

2022 Girls Coastal Conference - 11/4/2022 to 11/5/2022

Results - 2022 Girls Coastal Conference Prelims

Event 1 Girls 200 Yard Medley Relay

D1 MHSAA: 1:53.99 y 2022

D3 MHSAA: 1:59.19 y 2022

Pool Records: 1:51.84 y 2015

Spring Lake HS

SPLK

M.Peel, J.Meulenbelt, A.Brechtling, S.Mumby

Team	Relay	Seed Time	Prelim Time
Preliminaries			
1 Traverse City West High School-E	A	1:55.13	1:55.72 q
1) Bills, Avery 12	2) Glenn, Lila 09	3) Crosby, Cam 12	4) Cabbage, Ella 10
29.39	1:00.67 (31.28)	1:29.18 (28.51)	1:55.72 (26.54)
2 Ludington High School Girls	A	2:01.73	2:00.17 q
1) Bearup, Madison 09	2) Hatch, Erika 12	3) Mahler, Cora 10	4) Willis, Reese 10
30.92	1:06.05 (35.13)	1:34.05 (28.00)	2:00.17 (26.12)
3 Cadillac Vikings-MI	A	2:01.92	2:11.07 q
1) Boland, Ella 11	2) Graham, Katie 12	3) Leesch, Brie 12	4) Balcom, Stella 12
32.16	1:14.21 (42.05)	1:43.44 (29.23)	2:11.07 (27.63)
4 Manistee High School Swimming-	A	2:40.00	2:35.65 q
1) Jensen, Graeleigh 09	2) Ferraro, Francesca 12	3) Arendt, Annika 11	4) Parantainen, Pilvi 12
45.11	1:28.18 (43.07)	2:02.84 (34.66)	2:35.65 (32.81)
5 Fremont Girl Varsity-MI	A	2:16.43	2:38.46 q
1) VandenBerg, Ella JR	2) Lammers, Kate JR	3) Delo, Ivy JR	4) Flores, Kaiya SR
45.61	1:27.72 (42.11)	2:04.81 (37.09)	2:38.46 (33.65)
--- Ludington High School Girls	B	2:31.94	2:23.62
1) Pansang-Rangel, Ayiana 11	2) Hatch, Kylie 10	3) Carlson, Ava 09	4) Carlson, Kaitlin 12
35.82	1:15.77 (39.95)	1:54.04 (38.27)	2:23.62 (29.58)
--- Cadillac Vikings-MI	B	NT	2:44.90
1) Allen, Lily	2) Tomaski, Alissa 09	3) Heuker, Avere 11	4) Jensen, Andrea
45.80	1:34.44 (48.64)	2:11.33 (36.89)	2:44.90 (33.57)
--- Ludington High School Girls	C	2:52.77	2:48.05
1) Autrey, Maggie 10	2) Sova, Carley 09	3) Gronstal, Katie 09	4) Reed, Maddie 11
39.83	1:27.08 (47.25)	2:17.09 (50.01)	2:48.05 (30.96)
--- Cadillac Vikings-MI	C	NT	3:27.01
1) Somerville, Olivia 09	2) Rodebaugh, Mary-Clare 10	3) Sprik, Jordan 10	4) Amy, Lexi
1:16.65	2:02.09 (45.44)	2:46.47 (44.38)	3:27.01 (40.54)
--- Traverse City West High School-E	B	2:17.70	X2:49.08
1) Webb, Adelina 10	2) Sessions, Kennedy 9	3) Irish, Cadence 09	4) Byland, Mariah 9
55.67	1:35.22 (39.55)	2:12.68 (37.46)	2:49.08 (36.40)

Event 2 Girls 200 Yard Freestyle

D1 MHSAA: 1:58.99 y 2022

D3 MHSAA: 2:05.19 y 2022

Pool Records: 1:55.02 y 2017

J. Brunner

TC

Name	Yr	School	Seed Time	Prelim Time
Preliminaries				
1 Cabbage, Ella	10	Traverse City West High School-D1	2:05.84	2:05.24 q
28.95	1:01.08 (32.13)	1:33.33 (32.25)	2:05.24 (31.91)	
2 Johnson, Lauren	09	Traverse City West High School-D1	2:10.59	2:06.74 q
28.66	1:00.12 (31.46)	1:33.23 (33.11)	2:06.74 (33.51)	
3 Mahler, Cora	10	Ludington High School Girls	2:05.00	2:07.71 q
29.10	1:02.21 (33.11)	1:35.50 (33.29)	2:07.71 (32.21)	
4 Lantz, Hannah	10	Traverse City West High School-D1	2:14.20	2:11.89 q
30.07	1:02.68 (32.61)	1:37.06 (34.38)	2:11.89 (34.83)	
5 Eix, Laura	11	Manistee High School Swimming-D3	2:16.68	2:15.91 q
29.56	1:03.72 (34.16)	1:40.64 (36.92)	2:15.91 (35.27)	

2022 Girls Coastal Conference - 11/4/2022 to 11/5/2022

Results - 2022 Girls Coastal Conference Prelims

Preliminaries ... (Event 2 Girls 200 Yard Freestyle)

Name	Yr	School	Seed Time	Prelim Time	
6 DeWeerd, Madi	SR	Fremont Girl Varsity-MI	2:17.32	2:17.92	q
31.04	1:04.83 (33.79)	1:41.03 (36.20)	2:17.92 (36.89)		
7 Higley, Grace	11	Ludington High School Girls	2:19.14	2:20.07	q
30.36	1:05.13 (34.77)	1:42.71 (37.58)	2:20.07 (37.36)		
8 Naperala, Amelia	12	Traverse City West High School-D1	2:24.03	2:20.53	q
31.59	1:07.22 (35.63)	1:44.00 (36.78)	2:20.53 (36.53)		
9 Jensen, Tatum	12	Manistee High School Swimming-D3	2:28.00	2:21.08	q
31.10	1:06.22 (35.12)	1:43.21 (36.99)	2:21.08 (37.87)		
10 Hartman, Reese	09	Traverse City West High School-D1	2:26.75	2:25.39	q
32.13	1:09.02 (36.89)	1:47.61 (38.59)	2:25.39 (37.78)		
11 Reid, Marina	11	Manistee High School Swimming-D3	2:35.00	2:27.42	q
31.45	1:07.18 (35.73)	1:46.80 (39.62)	2:27.42 (40.62)		
12 Carlson, Kaitlin	12	Ludington High School Girls	2:34.84	2:30.51	q
33.62	1:11.41 (37.79)	1:51.13 (39.72)	2:30.51 (39.38)		
13 Booher, Kenna	12	Cadillac Vikings-MI	2:38.10	2:39.02	q
35.84	1:16.93 (41.09)	1:59.20 (42.27)	2:39.02 (39.82)		
14 Seelye, Morgan	11	Cadillac Vikings-MI	2:40.37	2:44.17	q
37.43	1:19.40 (41.97)	2:02.75 (43.35)	2:44.17 (41.42)		
15 Lammers, Kate	JR	Fremont Girl Varsity-MI	2:55.49	2:55.06	q
39.51	1:25.05 (45.54)	2:12.16 (47.11)	2:55.06 (42.90)		
16 Tomaski, Alissa	09	Cadillac Vikings-MI	3:02.47	3:00.21	q
		2:17.12 ()	3:00.21 (43.09)		
17 Jensen, Andrea		Cadillac Vikings-MI	2:59.44	3:00.48	
36.43	1:19.98 (43.55)	2:08.63 (48.65)	3:00.48 (51.85)		
18 Penney, Madison	12	Cadillac Vikings-MI	3:04.06	3:06.11	
40.47	1:29.71 (49.24)	2:19.41 (49.70)	3:06.11 (46.70)		
19 Vivenzi, Sophia	12	Ludington High School Girls	3:41.72	3:12.97	
41.73	1:30.88 (49.15)	2:22.85 (51.97)	3:12.97 (50.12)		

Event 3 Girls 200 Yard IM

D1 MHSAA: 2:15.49 y 2022

D3 MHSAA: 2:22.89 y 2022

Pool Records: 2:18.29 y 2013

J. Meulenbelt

SPLK

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Bills, Avery	12	Traverse City West High School-D1	2:15.57	2:19.20	q
29.98	1:04.83 (34.85)	1:46.64 (41.81)	2:19.20 (32.56)		
2 Bearup, Madison	09	Ludington High School Girls	2:22.65	2:23.40	q
32.58	1:09.38 (36.80)	1:50.19 (40.81)	2:23.40 (33.21)		
3 Adams, Kira	10	Traverse City West High School-D1	2:23.58	2:24.44	q
32.39	1:08.02 (35.63)	1:49.85 (41.83)	2:24.44 (34.59)		
4 Hatch, Erika	12	Ludington High School Girls	2:31.68	2:35.09	q
32.25	1:12.89 (40.64)	1:57.66 (44.77)	2:35.09 (37.43)		
5 Leesch, Brie	12	Cadillac Vikings-MI	2:35.27	2:37.01	q
30.89	1:09.82 (38.93)	2:00.32 (50.50)	2:37.01 (36.69)		
6 Houghton, Abigail	09	Traverse City West High School-D1	2:44.17	2:42.00	q
35.22	1:19.02 (43.80)	2:06.99 (47.97)	2:42.00 (35.01)		
7 Macnowski, Kayla	10	Traverse City West High School-D1	2:42.73	2:42.85	q
33.21	1:17.10 (43.89)	2:08.52 (51.42)	2:42.85 (34.33)		
8 Heuker, Avere	11	Cadillac Vikings-MI	2:58.12	2:56.96	q
39.25	1:25.29 (46.04)	2:17.66 (52.37)	2:56.96 (39.30)		

2022 Girls Coastal Conference - 11/4/2022 to 11/5/2022

Results - 2022 Girls Coastal Conference Prelims

Preliminaries ... (Event 3 Girls 200 Yard IM)

