

2014 MAC Silver Championships- Girls - 11/6/2014 to 11/8/2014

Results - Swimming Finals

Event 1 Women 200 Yard Medley Relay

D1 State Cut: 1:54.89 1

D2 State Cut: 1:58.59 2

D3 State Cut: 2:00.19 3

MAC Silver: 2:36.27 S 11/4/2004 Audrey Marshall

SHHS GIRLS: 2:09.94 V 1/1/1998 Lamia, Zaniewski, Thueme, King

Team	Relay	Finals Time	NISCA
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A - Final

1	RAMS	A	2:13.43S	81
	1) Alexis Alford	2) Cindy Strazimiri		
	3) Leigha Diegel	4) Megan Kepler		
2	SCSSL	A	2:30.25S	26
	1) Emily Cowles SO	2) Milana Goodrich FR		
	3) Faith Fleming SR	4) Lia Korzeniewski SO		
3	STH-MI	A	2:35.88S	24
	1) Tanya Duzey 12	2) Rachel Coy 11		
	3) Rebekah Coy 11	4) Julia Parsina 12		
4	LHS	A	2:38.10	22
	1) Salena Whitworth JR	2) Destiny Mowrey JR		
	3) Brandy Blocton SO	4) Cheyanne Bradford JR		
5	WARMT	A	2:39.25	20
	1) Celeste Rupert SO	2) Jolie Karatsheh SO		
	3) Alyssa Ochss SR	4) Xhesika Sinojmeri SO		

B - Final

---	WARMT	B	x2:56.92	
	1) Santana Robinson SR	2) Isabelle Basara SO		
	3) Karina Ochss JR	4) Alicia Gregg SR		
---	WARMT	C	X3:03.97	
	1) Megan Rodreick FR	2) Lydia Dyhdalo SO		
	3) Nancy Forsythe SO	4) Arnisa Brown FR		
---	RAMS	B	x3:07.06	
	1) Felna Caparoso	2) Ashley Mcmillian		
	3) Tatum Morrow	4) Deirha Torbert		
---	STH-MI	B	x3:18.90	
	1) Christina Samaan 12	2) Sydney Higgins 10		
	3) Titiana Gorges 12	4) Casey Higgins 12		
---	LHS	B	x3:23.27	
	1) Dakota Walker SO	2) Amber Thompson FR		
	3) Jennifer Schmid JR	4) Jaylynn Gladney JR		

Event 2 Women 200 Yard Freestyle

D1 State Cut: 1:58.49 1

D2 State Cut: 2:01.29 2

D3 State Cut: 2:05.49 3

MAC Silver: 2:13.56 S 11/1/2012 Madison Lewis

SHHS GIRLS: 2:06.14 V 1/1/1989 C. Gazepis

Name	YrSchool	Finals Time	NISCA
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A - Final

1	Alexis Alford	RAMS	2:15.93	49
2	Rebecca Dadswell	ED	2:28.28	17
3	Katherine Close	09 STH-MI	2:34.20	3
4	Sabryna Otto	JR LHS	2:35.20	0
5	Olivia Boileau	JR SCSSL	2:35.31	0
6	Julia Parsina	12 STH-MI	2:58.27	9

B - Final

7	Vivian Eckert	RAMS	2:48.92	7
8	Grace Metushi	12 STH-MI	2:57.56	5
9	Maddison Cooper	SO WARMT	3:00.84	4

10	Darian Ryan	RAMS	3:04.75	3
11	Allison Gardner	11 STH-MI	3:07.94	2
12	Aimee Riggs	SO LHS	3:15.44	1

Event 3 Women 200 Yard IM

D1 State Cut: 2:14.29 1

D2 State Cut: 2:17.29 2

D3 State Cut: 2:24.99 3

MAC Silver: 2:12.09 S 11/1/2011 Warren Mott

SHHS GIRLS: 2:28.89 V 1/1/1989 C. Gazepis

Name	YrSchool	Finals Time	NISCA
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A - Final

1	Cindy Strazimiri	RAMS	2:51.98	4
2	Rachel Coy	11 STH-MI	2:57.27	13
3	Alyssa Ochss	SR WARMT	2:58.03	12
4	Cheyenne Bradford	JR LHS	3:04.64	11
5	Milana Goodrich	FR SCSSL	3:15.87	10
6	Lizzy Albrecht	SR SCSSL	3:19.32	9

