

**HS Boys 2024 Coastal Conference - 2/23/2024 to 2/24/2024**

**Results**

**Event 1 Mixed 200 Yard Medley Relay**

Team	Relay	Prelim Time	Finals Time	Points
<b>A - Final</b>				
1 Manistee High School-D3	A	1:49.36	1:44.97	40
1) Lampen, A M12	2) Mendians, D M12	3) Gouker, A M11	4) Holtgren, O M11	
23.81 28.19 27.72	25.25			
2 Ludington High School-D3	A	1:57.32	1:53.88	34
1) Vronko, J M9	2) Lundberg, I M10	3) Anderson, C M11	4) Sailor, G M10	
27.94 1:25.94				
--- Fremont Swimming-MI	A	2:00.16	DQ	
1) Vandenberg, J M	2) Falbe, K MSO	3) Content, S MSO	4) Delo, I MSO	
<b>B - Final</b>				
--- Fremont Swimming-MI	B	2:07.84	X2:12.75	
1) Ward, M M	2) Christoffersen, E MFR	3) Mercer, C MSO	4) Sparks, M MSO	
32.71 34.70 37.46	27.88			
--- Ludington High School-D3	B	2:24.52	X2:17.45	
1) Forrester, O M11	2) Jorissen, N M9	3) Carlsen, K M12	4) Erdman, E M11	
35.40 38.98 35.30	27.77			
--- Ludington High School-D3	C	2:46.77	X2:46.78	
1) Taranko, B M11	2) James, W M12	3) Sheldon, C M12	4) Hill, L M12	

**Event 1 Mixed 200 Yard Medley Relay**

Team	Relay	Seed Time	Prelim Time
<b>Preliminaries</b>			
1 Manistee High School-D3	A	1:45.00	1:49.36 q
1) Lampen, A M12	2) Mendians, D M12	3) Gouker, A M11	4) Holtgren, O M11
24.90 29.35 29.07	26.04		
2 Ludington High School-D3	A	2:09.83	1:57.32 q
1) Vronko, J M9	2) Lundberg, I M10	3) Anderson, C M11	4) Sailor, G M10
30.11 1:27.21			
3 Fremont Swimming-MI	A	1:51.95	2:00.16 q
1) Vandenberg, J M	2) Falbe, K MSO	3) Content, S MSO	4) Sparks, M MSO
32.55 32.91 27.48	27.22		
4 Fremont Swimming-MI	B	2:12.44	2:07.84 q
1) Ward, M M	2) Christoffersen, E MFR	3) Mercer, C MSO	4) Delo, I MSO
34.05 34.83 34.74	24.22		
5 Ludington High School-D3	B	2:32.36	2:24.52 q
1) Forrester, O M11	2) Jorissen, N M9	3) Carlsen, K M12	4) Erdman, E M11
39.11 41.15 34.81	29.45		
6 Ludington High School-D3	C	NT	2:46.77 q
1) Taranko, B M11	2) James, W M12	3) Sheldon, C M12	4) Hill, L M12
42.18 39.33 49.13	36.13		

**Event 2 Boys 200 Yard Freestyle**

<b>Conference:</b>	<b>1:45.42</b>	<b>y</b>	<b>2004</b>	<b>B. Jones</b>	<b>Fremont</b>
<b>Boys School:</b>	<b>1:49.00</b>	<b>y</b>	<b>2021</b>	<b>B. Sullivan</b>	<b>MANST</b>
<b>Boys Pool:</b>	<b>1:48.85</b>	<b>y</b>	<b>2012</b>	<b>N. Zacek</b>	<b>SP LK</b>
	<b>1:52.79</b>	<b>D3 D3 State Qualifying</b>			

Name	Yr	School	Prelim Time	Finals Time	Points
<b>A - Final</b>					
1 Lampen, A	12	Manistee High School-D3	1:47.82	1:43.95y D3	20
23.86 26.51 27.00	26.58				
2 Vaara, R	12	Ludington High School-D3	2:03.14	1:52.38 D3	17
25.24 28.69 29.50	28.95				

**HS Boys 2024 Coastal Conference - 2/23/2024 to 2/24/2024**

**Results**

**A - Final ... (Event 2 Boys 200 Yard Freestyle)**

Name	Yr	School	Prelim Time	Finals Time	Points
3 Gouker, A 27.30 29.80 31.12 31.43	11	Manistee High School-D3	2:07.06	1:59.65	16
4 Jones, G 28.53 31.77 32.40 31.44	JR	Fremont Swimming-MI	2:16.73	2:04.14	15
5 Heinrich, R 29.01 31.35 33.03 32.54	12	Ludington High School-D3	2:07.31	2:05.93	14
6 Bradley, L 29.82 32.92 33.80 32.53	JR	Fremont Swimming-MI	2:14.77	2:09.07	13
7 Forrester, O 32.46 36.50 41.10 40.37	11	Ludington High School-D3	2:24.47	2:30.43	12
8 Manchip, C 35.24 39.60 1:17.11	FR	Fremont Swimming-MI	2:34.70	2:31.95	11

