

Ok Rainbow Tier I Girls Conference Meet 2022 - 11/4/2022 to 11/5/2022**Results****Event 1 Girls 200 Yard Medley Relay**

| Team | Relay | Prelim Time | Finals Time |
|---------------------------------|---------------------------|---------------------------|------------------------------|
| Finals | | | |
| 1 Holland Christian-D3 | A | 1:52.90 | 1:51.05 |
| 1) Ryden, Lilly 12 | 2) DeKievit, Claire 12 | 3) Petrak, Annie 12 | 4) Siegers, Eden 11 |
| 28.41 30.38 27.09 25.17 | | | |
| 2 Muskegon Mona Shores HS (| A | 1:57.04 | 1:56.25 |
| 1) Buckner, Delaney 12 | 2) Huttenga, Naomi 12 | 3) Hunt, Robyn 12 | 4) Sytsema, Sydney 11 |
| 28.58 34.01 28.39 25.27 | | | |
| 3 Zeeland High School-D1 | A | 1:55.54 | 1:56.37 |
| 1) Brinks, Abigail 11 | 2) DeLost, Allie 12 | 3) Mishler, Addison 09 | 4) Hutt, Miah 11 |
| 28.82 33.92 27.75 25.88 | | | |
| 4 Holland High School-D2 | A | 1:57.34 | 1:56.63 |
| 1) Legg, Natalie 11 | 2) Mendels, Lilly 11 | 3) Whiteman, Eva 12 | 4) Lopez-Koolhaas, Miriam 10 |
| 28.50 34.34 27.80 25.99 | | | |
| 5 Spring Lake High School-MI | A | 2:02.53 | 1:59.46 |
| 1) Mazurek, Alana SO | 2) Vander Heide, Sadie SO | 3) Boodt, Bella JR | 4) Meyers, Kyla JR |
| 30.72 34.63 28.15 25.96 | | | |
| 6 Hamilton HS Girls-D3 | A | 1:58.90 | 1:59.63 |
| 1) Garvelink, Adaline 09 | 2) Lewis, Kiera 10 | 3) Lucas, Lydia 11 | 4) Grabinski, Addison 11 |
| 30.70 34.02 28.28 26.63 | | | |
| 7 Grand Rapids Catholic Centr | A | 2:02.19 | 2:03.49 |
| 1) Braun, Mae FR | 2) McNamara, Kate FR | 3) Rabaut, Joanna JR | 4) Puglessi, Jane SR |
| 30.38 35.62 30.39 27.10 | | | |
| --- Zeeland High School-D1 | B | 2:03.42 | X2:01.30 |
| 1) Blanton, Lilyan 10 | 2) Meyer, Jenna 11 | 3) Wolters, Jossalyn 09 | 4) Nykamp, Reese 11 |
| 30.64 32.14 32.46 26.06 | | | |
| --- Muskegon Mona Shores HS (| B | 2:02.53 | X2:03.47 |
| 1) Gaston, Marilyn 11 | 2) Van Baale, Susie 10 | 3) Stout, Eva 11 | 4) Eenigenburg, Maria 10 |
| 32.17 35.46 29.53 26.31 | | | |
| --- Holland Christian-D3 | B | 2:05.26 | X2:03.53 |
| 1) Grotenhuis, Lauren 12 | 2) Brink, Maddie 12 | 3) Algera, Sara 10 | 4) Chase, Emma 12 |
| 31.58 33.42 30.31 28.22 | | | |
| --- Hamilton HS Girls-D3 | B | 2:05.10 | X2:04.19 |
| 33.83 32.84 29.44 28.08 | | | |
| --- Spring Lake High School-MI | B | 2:13.92 | X2:06.66 |
| 1) Geschiere, Renee JR | 2) Fouchea, Ava JR | 3) Stewart, Jessica JR | 4) Brower, Rachael SO |
| 33.80 34.70 30.42 27.74 | | | |
| --- Holland Christian-D3 | C | 2:09.28 | X2:08.69 |
| 1) Witte, Katelyn 9 | 2) Brink, Jackie 9 | 3) VanderZwaag, Baylee 11 | 4) Knot, Hannah 11 |
| 34.50 34.42 32.23 27.54 | | | |
| --- Hamilton HS Girls-D3 | C | 2:04.80 | X2:09.01 |
| 35.11 34.20 31.63 28.07 | | | |
| --- Zeeland High School-D1 | C | 2:12.48 | X2:13.69 |
| 1) Jackson, Aubrey 10 | 2) Tracy, Alaina 10 | 3) Deur, Myleigh 09 | 4) Wilson, Avarey 10 |
| 34.45 36.32 34.74 28.18 | | | |
| --- Grand Rapids Catholic Centr | B | 2:12.77 | X2:16.24 |
| 1) Krajewski, Katie JR | 2) Behmer, Lainey JR | 3) Sullivan, Kathleen FR | 4) Padron, Barbara FR |
| 33.75 37.13 33.69 31.67 | | | |
| --- Spring Lake High School-MI | C | 2:13.87 | X2:16.63 |
| 1) Miller, Emma SR | 2) Hare, Rhyan FR | 3) Zuelke, Lilly SR | 4) Rantanen, Callie SO |
| 33.55 41.76 31.91 29.41 | | | |
| --- Grand Rapids Catholic Centr | C | 2:15.45 | X2:17.81 |
| 1) Russo, Caylee JR | 2) Meerman, Lauren SO | 3) Wittkowski, Annie FR | 4) Greene, Audrey SR |
| 37.12 38.38 31.25 31.06 | | | |

Ok Rainbow Tier I Girls Conference Meet 2022 - 11/4/2022 to 11/5/2022**Results****Finals ... (Event 1 Girls 200 Yard Medley Relay)**

| Team | Relay | Prelim Time | Finals Time |
|--|----------------------------------|----------------------|-----------------------------|
| --- Holland High School-D2 | B | 2:30.45 | X2:34.98 |
| 1) Martinez, Karinna 10 41.48 46.02 34.23 | 2) Armstrong, Ahneke 12 33.25 | 3) Hoebbel, Rilee 10 | 4) Vasquez-Trejo, Marlene 9 |
| --- Muskegon Mona Shores HS (| C | 3:03.70 | X3:01.04 |
| 1) Zheng, Emily 10 38.25 1:07.27 38.30 | 2) Morin, Aurora 9 37.22 | 3) Bowen, Cambree 10 | 4) Vanderlinde, Zoey 11 |