B - Final

7	Karina Ochss	JR WARMT	3:20.69	7
8	Maria Gallo	11 STH-MI	3:32.17	5
9	Ashley Mcmillian	RAMS	3:36.63	4
10	Cayla Byron	FR WARMT	3:42.55	3
11	Nancy Forsythe	SO WARMT	3:53.43	2
12	Jennifer Schmid	JR LHS	3:54.34	1

Event 4 Women 50 Yard Freestyle

D1 State Cut: 25.19 1

D2 State Cut: 25.49 2

D3 State Cut: 26.09 3

MAC Silver: 27.01 S 11/1/2011 Megan Kozlowski

SHHS GIRLS: 26.63 V 1/1/1988 C. Gazepis

Name	YrSchool	Finals Time	NISCA
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A - Final

1	Corinna Sheikh	ED	27.66	73
2	Megan Kepler	RAMS	29.04	54
3	Lia Korzeniewski	SO SCSSL	29.54	48
4	Sydney Olszewski	SO SCSSL	30.11	41
5	Sarah Zobl	RAMS	31.50	25
6	Julia Parsina	12 STH-MI	31.66	23

B - Final

7	Xhesika Sinojmeri	SO WARMT	32.13	18
8	Megan Nicaise	SO LHS	33.06	8
9	Kalie Tomlinson	11 STH-MI	34.54	4
10	Madison Olstyn	SO SCSSL	35.61	3
11	Destiny Mowrey	JR LHS	36.25	2
12	Megan Rodreick	FR WARMT	37.65	1

Event 5 Women 1 mtr Diving

SHHS GIRLS: 272.05 V 1/1/2001 K. Miles

Name	YrSchool	Finals Score	NISCA
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Finals

1	Cassie Kury	SO SCSSL	406.20	136
2	Fallon Pfeifer	RAMS	201.55	59
---	Tanya Duzey	12 STH-MI	DQ	

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Event 6 Women 100 Yard Butterfly

D1 State Cut: 1:00.59 1

D2 State Cut: 1:02.29 2

D3 State Cut: 1:05.29 3

MAC Silver: 1:07.13 S 11/1/2012 Maison Lewis

SHHS GIRLS: 1:04.16 V 1/1/1989 C. Gazepis

Name	YrSchool	Finals Time	NISCA
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A - Final

1	Leigha Diegel	RAMS	1:16.75	29
2	Cheyenne Bradford	JR LHS	1:24.19	2
3	Rebekah Coy	11 STH-MI	1:26.38	12
4	Lizzy Albrecht	SR SCSSL	1:29.26	11
5	Karina Ochss	JR WARMT	1:34.65	10
6	Faith Fleming	SR SCSSL	1:36.67	9

B - Final

7	Brandy Blocton	SO LHS	1:36.47	7
8	Nicole Haughey	ED	1:43.43	5
9	Cayla Byron	FR WARMT	1:49.46	4
10	Maria Gallo	11 STH-MI	1:49.67	3
11	Kayla Walker	JR LHS	1:56.08	2
12	Sydney Higgins	10 STH-MI	1:57.72	1

Event 7 Women 100 Yard Freestyle

D1 State Cut: 54.79 1

D2 State Cut: 55.59 2

D3 State Cut: 57.09 3

MAC Silver: 1:00.50 S 11/1/2011 Megan Kozlowski

SHHS GIRLS: 57.93 V 1/1/1988 C. Gazepis

Name	YrSchool	Finals Time	NISCA
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A - Final

1	Corinna Sheikh	ED	1:01.69	59
2	Megan Kepler	RAMS	1:05.55	35
3	Sydney Olszewski	SO SCSSL	1:06.13	32
4	Sabryna Otto	JR LHS	1:09.59	13
5	Lia Korzeniewski	SO SCSSL	1:11.06	6
6	Fallon Pfeifer	RAMS	1:15.61	9