**B - Final**

9 Cook, A	11	Manistee High School-D3	2:35.66	2:27.53	9
--- Ryan, W	9	Ludington High School-D3	2:34.40	X2:27.13	

**Event 2 Boys 200 Yard Freestyle**

Conference:	1:45.42	y	2004	B. Jones	Fremont
Boys School:	1:49.00	y	2021	B. Sullivan	MANST
Boys Pool:	1:48.85	y	2012	N. Zacek	SP LK
	1:52.79	D3 D3 State Qualifying			

Name	Yr	School	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Lampen, A 24.65 28.13 27.89 27.15	12	Manistee High School-D3	1:49.21	1:47.82y qD3
2 Vaara, R 28.29 31.32 32.88 30.65	12	Ludington High School-D3	1:51.71	2:03.14 q
3 Gouker, A 29.25 31.85 32.59 33.37	11	Manistee High School-D3	1:59.29	2:07.06 q
4 Heinrich, R 28.77 31.92 33.09 33.53	12	Ludington High School-D3	2:09.22	2:07.31 q
5 Bradley, L 31.38 34.90 35.46 33.03	JR	Fremont Swimming-MI	2:17.31	2:14.77 q
6 Jones, G 35.86 35.47	JR	Fremont Swimming-MI	2:21.55	2:16.73 q
7 Forrester, O 31.50 36.20 38.83 37.94	11	Ludington High School-D3	2:39.20	2:24.47 q
8 Ryan, W 35.08 40.61 40.74 37.97	9	Ludington High School-D3	2:45.91	2:34.40 q
9 Manchip, C 35.69 40.57 41.44 37.00	FR	Fremont Swimming-MI	2:29.04	2:34.70 q
10 Cook, A 33.43 40.50 41.61 40.12	11	Manistee High School-D3	2:39.65	2:35.66 q

**Event 3 Boys 200 Yard IM**

Conference:	1:58.11	y	2023	M. Garcia	Fremont
Boys School:	2:03.25	y	2021	Z. Lee	MANST
Boys Pool:	1:58.43	y	2/25/2023	M. Garcia	FREB
	2:10.89	D3 D3 State Qualifying			

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final 1 Mendians, D 36.82 32.14	12	Manistee High School-D3	2:15.69	2:11.41	20

**HS Boys 2024 Coastal Conference - 2/23/2024 to 2/24/2024**

**Results**

**A - Final ... (Event 3 Boys 200 Yard IM)**

Name	Yr	School	Prelim Time	Finals Time	Points
2 Sniegowski, D	10	Ludington High School-D3	2:17.55	2:13.97	17
3 Content, S	SO	Fremont Swimming-MI	2:33.81	2:31.20	16
31.32 39.66 46.45 33.77					
4 Vronko, J	9	Ludington High School-D3	2:41.43	2:35.47	15
37.34 36.00 51.57 30.56					
5 Falbe, K	SO	Fremont Swimming-MI	2:35.58	2:36.19	14
33.92 40.70 47.24 34.33					
6 Carlsen, K	12	Ludington High School-D3	2:43.92	2:40.36	13
35.78 42.33 46.32 35.93					
7 Jorissen, N	9	Ludington High School-D3	3:05.36	3:01.52	12
48.02 38.44					
8 Mercer, C	SO	Fremont Swimming-MI	3:05.38	3:10.62	11
41.44 50.29 1:38.89					

**B - Final**

9 Sheldon, C	12	Ludington High School-D3	3:39.46	x3:45.62	
52.53 1:00.26 1:05.24 47.59					

**Event 3 Boys 200 Yard IM**

Conference:	1:58.11	y	2023	M. Garcia	Fremont
Boys School:	2:03.25	y	2021	Z. Lee	MANST
Boys Pool:	1:58.43	y	2/25/2023	M. Garcia	FREB
	2:10.89	D3	D3	State Qualifying	