Name	Yr	School	Seed Time	Prelim Time	
9 Reed, Maddie	11	Ludington High School Girls	3:06.73	3:12.33	q
41.64	1:32.99 (51.35)	2:29.54 (56.55)	3:12.33 (42.79)		
10 Sova, Carley	09	Ludington High School Girls	3:15.76	3:15.11	q
1:41.40	2:32.54 (51.14)	3:15.11 (42.57)			
--- Irish, Cadence	09	Traverse City West High School-D1	2:59.49	X3:00.51	
39.87	1:26.90 (47.03)	2:22.68 (55.78)	3:00.51 (37.83)		

Event 4 Girls 50 Yard Freestyle

D1 MHSAA: 25.19 y 2022

D3 MHSAA: 25.89 y 2022

Pool Records: 24.69 y 2021

Lauren Mendians

MHS

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Mezeske, Lauren	12	Manistee High School Swimming-D3	26.90	26.27	q
2 Crosby, Cam	12	Traverse City West High School-D1	26.72	26.37	q
3 Balcom, Stella	12	Cadillac Vikings-MI	27.17	26.56	q
4 Willis, Reese	10	Ludington High School Girls	26.78	26.71	q
5 Schillinger, Paige	09	Traverse City West High School-D1	28.77	27.63	q
6 Delo, Ivy	JR	Fremont Girl Varsity-MI	28.00	28.44	q
7 Pansang-Rangel, Ayiana	11	Ludington High School Girls	29.25	29.45	q
8 Bruce, Macaela	09	Manistee High School Swimming-D3	31.22	29.99	q
9 Arendt, Annika	11	Manistee High School Swimming-D3	32.00	30.53	q
10 Carlson, Ava	09	Ludington High School Girls	32.33	30.89	q
11 Graham, Katie	12	Cadillac Vikings-MI	30.72	30.97	q
12 Heuker, Avere	11	Cadillac Vikings-MI	34.13	31.22	q
13 Rodebaugh, Mary-Clare	10	Cadillac Vikings-MI	31.31	31.28	q
14 Neuhardt, Ella	11	Traverse City West High School-D1	32.93	32.28	q
15 Allen, Lily		Cadillac Vikings-MI	36.29	32.61	q
16 Jensen, Graeleigh	09	Manistee High School Swimming-D3	33.47	32.91	q
17 Flores, Kaiya	SR	Fremont Girl Varsity-MI	32.34	32.96	
18 Autrey, Maggie	10	Ludington High School Girls	34.82	33.06	
19 Holt, Reese	11	Cadillac Vikings-MI	35.73	33.46	
20 Parantainen, Pilvi	12	Manistee High School Swimming-D3	35.11	33.87	
21 Ferraro, Francesca	12	Manistee High School Swimming-D3	36.44	34.56	
22 Sprik, Jordan	10	Cadillac Vikings-MI	36.42	34.61	
23 Wilson, Petra	11	Traverse City West High School-D1	35.98	34.65	
24 Crestan, Anna	SR	Fremont Girl Varsity-MI	38.31	36.79	
25 Kearns, Lauren	09	Cadillac Vikings-MI	42.41	40.71	
26 Devereaux, Jazmin	12	Cadillac Vikings-MI	39.61	40.94	
27 Eppard, Natalie	10	Cadillac Vikings-MI	41.00	41.92	
--- Brammer, Emma	10	Traverse City West High School-D1	33.29	X32.20	
--- Byland, Mariah	9	Traverse City West High School-D1	33.37	X34.28	
--- Mahr, Lea		Cadillac Vikings-MI	35.70	X38.42	
--- Webb, Adelina	10	Traverse City West High School-D1	43.97	X41.33	
--- Amy, Lexi		Cadillac Vikings-MI	40.19	X41.82	
--- Somerville, Olivia	09	Cadillac Vikings-MI	56.34	X55.61	

2022 Girls Coastal Conference - 11/4/2022 to 11/5/2022

Results - 2022 Girls Coastal Conference Prelims

Event 6 Girls 100 Yard Butterfly

D1 MHSAA: 1:00.39 y 2022

D3 MHSAA: 1:03.99 y 2022

Pool Records: 57.30 y 2017

J. Brunner

TC

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Crosby, Cam	12	Traverse City West High School-D1	1:05.91	1:04.14	q
28.99				1:04.14 (35.15)	
2 Mahler, Cora	10	Ludington High School Girls	1:03.43	1:04.68	q
30.39				1:04.68 (34.29)	
3 Leesch, Brie	12	Cadillac Vikings-MI	1:03.28	1:05.45	q
30.48				1:05.45 (34.97)	
4 Macnowski, Kayla	10	Traverse City West High School-D1	1:08.35	1:10.79	q
34.06				1:10.79 (36.73)	
5 Houghton, Abigail	09	Traverse City West High School-D1	1:20.46	1:18.42	q
36.32				1:18.42 (42.10)	
6 Reed, Maddie	11	Ludington High School Girls	1:32.39	1:28.50	q
40.76				1:28.50 (47.74)	
7 Carlson, Ava	09	Ludington High School Girls	1:39.22	1:35.29	q
42.48				1:35.29 (52.81)	
8 Irish, Cadence	09	Traverse City West High School-D1	1:30.04	1:36.33	q
40.62				1:36.33 (55.71)	
9 Gronstal, Katie	09	Ludington High School Girls	1:54.95	1:55.76	q
51.67				1:55.76 (1:04.09)	
--- Byrne, Molly	11	Traverse City West High School-D1	1:53.24	X1:53.92	
52.50				1:53.92 (1:01.42)	

Event 7 Girls 100 Yard Freestyle

D1 MHSAA: 54.59 y 2022

D3 MHSAA: 56.89 y 2022

Pool Records: 53.88 y 2015

A. Kutschke

MHS

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Cabbage, Ella	10	Traverse City West High School-D1	56.90	57.63	q
27.93				57.63 (29.70)	
2 Mezeske, Lauren	12	Manistee High School Swimming-D3	1:00.20	57.67	q
27.40				57.67 (30.27)	
3 Johnson, Lauren	09	Traverse City West High School-D1	1:02.21	59.16	q
28.44				59.16 (30.72)	
4 Willis, Reese	10	Ludington High School Girls	59.61	59.30	q
28.37				59.30 (30.93)	
5 Eix, Laura	11	Manistee High School Swimming-D3	1:03.37	1:00.84	q
28.76				1:00.84 (32.08)	
6 Balcom, Stella	12	Cadillac Vikings-MI	1:02.47	1:01.24	q
28.64				1:01.24 (32.60)	
7 Boland, Ella	11	Cadillac Vikings-MI	1:01.71	1:01.30	q
29.29				1:01.30 (32.01)	
8 Reid, Marina	11	Manistee High School Swimming-D3	1:14.94	1:04.67	q
30.86				1:04.67 (33.81)	
9 Delo, Ivy	JR	Fremont Girl Varsity-MI	1:07.37	1:06.57	q
30.82				1:06.57 (35.75)	
10 Bruce, Macaela	09	Manistee High School Swimming-D3	1:08.50	1:07.02	q
32.32				1:07.02 (34.70)	

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Results - 2022 Girls Coastal Conference Prelims

Preliminaries ... (Event 7 Girls 100 Yard Freestyle)

Name	Yr	School	Seed Time	Prelim Time	
11 Sessions, Kennedy	9	Traverse City West High School-D1	1:08.31	1:07.40	q
32.26		1:07.40 (35.14)			
12 Hatch, Kylie	10	Ludington High School Girls	1:09.33	1:08.01	q
32.97		1:08.01 (35.04)			
13 Jensen, Graeleigh	09	Manistee High School Swimming-D3	1:16.11	1:12.75	q
35.07		1:12.75 (37.68)			
14 Hardy, Paige	11	Traverse City West High School-D1	1:12.17	1:13.09	q
34.48		1:13.09 (38.61)			
15 Flores, Kaiya	SR	Fremont Girl Varsity-MI	1:15.42	1:13.99	q
35.45		1:13.99 (38.54)			
16 Sprik, Jordan	10	Cadillac Vikings-MI	1:20.64	1:22.40	q
39.34		1:22.40 (43.06)			
17 Crestan, Anna	SR	Fremont Girl Varsity-MI	1:30.92	1:24.83	
38.59		1:24.83 (46.24)			
18 Clark, Tory	09	Ludington High School Girls	1:32.63	1:27.67	
37.63		1:27.67 (50.04)			
--- Buron, McKeiley	10	Traverse City West High School-D1	1:15.94	X1:14.34	
35.33		1:14.34 (39.01)			
--- Wilson, Petra	11	Traverse City West High School-D1	1:21.60	X1:21.96	
38.95		1:21.96 (43.01)			
--- Eppard, Natalie	10	Cadillac Vikings-MI	1:38.10	X1:38.82	
47.32		1:38.82 (51.50)			
--- Amy, Lexi		Cadillac Vikings-MI	NT	X1:39.99	
45.45		1:39.99 (54.54)			