B - Final

7	Sarah Zobl	RAMS	1:11.83	2
8	Xhesika Sinojmeri	SO WARMT	1:13.31	5
9	Kira Staats	RAMS	1:16.90	4
10	Celeste Rupert	SO WARMT	1:17.78	3
11	Kalie Tomlinson	11 STH-MI	1:18.49	2
12	Madison Olstyn	SO SCSSL	1:18.53	1

Event 8 Women 500 Yard Freestyle

D1 State Cut: 5:18.79 1

D2 State Cut: 5:26.59 2

D3 State Cut: 5:39.59 3

MAC Silver: 6:29.70 S 11/6/2004 Marina McNeil

SHHS GIRLS: 5:41.18 V 1/1/1988 C. Gazepis

Name	YrSchool	Finals Time	NISCA
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A - Final

1	Leigha Diegel	RAMS	6:29.16S	23
2	Katherine Close	09 STH-MI	7:00.45	13
3	Alyssa Ochss	SR WARMT	7:06.13	12
4	Olivia Boileau	JR SCSSL	7:09.61	11
5	Megan Nicaise	SO LHS	7:24.40	10

6	Faith Fleming	SR SCSSL	7:58.23	9
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B - Final

7	Vivian Eckert	RAMS	7:42.71	7
8	Darian Ryan	RAMS	8:06.52	5
9	Grace Metushi	12 STH-MI	8:08.00	4
10	Maddison Cooper	SO WARMT	8:08.82	3
11	Allison Gardner	11 STH-MI	8:41.72	2
12	Aimee Riggs	SO LHS	8:57.53	1

Event 9 Women 200 Yard Freestyle Relay

D1 State Cut: 1:42.89 1

D2 State Cut: 1:46.59 2

D3 State Cut: 1:47.69 3

MAC Silver: 1:58.73 S 11/6/2004 Lamphere

SHHS GIRLS: 1:54.59 V 1/1/1999 Violette, King, Zaniewski, Thume

Team	Relay	Finals Time	NISCA
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A - Final

1	SCSSL	A	2:06.06	228
	1) Lizzy Albrecht SR	2) Lia Korzeniewski SO		
	3) Olivia Boileau JR	4) Sydney Olszewski SO		
2	STH-MI	A	2:10.74	189
	1) Rachel Coy 11	2) Tanya Duzey 12		
	3) Katherine Close 09	4) Julia Parsina 12		
3	ED	A	2:14.84	156
	1) Rebecca Dadswell	2) Violet Wilson		
	3) Nicole Haughey	4) Corinna Sheikh		
4	LHS	A	2:16.92	141
	1) Alyssa Whitman SO	2) Kayla Walker JR		
	3) Destiny Mowrey JR	4) Megan Nicaise SO		
5	RAMS	A	2:18.02	135
	1) Fallon Pfeifer	2) Kira Staats		
	3) Summer Dean	4) Sarah Zobl		
6	WARMT	A	2:28.35	63
	1) Xhesika Sinojmeri SO	2) Alicia Gregg SR		
	3) Cayla Byron FR	4) Jolie Karatsheh SO		

B - Final

---	RAMS	B	x2:28.25	
	1) Jonafina Torres	2) Kaitlin Morrow		
	3) Darian Ryan	4) Vivian Eckert		
---	WARMT	B	x2:40.03	
	1) Breanna Winkle FR	2) Arnisa Brown FR		
	3) Isabelle Basara SO	4) Karina Ochss JR		
---	STH-MI	B	x2:40.74	
	1) Amela Fili 12	2) Lauren Batu 12		
	3) Casey Higgins 12	4) Kathleen Sy 12		
---	LHS	B	x2:58.05	
	1) Jaylynn Gladney JR	2) Aimee Riggs SO		
	3) Dakota Walker SO	4) Amber Thompson FR		

Event 10 Women 100 Yard Backstroke

D1 State Cut: 1:01.19 1

D2 State Cut: 1:02.49 2

D3 State Cut: 1:05.39 3

MAC Silver: 1:11.02 S 11/6/2004 Colleen Grattan

SHHS GIRLS: 1:09.01 V 10/24/2006 L. Boice

Name	YrSchool	Finals Time	NISCA
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A - Final