Name	Yr	School	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Mendians, D	12	Manistee High School-D3	2:27.41	2:15.69	q
28.77 35.92 37.48 33.52					
2 Sniegowski, D	10	Ludington High School-D3	2:16.50	2:17.55	q
27.80 36.95 42.34 30.46					
3 Content, S	SO	Fremont Swimming-MI	2:46.48	2:33.81	q
31.11 42.38 46.68 33.64					
4 Falbe, K	SO	Fremont Swimming-MI	2:48.23	2:35.58	q
33.26 38.35 45.65 38.32					
5 Vronko, J	9	Ludington High School-D3	2:36.44	2:41.43	q
39.59 38.20 53.50 30.14					
6 Carlsen, K	12	Ludington High School-D3	2:53.47	2:43.92	q
35.81 43.85 47.80 36.46					
7 Jorissen, N	9	Ludington High School-D3	3:18.53	3:05.36	q
41.34 52.82 51.04 40.16					
8 Mercer, C	SO	Fremont Swimming-MI	3:03.46	3:05.38	q
37.68 49.21 55.77 42.72					
9 Sheldon, C	12	Ludington High School-D3	3:41.56	3:39.46	q
50.72 1:00.76 1:02.50 45.48					

**Event 4 Boys 50 Yard Freestyle**

Conference:	20.92	y	2/25/2023	A.Lampen	Manistee
Boys School:	20.79	y	2/25/2024	A. Lampen	MANST
Boys Pool:	20.92	y	2/25/2023	A. Lampen	MANST
	23.19	D3	D3	State Qualifying	

Name	Yr	School	Prelim Time	Finals Time	Points
<b>A - Final</b>					
1 Smith, G	11	Ludington High School-D3	23.58	23.44	20
2 Keson, T	12	Ludington High School-D3	23.50	23.47	17
3 Sparks, M	SO	Fremont Swimming-MI	24.01	23.60	16

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**Results**

**A - Final ... (Event 4 Boys 50 Yard Freestyle)**

Name	Yr	School	Prelim Time	Finals Time	Points
4 Holtgren, O	11	Manistee High School-D3	26.62	25.51	15
5 James, W	12	Ludington High School-D3	26.47	26.38	14
6 Ward, M		Fremont Swimming-MI	27.08	26.82	13
7 Delo, I	SO	Fremont Swimming-MI	27.28	27.65	12
8 Wang, V	12	Manistee High School-D3	28.12	27.97	11

**B - Final**

9 Erdman, E	11	Ludington High School-D3	28.97	28.89	9
10 Slovinski, E	SR	Fremont Swimming-MI	31.53	30.57	7
11 Clark, M	11	Ludington High School-D3	30.29	x30.67	
12 Miller, J	10	Manistee High School-D3	33.71	33.76	5
13 Dui, M	FR	Fremont Swimming-MI	35.03	x34.27	
14 Hill, L	12	Ludington High School-D3	34.06	x34.62	

**Event 4 Boys 50 Yard Freestyle**

Conference:	20.92	y	2/25/2023	A.Lampen	Manistee
Boys School:	20.79	y	2/25/2024	A. Lampen	MANST
Boys Pool:	20.92	y	2/25/2023	A. Lampen	MANST
	23.19	D3	D3	State Qualifying	

Name	Yr	School	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Keson, T	12	Ludington High School-D3	23.64	23.50	q
2 Smith, G	11	Ludington High School-D3	24.33	23.58	q
3 Sparks, M	SO	Fremont Swimming-MI	24.32	24.01	q
4 James, W	12	Ludington High School-D3	27.35	26.47	q
5 Holtgren, O	11	Manistee High School-D3	26.26	26.62	q
6 Ward, M		Fremont Swimming-MI	27.76	27.08	q
7 Delo, I	SO	Fremont Swimming-MI	27.69	27.28	q
8 Wang, V	12	Manistee High School-D3	28.60	28.12	q
9 Erdman, E	11	Ludington High School-D3	29.49	28.97	q
10 Clark, M	11	Ludington High School-D3	31.54	30.29	q
11 Slovinski, E	SR	Fremont Swimming-MI	31.45	31.53	q
12 Miller, J	10	Manistee High School-D3	36.91	33.71	q
13 Hill, L	12	Ludington High School-D3	34.13	34.06	q
14 Dui, M	FR	Fremont Swimming-MI	35.34	35.03	q

**Event 5 Boys 1 mtr Diving AM-8 PM-3**

Conference:	470.55	y	2017	A. Ernst	Ludington
Boys School:	486.70	y	2018	C. Kolk	MANST
Boys Pool:	486.70	y	2018	C. Kolk	MANST

Name	Yr	School	Finals Score	Points	
1 Lundberg, I	10	Ludington High School-D3	318.25	341.70	20
2 Sailor, G	10	Ludington High School-D3	248.45	283.05	17