Event 1 Girls 200 Yard Medley Relay

| Team | Relay | Seed Time | Prelim Time |
|---|------------------------------------|-------------------------|------------------------------|
| Preliminaries | | | |
| 1 Holland Christian-D3 | A | 1:52.79 | 1:52.90 q |
| 1) Ryden, Lilly 12 28.47 30.96 27.80 | 2) DeKievit, Claire 12 25.67 | 3) Petrak, Annie 12 | 4) Siegers, Eden 11 |
| 2 Zeeland High School-D1 | A | 1:57.87 | 1:55.54 q |
| 1) Brinks, Abigail 11 28.82 33.42 28.00 | 2) Meyer, Jenna 11 25.30 | 3) Mishler, Addison 09 | 4) Hutt, Miah 11 |
| 3 Muskegon Mona Shores HS (| A | 1:56.25 | 1:57.04 q |
| 1) Buckner, Delaney 12 28.84 33.79 28.50 | 2) Huttenga, Naomi 12 25.91 | 3) Hunt, Robyn 12 | 4) Sytsema, Sydney 11 |
| 4 Holland High School-D2 | A | 2:01.93 | 1:57.34 q |
| 1) Legg, Natalie 11 28.48 35.20 27.63 | 2) Mendels, Lilly 11 26.03 | 3) Whiteman, Eva 12 | 4) Lopez-Koolhaas, Miriam 10 |
| 5 Hamilton HS Girls-D3 | A | 1:59.22 | 1:58.90 q |
| 1) Garvelink, Adaline 09 30.03 33.66 28.27 | 2) Lewis, Kiera 10 26.94 | 3) Lucas, Lydia 11 | 4) Grabinski, Addison 11 |
| 6 Grand Rapids Catholic Centr | A | 2:02.49 | 2:02.19 q |
| 1) Braun, Mae FR 30.26 35.19 30.93 | 2) McNamara, Kate FR 25.81 | 3) Rabaut, Joanna JR | 4) Andrzejewski, Riane FR |
| *7 Muskegon Mona Shores HS (| B | 2:04.95 | 2:02.53 q |
| 1) Gaston, Marilyn 11 32.14 35.13 28.94 | 2) Van Baale, Susie 10 26.32 | 3) Stout, Eva 11 | 4) Eenigenburg, Maria 10 |
| *7 Spring Lake High School-MI | A | 1:58.39 | 2:02.53 q |
| 1) Geschiere, Renee JR 32.04 35.06 28.43 | 2) Fouchea, Ava JR 27.00 | 3) Boodt, Bella JR | 4) Meyers, Kyla JR |
| 9 Zeeland High School-D1 | B | 2:04.77 | 2:03.42 q |
| 1) Blanton, Lilyan 10 32.24 32.89 32.57 | 2) DeLost, Allie 12 25.72 | 3) Wolters, Jossalyn 09 | 4) Nykamp, Reese 11 |
| 10 Hamilton HS Girls-D3 | C | 2:12.00 | 2:04.80 q |
| 1) Ludema, Maya 10 33.07 32.69 30.90 | 2) Borg, Jocelyn 12 28.14 | 3) Barnhill, Sydney 11 | 4) Overbeek, Olivia 11 |
| 11 Hamilton HS Girls-D3 | B | 2:07.00 | 2:05.10 q |
| 1) Parkhill, Abigail 12 34.33 32.98 29.92 | 2) Fyneweever, Josie 11 27.87 | 3) Reilly, Emma 10 | 4) VanDerMeulen, Isabella 12 |
| 12 Holland Christian-D3 | B | NT | 2:05.26 q |
| 1) Grotenhuis, Lauren 12 31.23 34.62 30.68 | 2) VanderZwaag, Baylee 11 28.73 | 3) Algera, Sara 10 | 4) Chase, Emma 12 |
| 13 Holland Christian-D3 | C | NT | 2:09.28 q |
| 1) Witte, Katelyn 9 34.01 34.06 31.91 | 2) Brink, Jackie 9 29.30 | 3) Helms, Ava 9 | 4) Knot, Hannah 11 |
| 14 Zeeland High School-D1 | C | 2:11.11 | 2:12.48 q |
| 1) Jackson, Aubrey 10 34.47 35.84 34.19 | 2) Tracy, Alaina 10 27.98 | 3) Deur, Myleigh 09 | 4) Wilson, Avarey 10 |

Ok Rainbow Tier I Girls Conference Meet 2022 - 11/4/2022 to 11/5/2022**Results****Preliminaries ... (Event 1 Girls 200 Yard Medley Relay)**

| Team | Relay | Seed Time | Prelim Time |
|--------------------------------|-------------------------|--------------------------|-----------------------------|
| 15 Grand Rapids Catholic Centr | B | 2:16.23 | 2:12.77 q |
| 1) Krajewski, Katie JR | 2) Behmer, Lainey JR | 3) Sullivan, Kathleen FR | 4) Richard, McKenna SO |
| 33.52 37.04 33.55 28.66 | | | |
| 16 Spring Lake High School-MI | C | 2:17.52 | 2:13.87 q |
| 1) Miller, Emma SR | 2) Hare, Rhyan FR | 3) Stewart, Jessica JR | 4) Cough, Karley FR |
| 32.76 39.94 29.93 31.24 | | | |
| 17 Spring Lake High School-MI | B | 2:03.30 | 2:13.92 q |
| 1) Brower, Rachael SO | 2) Rantanen, Callie SO | 3) Zuelke, Lilly SR | 4) Botbyl, Alexandra FR |
| 33.54 40.95 31.41 28.02 | | | |
| 18 Grand Rapids Catholic Centr | C | 2:31.31 | 2:15.45 q |
| 1) Wittkowski, Annie FR | 2) Meerman, Lauren SO | 3) Russo, Caylee JR | 4) Greene, Audrey SR |
| 33.37 37.34 33.44 31.30 | | | |
| 19 Holland High School-D2 | B | 2:31.30 | 2:30.45 q |
| 1) Martinez, Karinna 10 | 2) Armstrong, Ahneke 12 | 3) Hoebbel, Rilee 10 | 4) Vasquez-Trejo, Marlene 9 |
| 40.24 46.28 33.03 30.90 | | | |
| 20 Muskegon Mona Shores HS (| C | 2:32.08 | 3:03.70 q |
| 1) Zheng, Emily 10 | 2) Morin, Aurora 9 | 3) Bowen, Cambree 10 | 4) Vanderlinde, Zoey 11 |
| 38.76 36.98 | | | |

Event 2 Girls 200 Yard Freestyle

| Name | Yr | School | Prelim Time | Finals Time |
|--------------------------|----|-------------------------------|-------------|-------------|
| A - Final | | | | |
| 1 Siegers, Eden | 11 | Holland Christian-D3 | 2:04.24 | 2:01.02 |
| 28.60 31.09 31.51 29.82 | | | | |
| 2 Heeres, Maria | 11 | Holland Christian-D3 | 2:03.01 | 2:01.42 |
| 27.60 31.03 32.39 30.40 | | | | |
| 3 Fouchea, Tori | SR | Spring Lake High School-MI | 2:05.64 | 2:04.56 |
| 28.62 31.74 32.18 32.02 | | | | |
| 4 DenUyl, Emma | 12 | Hamilton HS Girls-D3 | 2:05.65 | 2:07.57 |
| 29.15 32.15 33.59 32.68 | | | | |
| 5 Braun, Mae | FR | Grand Rapids Catholic Central | 2:05.20 | 2:07.80 |
| 29.24 32.65 34.35 31.56 | | | | |
| 6 VanDyken, Anna | 09 | Zeeland High School-D1 | 2:06.56 | 2:07.94 |
| 29.33 32.56 33.43 32.62 | | | | |
| 7 DeVries, Adeline | 10 | Zeeland High School-D1 | 2:08.59 | 2:08.07 |
| 29.96 32.44 33.14 32.53 | | | | |
| 8 Weenum, Peyton | 09 | Zeeland High School-D1 | 2:09.31 | 2:10.77 |
| 29.91 32.69 33.90 34.27 | | | | |
| B - Final | | | | |
| 9 Meyers, Delaney | SR | Spring Lake High School-MI | 2:11.65 | 2:09.52 |
| 29.06 32.86 33.47 34.13 | | | | |
| 10 Kotecki, Adeline | 12 | Zeeland High School-D1 | 2:10.60 | 2:10.66 |
| 30.33 33.34 34.40 32.59 | | | | |
| 11 Grabinski, Addison | 11 | Hamilton HS Girls-D3 | 2:12.76 | 2:11.42 |
| 30.42 33.32 33.85 33.83 | | | | |
| 12 Troost, Isabelle | 10 | Hamilton HS Girls-D3 | 2:15.89 | 2:16.05 |
| 30.95 34.59 35.39 35.12 | | | | |
| 13 Stout, Eva | 11 | Muskegon Mona Shores HS Co-op | 2:13.73 | 2:16.10 |
| 31.05 34.56 35.49 35.00 | | | | |
| 14 VanDonkelaar, Lexi | SR | Spring Lake High School-MI | 2:17.65 | 2:16.99 |
| 31.76 35.34 36.32 33.57 | | | | |
| 15 Schwallier, Annabelle | SO | Grand Rapids Catholic Central | 2:18.22 | 2:17.66 |
| 30.56 34.45 37.48 35.17 | | | | |