Event 8 Girls 500 Yard Freestyle

D1 MHSAA: 5:19.99 y 2022

D3 MHSAA: 5:38.59 y 2022

Pool Records: 5:23.79 y 2017

C. Nowak

LUD

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Glenn, Lila	09	Traverse City West High School-D1	5:40.94	5:35.41	q
31.43		1:05.51 (34.08)	1:39.40 (33.89)	2:13.84 (34.44)	
2:48.03 (34.19)		3:22.84 (34.81)	3:57.17 (34.33)	4:31.52 (34.35)	
5:04.58 (33.06)		5:35.41 (30.83)			
2 Sailor, Kylie	11	Ludington High School Girls	5:58.26	5:56.49	q
30.74		1:05.09 (34.35)	1:40.98 (35.89)	2:17.29 (36.31)	
2:53.88 (36.59)		3:31.40 (37.52)	4:08.03 (36.63)	4:45.02 (36.99)	
5:21.45 (36.43)		5:56.49 (35.04)			
3 Lantz, Hannah	10	Traverse City West High School-D1	6:00.38	5:59.58	q
34.20		1:11.10 (36.90)	1:47.10 (36.00)	2:23.10 (36.00)	
2:59.26 (36.16)		3:34.81 (35.55)	4:11.13 (36.32)	4:47.28 (36.15)	
5:23.77 (36.49)		5:59.58 (35.81)			
4 DeWeerd, Madi	SR	Fremont Girl Varsity-MI	6:22.66	6:13.55	q
34.56		1:11.69 (37.13)	1:48.48 (36.79)	2:25.85 (37.37)	
3:02.93 (37.08)		3:40.30 (37.37)	4:18.45 (38.15)	4:57.14 (38.69)	
5:35.91 (38.77)		6:13.55 (37.64)			
5 Higley, Grace	11	Ludington High School Girls	6:25.74	6:21.48	q
33.57		1:11.44 (37.87)	1:50.51 (39.07)	2:29.73 (39.22)	
3:09.23 (39.50)			4:27.52 ()	5:06.35 (38.83)	
5:44.78 (38.43)		6:21.48 (36.70)			

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Results - 2022 Girls Coastal Conference Prelims

Preliminaries ... (Event 8 Girls 500 Yard Freestyle)

Name	Yr	School	Seed Time	Prelim Time	
6 Hartman, Reese	09	Traverse City West High School-D1	6:31.03	6:25.79	q
34.24	1:12.01 (37.77)	1:50.21 (38.20)	2:29.37 (39.16)		
3:09.06 (39.69)	3:47.82 (38.76)	4:27.46 (39.64)	5:07.61 (40.15)		
5:47.44 (39.83)	6:25.79 (38.35)				
7 Jensen, Tatum	12	Manistee High School Swimming-D3	6:46.11	6:26.36	q
31.97	1:07.35 (35.38)	1:45.19 (37.84)	2:23.80 (38.61)		
3:03.25 (39.45)	3:43.55 (40.30)	4:24.43 (40.88)	5:05.49 (41.06)		
5:46.71 (41.22)	6:26.36 (39.65)				
8 Carlson, Kaitlin	12	Ludington High School Girls	6:58.64	6:48.65	q
34.65	1:14.15 (39.50)	1:55.13 (40.98)	2:36.42 (41.29)		
3:18.42 (42.00)	4:00.68 (42.26)	4:43.28 (42.60)	5:26.26 (42.98)		
6:08.57 (42.31)	6:48.65 (40.08)				
9 Booher, Kenna	12	Cadillac Vikings-MI	6:39.14	6:49.63	q
36.15	1:16.60 (40.45)	1:58.45 (41.85)	2:41.69 (43.24)		
3:22.99 (41.30)	4:05.76 (42.77)	4:47.82 (42.06)	5:31.02 (43.20)		
6:13.05 (42.03)	6:49.63 (36.58)				
10 Neuhardt, Ella	11	Traverse City West High School-D1	7:00.99	6:53.16	q
36.77	1:16.60 (39.83)	1:57.89 (41.29)	2:39.85 (41.96)		
3:22.16 (42.31)	4:05.76 (43.60)	4:48.55 (42.79)	5:31.53 (42.98)		
6:13.16 (41.63)	6:53.16 (40.00)				
11 Autrey, Maggie	10	Ludington High School Girls	7:24.29	7:17.15	q
38.72	1:21.90 (43.18)	2:06.05 (44.15)	2:50.51 (44.46)		
3:35.79 (45.28)	4:20.64 (44.85)	5:05.95 (45.31)	5:50.54 (44.59)		
6:35.36 (44.82)	7:17.15 (41.79)				
12 Seelye, Morgan	11	Cadillac Vikings-MI	7:21.04	7:23.99	q
39.30	1:22.60 (43.30)	2:06.96 (44.36)	2:52.12 (45.16)		
3:38.08 (45.96)	4:24.46 (46.38)	5:11.80 (47.34)	5:57.92 (46.12)		
6:42.59 (44.67)	7:23.99 (41.40)				
13 Vandenberg, Ella	JR	Fremont Girl Varsity-MI	8:08.20	8:04.44	q
40.07	1:25.37 (45.30)	2:13.96 (48.59)	3:03.88 (49.92)		
3:53.95 (50.07)	4:45.77 (51.82)	5:36.42 (50.65)	6:27.35 (50.93)		
7:18.51 (51.16)	8:04.44 (45.93)				
14 Penney, Madison	12	Cadillac Vikings-MI	8:06.46	8:15.82	q
42.25	1:32.18 (49.93)	2:22.57 (50.39)	3:15.28 (52.71)		
4:06.15 (50.87)	4:58.27 (52.12)	5:50.01 (51.74)	6:41.21 (51.20)		
7:30.57 (49.36)	8:15.82 (45.25)				
15 Tomaski, Alissa	09	Cadillac Vikings-MI	8:23.50	8:18.04	q
43.17	4:05.02 ()	8:18.04 (4:13.02)			
16 Byrne, Molly	11	Traverse City West High School-D1	8:43.59	8:50.12	q
47.62	1:40.63 (53.01)	2:35.35 (54.72)	3:30.13 (54.78)		
4:23.56 (53.43)	5:16.63 (53.07)	6:12.11 (55.48)	7:06.11 (54.00)		
8:00.20 (54.09)	8:50.12 (49.92)				
17 Gronstal, Katie	09	Ludington High School Girls	11:36.27	9:43.20	
49.49	1:46.33 (56.84)	2:44.57 (58.24)	3:44.02 (59.45)		
4:44.17 (1:00.15)	5:45.94 (1:01.77)	6:48.01 (1:02.07)	7:50.79 (1:02.78)		
8:50.44 (59.65)	9:43.20 (52.76)				

2022 Girls Coastal Conference - 11/4/2022 to 11/5/2022

Results - 2022 Girls Coastal Conference Prelims

Event 9 Girls 200 Yard Freestyle Relay

D1 MHSAA: 1:42.09 y 2022

D3 MHSAA: 1:46.29 y 2022

Pool Records: 1:41.89 y 2015

Manistee HS

MHS

K.Bromley, A.Zimmerman, T.Liston, A.Kutschke

Team	Relay	Seed Time	Prelim Time
Preliminaries			
1 Ludington High School Girls	A	1:43.53	1:47.21 q
1) Mahler, Cora 10	2) Bearup, Madison 09	3) Hatch, Erika 12	4) Willis, Reese 10
27.59	54.25 (26.66)	1:21.18 (26.93)	1:47.21 (26.03)
2 Manistee High School Swimming-	A	1:56.00	1:51.05 q
1) Mezeske, Lauren 12	2) Eix, Laura 11	3) Bruce, Macaela 09	4) Jensen, Tatum 12
26.14	53.22 (27.08)	1:22.16 (28.94)	1:51.05 (28.89)
3 Traverse City West High School-L	A	1:48.94	1:53.20 q
1) Johnson, Lauren 09	2) Naperala, Amelia 12	3) Macnowski, Kayla 10	4) Crosby, Cam 12
27.90	57.45 (29.55)	1:26.92 (29.47)	1:53.20 (26.28)
4 Cadillac Vikings-MI	A	1:54.07	1:54.48 q
1) Leesch, Brie 12	2) Boland, Ella 11	3) Booher, Kenna 12	4) Balcom, Stella 12
27.87	56.03 (28.16)	1:27.04 (31.01)	1:54.48 (27.44)
5 Fremont Girl Varsity-MI	A	1:58.60	2:14.23 q
1) Flores, Kaiya SR	2) Crestan, Anna SR	3) Lammers, Kate JR	4) DeWeerd, Madi SR
33.79	1:10.86 (37.07)	1:45.28 (34.42)	2:14.23 (28.95)
--- Ludington High School Girls	B	1:57.27	1:56.01
1) Lundberg, Izzie 11	2) Hatch, Kylie 10	3) Higley, Grace 11	4) Sailor, Kylie 11
27.83	58.17 (30.34)	1:27.54 (29.37)	1:56.01 (28.47)
--- Manistee High School Swimming-	B	2:10.00	2:06.63
1) Arendt, Annika 11	2) Reid, Marina 11	3) Parantainen, Pilvi 12	4) Ferraro, Francesca 12
30.79	59.94 (29.15)	1:32.76 (32.82)	2:06.63 (33.87)
--- Cadillac Vikings-MI	B	2:08.55	2:13.83
1) Rodebaugh, Mary-Clare 10	2) Jensen, Andrea	3) Graham, Katie 12	4) Seelye, Morgan 11
33.01	1:06.84 (33.83)	1:38.92 (32.08)	2:13.83 (34.91)
--- Cadillac Vikings-MI	C	2:22.04	2:24.07
1) Mahr, Lea	2) Allen, Lily	3) Penney, Madison 12	4) Sprick, Jordan 10
39.07	1:10.72 (31.65)	1:48.64 (37.92)	2:24.07 (35.43)
--- Cadillac Vikings-MI	D	2:33.83	2:49.95
1) Kearns, Lauren 09	2) Eppard, Natalie 10	3) Devereaux, Jazmin 12	4) Holt, Reese 11
51.62	1:36.01 (44.39)	2:17.62 (41.61)	2:49.95 (32.33)
--- Traverse City West High School-L	B	2:08.76	X2:08.73
1) Buron, McKeiley 10	2) Sessions, Kennedy 9	3) Irish, Cadence 09	4) Houghton, Abigail 09
33.15	1:04.10 (30.95)	1:37.45 (33.35)	2:08.73 (31.28)
--- Traverse City West High School-L	C	2:35.33	X2:23.62
1) Wilson, Petra 11	2) Brammer, Emma 10	3) Webb, Adelina 10	4) Hardy, Paige 11
37.21	1:09.16 (31.95)	1:52.52 (43.36)	2:23.62 (31.10)