**Event 6 Boys 100 Yard Butterfly**

Conference:	51.15	y	2004	D. Jones	Fremont
Boys School:	54.45	y	2012	D. Sheffield	MANST
Boys Pool:	51.46	y	2/25/2023	M. Garcia	FREB
	57.39	D3	D3	State Qualifying	

Name	Yr	School	Prelim Time	Finals Time	Points
<b>A - Final</b>					
1 Sniegowski, D	10	Ludington High School-D3	58.40	56.97	D3 20
			26.32	30.65	

**HS Boys 2024 Coastal Conference - 2/23/2024 to 2/24/2024**

**Results**

**A - Final ... (Event 6 Boys 100 Yard Butterfly)**

Name	Yr	School	Prelim Time	Finals Time	Points
2 Keson, T	12	Ludington High School-D3	1:08.80	1:02.26	17
3 Content, S	SO	Fremont Swimming-MI	1:04.59	1:03.74	16
29.89 33.85					
4 Anderson, C	11	Ludington High School-D3	1:33.11	1:26.53	15
37.14 49.39					
5 Lee, J	10	Manistee High School-D3	1:56.26	1:57.03	14
48.30 1:08.73					

**Event 6 Boys 100 Yard Butterfly**

<b>Conference:</b>	<b>51.15 y 2004</b>	<b>D. Jones</b>	<b>Fremont</b>
<b>Boys School:</b>	<b>54.45 y 2012</b>	<b>D. Sheffield</b>	<b>MANST</b>
<b>Boys Pool:</b>	<b>51.46 y 2/25/2023</b>	<b>M. Garcia</b>	<b>FREB</b>
	<b>57.39 D3 D3 State Qualifying</b>		

Name	Yr	School	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Sniegowski, D	10	Ludington High School-D3	58.50	58.40	q
27.66 30.74					
2 Content, S	SO	Fremont Swimming-MI	1:07.47	1:04.59	q
29.94 34.65					
3 Keson, T	12	Ludington High School-D3	1:08.13	1:08.80	q
31.80 37.00					
4 Anderson, C	11	Ludington High School-D3	1:24.31	1:33.11	q
39.73 53.38					
5 Lee, J	10	Manistee High School-D3	1:50.00	1:56.26	q
49.63 1:06.63					

**Event 7 Boys 100 Yard Freestyle**

<b>Conference:</b>	<b>47.43 y 2004</b>	<b>B. Jones</b>	<b>Fremont</b>
<b>Boys School:</b>	<b>49.34 y 2019</b>	<b>C. Schmutzler</b>	<b>MANST</b>
<b>Boys Pool:</b>	<b>49.12 y 2012</b>	<b>N. Zacek</b>	<b>SP LK</b>
	<b>51.09 D3 D3 State Qualifying</b>		

Name	Yr	School	Prelim Time	Finals Time	Points
<b>A - Final</b>					
1 Vaara, R	12	Ludington High School-D3	51.87	50.56 D3	20
24.87 25.69					
2 Smith, G	11	Ludington High School-D3	53.59	53.77	17
25.92 27.85					
3 Bradley, L	JR	Fremont Swimming-MI	57.92	54.49	16
26.76 27.73					
4 Holtgren, O	11	Manistee High School-D3	57.60	55.34	15
5 Vandenberg, J		Fremont Swimming-MI	1:00.53	59.45	14
28.46 30.99					
6 James, W	12	Ludington High School-D3	1:01.00	1:00.15	13
29.07 31.08					
7 Wang, V	12	Manistee High School-D3	1:03.68	1:01.41	12
29.31 32.10					
8 Erdman, E	11	Ludington High School-D3	1:08.56	1:09.09	11
32.45 36.64					
<b>B - Final</b>					
9 Heintzelman, O	10	Manistee High School-D3	1:10.80	1:08.02	9
31.45 36.57					
10 Slovinski, E	SR	Fremont Swimming-MI	1:10.98	1:11.27	7
32.24 39.03					

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Results

B - Final ... (Event 7 Boys 100 Yard Freestyle)

Name	Yr	School	Prelim Time	Finals Time	Points
11 Naerbout, C		Fremont Swimming-MI	1:17.14	1:13.97	6
12 Sheldon, C	12	Ludington High School-D3	1:18.43	x1:17.99	
36.50 41.49					
13 Dui, M	FR	Fremont Swimming-MI	1:24.24	x1:24.29	
37.36 46.93					
--- Hill, L	12	Ludington High School-D3	1:24.61	X1:20.89	