Ok Rainbow Tier I Girls Conference Meet 2022 - 11/4/2022 to 11/5/2022**Results****B - Final ... (Event 2 Girls 200 Yard Freestyle)**

| Name | Yr | School | Prelim Time | Finals Time |
|-------------------|-------|-------------------------------|-------------|-------------|
| 16 Curow, Millie | 11 | Muskegon Mona Shores HS Co-op | 2:23.84 | 2:27.10 |
| 32.88 36.93 38.81 | 38.48 | | | |

C - Final

| | | | | |
|---------------------------|-------|-------------------------------|---------|---------|
| 17 Head, Alexis | 12 | Zeeland High School-D1 | 2:12.91 | 2:14.21 |
| 30.90 33.95 35.28 | 34.08 | | | |
| 18 Wilson, Katriona | 10 | Zeeland High School-D1 | 2:14.17 | 2:16.10 |
| 31.55 34.59 35.50 | 34.46 | | | |
| 19 Bocian, Isabelle | JR | Grand Rapids Catholic Central | 2:27.46 | 2:24.61 |
| 32.72 36.47 38.32 | 37.10 | | | |
| 20 Meyers, Sophia | FR | Spring Lake High School-MI | 2:29.36 | 2:31.81 |
| 33.91 40.16 41.35 | 36.39 | | | |
| 21 Stapleton, Emma Kate | JR | Grand Rapids Catholic Central | 2:33.54 | 2:32.95 |
| 33.99 38.55 40.88 | 39.53 | | | |
| 22 Wahl, Alaina | SR | Spring Lake High School-MI | 2:35.97 | 2:39.33 |
| 35.36 40.89 42.82 | 40.26 | | | |
| 23 Vasquez-Trejo, Marlene | 9 | Holland High School-D2 | 2:38.27 | 2:40.57 |
| 36.47 42.26 42.17 | 39.67 | | | |
| 24 Bradley, Claire | 09 | Muskegon Mona Shores HS Co-op | 2:52.46 | 2:51.68 |
| 37.92 43.37 45.68 | 44.71 | | | |

Event 2 Girls 200 Yard Freestyle

| Name | Yr | School | Seed Time | Prelim Time |
|-----------------------|-------|-------------------------------|-----------|-------------|
| Preliminaries | | | | |
| 1 Heeres, Maria | 11 | Holland Christian-D3 | 2:03.04 | 2:03.01 q |
| 27.77 31.54 32.19 | 31.51 | | | |
| 2 Siegers, Eden | 11 | Holland Christian-D3 | 2:04.50 | 2:04.24 q |
| 28.11 30.87 33.03 | 32.23 | | | |
| 3 Braun, Mae | FR | Grand Rapids Catholic Central | 2:10.60 | 2:05.20 q |
| 28.43 32.03 33.48 | 31.26 | | | |
| 4 Fouchea, Tori | SR | Spring Lake High School-MI | 2:05.28 | 2:05.64 q |
| 28.64 31.63 32.71 | 32.66 | | | |
| 5 DenUyl, Emma | 12 | Hamilton HS Girls-D3 | 2:04.66 | 2:05.65 q |
| 28.76 31.73 33.23 | 31.93 | | | |
| 6 VanDyken, Anna | 09 | Zeeland High School-D1 | 2:08.03 | 2:06.56 q |
| 28.78 32.48 33.12 | 32.18 | | | |
| 7 DeVries, Adeline | 10 | Zeeland High School-D1 | 2:11.37 | 2:08.59 q |
| 30.10 32.66 33.32 | 32.51 | | | |
| 8 Weenum, Peyton | 09 | Zeeland High School-D1 | 2:13.29 | 2:09.31 q |
| 29.47 32.48 33.68 | 33.68 | | | |
| 9 Kotecki, Adeline | 12 | Zeeland High School-D1 | 2:10.35 | 2:10.60 q |
| 29.30 32.83 34.57 | 33.90 | | | |
| 10 Meyers, Delaney | SR | Spring Lake High School-MI | 2:13.28 | 2:11.65 q |
| 29.35 33.26 34.85 | 34.19 | | | |
| 11 Grabinski, Addison | 11 | Hamilton HS Girls-D3 | 2:09.77 | 2:12.76 q |
| 29.84 32.92 34.51 | 35.49 | | | |
| 12 Head, Alexis | 12 | Zeeland High School-D1 | 2:18.01 | 2:12.91 q |
| 30.74 33.33 34.45 | 34.39 | | | |
| 13 Stout, Eva | 11 | Muskegon Mona Shores HS Co-op | 2:15.70 | 2:13.73 q |
| 29.95 33.74 35.73 | 34.31 | | | |
| 14 Wilson, Katriona | 10 | Zeeland High School-D1 | 2:19.40 | 2:14.17 q |
| 29.39 33.28 35.67 | 35.83 | | | |
| 15 Troost, Isabelle | 10 | Hamilton HS Girls-D3 | 2:19.94 | 2:15.89 q |
| 30.29 34.18 35.79 | 35.63 | | | |