Event 10 Girls 100 Yard Backstroke

D1 MHSAA: 1:00.79 y 2022

D3 MHSAA: 1:04.39 y 2022

Pool Records: 1:01.24 y 2013

M. Peele

SPLK

Name	Yr	School	Seed Time	Prelim Time
Preliminaries				
1 Bills, Avery	12	Traverse City West High School-D1	1:00.78	1:02.42 q
30.37			1:02.42 (32.05)	
2 Lundberg, Izzie	11	Ludington High School Girls	1:10.79	1:10.50 q
33.20			1:10.50 (37.30)	

2022 Girls Coastal Conference - 11/4/2022 to 11/5/2022

Results - 2022 Girls Coastal Conference Prelims

Preliminaries ... (Event 10 Girls 100 Yard Backstroke)

Name	Yr	School	Seed Time	Prelim Time	
3 Boland, Ella	11	Cadillac Vikings-MI	1:08.40	1:10.84	q
34.60		1:10.84 (36.24)			
4 Schillinger, Paige	09	Traverse City West High School-D1	1:14.36	1:11.76	q
34.07		1:11.76 (37.69)			
5 Naperala, Amelia	12	Traverse City West High School-D1	1:18.10	1:17.15	q
36.57		1:17.15 (40.58)			
6 Pansang-Rangel, Ayiana	11	Ludington High School Girls	1:17.52	1:21.02	q
38.04		1:21.02 (42.98)			
7 Hardy, Paige	11	Traverse City West High School-D1	1:23.68	1:21.88	q
39.39		1:21.88 (42.49)			
8 Vivenzi, Sophia	12	Ludington High School Girls	1:35.11	1:30.39	q
43.28		1:30.39 (47.11)			
9 Holt, Reese	11	Cadillac Vikings-MI	1:28.78	1:31.56	q
1:36.35		1:31.56 ()			
10 Clark, Tory	09	Ludington High School Girls	1:31.72	1:35.14	q
43.40		1:35.14 (51.74)			
11 Byland, Mariah	9	Traverse City West High School-D1	1:34.21	1:35.25	q
44.64		1:35.25 (50.61)			
12 VandenBerg, Ella	JR	Fremont Girl Varsity-MI	1:38.70	1:36.17	q
47.29		1:36.17 (48.88)			
13 Devereaux, Jazmin	12	Cadillac Vikings-MI	1:45.78	1:57.04	q
57.48		1:57.04 (59.56)			
--- Kearns, Lauren	09	Cadillac Vikings-MI	1:47.10	X1:50.97	
54.63		1:50.97 (56.34)			
--- Webb, Adelina	10	Traverse City West High School-D1	2:07.77	X2:07.10	
58.23		2:07.10 (1:08.87)			
--- Somerville, Olivia	09	Cadillac Vikings-MI	2:50.68	X2:40.22	
1:16.05		2:40.22 (1:24.17)			

Event 11 Girls 100 Yard Breaststroke

D1 MHSAA: 1:08.89 y 2022

D3 MHSAA: 1:14.99 y 2022

Pool Records: 1:09.65 y 2013

J. Muelenbeck

SPLK

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Glenn, Lila	09	Traverse City West High School-D1	1:11.18	1:10.25	q
32.48		1:10.25 (37.77)			
2 Bearup, Madison	09	Ludington High School Girls	1:11.59	1:11.60	q
34.06		1:11.60 (37.54)			
3 Adams, Kira	10	Traverse City West High School-D1	1:13.94	1:14.81	q
34.69		1:14.81 (40.12)			
4 Hatch, Erika	12	Ludington High School Girls	1:16.66	1:16.59	q
34.99		1:16.59 (41.60)			
5 Sailor, Kylie	11	Ludington High School Girls	1:21.88	1:21.81	q
38.30		1:21.81 (43.51)			
6 Sessions, Kennedy	9	Traverse City West High School-D1	1:24.70	1:25.27	q
39.99		1:25.27 (45.28)			
7 Buron, McKeiley	10	Traverse City West High School-D1	1:30.49	1:30.93	q
42.36		1:30.93 (48.57)			
8 Hatch, Kylie	10	Ludington High School Girls	1:28.81	1:31.94	q
42.77		1:31.94 (49.17)			
9 Graham, Katie	12	Cadillac Vikings-MI	1:27.88	1:34.54	q
42.94		1:34.54 (51.60)			

2022 Girls Coastal Conference - 11/4/2022 to 11/5/2022

Results - 2022 Girls Coastal Conference Prelims

Preliminaries ... (Event 11 Girls 100 Yard Breaststroke)

Name	Yr	School	Seed Time	Prelim Time	
10 Brammer, Emma	10	Traverse City West High School-D1	1:36.05	1:34.93	q
46.58		1:34.93 (48.35)			
11 Sova, Carley	09	Ludington High School Girls	1:37.37	1:36.03	q
46.01		1:36.03 (50.02)			
12 Lammers, Kate	JR	Fremont Girl Varsity-MI	1:41.93	1:36.15	q
45.10		1:36.15 (51.05)			
13 Ferraro, Francesca	12	Manistee High School Swimming-D3	1:48.00	1:40.18	q
46.27		1:40.18 (53.91)			
14 Jensen, Andrea		Cadillac Vikings-MI	1:38.61	1:41.11	q
46.98		1:41.11 (54.13)			
15 Rodebaugh, Mary-Clare	10	Cadillac Vikings-MI	1:38.61	1:45.70	q
50.56		1:45.70 (55.14)			

Event 12 Girls 400 Yard Freestyle Relay

D1 MHSAA: 3:44.99 y 2022

D3 MHSAA: 3:56.29 y 2022

Pool Records: 3:49.17 y 2013

Spring Lake HS
Strobel, Conroy, Hyde, Peele

SPLK

Team	Relay	Seed Time	Prelim Time	
Preliminaries				
1 Traverse City West High School-D	A	3:57.73	4:03.21	q
1) Lantz, Hannah 10	2) Johnson, Lauren 09	3) Schillinger, Paige 09	4) Bills, Avery 12	
29.47	1:01.57 (1:01.57)	1:30.71 (29.14)	2:02.79 (1:01.22)	
2:32.13 (29.34)	3:06.25 (1:03.46)	3:32.93 (26.68)	4:03.21 (56.96)	
2 Manistee High School Swimming-	A	4:15.00	4:11.61	q
1) Mezeske, Lauren 12	2) Eix, Laura 11	3) Bruce, Macaela 09	4) Jensen, Tatum 12	
28.09	58.67 (58.67)	1:27.55 (28.88)	2:01.00 (1:02.33)	
2:31.60 (30.60)	3:06.75 (1:05.75)	3:36.48 (29.73)	4:11.61 (1:04.86)	
3 Ludington High School Girls	A	4:14.53	4:17.71	q
1) Lundberg, Izzie 11	2) Pansang-Rangel, Ayiana 11	3) Higley, Grace 11	4) Sailor, Kylie 11	
30.73	1:04.27 (1:04.27)	1:35.50 (31.23)	2:10.23 (1:05.96)	
2:40.67 (30.44)	3:15.45 (1:05.22)	3:45.78 (30.33)	4:17.71 (1:02.26)	
4 Fremont Girl Varsity-MI	A	5:26.58	4:48.66	q
1) Delo, Ivy JR	2) VandenBerg, Ella JR	3) Flores, Kaiya SR	4) DeWeerd, Madi SR	
32.76	1:09.74 (1:09.74)	1:48.73 (38.99)	2:30.65 (1:20.91)	
3:05.49 (34.84)	3:46.03 (1:15.38)	4:15.19 (29.16)	4:48.66 (1:02.63)	
5 Cadillac Vikings-MI	A	4:47.82	5:01.23	q
1) Heuker, Avere 11	2) Seelye, Morgan 11	3) Holt, Reese 11	4) Booher, Kenna 12	
35.13	1:12.08 (1:12.08)	1:49.48 (37.40)	2:30.29 (1:18.21)	
3:06.83 (36.54)	3:52.92 (1:22.63)	4:20.48 (27.56)	5:01.23 (1:08.31)	
--- Manistee High School Swimming-	B	4:50.00	4:43.27	
1) Arendt, Annika 11	2) Reid, Marina 11	3) Jensen, Graeleigh 09	4) Parantainen, Pilvi 12	
33.20	1:08.27 (1:08.27)	1:39.95 (31.68)	2:14.47 (1:06.20)	
2:50.49 (36.02)	3:29.01 (1:14.54)	4:04.13 (35.12)	4:43.27 (1:14.26)	
--- Ludington High School Girls	B	4:52.65	5:00.25	
1) Carlson, Kaitlin 12	2) Carlson, Ava 09	3) Reed, Maddie 11	4) Sova, Carley 09	
33.16	1:10.88 (1:10.88)	1:43.77 (32.89)	2:22.06 (1:11.18)	
3:00.65 (38.59)	3:42.76 (1:20.70)	4:20.89 (38.13)	5:00.25 (1:17.49)	
--- Cadillac Vikings-MI	B	5:18.88	5:48.60	
1) Tomaski, Alissa 09	2) Amy, Lexi	3) Allen, Lily	4) Penney, Madison 12	
	1:27.89 (1:27.89)	2:14.08 (46.19)	3:07.30 (1:39.41)	
3:44.08 (36.78)	4:25.71 (1:18.41)	5:04.45 (38.74)	5:48.60 (1:22.89)	

2022 Girls Coastal Conference - 11/4/2022 to 11/5/2022**Results - 2022 Girls Coastal Conference Prelims****Preliminaries ... (Event 12 Girls 400 Yard Freestyle Relay)**