Event 7 Boys 100 Yard Freestyle

Conference:	47.43	y	2004	B. Jones	Fremont
Boys School:	49.34	y	2019	C. Schmutzler	MANST
Boys Pool:	49.12	y	2012	N. Zacek	SP LK
	51.09	D3 D3 State Qualifying			

Name	Yr	School	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Vaara, R	12	Ludington High School-D3	50.63	51.87	q
2 Smith, G	11	Ludington High School-D3	55.17	53.59	q
25.76 27.83					
3 Holtgren, O	11	Manistee High School-D3	57.36	57.60	q
27.49 30.11					
4 Bradley, L	JR	Fremont Swimming-MI	58.39	57.92	q
28.05 29.87					
5 Vandenberg, J		Fremont Swimming-MI	1:02.06	1:00.53	q
29.25 31.28					
6 James, W	12	Ludington High School-D3	1:04.17	1:01.00	q
29.40 31.60					
7 Wang, V	12	Manistee High School-D3	1:03.11	1:03.68	q
30.69 32.99					
8 Erdman, E	11	Ludington High School-D3	1:08.50	1:08.56	q
32.02 36.54					
9 Heintzleman, O	10	Manistee High School-D3	1:12.33	1:10.80	q
33.10 37.70					
10 Slovinski, E	SR	Fremont Swimming-MI	1:16.44	1:10.98	q
11 Naerbout, C		Fremont Swimming-MI	1:16.13	1:17.14	q
35.42 41.72					
12 Sheldon, C	12	Ludington High School-D3	1:20.79	1:18.43	q
13 Dui, M	FR	Fremont Swimming-MI	1:24.52	1:24.24	q
14 Hill, L	12	Ludington High School-D3	1:19.99	1:24.61	q

Event 8 Boys 500 Yard Freestyle

Conference:	4:52.14	y	2004	N. Zacek	Spring Lake
Boys School:	4:54.86	y	2015	Z. Reau	MANST
Boys Pool:	4:59.32	y	2021	B. Sullivan	MANST
	5:14.59	D3 D3 State Qualifying			

Name	Yr	School	Prelim Time	Finals Time	Points
<b>A - Final</b>					
1 Gouker, A	11	Manistee High School-D3	5:39.72	5:29.98	20
27.88 30.49 32.09 32.99 34.22 34.79 34.89			34.57		
34.59 33.47					
2 Heinrich, R	12	Ludington High School-D3	5:55.34	5:47.61	17
31.81 34.41 35.07 35.41 35.74 35.65 35.66			35.73		
34.87 33.26					
3 Jones, G	JR	Fremont Swimming-MI	6:17.56	6:17.94	16
39.55 40.03 38.23 39.02			1:55.12		

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**Results**

**A - Final ... (Event 8 Boys 500 Yard Freestyle)**

Name	Yr	School	Prelim Time	Finals Time	Points
4 Christoffersen, E	FR	Fremont Swimming-MI	6:47.46	6:37.72	15
33.73 38.75 41.57	42.15 42.76 42.15	40.56	1:56.05		
5 Cook, A	11	Manistee High School-D3	6:55.75	6:38.41	14
33.12 39.39 40.05	40.87 41.10 41.44	41.01	41.99		
41.21 38.23					
6 Ryan, W	9	Ludington High School-D3	8:07.07	7:03.45	13
36.00 40.75 43.55	42.90 43.72 43.62	45.63	43.79		
43.95 39.54					
7 Taranko, B	11	Ludington High School-D3	7:26.85	7:06.31	12
36.25 41.87 43.56	44.10 44.52 44.80	44.16	44.74		
43.68 38.63					
8 Clark, M	11	Ludington High School-D3	7:58.57	7:30.52	11
35.35 39.84 42.76	45.49 47.77 47.40	47.93	49.69		
48.73 45.56					

**Event 8 Boys 500 Yard Freestyle**

Conference: 4:52.14 y 2004 N. Zacek Spring Lake  
 Boys School: 4:54.86 y 2015 Z. Reau MANST  
 Boys Pool: 4:59.32 y 2021 B. Sullivan MANST  
 5:14.59 D3 D3 State Qualifying

Name	Yr	School	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Gouker, A	11	Manistee High School-D3	5:25.81	5:39.72 q
2 Heinrich, R	12	Ludington High School-D3	5:54.58	5:55.34 q
31.55 34.33 35.51	36.56 36.63 36.52	37.22	35.95	
36.00 35.07				
3 Jones, G	JR	Fremont Swimming-MI	6:30.60	6:17.56 q
33.19 39.10	39.51 38.10	38.55		
38.56 35.53				
4 Christoffersen, E	FR	Fremont Swimming-MI	6:59.56	6:47.46 q
		3:25.45		
5 Cook, A	11	Manistee High School-D3	7:01.21	6:55.75 q
34.99 41.82 41.68	42.91 42.75 42.69	43.67	42.82	
42.40 40.02				
6 Taranko, B	11	Ludington High School-D3	7:35.81	7:26.85 q
	47.04	46.75 46.82 46.48	46.17	45.04
43.52 40.13				
7 Clark, M	11	Ludington High School-D3	7:59.08	7:58.57 q
8 Ryan, W	9	Ludington High School-D3	7:59.70	8:07.07 q