Ok Rainbow Tier I Girls Conference Meet 2022 - 11/4/2022 to 11/5/2022**Results****Preliminaries ... (Event 2 Girls 200 Yard Freestyle)**

| | Name | | | Yr | School | Seed Time | Prelim Time | |
|----|------------------------|-------|-------|-------|-------------------------------|-----------|-------------|---|
| 16 | VanDonkelaar, Lexi | | | SR | Spring Lake High School-MI | 2:19.17 | 2:17.65 | q |
| | 31.07 | 34.72 | 36.34 | 35.52 | | | | |
| 17 | Schwallier, Annabelle | | | SO | Grand Rapids Catholic Central | 2:17.48 | 2:18.22 | q |
| | 30.88 | 34.51 | 36.76 | 36.07 | | | | |
| 18 | Curow, Millie | | | 11 | Muskegon Mona Shores HS Co-op | 2:26.62 | 2:23.84 | q |
| | 31.44 | 35.16 | 38.22 | 39.02 | | | | |
| 19 | Bocian, Isabelle | | | JR | Grand Rapids Catholic Central | 2:32.49 | 2:27.46 | q |
| | 33.91 | 36.80 | 38.57 | 38.18 | | | | |
| 20 | Meyers, Sophia | | | FR | Spring Lake High School-MI | 2:33.34 | 2:29.36 | q |
| | 32.49 | 39.04 | 40.37 | 37.46 | | | | |
| 21 | Stapleton, Emma Kate | | | JR | Grand Rapids Catholic Central | 2:37.53 | 2:33.54 | q |
| | 33.65 | 37.92 | 41.54 | 40.43 | | | | |
| 22 | Wahl, Alaina | | | SR | Spring Lake High School-MI | 2:41.19 | 2:35.97 | q |
| | 34.95 | 39.54 | 41.47 | 40.01 | | | | |
| 23 | Vasquez-Trejo, Marlene | | | 9 | Holland High School-D2 | 2:40.56 | 2:38.27 | q |
| | 34.54 | 40.84 | 42.51 | 40.38 | | | | |
| 24 | Bradley, Claire | | | 09 | Muskegon Mona Shores HS Co-op | 2:51.15 | 2:52.46 | q |
| | 38.35 | 44.08 | 46.22 | 43.81 | | | | |
| 25 | Michaelis, Olivia | | | 11 | Muskegon Mona Shores HS Co-op | 3:23.98 | 3:13.98 | |
| | 39.92 | 51.70 | 51.58 | 50.78 | | | | |

Event 3 Girls 200 Yard IM

| | Name | | | Yr | School | Prelim Time | Finals Time |
|------------------|--------------------|-------|-------|-------|-------------------------------|-------------|-------------|
| A - Final | | | | | | | |
| 1 | Ensing, Madison | | | 09 | Zeeland High School-D1 | 2:11.09 | 2:09.83 |
| | 28.01 | 32.98 | 38.71 | 30.13 | | | |
| 2 | DeKievit, Claire | | | 12 | Holland Christian-D3 | 2:20.04 | 2:21.28 |
| | 30.48 | 39.52 | 38.65 | 32.63 | | | |
| 3 | Brinks, Abigail | | | 11 | Zeeland High School-D1 | 2:21.63 | 2:23.40 |
| | 30.40 | 34.40 | 45.62 | 32.98 | | | |
| 4 | Ryden, Ruthie | | | 10 | Holland Christian-D3 | 2:22.40 | 2:25.79 |
| | 30.64 | 37.30 | 43.71 | 34.14 | | | |
| 5 | Brink, Maddie | | | 12 | Holland Christian-D3 | 2:24.73 | 2:25.88 |
| | 32.11 | 37.60 | 42.10 | 34.07 | | | |
| 6 | Meyers, Kyla | | | JR | Spring Lake High School-MI | 2:26.82 | 2:25.93 |
| | 31.15 | 38.06 | 44.09 | 32.63 | | | |
| 7 | Garvelink, Adaline | | | 09 | Hamilton HS Girls-D3 | 2:29.18 | 2:30.96 |
| | 31.81 | 39.08 | 44.31 | 35.76 | | | |
| 8 | Reilly, Emma | | | 10 | Hamilton HS Girls-D3 | 2:29.07 | 2:31.03 |
| | 31.99 | 38.41 | 45.70 | 34.93 | | | |
| B - Final | | | | | | | |
| 9 | McNamara, Kate | | | FR | Grand Rapids Catholic Central | 2:29.62 | 2:30.16 |
| | 33.20 | 37.80 | 43.84 | 35.32 | | | |
| 10 | Tracy, Alaina | | | 10 | Zeeland High School-D1 | 2:32.46 | 2:33.14 |
| | 35.06 | 39.83 | 43.58 | 34.67 | | | |
| 11 | Wolters, Jossalyn | | | 09 | Zeeland High School-D1 | 2:36.69 | 2:36.16 |
| | 34.00 | 40.28 | 45.87 | 36.01 | | | |
| 12 | Barnhill, Sydney | | | 11 | Hamilton HS Girls-D3 | 2:39.91 | 2:37.22 |
| | 34.37 | 40.15 | 48.70 | 34.00 | | | |
| 13 | Stewart, Jessica | | | JR | Spring Lake High School-MI | 2:40.82 | 2:37.85 |
| | 34.44 | 40.95 | 45.66 | 36.80 | | | |
| 14 | Mendels, Lilly | | | 11 | Holland High School-D2 | 2:41.19 | 2:41.40 |
| | 35.69 | 40.93 | 46.39 | 38.39 | | | |

Ok Rainbow Tier I Girls Conference Meet 2022 - 11/4/2022 to 11/5/2022**Results****B - Final ... (Event 3 Girls 200 Yard IM)**

| | Name | Yr | School | Prelim Time | Finals Time |
|-----|---------------------|----|----------------------------|-------------|-------------|
| 15 | Vander Heide, Sadie | SO | Spring Lake High School-MI | 2:40.98 | 2:41.66 |
| | 34.41 43.78 45.26 | | 38.21 | | |
| --- | VanIngen, Abby | 11 | Holland High School-D2 | 2:38.52 | DQ 2:39.48 |
| | 35.00 38.66 48.97 | | 36.85 | | |

C - Final

| | | | | | |
|----|---------------------|----|-------------------------------|---------|---------|
| 17 | Van Baale, Susie | 10 | Muskegon Mona Shores HS Co-op | 2:41.76 | 2:41.89 |
| | 36.55 43.52 45.75 | | 36.07 | | |
| 18 | Zuelke, Lilly | SR | Spring Lake High School-MI | 2:47.87 | 2:47.14 |
| | 35.11 44.71 48.37 | | 38.95 | | |
| 19 | Offman, Grace | 09 | Muskegon Mona Shores HS Co-op | 2:48.92 | 2:48.24 |
| | 36.44 41.25 51.79 | | 38.76 | | |
| 20 | DeJonge, Isabella | 11 | Muskegon Mona Shores HS Co-op | 2:54.84 | 2:51.43 |
| | 34.43 44.28 52.58 | | 40.14 | | |
| 21 | Sullivan, Kathleen | FR | Grand Rapids Catholic Central | 2:54.85 | 2:58.49 |
| | 35.64 46.38 55.76 | | 40.71 | | |
| 22 | Martinez, Niah | 9 | Holland High School-D2 | 3:31.08 | 3:23.28 |
| | 42.04 50.69 1:05.05 | | 45.50 | | |

