***Zone 5 Coach of the Year:*** Amber Pearson - Caledonia HS

***Zone 5 Swimmer of the Year:*** Madison Ensing - Zeeland HS

***Zone 5 Diver of the Year:*** Josi Popma - Hamilton HS

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

Ottawa-Kent Red:

Rockford High School - Samantha Velting

Ottawa-Kent White:

Jenison High School - Kyle Sumpf / East Grand

Rapids High School - Butch Briggs

Ottawa-Kent Rainbow Tier I:

Unity Christian High School - Libby Nelesen

Ottawa-Kent Rainbow Tier II:

Caledonia High School - Amber Pearson

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

#### **Division 1:**

Jenison - 2nd

Grand Haven - 4th

Zeeland - 5th

Rockford - 7th

Caledonia - 8th

West Ottawa - 9th

#### **Division 2:**

Byron Center - 9th

Northview - 14th

#### **Division 3:**

East Grand Rapids - 1st

Holland Christian - 5th

Unity Christian - 6th

Spring Lake - 7th

Hamilton - 8th

Grand Rapids Christian - 10th

Wayland - 11th

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

### **Division 1:**

200 Yard Medley Relay	<u>Jenison High School</u> Dalila Brown Sophia Umstead Emma Albrecht Layla Umstead	1:43.05 (AA-Cut)
200 Yard IM	Sophia Umstead (Jenison HS)	1:59.98 (AA-Cut)
50 Yard Freestyle	Madison Ensing (Zeeland HS)	22.94 (AA-Cut)
100 Yard Freestyle	Madison Ensing (Zeeland HS)	50.11 (AA-Cut)
100 Yard Backstroke	Makenzie Baldwin (West Ottawa HS)	56.06
100 Yard Breaststroke	Sophia Umstead (Jenison HS)	1:00.72 (AA-Cut)

### **Division 2:**

50 Yard Freestyle Paralympic	Bea Kilburn (Northview HS)	33.82
100 Yard Freestyle Paralympic	Bea Kilburn (Northview HS)	1:14.99

### **Division 3:**

200 Yard Medley Relay	<u>East Grand Rapids HS</u> Meredith Sperling Addie Hein Ellery Chandler Gracie Putnam	1:46.40
200 Yard Freestyle	Kate Simon (East Grand Rapids HS)	1:48.19 (AA-Cut)

200 Yard IM	Addie Hein (East Grand Rapids HS)	2:06.71
50 Yard Freestyle	Camryn Siegers (Holland Christian HS)	:23.19 (AA-Consideration)
50 Yard Freestyle Paralympic	Charlee Hoover (Hamilton HS)	39.54
100 Yard Butterfly	Ellery Chandler (East Grand Rapids HS)	:56.07
100 Yard Freestyle	Kate Simon (East Grand Rapids HS)	:50.06 (AA-Cut) (D3 Record)
100 Yard Freestyle Paralympic	Charlee Hoover (Hamilton HS)	1:27.34
200 Yard Freestyle Relay	<u>East Grand Rapids HS</u> Kate Simon Nora Camfferman Gracie Putnam Ellery Chandler	1:36.24 (AA-Consideration)
100 Yard Backstroke	Camryn Siegers (Holland Christian HS)	55.69 (AA-Consideration)
100 Yard Breaststroke	Ellery Chandler (East Grand Rapids HS)	1:02.86 (AA-Consideration)
400 Yard Freestyle Relay	<u>East Grand Rapids HS</u> Nora Camfferman Ivy Chu Sarah Lincolnhol Kate Simon	3:37.01