**Event 9 Mixed 200 Yard Freestyle Relay**

Team	Relay	Prelim Time	Finals Time	Points
<b>A - Final</b>				
1 Ludington High School-D3	A	1:34.69	1:33.47	40
1) Keson, T M12	2) Smith, G M11	3) Sniegowski, D M10	4) Vaara, R M12	
23.19 23.23 24.06	22.99			
2 Manistee High School-D3	A	1:40.27	1:37.22	34
1) Lampen, A M12	2) Holtgren, O M11	3) Wang, V M12	4) Mendians, D M12	
3 Fremont Swimming-MI	A	1:43.07	1:43.15	32
1) Sparks, M MSO	2) Delo, I MSO	3) Falbe, K MSO	4) Bradley, L MJR	
23.90	24.49			

HS Boys 2024 Coastal Conference - 2/23/2024 to 2/24/2024

Results

B - Final ... (Event 9 Mixed 200 Yard Freestyle Relay)

Team	Relay	Prelim Time	Finals Time	Points
--- Ludington High School-D3	B	1:53.96	X1:52.71	
1) Sailor, G M10	2) Heinrich, R M12	3) Taranko, B M11	4) Erdman, E M11	
24.80 27.74 30.93	29.24			
--- Fremont Swimming-MI	B	2:03.40	X2:01.82	
1) Mercer, C MSO	2) Slovinski, E MSR	3) Manchip, C MFR	4) Naerbout, C M	
28.07 31.22 32.44	30.09			
--- Manistee High School-D3	B	2:14.95	X2:11.94	
1) Heintzelman, O M10	2) Lee, J M10	3) Miller, J M10	4) Cook, A M11	
30.41 35.40 36.02	30.11			
--- Ludington High School-D3	C	2:16.36	X2:12.88	
1) Sheldon, C M12	2) Ryan, W M9	3) Hill, L M12	4) Clark, M M11	
34.45 29.30 37.35	31.78			

Event 9 Mixed 200 Yard Freestyle Relay

Team	Relay	Seed Time	Prelim Time
<b>Preliminaries</b>			
1 Ludington High School-D3	A	1:34.54	1:34.69 q
1) Keson, T M12	2) Smith, G M11	3) Sniegowski, D M10	4) Vaara, R M12
2 Manistee High School-D3	A	1:40.00	1:40.27 q
1) Lampen, A M12	2) Holtgren, O M11	3) Wang, V M12	4) Mendians, D M12
22.19 26.12 27.09	24.87		
3 Fremont Swimming-MI	A	1:41.42	1:43.07 q
1) Sparks, M MSO	2) Delo, I MSO	3) Falbe, K MSO	4) Bradley, L MJR
23.90 27.61 26.77	24.79		
4 Ludington High School-D3	B	1:53.76	1:53.96 q
1) Sailor, G M10	2) Heinrich, R M12	3) Taranko, B M11	4) Erdman, E M11
25.55 28.10 30.52	29.79		
5 Fremont Swimming-MI	B	2:03.37	2:03.40 q
1) Mercer, C MSO	2) Slovinski, E MSR	3) Manchip, C MFR	4) Naerbout, C M
28.77 31.46 31.26	31.91		
6 Manistee High School-D3	B	2:14.00	2:14.95 q
1) Heintzelman, O M10	2) Lee, J M10	3) Miller, J M10	4) Cook, A M11
7 Ludington High School-D3	C	2:10.38	2:16.36 q
1) Sheldon, C M12	2) Ryan, W M9	3) Hill, L M12	4) Clark, M M11
35.05 28.74 40.39	32.18		

Event 10 Boys 100 Yard Backstroke

<b>Conference:</b>	51.71	y	2/25/2023	A. Lampen	Manistee
<b>Boys School:</b>	50.30	y	2/10/2024	A. Lampen	MANST
<b>Boys Pool:</b>	51.71	y	2/25/2023	A. Lampen	MANST
	59.39	D3	D3	State Qualifying	

