

MISCA

Zone 5 Girls Season Report 2022

Zone 5 Coach of the Year: Lisa Myrick Holland Christian HS

Zone 5 Swimmer of the Year: Grace Albrecht Jenison HS

Zone 5 Diver of the Year: Maria Colombo East Grand Rapids HS

Conference Champions:

Ottawa-Kent Red:	Grand Haven - Doug Thorne/Jenison - Kyle Sumph
Ottawa-Kent Greater Grand Rapids:	East Grand Rapids High School-Coach Butch Briggs
Ottawa-Kent Rainbow T1:	Holland Christian - Coach Lisa Myrick
Ottawa-Kent Rainbow:	Unity Christian - Libby Engle

Top 15 State Team Finishes:

Division 1:

Grand Haven- 4th Place
Forest Hills N/E - 9th Place
East Kentwood - 10th Place
West Ottawa - 11th Place
Rockford- 12th Place
Zeeland - 14th place

Division 2:

East Grand Rapids - 1st
Jenison - 2nd
Northview - 4th
Byron Center - 15th

Division 3:

Holland Christian - 2nd
Grand Rapids Christian - 5th
Wayland - 6th
Unity Christian - 12th

Individual and Relay State Champions:

Division 1:

200 Yard Freestyle Relay Grand Haven High School 1:34.57

(Rosalee Springer, Olivia Schafer, Grace Ackerman, Claudia Busse)

Division 2:

200 Yard Medley Relay Jenison High School 1:43.59

(Grace Albrecht, Sophia Umstead, Emma Albrecht, Layla Umstead)

200 IM Sophia Umstead (Jenison) 2:00.33

50 Yard Freestyle Grace Albrecht (Jenison) 23.41

200 Yard Freestyle Relay East Grand Rapids High School 1:36.44

(Caroline Flermoen, Alyssa Hein, Ellery Chandler, Kate Simon)

100 Yard Breaststroke - Sophia Umstead (Jenison) 1:01.11

400 Yard Freestyle Relay Jenison High School 3:27.18

(Layla Umstead, Emma Albrecht, Grace Albrecht, Sophia Umstead,)

Division 3:

50 Yard Freestyle - Laney Wolf (Wayland) 23.89

100 Yard Freestyle - Laney Wolf(Wayland) 51.93