Team	Relay			Seed Time	Prelim Time
--- Ludington High School Girls	C			5:55.76	5:55.58
1) Autrey, Maggie 10	2) Clark, Tory 09	3) Vivenzi, Sophia 12	4) Gronstal, Katie 09		
36.54	1:18.80 (1:18.80)	2:02.10 (43.30)	2:54.01 (1:35.21)		
3:32.63 (38.62)	4:16.52 (1:22.51)	5:02.42 (45.90)	5:55.58 (1:39.06)		
--- Cadillac Vikings-MI	C			6:08.18	6:33.20
1) Devereaux, Jazmin 12	2) Eppard, Natalie 10	3) Kearns, Lauren 09	4) Mahr, Lea		
48.37	1:40.81 (1:40.81)	2:33.17 (52.36)	3:27.99 (1:47.18)		
4:13.10 (45.11)	5:06.80 (1:38.81)	5:45.65 (38.85)	6:33.20 (1:26.40)		
--- Traverse City West High School-L	B			4:29.72	X4:35.86
1) Naperala, Amelia 12	2) Macnowski, Kayla 10	3) Houghton, Abigail 09	4) Hardy, Paige 11		
31.59	1:05.60 (1:05.60)	1:37.12 (31.52)	2:12.47 (1:06.87)		
2:46.30 (33.83)	3:22.00 (1:09.53)	3:57.44 (35.44)	4:35.86 (1:13.86)		
--- Traverse City West High School-L	C			5:32.55	X5:36.97
1) Byrne, Molly 11	2) Neuhardt, Ella 11	3) Hartman, Reese 09	4) Byland, Mariah 9		
47.78	1:41.73 (1:41.73)	2:01.70 (19.97)	2:22.33 (40.60)		
3:02.87 (40.54)	5:36.97 (3:14.64)				

2022 Girls Coastal Conference - 11/4/2022 to 11/5/2022

Results - 2022 Girls Coastal Conference Finals

Event 1 Girls 200 Yard Medley Relay

D1 MHSAA: 1:53.99 y 2022

D3 MHSAA: 1:59.19 y 2022

Pool Records: 1:51.84 y 2015

Spring Lake HS

SPLK

M.Peel, J.Meulenbelt, A.Brechtling, S.Mumby

Team	Relay	Prelim Time	Finals Time	Points
A - Final				
1 Traverse City West High School-E	A	1:55.72	1:51.40	40
1) Bills, Avery 12	2) Glenn, Lila 09	3) Crosby, Cam 12	4) Cabbage, Ella 10	
28.35	59.26 (30.91)	1:26.07 (26.81)	1:51.40 (25.33)	
2 Ludington High School Girls	A	2:00.17	1:56.85	34
1) Bearup, Madison 09	2) Hatch, Erika 12	3) Mahler, Cora 10	4) Willis, Reese 10	
30.10	1:03.64 (33.54)	1:30.60 (26.96)	1:56.85 (26.25)	
3 Cadillac Vikings-MI	A	2:11.07	2:07.12	32
1) Boland, Ella 11	2) Graham, Katie 12	3) Leesch, Brie 12	4) Balcom, Stella 12	
30.91	1:10.81 (39.90)	1:40.01 (29.20)	2:07.12 (27.11)	
4 Fremont Girl Varsity-MI	A	2:38.46	2:32.13	30
1) VandenBerg, Ella JR	2) Lammers, Kate JR	3) Delo, Ivy JR	4) Flores, Kaiya SR	
43.02	1:25.03 (42.01)	1:59.69 (34.66)	2:32.13 (32.44)	
5 Manistee High School Swimming-	A	2:35.65	2:32.76	28
1) Jensen, Graeleigh 09	2) Ferraro, Francesca 12	3) Arendt, Annika 11	4) Parantainen, Pilvi 12	
45.82	1:27.25 (41.43)	2:00.12 (32.87)	2:32.76 (32.64)	
B - Final				
--- Ludington High School Girls	B	2:23.62	x2:22.31	
1) Pansang-Rangel, Ayiana 11	2) Hatch, Kylie 10	3) Carlson, Ava 09	4) Carlson, Kaitlin 12	
35.60	1:15.08 (39.48)	1:52.37 (37.29)	2:22.31 (29.94)	
--- Cadillac Vikings-MI	B	2:44.90	x2:44.83	
1) Allen, Lily	2) Tomaski, Alissa 09	3) Heuker, Avere 11	4) Jensen, Andrea	
44.53	1:33.33 (48.80)	2:11.20 (37.87)	2:44.83 (33.63)	
--- Ludington High School Girls	C	2:48.05	x2:48.50	
1) Autrey, Maggie 10	2) Sova, Carley 09	3) Gronstal, Katie 09	4) Reed, Maddie 11	
40.30	1:25.35 (45.05)	2:15.94 (50.59)	2:48.50 (32.56)	
--- Traverse City West High School-E	B	2:49.08	x2:49.69	
1) Webb, Adelina 10	2) Sessions, Kennedy 9	3) Irish, Cadence 09	4) Byland, Mariah 9	
59.63	1:40.05 (40.42)	2:16.91 (36.86)	2:49.69 (32.78)	
--- Cadillac Vikings-MI	C	3:27.01	x3:20.62	
1) Somerville, Olivia 09	2) Rodebaugh, Mary-Clare 10	3) Sprik, Jordan 10	4) Amy, Lexi	
1:13.54	1:58.74 (45.20)	2:39.32 (40.58)	3:20.62 (41.30)	

Event 2 Girls 200 Yard Freestyle

D1 MHSAA: 1:58.99 y 2022

D3 MHSAA: 2:05.19 y 2022

Pool Records: 1:55.02 y 2017

J. Brunner

TC

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Cabbage, Ella	10	Traverse City West High School-D1	2:05.24	2:00.90	20
27.76	58.12 (30.36)	1:29.62 (31.50)	2:00.90 (31.28)		
2 Mahler, Cora	10	Ludington High School Girls	2:07.71	2:02.18	17
28.10	58.95 (30.85)	1:30.76 (31.81)	2:02.18 (31.42)		
3 Johnson, Lauren	09	Traverse City West High School-D1	2:06.74	2:06.60	16
28.48	59.78 (31.30)	1:33.05 (33.27)	2:06.60 (33.55)		
4 Lantz, Hannah	10	Traverse City West High School-D1	2:11.89	2:10.59	15
29.75	1:02.50 (32.75)	1:36.23 (33.73)	2:10.59 (34.36)		
5 Eix, Laura	11	Manistee High School Swimming-D3	2:15.91	2:14.81	14
29.82	1:03.63 (33.81)	1:39.52 (35.89)	2:14.81 (35.29)		

2022 Girls Coastal Conference - 11/4/2022 to 11/5/2022

Results - 2022 Girls Coastal Conference Finals

A - Final ... (Event 2 Girls 200 Yard Freestyle)

Name	Yr	School	Prelim Time	Finals Time	Points
6 DeWeerd, Madi	SR	Fremont Girl Varsity-MI	2:17.92	2:16.46	13
30.80	1:05.68 (34.88)	1:40.92 (35.24)	2:16.46 (35.54)		
7 Higley, Grace	11	Ludington High School Girls	2:20.07	2:17.30	12
31.12	1:05.64 (34.52)	1:41.56 (35.92)	2:17.30 (35.74)		
8 Naperala, Amelia	12	Traverse City West High School-D1	2:20.53	2:20.72	11
31.24	1:06.51 (35.27)	1:43.44 (36.93)	2:20.72 (37.28)		

B - Final

9 Hartman, Reese	09	Traverse City West High School-D1	2:25.39	2:20.71	9
31.70	1:07.23 (35.53)	1:44.78 (37.55)	2:20.71 (35.93)		
10 Jensen, Tatum	12	Manistee High School Swimming-D3	2:21.08	2:25.51	7
30.88	1:06.81 (35.93)	1:45.65 (38.84)	2:25.51 (39.86)		
11 Reid, Marina	11	Manistee High School Swimming-D3	2:27.42	2:28.26	6
31.33	1:06.64 (35.31)	1:46.65 (40.01)	2:28.26 (41.61)		
12 Carlson, Kaitlin	12	Ludington High School Girls	2:30.51	2:28.60	5
33.09	1:10.70 (37.61)	1:50.66 (39.96)	2:28.60 (37.94)		
13 Booher, Kenna	12	Cadillac Vikings-MI	2:39.02	2:40.80	4
36.07	1:16.82 (40.75)	1:59.53 (42.71)	2:40.80 (41.27)		
14 Lammers, Kate	JR	Fremont Girl Varsity-MI	2:55.06	2:43.50	3
38.74	1:21.35 (42.61)	2:03.68 (42.33)	2:43.50 (39.82)		
15 Seelye, Morgan	11	Cadillac Vikings-MI	2:44.17	2:44.12	2
37.22	1:19.43 (42.21)	2:02.74 (43.31)	2:44.12 (41.38)		
16 Tomaski, Alissa	09	Cadillac Vikings-MI	3:00.21	2:58.88	1
40.36		2:14.42 ()	2:58.88 (44.46)		

Event 3 Girls 200 Yard IM

D1 MHSAA: 2:15.49 y 2022

D3 MHSAA: 2:22.89 y 2022

Pool Records: 2:18.29 y 2013

J. Meulenbelt

SPLK

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Bills, Avery	12	Traverse City West High School-D1	2:19.20	2:14.59	20
28.90	1:02.52 (33.62)	1:43.46 (40.94)	2:14.59 (31.13)		
2 Bearup, Madison	09	Ludington High School Girls	2:23.40	2:18.27	17
30.95	1:06.51 (35.56)	1:45.62 (39.11)	2:18.27 (32.65)		
3 Adams, Kira	10	Traverse City West High School-D1	2:24.44	2:22.23	16
31.32	1:06.09 (34.77)	1:47.39 (41.30)	2:22.23 (34.84)		
4 Hatch, Erika	12	Ludington High School Girls	2:35.09	2:34.15	15
33.50	1:13.60 (40.10)	1:58.55 (44.95)	2:34.15 (35.60)		
5 Leesch, Brie	12	Cadillac Vikings-MI	2:37.01	2:34.63	14
30.82	1:08.95 (38.13)	1:58.92 (49.97)	2:34.63 (35.71)		
6 Macnowski, Kayla	10	Traverse City West High School-D1	2:42.85	2:40.61	13
32.76	1:15.19 (42.43)	2:05.93 (50.74)	2:40.61 (34.68)		
7 Houghton, Abigail	09	Traverse City West High School-D1	2:42.00	2:40.89	12
35.25	1:18.48 (43.23)	2:05.82 (47.34)	2:40.89 (35.07)		
8 Heuker, Avereer	11	Cadillac Vikings-MI	2:56.96	2:58.11	11
38.83	1:25.42 (46.59)	2:17.83 (52.41)	2:58.11 (40.28)		
B - Final					
9 Reed, Maddie	11	Ludington High School Girls	3:12.33	3:09.63	9
40.29	1:34.76 (54.47)	2:27.12 (52.36)	3:09.63 (42.51)		
10 Sova, Carley	09	Ludington High School Girls	3:15.11	3:17.27	7
	1:40.57 ()	2:32.91 (52.34)	3:17.27 (44.36)		