Name	Yr	School	Prelim Time	Finals Time	Points
<b>A - Final</b>					
1 Lampen, A	12	Manistee High School-D3	53.55	50.60 y D3	20
24.90 25.70					
2 Vronko, J	9	Ludington High School-D3	1:03.04	59.51	17
29.21 30.30					
3 Ward, M		Fremont Swimming-MI	1:17.31	1:12.52	16
36.12 36.40					
4 Vandenberg, J		Fremont Swimming-MI	1:12.45	1:12.80	15
5 Sailor, G	10	Ludington High School-D3	1:18.32	1:16.78	14
36.78 40.00					



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Results

A - Final ... (Event 10 Boys 100 Yard Backstroke)

Name	Yr	School	Prelim Time	Finals Time	Points
6 Forrester, O 37.62 40.02	11	Ludington High School-D3	1:23.43	1:17.64	13
7 Manchip, C 43.75 45.16	FR	Fremont Swimming-MI	1:30.92	1:28.91	12
8 Taranko, B 44.99 46.05	11	Ludington High School-D3	1:29.00	1:31.04	11

B - Final

9 Lee, J	10	Manistee High School-D3	1:50.44	1:43.90	9
10 Miller, J 54.18 1:05.16	10	Manistee High School-D3	1:57.79	1:59.34	7

Event 10 Boys 100 Yard Backstroke

Conference:	51.71	y	2/25/2023	A. Lampen	Manistee
Boys School:	50.30	y	2/10/2024	A. Lampen	MANST
Boys Pool:	51.71	y	2/25/2023	A. Lampen	MANST
	59.39	D3 D3 State Qualifying			

Name	Yr	School	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Lampen, A 25.66 27.89	12	Manistee High School-D3	50.30	53.55	qD3
2 Vronko, J	9	Ludington High School-D3	1:02.65	1:03.04	q
3 Vandenberg, J 34.85 37.60		Fremont Swimming-MI	1:12.84	1:12.45	q
4 Ward, M 37.32 39.99		Fremont Swimming-MI	1:17.66	1:17.31	q
5 Sailor, G 37.70 40.62	10	Ludington High School-D3	1:16.82	1:18.32	q
6 Forrester, O	11	Ludington High School-D3	1:20.87	1:23.43	q
7 Taranko, B 43.65 45.35	11	Ludington High School-D3	1:29.25	1:29.00	q
8 Manchip, C	FR	Fremont Swimming-MI	1:29.77	1:30.92	q
9 Lee, J	10	Manistee High School-D3	1:49.57	1:50.44	q
10 Miller, J	10	Manistee High School-D3	1:55.00	1:57.79	q

Event 11 Boys 100 Yard Breaststroke

Conference:	1:01.45	y	2/25/2023	D. Mendians	Manistee
Boys School:	1:01.43	y	2021	Z.Lee	MANST
Boys Pool:	1:01.45	y	2/25/2023	D. Mendians	MANST
	1:05.89	D3 D3 State Qualifying			

Name	Yr	School	Prelim Time	Finals Time	Points
<b>A - Final</b>					
1 Mendians, D 29.55 34.11	12	Manistee High School-D3	1:06.73	1:03.66	D3 20
2 Lundberg, I 32.10 38.34	10	Ludington High School-D3	1:11.77	1:10.44	17
3 Falbe, K 33.98 40.20	SO	Fremont Swimming-MI	1:16.05	1:14.18	16
4 Christoffersen, E 36.89 41.54	FR	Fremont Swimming-MI	1:18.79	1:18.43	15
5 Carlsen, K 38.59 42.93	12	Ludington High School-D3	1:24.93	1:21.52	14
6 Jorissen, N 39.89 46.03	9	Ludington High School-D3	1:31.10	1:25.92	13

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Results

A - Final ... (Event 11 Boys 100 Yard Breaststroke)

Name	Yr	School	Prelim Time	Finals Time	Points
7 Anderson, C 41.14 46.01	11	Ludington High School-D3	1:35.53	1:27.15	12
8 Heintzelman, O 43.26 54.30	10	Manistee High School-D3	1:34.28	1:37.56	11

Event 11 Boys 100 Yard Breaststroke

Conference: 1:01.45 y 2/25/2023 D. Mendians Manistee  
 Boys School: 1:01.43 y 2021 Z.Lee MANST  
 Boys Pool: 1:01.45 y 2/25/2023 D. Mendians MANST  
 1:05.89 D3 D3 State Qualifying