1	Alexis Alford	RAMS	1:10.09S	52
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Results - Swimming Finals

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

Name	YrSchool	Finals Time	NISCA
2 Rebekah Coy	11 STH-MI	1:20.18	6
3 Brandy Blocton	SO LHS	1:26.44	12
4 Celeste Rupert	SO WARMT	1:26.99	11
5 Tanya Duzey	12 STH-MI	1:28.41	10
6 Emily Cowles	SO SCSSL	1:35.86	9

B - Final

7 Alyssa Whitman	SO LHS	1:33.63	7
8 Christina Samaan	12 STH-MI	1:40.90	5
9 Salena Whitworth	JR LHS	1:44.62	4
10 Megan Rodreick	FR WARMT	1:48.00	3
11 Bridget Bussey	SO SCSSL	1:50.36	2
12 Shelby Barber-Heard	JR WARMT	1:56.65	1

Event 11 Women 100 Yard Breaststroke

D1 State Cut: 1:09.79 1

D2 State Cut: 1:11.09 2

D3 State Cut: 1:14.69 3

MAC Silver: 1:19.03 S 11/6/2004 Nicole Lubinski

SHHS GIRLS: 1:15.22 V 11/10/2011 M. Belcher

Name	YrSchool	Finals Time	NISCA
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A - Final

1 Cindy Strazimiri	RAMS	1:22.65	43
2 Rebecca Dadswell	ED	1:27.43	25
3 Milana Goodrich	FR SCSSL	1:31.52	10
4 Rachel Coy	11 STH-MI	1:39.18	11
5 Destiny Mowrey	JR LHS	1:43.16	10
6 Isabelle Basara	SO WARMT	1:43.52	9

B - Final

7 Ashley Mcmillian	RAMS	1:45.33	7
8 Jolie Karatsheh	SO WARMT	1:49.76	5
9 Kayla Walker	JR LHS	1:50.07	4
10 Amber Thompson	FR LHS	1:54.26	3
11 Felna Caparoso	RAMS	2:02.16	2
12 Amelia Kimball	09 STH-MI	2:06.11	1

Event 12 Women 400 Yard Freestyle Relay

D1 State Cut: 3:45.09 1

D2 State Cut: 3:53.69 2

D3 State Cut: 3:55.49 3

MAC Silver: 4:20.68 S 11/1/2004 Center Line High School

SHHS GIRLS: 4:17.43 V 1/1/1999 Zaniewski, King, Violette, Thu

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Team	Relay	Finals Time	NISCA
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A - Final

1 RAMS	A	4:32.92	93
1) Megan Kepler	2) Cindy Strazimiri		
3) Leigha Diegel	4) Alexis Alford		
2 SCSSL	A	4:53.07	18
1) Sydney Olszewski SO	2) Lizzy Albrecht SR		
3) Faith Fleming SR	4) Olivia Boileau JR		
3 LHS	A	4:59.78	24
1) Brandy Blocton SO	2) Cheyanne Bradford JR		
3) Megan Nicaise SO	4) Sabryna Otto JR		
4 ED	A	5:04.05	22
1) Corinna Sheikh	2) Violet Wilson		
3) Nicole Haughey	4) Rebecca Dadswell		

5 STH-MI	A	5:11.58	20
1) Rebekah Coy 11	2) Maria Gallo 11		
3) Grace Metushi 12	4) Katherine Close 09		
6 WARMT	A	5:38.29	18
1) Alyssa Ochss SR	2) Nancy Forsythe SO		
3) Maddison Cooper SO	4) Alicia Gregg SR		

B - Final

--- RAMS	B	x5:27.60
1) Fallon Pfeifer	2) Summer Dean	
3) Sarah Zobl	4) Kira Staats	
--- WARMT	B	x6:08.96
1) Breanna Winkle FR	2) Lydia Dyhdalo SO	
3) Megan Rodreick FR	4) Santana Robinson SR	
--- STH-MI	B	x6:12.21
1) Allison Gardner 11	2) Mikayla Hogue 10	
3) Daria Parsina 09	4) Kathleen Sy 12	

Scores - Women

Women - Team Rankings - Through Event 12

1. Lamphere Rams	284
2. St. Clair Shores South Lake	241
3. Sterling Heights High School	206
4. Warren Lincoln High School	183
5. Warren Mott High School	158
6. East Detroit High School	109