Event 3 Girls 200 Yard IM

| | Name | Yr | School | Seed Time | Prelim Time | |
|----------------------|---------------------|----|-------------------------------|-----------|-------------|---|
| Preliminaries | | | | | | |
| 1 | Ensing, Madison | 09 | Zeeland High School-D1 | 2:12.07 | 2:11.09 | q |
| | 28.64 33.54 38.81 | | 30.10 | | | |
| 2 | DeKievit, Claire | 12 | Holland Christian-D3 | 2:21.40 | 2:20.04 | q |
| | 30.06 39.06 38.30 | | 32.62 | | | |
| 3 | Brinks, Abigail | 11 | Zeeland High School-D1 | 2:27.32 | 2:21.63 | q |
| | 30.66 34.73 44.45 | | 31.79 | | | |
| 4 | Ryden, Ruthie | 10 | Holland Christian-D3 | 2:23.83 | 2:22.40 | q |
| | 31.54 35.09 42.80 | | 32.97 | | | |
| 5 | Brink, Maddie | 12 | Holland Christian-D3 | 2:23.32 | 2:24.73 | q |
| | 31.29 37.52 41.82 | | 34.10 | | | |
| 6 | Meyers, Kyla | JR | Spring Lake High School-MI | 2:24.38 | 2:26.82 | q |
| | 30.59 36.95 45.05 | | 34.23 | | | |
| 7 | Reilly, Emma | 10 | Hamilton HS Girls-D3 | 2:35.58 | 2:29.07 | q |
| | 32.04 37.82 45.85 | | 33.36 | | | |
| 8 | Garvelink, Adaline | 09 | Hamilton HS Girls-D3 | 2:28.26 | 2:29.18 | q |
| | 31.53 37.89 44.13 | | 35.63 | | | |
| 9 | McNamara, Kate | FR | Grand Rapids Catholic Central | 2:27.20 | 2:29.62 | q |
| | 31.67 38.88 44.03 | | 35.04 | | | |
| 10 | Tracy, Alaina | 10 | Zeeland High School-D1 | 2:35.17 | 2:32.46 | q |
| | 34.19 39.27 44.35 | | 34.65 | | | |
| 11 | Wolters, Jossalyn | 09 | Zeeland High School-D1 | 2:41.31 | 2:36.69 | q |
| | 34.50 39.95 45.42 | | 36.82 | | | |
| 12 | VanIngen, Abby | 11 | Holland High School-D2 | 2:39.31 | 2:38.52 | q |
| | 33.31 38.94 48.89 | | 37.38 | | | |
| 13 | Barnhill, Sydney | 11 | Hamilton HS Girls-D3 | 2:41.00 | 2:39.91 | q |
| | 34.49 41.36 50.05 | | 34.01 | | | |
| 14 | Stewart, Jessica | JR | Spring Lake High School-MI | NT | 2:40.82 | q |
| | 33.94 39.89 48.81 | | 38.18 | | | |
| 15 | Vander Heide, Sadie | SO | Spring Lake High School-MI | 2:51.47 | 2:40.98 | q |
| | 31.61 43.40 45.88 | | 40.09 | | | |
| 16 | Mendels, Lilly | 11 | Holland High School-D2 | 2:48.95 | 2:41.19 | q |
| | 33.76 41.38 46.94 | | 39.11 | | | |

Ok Rainbow Tier I Girls Conference Meet 2022 - 11/4/2022 to 11/5/2022**Results****Preliminaries ... (Event 3 Girls 200 Yard IM)**

| | Name | Yr | School | Seed Time | Prelim Time | |
|----|---------------------|----|-------------------------------|-----------|-------------|---|
| 17 | Van Baale, Susie | 10 | Muskegon Mona Shores HS Co-oj | 2:42.76 | 2:41.76 | q |
| | 34.57 43.09 47.02 | | 37.08 | | | |
| 18 | Zuelke, Lilly | SR | Spring Lake High School-MI | 2:46.25 | 2:47.87 | q |
| | 33.52 43.37 49.14 | | 41.84 | | | |
| 19 | Offman, Grace | 09 | Muskegon Mona Shores HS Co-oj | 2:53.97 | 2:48.92 | q |
| | 35.58 40.35 53.25 | | 39.74 | | | |
| 20 | DeJonge, Isabella | 11 | Muskegon Mona Shores HS Co-oj | 2:49.11 | 2:54.84 | q |
| | 36.20 45.10 54.22 | | 39.32 | | | |
| 21 | Sullivan, Kathleen | FR | Grand Rapids Catholic Central | 2:54.27 | 2:54.85 | q |
| | 34.10 43.84 55.20 | | 41.71 | | | |
| 22 | Armstrong, Ahneke | 12 | Holland High School-D2 | 3:07.13 | 3:04.70 | q |
| | 36.80 44.61 59.44 | | 43.85 | | | |
| 23 | Martinez, Niah | 9 | Holland High School-D2 | 3:21.34 | 3:31.08 | q |
| | 41.58 56.04 1:07.55 | | 45.91 | | | |

Event 4 Girls 50 Yard Freestyle

| | Name | Yr | School | Prelim Time | Finals Time |
|------------------|------------------------|----|-------------------------------|-------------|-------------|
| A - Final | | | | | |
| 1 | Ryden, Lilly | 12 | Holland Christian-D3 | 25.55 | 25.47 |
| 2 | Meyer, Jenna | 11 | Zeeland High School-D1 | 25.96 | 25.74 |
| 3 | Asselin, Emily | 12 | Holland Christian-D3 | 25.95 | 25.84 |
| 4 | Sytsema, Sydney | 11 | Muskegon Mona Shores HS Co-oj | 26.09 | 25.99 |
| 5 | Brown, Hannah | SO | Spring Lake High School-MI | 25.89 | 26.18 |
| 6 | Ketchum, Delaney | 12 | Zeeland High School-D1 | 26.12 | 26.37 |
| 7 | Hutt, Miah | 11 | Zeeland High School-D1 | 26.14 | 26.39 |
| 8 | Rose, Tegan | JR | Spring Lake High School-MI | 26.37 | 26.40 |
| B - Final | | | | | |
| 9 | Lucas, Lydia | 11 | Hamilton HS Girls-D3 | 26.47 | 26.26 |
| 10 | Whiteman, Eva | 12 | Holland High School-D2 | 26.70 | 26.44 |
| 11 | Mazurek, Alana | SO | Spring Lake High School-MI | 26.51 | 26.59 |
| 12 | Richard, Emerson | SR | Grand Rapids Catholic Central | 26.61 | 26.63 |
| 13 | Huisenga, Rylie | 11 | Holland Christian-D3 | 26.38 | 26.69 |
| 14 | Nykamp, Reese | 11 | Zeeland High School-D1 | 27.05 | 26.86 |
| 15 | Tran, Thy | 11 | Holland High School-D2 | 27.12 | 27.01 |
| 16 | Lopez-Koolhaas, Miriam | 10 | Holland High School-D2 | 27.25 | 27.23 |
| C - Final | | | | | |
| 17 | Mishler, Addison | 09 | Zeeland High School-D1 | 27.08 | 26.64 |
| 18 | Eenigenburg, Maria | 10 | Muskegon Mona Shores HS Co-oj | 27.68 | 26.96 |
| 19 | Helms, Ava | 9 | Holland Christian-D3 | 27.84 | 27.42 |
| 20 | Rabaut, Joanna | JR | Grand Rapids Catholic Central | 27.31 | 27.54 |
| *21 | Puglessi, Jane | SR | Grand Rapids Catholic Central | 27.77 | 27.68 |
| *21 | Boodt, Bella | JR | Spring Lake High School-MI | 27.71 | 27.68 |
| 23 | Ludema, Maya | 10 | Hamilton HS Girls-D3 | 27.82 | 27.95 |
| 24 | Fyneweever, Josie | 11 | Hamilton HS Girls-D3 | 27.83 | 27.97 |