Name	Yr	School	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Mendians, D 30.73 36.00	12	Manistee High School-D3	1:02.00	1:06.73 q
2 Lundberg, I 33.08 38.69	10	Ludington High School-D3	1:13.67	1:11.77 q
3 Falbe, K 34.30 41.75	SO	Fremont Swimming-MI	1:17.73	1:16.05 q
4 Christoffersen, E 37.04 41.75	FR	Fremont Swimming-MI	1:20.93	1:18.79 q
5 Carlsen, K 40.20 44.73	12	Ludington High School-D3	1:26.36	1:24.93 q
6 Jorissen, N 42.04 49.06	9	Ludington High School-D3	1:24.98	1:31.10 q
7 Heintzelman, O	10	Manistee High School-D3	1:42.40	1:34.28 q
8 Anderson, C	11	Ludington High School-D3	1:28.10	1:35.53 q

Event 12 Mixed 400 Yard Freestyle Relay

Team	Relay	Prelim Time	Finals Time	Points
<b>A - Final</b>				
1 Ludington High School-D3 1) Keson, T M12 24.41 50.67 25.68	A 2) Smith, G M11 54.28 26.05 53.96	3:30.78 24.30 50.69	3:29.60 4) Vaara, R M12	40
2 Fremont Swimming-MI 1) Bradley, L MJR	A 2) Vandenberg, J M	3:52.91	3:42.63 4) Sparks, M MSO	34
3 Manistee High School-D3 1) Wang, V M12 29.86 1:02.93 27.37	A 2) Gouker, A M11 57.00 32.89 1:10.16	4:33.65 36.61 1:20.49	4:30.58 4) Heintzelman, O M10	32
<b>B - Final</b>				
--- Ludington High School-D3 1) Heinrich, R M12 28.84 1:00.00 33.23	B 2) Forrester, O M11 1:08.32 26.17 56.20	4:15.06 27.65 58.76	X4:03.28 4) Vronko, J M9	
--- Fremont Swimming-MI 1) Ward, M M 29.72 1:01.95 32.55	B 2) Mercer, C MSO 1:07.80 27.74 1:00.09	4:12.37 29.27 1:03.36	X4:13.20 4) Delo, I MSO	
--- Ludington High School-D3 1) Clark, M M11 36.64 1:14.87 31.15	C 2) Carlsen, K M12 1:06.68 33.19 1:11.88	4:41.25 34.65 1:13.12	X4:46.55 4) Jorissen, N M9	
--- Fremont Swimming-MI 1) Manchip, C MFR 37.86 1:16.22 37.92	C 2) Dui, M MFR 1:24.27 35.43 1:13.60	5:11.90 35.94 1:13.79	X5:07.88 4) Slovinski, E MSR	

**HS Boys 2024 Coastal Conference - 2/23/2024 to 2/24/2024**

**Results**

**Event 12 Mixed 400 Yard Freestyle Relay**

Team	Relay	Seed Time	Prelim Time
<b>Preliminaries</b>			
1 Ludington High School-D3	A	3:35.01	3:30.78 q
1) Keson, T M12	2) Smith, G M11	3) Sniegowski, D M10	4) Vaara, R M12
25.15 52.07 25.80	54.17 54.44		
2 Fremont Swimming-MI	A	3:43.45	3:52.91 q
1) Bradley, L MJR	2) Jones, G MJR	3) Content, S MSO	4) Sparks, M MSO
27.72 57.55 29.17	1:02.03 27.55 58.44	26.59 54.89	
3 Fremont Swimming-MI	B	4:17.32	4:12.37 q
1) Ward, M M	2) Mercer, C MSO	3) Vandenberg, J M	4) Delo, I MSO
31.22 1:04.84 31.56	1:07.37 27.75 57.28	29.40 1:02.88	
4 Ludington High School-D3	B	4:05.58	4:15.06 q
1) Heinrich, R M12	2) Forrester, O M11	3) Lundberg, I M10	4) Vronko, J M9
30.74	56.93		
5 Manistee High School-D3	A	4:26.66	4:33.65 q
1) Wang, V M12	2) Gouker, A M11	3) Cook, A M11	4) Heintzelman, O M10
30.30 1:03.79 29.33	1:01.07 33.03 1:11.76	34.97 1:17.03	
6 Ludington High School-D3	C	4:42.38	4:41.25 q
1) Clark, M M11	2) Carlsen, K M12	3) Anderson, C M11	4) Jorissen, N M9
34.50 1:11.80 30.85			
7 Fremont Swimming-MI	C	4:51.13	5:11.90 q
1) Manchip, C MFR	2) Dui, M MFR	3) Naerbout, C M	4) Slovinski, E MSR

**Scores - Men**

Men - Team Rankings - Through Event 12

1. Ludington High School	474	2. Fremont Swimming	292
3. Manistee High School	247		