2022 Girls Coastal Conference - 11/4/2022 to 11/5/2022**Results - 2022 Girls Coastal Conference Finals****Event 4 Girls 50 Yard Freestyle**

D1 MHSAA: 25.19 y 2022

D3 MHSAA: 25.89 y 2022

Pool Records: 24.69 y 2021

		Lauren Mendians		MHS		
Name	Yr	School	Prelim Time	Finals Time	Points	
A - Final						
1	Crosby, Cam	12	Traverse City West High School-D1	26.37	25.63	20
2	Mezeske, Lauren	12	Manistee High School Swimming-D3	26.27	26.26	17
3	Willis, Reese	10	Ludington High School Girls	26.71	26.65	16
4	Balcom, Stella	12	Cadillac Vikings-MI	26.56	26.74	15
5	Schillinger, Paige	09	Traverse City West High School-D1	27.63	27.28	14
6	Delo, Ivy	JR	Fremont Girl Varsity-MI	28.44	28.49	13
7	Pansang-Rangel, Ayiana	11	Ludington High School Girls	29.45	29.18	12
8	Bruce, Macaela	09	Manistee High School Swimming-D3	29.99	30.04	11
B - Final						
9	Arendt, Annika	11	Manistee High School Swimming-D3	30.53	30.05	9
10	Graham, Katie	12	Cadillac Vikings-MI	30.97	30.50	7
11	Carlson, Ava	09	Ludington High School Girls	30.89	30.51	6
12	Rodebaugh, Mary-Clare	10	Cadillac Vikings-MI	31.28	30.93	5
13	Allen, Lily		Cadillac Vikings-MI	32.61	31.28	4
14	Neuhardt, Ella	11	Traverse City West High School-D1	32.28	32.23	3
15	Jensen, Graeleigh	09	Manistee High School Swimming-D3	32.91	32.48	2
16	Heuker, Avere	11	Cadillac Vikings-MI	31.22	32.64	1

Event 5 Girls 1 mtr Diving

Name	Yr	School	Prelim Time	Finals Score	Points	
1	Lundberg, Izzie	11	Ludington High School Girls	150.70	264.95	20
2	Hansen, Ge'Ge	09	Manistee High School Swimming-D3	136.10	240.00	17

Event 6 Girls 100 Yard Butterfly

D1 MHSAA: 1:00.39 y 2022

D3 MHSAA: 1:03.99 y 2022

Pool Records: 57.30 y 2017

		J. Brunner		TC		
Name	Yr	School	Prelim Time	Finals Time	Points	
A - Final						
1	Crosby, Cam	12	Traverse City West High School-D1	1:04.14	1:01.14	20
	27.70		1:01.14 (33.44)			
2	Mahler, Cora	10	Ludington High School Girls	1:04.68	1:01.80	17
	28.70		1:01.80 (33.10)			
3	Leesch, Brie	12	Cadillac Vikings-MI	1:05.45	1:03.92y	16
	30.16		1:03.92 (33.76)			
4	Macnowski, Kayla	10	Traverse City West High School-D1	1:10.79	1:09.06	15
	32.54		1:09.06 (36.52)			
5	Houghton, Abigail	09	Traverse City West High School-D1	1:18.42	1:18.31	14
	36.46		1:18.31 (41.85)			
6	Reed, Maddie	11	Ludington High School Girls	1:28.50	1:24.59	13
	38.05		1:24.59 (46.54)			
7	Irish, Cadence	09	Traverse City West High School-D1	1:36.33	1:27.23	12
	38.40		1:27.23 (48.83)			
---	Carlson, Ava	09	Ludington High School Girls	1:35.29	DQ	
	40.94		DQ (51.38)			
B - Final						
9	Gronstal, Katie	09	Ludington High School Girls	1:55.76	1:59.01	9
	53.55		1:59.01 (1:05.46)			

2022 Girls Coastal Conference - 11/4/2022 to 11/5/2022

Results - 2022 Girls Coastal Conference Finals

Event 7 Girls 100 Yard Freestyle

D1 MHSAA: 54.59 y 2022

D3 MHSAA: 56.89 y 2022

Pool Records: 53.88 y 2015

A. Kutschke

MHS

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Cabbage, Ella	10	Traverse City West High School-D1	57.63	55.40	20
26.86	55.40 (28.54)				
2 Mezeske, Lauren	12	Manistee High School Swimming-D3	57.67	58.41	17
27.47	58.41 (30.94)				
*3 Willis, Reese	10	Ludington High School Girls	59.30	59.24	15.50
28.00	59.24 (31.24)				
*3 Johnson, Lauren	09	Traverse City West High School-D1	59.16	59.24	15.50
28.31	59.24 (30.93)				
5 Boland, Ella	11	Cadillac Vikings-MI	1:01.30	1:01.15	14
29.03	1:01.15 (32.12)				
6 Eix, Laura	11	Manistee High School Swimming-D3	1:00.84	1:01.18	13
29.07	1:01.18 (32.11)				
7 Balcom, Stella	12	Cadillac Vikings-MI	1:01.24	1:01.25	12
28.53	1:01.25 (32.72)				
8 Reid, Marina	11	Manistee High School Swimming-D3	1:04.67	1:04.94	11
30.54	1:04.94 (34.40)				
B - Final					
9 Hatch, Kylie	10	Ludington High School Girls	1:08.01	1:06.01	9
31.54	1:06.01 (34.47)				
10 Delo, Ivy	JR	Fremont Girl Varsity-MI	1:06.57	1:06.89	7
31.03	1:06.89 (35.86)				
11 Sessions, Kennedy	9	Traverse City West High School-D1	1:07.40	1:07.39	6
32.24	1:07.39 (35.15)				
12 Bruce, Macaela	09	Manistee High School Swimming-D3	1:07.02	1:07.80	5
32.44	1:07.80 (35.36)				
13 Hardy, Paige	11	Traverse City West High School-D1	1:13.09	1:11.32	4
33.83	1:11.32 (37.49)				
14 Jensen, Graeleigh	09	Manistee High School Swimming-D3	1:12.75	1:12.70	3
34.96	1:12.70 (37.74)				
15 Flores, Kaiya	SR	Fremont Girl Varsity-MI	1:13.99	1:14.66	2
34.35	1:14.66 (40.31)				
16 Sprik, Jordan	10	Cadillac Vikings-MI	1:22.40	1:19.71	1
37.26	1:19.71 (42.45)				

Event 8 Girls 500 Yard Freestyle

D1 MHSAA: 5:19.99 y 2022

D3 MHSAA: 5:38.59 y 2022

Pool Records: 5:23.79 y 2017

C. Nowak

LUD

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Glenn, Lila	09	Traverse City West High School-D1	5:35.41	5:28.01	20
30.20	1:03.10 (32.90)	1:36.04 (32.94)	2:09.56 (33.52)		
2:42.81 (33.25)	3:16.32 (33.51)	3:49.78 (33.46)	4:23.24 (33.46)		
4:56.78 (33.54)	5:28.01 (31.23)				
2 Lantz, Hannah	10	Traverse City West High School-D1	5:59.58	5:53.83	17
32.47	1:08.39 (35.92)	1:44.36 (35.97)	2:20.25 (35.89)		
2:55.73 (35.48)	3:31.04 (35.31)	4:06.94 (35.90)	4:42.97 (36.03)		
5:19.57 (36.60)	5:53.83 (34.26)				

2022 Girls Coastal Conference - 11/4/2022 to 11/5/2022

Results - 2022 Girls Coastal Conference Finals

A - Final ... (Event 8 Girls 500 Yard Freestyle)

Name	Yr	School	Prelim Time	Finals Time	Points
3 Sailor, Kylie	11	Ludington High School Girls	5:56.49	6:02.15	16
31.41			1:06.15 (34.74)	1:41.51 (35.36)	2:18.57 (37.06)
2:55.65 (37.08)			3:32.98 (37.33)	4:10.44 (37.46)	4:48.02 (37.58)
5:25.99 (37.97)			6:02.15 (36.16)		
4 DeWeerd, Madi	SR	Fremont Girl Varsity-MI	6:13.55	6:11.35	15
33.03			1:08.80 (35.77)	1:45.37 (36.57)	2:22.24 (36.87)
2:59.73 (37.49)			3:37.84 (38.11)	4:15.96 (38.12)	4:54.35 (38.39)
5:34.07 (39.72)			6:11.35 (37.28)		
5 Higley, Grace	11	Ludington High School Girls	6:21.48	6:11.46	14
32.86			1:09.86 (37.00)	1:47.38 (37.52)	2:25.31 (37.93)
3:03.13 (37.82)			3:40.88 (37.75)	4:19.35 (38.47)	4:57.72 (38.37)
5:36.25 (38.53)			6:11.46 (35.21)		
6 Hartman, Reese	09	Traverse City West High School-D1	6:25.79	6:26.73	13
33.22			1:11.39 (38.17)	1:51.34 (39.95)	2:30.40 (39.06)
3:10.73 (40.33)			3:50.23 (39.50)	4:29.90 (39.67)	5:10.04 (40.14)
5:49.51 (39.47)			6:26.73 (37.22)		
7 Jensen, Tatum	12	Manistee High School Swimming-D3	6:26.36	6:31.92	12
32.70			1:08.92 (36.22)	1:46.81 (37.89)	2:25.62 (38.81)
3:05.73 (40.11)			3:46.59 (40.86)	4:27.97 (41.38)	5:09.66 (41.69)
5:51.60 (41.94)			6:31.92 (40.32)		
8 Carlson, Kaitlin	12	Ludington High School Girls	6:48.65	6:48.84	11
35.39			1:15.41 (40.02)	1:56.84 (41.43)	2:38.53 (41.69)
3:20.25 (41.72)			4:03.17 (42.92)	4:45.99 (42.82)	5:28.48 (42.49)
6:10.01 (41.53)			6:48.84 (38.83)		