Event 4 Girls 50 Yard Freestyle

| | Name | Yr | School | Seed Time | Prelim Time |
|----------------------|-----------------|----|-------------------------------|-----------|-------------|
| Preliminaries | | | | | |
| 1 | Ryden, Lilly | 12 | Holland Christian-D3 | 25.32 | 25.55 q |
| 2 | Brown, Hannah | SO | Spring Lake High School-MI | 25.81 | 25.89 q |
| 3 | Asselin, Emily | 12 | Holland Christian-D3 | 25.81 | 25.95 q |
| 4 | Meyer, Jenna | 11 | Zeeland High School-D1 | 26.49 | 25.96 q |
| 5 | Sytsema, Sydney | 11 | Muskegon Mona Shores HS Co-oj | 25.82 | 26.09 q |

Ok Rainbow Tier I Girls Conference Meet 2022 - 11/4/2022 to 11/5/2022**Results****Preliminaries ... (Event 4 Girls 50 Yard Freestyle)**

| | Name | Yr | School | Seed Time | Prelim Time | |
|----|------------------------|-----------|-------------------------------|------------------|--------------------|---|
| 6 | Ketchum, Delaney | 12 | Zeeland High School-D1 | 27.31 | 26.12 | q |
| 7 | Hutt, Miah | 11 | Zeeland High School-D1 | 26.75 | 26.14 | q |
| 8 | Rose, Tegan | JR | Spring Lake High School-MI | 26.93 | 26.37 | q |
| 9 | Huisenga, Rylie | 11 | Holland Christian-D3 | 27.16 | 26.38 | q |
| 10 | Lucas, Lydia | 11 | Hamilton HS Girls-D3 | 26.57 | 26.47 | q |
| 11 | Mazurek, Alana | SO | Spring Lake High School-MI | 26.69 | 26.51 | q |
| 12 | Andrzejewski, Riane | FR | Grand Rapids Catholic Central | 26.66 | 26.58 | q |
| 13 | Richard, Emerson | SR | Grand Rapids Catholic Central | 27.54 | 26.61 | q |
| 14 | Whiteman, Eva | 12 | Holland High School-D2 | 26.17 | 26.70 | q |
| 15 | Nykamp, Reese | 11 | Zeeland High School-D1 | 26.86 | 27.05 | q |
| 16 | Mishler, Addison | 09 | Zeeland High School-D1 | 27.56 | 27.08 | q |
| 17 | Tran, Thy | 11 | Holland High School-D2 | 28.33 | 27.12 | q |
| 18 | Lopez-Koolhaas, Miriam | 10 | Holland High School-D2 | 27.58 | 27.25 | q |
| 19 | Rabaut, Joanna | JR | Grand Rapids Catholic Central | 27.91 | 27.31 | q |
| 20 | Eenigenburg, Maria | 10 | Muskegon Mona Shores HS Co-op | 27.94 | 27.68 | q |
| 21 | Boodt, Bella | JR | Spring Lake High School-MI | 27.69 | 27.71 | q |
| 22 | Puglessi, Jane | SR | Grand Rapids Catholic Central | 27.62 | 27.77 | q |
| 23 | Ludema, Maya | 10 | Hamilton HS Girls-D3 | 28.61 | 27.82 | q |
| 24 | Fyneweaver, Josie | 11 | Hamilton HS Girls-D3 | 28.02 | 27.83 | q |
| 25 | Helms, Ava | 9 | Holland Christian-D3 | 28.29 | 27.84 | |
| 26 | Gill, Alysse | SR | Grand Rapids Catholic Central | 29.38 | 28.06 | |
| 27 | DeLost, Allie | 12 | Zeeland High School-D1 | 28.56 | 28.15 | |
| 28 | Alberda, Dana | 11 | Zeeland High School-D1 | 28.66 | 28.27 | |
| 29 | Scholten, Makena | 11 | Hamilton HS Girls-D3 | 29.11 | 28.33 | |
| 30 | McGee, Eden | 11 | Holland Christian-D3 | 28.57 | 28.36 | |
| 31 | Geschiere, Renee | JR | Spring Lake High School-MI | 28.58 | 28.39 | |
| 32 | Wilson, Avarey | 10 | Zeeland High School-D1 | 29.11 | 28.40 | |
| 33 | Twa, Ava | FR | Spring Lake High School-MI | 28.96 | 28.42 | |
| 34 | Fouchea, Ava | JR | Spring Lake High School-MI | 28.70 | 28.48 | |
| 35 | Botbyl, Alexandra | FR | Spring Lake High School-MI | 27.80 | 28.62 | |
| 36 | Overbeek, Olivia | 11 | Hamilton HS Girls-D3 | 30.14 | 28.73 | |
| 37 | Richard, McKenna | SO | Grand Rapids Catholic Central | 28.98 | 28.75 | |
| 38 | Miller, Emma | SR | Spring Lake High School-MI | 28.87 | 28.84 | |
| 39 | Brower, Rachael | SO | Spring Lake High School-MI | 28.64 | 28.87 | |
| 40 | Pifer, Becca | 09 | Zeeland High School-D1 | 29.04 | 29.04 | |
| 41 | Lewis, Kiera | 10 | Hamilton HS Girls-D3 | 30.40 | 29.05 | |
| 42 | Eliassen, Jacqueline | SO | Grand Rapids Catholic Central | 30.66 | 29.06 | |
| 43 | Albrecht, Maggie | 10 | Zeeland High School-D1 | 30.25 | 29.09 | |
| 44 | Brummel, Lily | 10 | Holland Christian-D3 | 29.81 | 29.19 | |
| 45 | Pifer, Emily | 11 | Zeeland High School-D1 | 30.70 | 29.28 | |
| 46 | Parkhill, Abigail | 12 | Hamilton HS Girls-D3 | 30.32 | 29.47 | |
| 47 | Deur, Myleigh | 09 | Zeeland High School-D1 | 31.99 | 29.58 | |
| 48 | Lees, Rylie | 11 | Holland Christian-D3 | 31.23 | 29.76 | |
| 49 | Hoebbel, Rilee | 10 | Holland High School-D2 | 31.78 | 29.85 | |
| 50 | Dalrymple, Liz | SO | Grand Rapids Catholic Central | 31.41 | 29.91 | |
| 51 | McCullough, Madelyn | 11 | Zeeland High School-D1 | 31.65 | 29.96 | |
| 52 | Brink, Jackie | 9 | Holland Christian-D3 | 30.64 | 30.00 | |
| 53 | Babylon, Alex | SO | Grand Rapids Catholic Central | 30.90 | 30.04 | |
| 54 | Witte, Katelyn | 9 | Holland Christian-D3 | 31.64 | 30.19 | |
| 55 | Knot, Hannah | 11 | Holland Christian-D3 | 29.53 | 30.21 | |

Ok Rainbow Tier I Girls Conference Meet 2022 - 11/4/2022 to 11/5/2022**Results****Preliminaries ... (Event 4 Girls 50 Yard Freestyle)**

| | Name | Yr | School | Seed Time | Prelim Time |
|-----|----------------------|-----------|-------------------------------|------------------|--------------------|
| *56 | Guzicki, Riley | 10 | Zeeland High School-D1 | 30.64 | 30.24 |
| *56 | Krajewski, Katie | JR | Grand Rapids Catholic Central | 30.58 | 30.24 |
| 58 | Selles, Morgan | 12 | Zeeland High School-D1 | 31.42 | 30.40 |
| 59 | Cough, Karley | FR | Spring Lake High School-MI | 32.03 | 31.01 |
| 60 | Rantanen, Callie | SO | Spring Lake High School-MI | 30.60 | 31.16 |
| 61 | Greene, Audrey | SR | Grand Rapids Catholic Central | 31.54 | 31.59 |
| 62 | Hare, Rhyan | FR | Spring Lake High School-MI | 33.11 | 31.70 |
| 63 | Lampen, Avery | 9 | Holland Christian-D3 | 32.31 | 31.80 |
| 64 | Dykema, Megan | 12 | Zeeland High School-D1 | 32.61 | 32.05 |
| 65 | Laarman, Ashlynn | 10 | Holland Christian-D3 | 31.97 | 32.07 |
| 66 | Heil, Bela | 10 | Holland Christian-D3 | 34.42 | 32.61 |
| *67 | Johnson, Riley | SO | Spring Lake High School-MI | 33.63 | 32.68 |
| *67 | Dykstra, Gabby | 10 | Holland Christian-D3 | 34.81 | 32.68 |
| 69 | Padron, Barbara | FR | Grand Rapids Catholic Central | 32.52 | 32.87 |
| 70 | Meerman, Lauren | SO | Grand Rapids Catholic Central | 32.53 | 33.24 |
| 71 | Pashak, Abbey | SO | Grand Rapids Catholic Central | 33.98 | 33.46 |
| 72 | Camarena, Naomi | FR | Grand Rapids Catholic Central | 34.96 | 33.73 |
| 73 | Vanderveen, Josie | 9 | Holland Christian-D3 | 36.00 | 33.92 |
| 74 | Raby, Paityn | 11 | Holland Christian-D3 | 35.60 | 34.03 |
| 75 | Shoemaker, Grace | 09 | Zeeland High School-D1 | 34.98 | 34.23 |
| 76 | Pyle, Emily | 10 | Zeeland High School-D1 | 35.00 | 34.30 |
| 77 | Hornung, Samantha | SR | Grand Rapids Catholic Central | 34.56 | 34.68 |
| 78 | Schaner, Emily | SO | Spring Lake High School-MI | 34.60 | 34.87 |
| 79 | Martinez, Karinna | 10 | Holland High School-D2 | 35.00 | 35.23 |
| 80 | Sova, Natalie | FR | Grand Rapids Catholic Central | 36.55 | 35.69 |
| 81 | Rosario, Victoria | JR | Grand Rapids Catholic Central | 35.43 | 36.02 |
| 82 | Tenorio, Aileny | FR | Grand Rapids Catholic Central | 35.91 | 36.11 |
| 83 | Siffin, Victoria | 11 | Holland High School-D2 | 38.28 | 36.14 |
| 84 | Hughes, Danielle | 10 | Holland High School-D2 | 39.74 | 36.95 |
| 85 | Prince, Grace | FR | Spring Lake High School-MI | 39.21 | 37.54 |
| 86 | Morin, Aurora | 9 | Muskegon Mona Shores HS Co-op | 39.10 | 38.10 |
| 87 | Vanderlinde, Zoey | 11 | Muskegon Mona Shores HS Co-op | 36.62 | 38.73 |
| 88 | Grimm, Sage | 09 | Muskegon Mona Shores HS Co-op | 41.01 | 41.83 |
| 89 | Brown, Autumn | 9 | Muskegon Mona Shores HS Co-op | 42.93 | 41.85 |
| 90 | Narvaez, Victoria | FR | Grand Rapids Catholic Central | 42.67 | 42.76 |
| 91 | Felix-Trejo, Cristal | 11 | Holland High School-D2 | 1:01.80 | 1:06.09 |
| --- | Frens, Nora | 11 | Holland High School-D2 | 28.44 | X28.23 |

Event 5 Girls 1 mtr Diving

| | Name | Yr | School | Prelim Score | Finals Score |
|---------------|--------------------|-----------|-------------------------------|---------------------|---------------------|
| Finals | | | | | |
| 1 | Huizenga, Sadie | 12 | Zeeland High School-D1 | 300.05 | 419.55 |
| 2 | Hager, Anevay | 11 | Hamilton HS Girls-D3 | 255.60 | 342.00 |
| 3 | Nykamp, Scarlett | 9 | Holland Christian-D3 | 245.00 | 327.95 |
| 4 | Iverson, Sabrina | 10 | Holland Christian-D3 | 236.35 | 317.20 |
| 5 | DuBois, Sadie | 9 | Holland Christian-D3 | 226.45 | 316.75 |
| 6 | Winklepleck, Layla | 10 | Hamilton HS Girls-D3 | 237.45 | 309.65 |
| 7 | Cotter, Lucy | FR | Grand Rapids Catholic Central | 233.00 | 308.05 |
| 8 | Koning, Sydney | 12 | Holland Christian-D3 | 231.50 | 303.00 |
| 9 | Meyering, Emmerson | 10 | Zeeland High School-D1 | 199.40 | 282.40 |
| 10 | Brakora, Sophia | JR | Spring Lake High School-MI | 226.10 | 280.95 |
| 11 | Telgenhof, Maggie | 9 | Holland High School-D2 | 188.10 | 257.85 |

Ok Rainbow Tier I Girls Conference Meet 2022 - 11/4/2022 to 11/5/2022**Results****Finals ... (Event 5 Girls 1 mtr Diving)**

| | Name | Yr | School | Prelim Score | Finals Score |
|-----|---------------------|-----------|-------------------------------|---------------------|---------------------|
| *12 | Medendorp, Jessica | 11 | Hamilton HS Girls-D3 | 190.80 | 251.80 |
| *12 | Paskvan, Joselyn | 09 | Hamilton HS Girls-D3 | 191.45 | 251.80 |
| 14 | Wiseman, Amaya | SO | Spring Lake High School-MI | 169.20 | 230.05 |
| 15 | Zziwambazza, Sophia | 11 | Muskegon Mona Shores HS Co-oj | 132.80 | 185.85 |
| 16 | Emmick, Hollen | 9 | Muskegon Mona Shores HS Co-oj | 135.65 | 180.90 |
| --- | VanVliet, Olivia | 12 | Holland Christian-D3 | 222.35 | X292.75 |