B - Final

9 Neuhardt, Ella	11	Traverse City West High School-D1	6:53.16	6:51.76	9
35.28			1:14.96 (39.68)	1:56.22 (41.26)	2:38.32 (42.10)
3:20.57 (42.25)			4:03.32 (42.75)	4:46.05 (42.73)	5:29.00 (42.95)
6:11.67 (42.67)			6:51.76 (40.09)		
10 Booher, Kenna	12	Cadillac Vikings-MI	6:49.63	7:00.77	7
36.69			1:17.81 (41.12)	2:00.45 (42.64)	2:43.21 (42.76)
3:26.24 (43.03)			4:10.18 (43.94)	4:55.14 (44.96)	5:40.20 (45.06)
6:24.77 (44.57)			7:00.77 (36.00)		
11 Autrey, Maggie	10	Ludington High School Girls	7:17.15	7:03.25	6
37.06			1:17.44 (40.38)	1:59.84 (42.40)	2:42.81 (42.97)
3:26.16 (43.35)			4:10.07 (43.91)	4:54.05 (43.98)	5:38.14 (44.09)
6:22.20 (44.06)			7:03.25 (41.05)		
12 Seelye, Morgan	11	Cadillac Vikings-MI	7:23.99	7:25.45	5
39.86			1:23.25 (43.39)	2:07.23 (43.98)	2:52.79 (45.56)
3:38.58 (45.79)			4:25.01 (46.43)	5:11.63 (46.62)	5:57.89 (46.26)
6:43.20 (45.31)			7:25.45 (42.25)		
13 VandenBerg, Ella	JR	Fremont Girl Varsity-MI	8:04.44	8:04.07	4
39.75			1:26.12 (46.37)	2:15.25 (49.13)	3:05.44 (50.19)
3:55.73 (50.29)			4:46.20 (50.47)	5:36.35 (50.15)	6:26.85 (50.50)
7:17.80 (50.95)			8:04.07 (46.27)		
14 Tomaski, Alissa	09	Cadillac Vikings-MI	8:18.04	8:11.73	3
			4:55.68 ()	5:46.85 (51.17)	
7:26.79 ()			8:11.73 (44.94)		
15 Penney, Madison	12	Cadillac Vikings-MI	8:15.82	8:13.89	2
41.31			1:29.31 (48.00)	2:20.16 (50.85)	3:11.72 (51.56)
4:04.20 (52.48)			4:55.67 (51.47)	5:47.96 (52.29)	6:38.79 (50.83)
7:28.85 (50.06)			8:13.89 (45.04)		

2022 Girls Coastal Conference - 11/4/2022 to 11/5/2022

Results - 2022 Girls Coastal Conference Finals

B - Final ... (Event 8 Girls 500 Yard Freestyle)

Name	Yr	School	Prelim Time	Finals Time	Points
16 Byrne, Molly	11	Traverse City West High School-D1	8:50.12	8:40.06	1
44.15		1:34.86 (50.71)	2:27.84 (52.98)	3:21.26 (53.42)	
4:13.24 (51.98)		5:06.03 (52.79)	5:59.69 (53.66)	6:53.22 (53.53)	
7:49.41 (56.19)		8:40.06 (50.65)			

Event 9 Girls 200 Yard Freestyle Relay

D1 MHSAA: 1:42.09 y 2022

D3 MHSAA: 1:46.29 y 2022

Pool Records: 1:41.89 y 2015

Manistee HS

MHS

K.Bromley, A.Zimmerman, T.Liston, A.Kutschke

Team	Relay	Prelim Time	Finals Time	Points
A - Final				
1 Ludington High School Girls	A	1:47.21	1:45.10	40
1) Mahler, Cora 10	2) Bearup, Madison 09	3) Hatch, Erika 12	4) Willis, Reese 10	
26.76	52.36 (25.60)	1:18.87 (26.51)	1:45.10 (26.23)	
2 Traverse City West High School-L	A	1:53.20	1:46.77	34
1) Crosby, Cam 12	2) Adams, Kira 10	3) Macnowski, Kayla 10	4) Johnson, Lauren 09	
25.90	52.23 (26.33)	1:20.18 (27.95)	1:46.77 (26.59)	
3 Cadillac Vikings-MI	A	1:54.48	1:50.63	32
1) Leesch, Brie 12	2) Boland, Ella 11	3) Booher, Kenna 12	4) Balcom, Stella 12	
27.76	54.81 (27.05)	1:24.46 (29.65)	1:50.63 (26.17)	
4 Manistee High School Swimming-	A	1:51.05	1:51.43	30
1) Mezeske, Lauren 12	2) Eix, Laura 11	3) Bruce, Macaela 09	4) Jensen, Tatum 12	
26.51	53.59 (27.08)	1:22.83 (29.24)	1:51.43 (28.60)	
5 Fremont Girl Varsity-MI	A	2:14.23	2:12.04	28
1) Flores, Kaiya SR	2) Crestan, Anna SR	3) Lammers, Kate JR	4) DeWeerd, Madi SR	
34.17	1:09.41 (35.24)	1:43.78 (34.37)	2:12.04 (28.26)	

B - Final

--- Ludington High School Girls	B	1:56.01	x1:56.55	
1) Lundberg, Izzie 11	2) Hatch, Kylie 10	3) Higley, Grace 11	4) Sailor, Kylie 11	
27.62	58.09 (30.47)	1:27.16 (29.07)	1:56.55 (29.39)	
--- Manistee High School Swimming-	B	2:06.63	x2:08.61	
1) Arendt, Annika 11	2) Reid, Marina 11	3) Parantainen, Pilvi 12	4) Ferraro, Francesca 12	
30.34	59.46 (29.12)	1:33.58 (34.12)	2:08.61 (35.03)	
--- Traverse City West High School-L	B	2:08.73	x2:10.11	
1) Buron, McKeiley 10	2) Sessions, Kennedy 9	3) Irish, Cadence 09	4) Houghton, Abigail 09	
34.53	1:05.73 (31.20)	1:39.34 (33.61)	2:10.11 (30.77)	
--- Cadillac Vikings-MI	B	2:13.83	x2:11.95	
1) Rodebaugh, Mary-Clare 10	2) Jensen, Andrea	3) Graham, Katie 12	4) Seelye, Morgan 11	
33.10	1:06.32 (33.22)	1:37.69 (31.37)	2:11.95 (34.26)	
--- Cadillac Vikings-MI	C	2:24.07	x2:20.32	
1) Mahr, Lea	2) Allen, Lily	3) Penney, Madison 12	4) Sprik, Jordan 10	
37.10	1:08.29 (31.19)	1:46.47 (38.18)	2:20.32 (33.85)	
--- Traverse City West High School-L	C	2:23.62	x2:23.33	
1) Wilson, Petra 11	2) Brammer, Emma 10	3) Webb, Adelina 10	4) Hardy, Paige 11	
36.75	1:08.67 (31.92)	1:51.41 (42.74)	2:23.33 (31.92)	
--- Cadillac Vikings-MI	D	2:49.95	x2:39.47	
1) Kearns, Lauren 09	2) Eppard, Natalie 10	3) Devereaux, Jazmin 12	4) Holt, Reese 11	
43.85	1:21.37 (37.52)	2:06.10 (44.73)	2:39.47 (33.37)	

2022 Girls Coastal Conference - 11/4/2022 to 11/5/2022**Results - 2022 Girls Coastal Conference Finals****Event 10 Girls 100 Yard Backstroke****D1 MHSAA: 1:00.79 y 2022****D3 MHSAA: 1:04.39 y 2022****Pool Records: 1:01.24 y 2013****M. Peele****SPLK**

Name		Yr	School	Prelim Time	Finals Time	Points
A - Final						
1	Bills, Avery	12	Traverse City West High School-D1	1:02.42	1:00.37	20
	29.67			1:00.37 (30.70)		
2	Boland, Ella	11	Cadillac Vikings-MI	1:10.84	1:09.15	17
	34.19			1:09.15 (34.96)		
3	Lundberg, Izzie	11	Ludington High School Girls	1:10.50	1:09.95	16
	32.77			1:09.95 (37.18)		
4	Schillinger, Paige	09	Traverse City West High School-D1	1:11.76	1:11.00	15
	33.74			1:11.00 (37.26)		
5	Naperala, Amelia	12	Traverse City West High School-D1	1:17.15	1:17.10	14
	36.80			1:17.10 (40.30)		
6	Hardy, Paige	11	Traverse City West High School-D1	1:21.88	1:20.90	13
	39.21			1:20.90 (41.69)		
7	Pansang-Rangel, Ayiana	11	Ludington High School Girls	1:21.02	1:21.08	12
	38.32			1:21.08 (42.76)		
8	Vivenzi, Sophia	12	Ludington High School Girls	1:30.39	1:32.42	11
	42.69			1:32.42 (49.73)		
B - Final						
9	Holt, Reese	11	Cadillac Vikings-MI	1:31.56	1:29.21	9
10	VandenBerg, Ella	JR	Fremont Girl Varsity-MI	1:36.17	1:34.85	7
	45.94			1:34.85 (48.91)		
11	Clark, Tory	09	Ludington High School Girls	1:35.14	1:36.56	6
	43.10			1:36.56 (53.46)		
12	Devereaux, Jazmin	12	Cadillac Vikings-MI	1:57.04	1:59.53	5
	1:00.69			1:59.53 (58.84)		
---	Byland, Mariah	9	Traverse City West High School-D1	1:35.25	DQ	
	41.08			DQ (46.64)		

Event 11 Girls 100 Yard Breaststroke**D1 MHSAA: 1:08.89 y 2022****D3 MHSAA: 1:14.99 y 2022****Pool Records: 1:09.65 y 2013****J. Muelenbeck****SPLK**

Name		Yr	School	Prelim Time	Finals Time	Points
A - Final						
1	Bearup, Madison	09	Ludington High School Girls	1:11.60	1:09.15	20
	32.15			1:09.15 (37.00)		
2	Glenn, Lila	09	Traverse City West High School-D1	1:10.25	1:09.32	17
	32.29			1:09.32 (37.03)		
3	Adams, Kira	10	Traverse City West High School-D1	1:14.81	1:12.48	16
	34.01			1:12.48 (38.47)		
4	Hatch, Erika	12	Ludington High School Girls	1:16.59	1:16.16	15
	35.60			1:16.16 (40.56)		
5	Sailor, Kylie	11	Ludington High School Girls	1:21.81	1:21.88	14
	39.02			1:21.88 (42.86)		
6	Sessions, Kennedy	9	Traverse City West High School-D1	1:25.27	1:23.44	13
	39.12			1:23.44 (44.32)		
7	Hatch, Kylie	10	Ludington High School Girls	1:31.94	1:29.19	12
	42.31			1:29.19 (46.88)		
8	Buron, McKeiley	10	Traverse City West High School-D1	1:30.93	1:30.64	11
	42.67			1:30.64 (47.97)		

2022 Girls Coastal Conference - 11/4/2022 to 11/5/2022

Results - 2022 Girls Coastal Conference Finals

B - Final ... (Event 11 Girls 100 Yard Breaststroke)

Name	Yr	School	Prelim Time	Finals Time	Points
B - Final					
9	Graham, Katie	12 Cadillac Vikings-MI	1:34.54	1:31.57	9
	41.86	1:31.57 (49.71)			
10	Brammer, Emma	10 Traverse City West High School-D1	1:34.93	1:32.27	7
	43.22	1:32.27 (49.05)			
11	Lammers, Kate	JR Fremont Girl Varsity-MI	1:36.15	1:32.50	6
	43.90	1:32.50 (48.60)			
12	Sova, Carley	09 Ludington High School Girls	1:36.03	1:36.73	5
	47.43	1:36.73 (49.30)			
13	Jensen, Andrea	Cadillac Vikings-MI	1:41.11	1:39.50	4
	46.03	1:39.50 (53.47)			
14	Rodebaugh, Mary-Clare	10 Cadillac Vikings-MI	1:45.70	1:41.58	3
	48.26	1:41.58 (53.32)			
15	Ferraro, Francesca	12 Manistee High School Swimming-D3	1:40.18	1:41.71	2
	46.76	1:41.71 (54.95)			

Event 12 Girls 400 Yard Freestyle Relay

D1 MHSAA: 3:44.99 y 2022

D3 MHSAA: 3:56.29 y 2022

Pool Records: 3:49.17 y 2013

Spring Lake HS

SPLK

Strobel, Conroy, Hyde, Peele

Team	Relay	Prelim Time	Finals Time	Points	
A - Final					
1	Traverse City West High School-E	A	4:03.21	3:52.26	40
	1) Cabbage, Ella 10	2) Lantz, Hannah 10	3) Johnson, Lauren 09	4) Bills, Avery 12	
	26.96	56.10 (56.10)	1:24.31 (28.21)	1:55.50 (59.40)	
	2:23.69 (28.19)	2:55.11 (59.61)	3:22.18 (27.07)	3:52.26 (57.15)	
2	Manistee High School Swimming-	A	4:11.61	4:10.79	34
	1) Mezeske, Lauren 12	2) Eix, Laura 11	3) Bruce, Macaela 09	4) Jensen, Tatum 12	
	27.88	58.66 (58.66)	1:27.33 (28.67)	1:59.93 (1:01.27)	
	2:31.46 (31.53)	3:06.40 (1:06.47)	3:36.56 (30.16)	4:10.79 (1:04.39)	
3	Ludington High School Girls	A	4:17.71	4:15.52	32
	1) Lundberg, Izzie 11	2) Pansang-Rangel, Ayiana 11	3) Higley, Grace 11	4) Sailor, Kylie 11	
	29.83	1:03.17 (1:03.17)	1:33.58 (30.41)	2:08.05 (1:04.88)	
	2:38.52 (30.47)	3:12.90 (1:04.85)	3:42.76 (29.86)	4:15.52 (1:02.62)	
4	Fremont Girl Varsity-MI	A	4:48.66	4:45.74	30
	1) Delo, Ivy JR	2) VandenBerg, Ella JR	3) Flores, Kaiya SR	4) DeWeerd, Madi SR	
	31.64	1:08.09 (1:08.09)	1:45.79 (37.70)	2:29.35 (1:21.26)	
	3:03.56 (34.21)	3:46.14 (1:16.79)	4:11.67 (25.53)	4:45.74 (59.60)	
5	Cadillac Vikings-MI	A	5:01.23	4:49.17	28
	1) Heuker, Averee 11	2) Seelye, Morgan 11	3) Holt, Reese 11	4) Booher, Kenna 12	
	33.63	1:10.31 (1:10.31)	1:46.71 (36.40)	2:27.81 (1:17.50)	
	3:03.39 (35.58)	3:41.68 (1:13.87)	4:14.04 (32.36)	4:49.17 (1:07.49)	
B - Final					
---	Traverse City West High School-E	B	4:35.86	x4:35.15	
	1) Naperala, Amelia 12	2) Macnowski, Kayla 10	3) Houghton, Abigail 09	4) Hardy, Paige 11	
	31.70	1:05.99 (1:05.99)	1:36.37 (30.38)	2:10.76 (1:04.77)	
	2:43.87 (33.11)	3:19.87 (1:09.11)	3:55.24 (35.37)	4:35.15 (1:15.28)	
---	Manistee High School Swimming-	B	4:43.27	x4:41.42	
	1) Arendt, Annika 11	2) Reid, Marina 11	3) Jensen, Graeleigh 09	4) Parantainen, Pilvi 12	
	32.90	1:07.50 (1:07.50)	1:39.02 (31.52)	2:13.48 (1:05.98)	
	2:48.83 (35.35)	3:26.90 (1:13.42)	4:01.45 (34.55)	4:41.42 (1:14.52)	

2022 Girls Coastal Conference - 11/4/2022 to 11/5/2022**Results - 2022 Girls Coastal Conference Finals****B - Final ... (Event 12 Girls 400 Yard Freestyle Relay)**

Team	Relay			Prelim Time	Finals Time	Points
--- Ludington High School Girls	B			5:00.25	x5:01.31	
1) Carlson, Kaitlin 12	2) Carlson, Ava 09	3) Reed, Maddie 11	4) Sova, Carley 09			
33.45	1:11.22 (1:11.22)	1:45.98 (34.76)	2:24.34 (1:13.12)			
3:03.07 (38.73)	3:45.28 (1:20.94)	4:22.77 (37.49)	5:01.31 (1:16.03)			
--- Traverse City West High School-L	C			5:36.97	x5:18.43	
1) Byrne, Molly 11	2) Neuhardt, Ella 11	3) Hartman, Reese 09	4) Byland, Mariah 9			
47.18	1:38.56 (1:38.56)	2:12.68 (34.12)	2:50.99 (1:12.43)			
3:22.35 (31.36)	3:58.48 (1:07.49)	4:35.56 (37.08)	5:18.43 (1:19.95)			
--- Cadillac Vikings-MI	B			5:48.60	x5:46.23	
1) Tomaski, Alissa 09	2) Amy, Lexi	3) Allen, Lily	4) Penney, Madison 12			
40.85	1:26.44 (1:26.44)	2:11.35 (44.91)	3:06.19 (1:39.75)			
3:42.71 (36.52)	4:22.05 (1:15.86)	5:01.64 (39.59)	5:46.23 (1:24.18)			
--- Ludington High School Girls	C			5:55.58	x5:47.23	
1) Autrey, Maggie 10	2) Clark, Tory 09	3) Vivenzi, Sophia 12	4) Gronstal, Katie 09			
35.57	1:16.97 (1:16.97)	1:59.68 (42.71)	2:51.74 (1:34.77)			
3:30.39 (38.65)	4:14.48 (1:22.74)	4:55.48 (41.00)	5:47.23 (1:32.75)			
--- Cadillac Vikings-MI	C			6:33.20	x6:17.70	
1) Devereaux, Jazmin 12	2) Eppard, Natalie 10	3) Kearns, Lauren 09	4) Mahr, Lea			
49.25	1:39.83 (1:39.83)	2:24.70 (44.87)	3:13.98 (1:34.15)			
3:59.60 (45.62)	4:51.49 (1:37.51)	5:30.57 (39.08)	6:17.70 (1:26.21)			

Combined Team Scores**Combined Team Scores - Through Event 12**

1. Traverse City West High School	575.5	2. Ludington High School Girls	463.5
3. Cadillac Vikings	263	4. Manistee High School Swimming	238
5. Fremont Girl Varsity	158		

Scores - Women**Women - Team Rankings - Through Event 12**

1. Traverse City West High School	575.5	2. Ludington High School Girls	463.5
3. Cadillac Vikings	263	4. Manistee High School Swimming	238
5. Fremont Girl Varsity	158		