Event 5 Girls 1 mtr Diving

| | Name | Yr | School | Prelim Score | |
|----------------------|---------------------|-----------|-------------------------------|---------------------|----------|
| Preliminaries | | | | | |
| 1 | Huizenga, Sadie | 12 | Zeeland High School-D1 | NP | 300.05 q |
| 2 | Hager, Anevay | 11 | Hamilton HS Girls-D3 | 336.05 | 255.60 q |
| 3 | Nykamp, Scarlett | 9 | Holland Christian-D3 | 301.50 | 245.00 q |
| 4 | Winklepleck, Layla | 10 | Hamilton HS Girls-D3 | 315.40 | 237.45 q |
| 5 | Iverson, Sabrina | 10 | Holland Christian-D3 | 292.35 | 236.35 q |
| 6 | Cotter, Lucy | FR | Grand Rapids Catholic Central | 206.20 | 233.00 q |
| 7 | Koning, Sydney | 12 | Holland Christian-D3 | 282.70 | 231.50 q |
| 8 | DuBois, Sadie | 9 | Holland Christian-D3 | 303.80 | 226.45 q |
| 9 | Brakora, Sophia | JR | Spring Lake High School-MI | NP | 226.10 q |
| 10 | VanVliet, Olivia | 12 | Holland Christian-D3 | 266.80 | 222.35 q |
| 11 | Meyering, Emmerson | 10 | Zeeland High School-D1 | NP | 199.40 q |
| 12 | Paskvan, Joselyn | 09 | Hamilton HS Girls-D3 | NP | 191.45 q |
| 13 | Medendorp, Jessica | 11 | Hamilton HS Girls-D3 | 241.40 | 190.80 q |
| 14 | Telgenhof, Maggie | 9 | Holland High School-D2 | NP | 188.10 q |
| 15 | Wiseman, Amaya | SO | Spring Lake High School-MI | 212.25 | 169.20 q |
| 16 | Emmick, Hollen | 9 | Muskegon Mona Shores HS Co-oj | 208.80 | 135.65 q |
| 17 | Zziwambazza, Sophia | 11 | Muskegon Mona Shores HS Co-oj | NP | 132.80 q |
| 18 | Sandy, Isabelle | SO | Spring Lake High School-MI | NP | 128.55 q |
| 19 | Bosma, Lauren | 09 | Zeeland High School-D1 | NP | 116.95 q |

Event 6 Girls 100 Yard Butterfly

| | Name | Yr | School | Prelim Time | Finals Time |
|------------------|---------------------------------|-----------|-------------------------------|--------------------|--------------------|
| A - Final | | | | | |
| 1 | Buckner, Delaney 27.74 31.53 | 12 | Muskegon Mona Shores HS Co-oj | 1:00.41 | 59.27 |
| 2 | Ensing, Madison 28.49 31.58 | 09 | Zeeland High School-D1 | 1:01.02 | 1:00.07 |
| 3 | Petrak, Annie 28.52 32.85 | 12 | Holland Christian-D3 | 1:04.08 | 1:01.37 |
| 4 | Langeland, Grace 29.61 33.11 | 12 | Hamilton HS Girls-D3 | 1:03.56 | 1:02.72 |
| 5 | Boodt, Bella 29.63 33.70 | JR | Spring Lake High School-MI | 1:03.77 | 1:03.33 |
| 6 | Hunt, Robyn 30.04 35.40 | 12 | Muskegon Mona Shores HS Co-oj | 1:04.59 | 1:05.44 |
| 7 | Huttenga, Naomi 30.13 35.58 | 12 | Muskegon Mona Shores HS Co-oj | 1:04.31 | 1:05.71 |
| 8 | Stout, Eva 30.33 35.39 | 11 | Muskegon Mona Shores HS Co-oj | 1:03.60 | 1:05.72 |
| B - Final | | | | | |
| 9 | Legg, Natalie 30.21 34.98 | 11 | Holland High School-D2 | 1:04.79 | 1:05.19 |

Ok Rainbow Tier I Girls Conference Meet 2022 - 11/4/2022 to 11/5/2022**Results****B - Final ... (Event 6 Girls 100 Yard Butterfly)**

| | Name | Yr | School | Prelim Time | Finals Time |
|----|-----------------------------------|----|------------------------|-------------|-------------|
| 10 | Grotenhuis, Lauren 30.44 35.22 | 12 | Holland Christian-D3 | 1:05.55 | 1:05.66 |
| 11 | VanDyken, Anna 30.86 36.18 | 09 | Zeeland High School-D1 | 1:06.61 | 1:07.04 |
| 12 | Mishler, Addison 31.15 36.46 | 09 | Zeeland High School-D1 | 1:07.66 | 1:07.61 |
| 13 | Ryden, Ruthie 31.32 37.39 | 10 | Holland Christian-D3 | 1:07.53 | 1:08.71 |
| 14 | Garvelink, Adaline 31.54 38.09 | 09 | Hamilton HS Girls-D3 | 1:07.68 | 1:09.63 |
| 15 | Algera, Sara 32.25 38.74 | 10 | Holland Christian-D3 | 1:09.27 | 1:10.99 |
| 16 | Hutt, Miah 35.22 39.16 | 11 | Zeeland High School-D1 | 1:12.09 | 1:14.38 |

C - Final

| | | | | | |
|----|-----------------------------------|----|-------------------------------|---------|---------|
| 17 | Stewart, Jessica 34.92 37.76 | JR | Spring Lake High School-MI | 1:13.48 | 1:12.68 |
| 18 | Barnhill, Sydney 35.32 38.07 | 11 | Hamilton HS Girls-D3 | 1:14.69 | 1:13.39 |
| 19 | Wittkowski, Annie 35.59 38.62 | FR | Grand Rapids Catholic Central | 1:15.73 | 1:14.21 |
| 20 | Zuelke, Lilly 35.04 40.16 | SR | Spring Lake High School-MI | 1:14.16 | 1:15.20 |
| 21 | Sullivan, Kathleen 36.70 48.49 | FR | Grand Rapids Catholic Central | 1:20.96 | 1:25.19 |
| 22 | Deur, Myleigh 40.10 51.85 | 09 | Zeeland High School-D1 | 1:24.67 | 1:31.95 |
| 23 | Hughes, Danielle 43.12 51.97 | 10 | Holland High School-D2 | 1:37.31 | 1:35.09 |
| 24 | Martinez, Niah 46.32 1:03.44 | 9 | Holland High School-D2 | 1:50.35 | 1:49.76 |

Event 6 Girls 100 Yard Butterfly

| | Name | Yr | School | Seed Time | Prelim Time | |
|----------------------|---------------------------------|----|-------------------------------|-----------|-------------|---|
| Preliminaries | | | | | | |
| 1 | Buckner, Delaney 27.70 32.71 | 12 | Muskegon Mona Shores HS Co-op | 58.83 | 1:00.41 | q |
| 2 | Ensing, Madison 28.66 32.36 | 09 | Zeeland High School-D1 | 1:02.07 | 1:01.02 | q |
| 3 | Langeland, Grace 29.62 33.94 | 12 | Hamilton HS Girls-D3 | 1:07.14 | 1:03.56 | q |
| 4 | Stout, Eva 29.31 34.29 | 11 | Muskegon Mona Shores HS Co-op | 1:07.58 | 1:03.60 | q |
| 5 | Boodt, Bella 29.41 34.36 | JR | Spring Lake High School-MI | 1:03.27 | 1:03.77 | q |
| 6 | Petrak, Annie 29.46 34.62 | 12 | Holland Christian-D3 | 1:03.64 | 1:04.08 | q |
| 7 | Huttenga, Naomi 29.82 34.49 | 12 | Muskegon Mona Shores HS Co-op | 1:05.43 | 1:04.31 | q |
| 8 | Hunt, Robyn 29.55 35.04 | 12 | Muskegon Mona Shores HS Co-op | 1:06.98 | 1:04.59 | q |
| 9 | Legg, Natalie 29.82 34.97 | 11 | Holland High School-D2 | 1:05.92 | 1:04.79 | q |

Ok Rainbow Tier I Girls Conference Meet 2022 - 11/4/2022 to 11/5/2022**Results****Preliminaries ... (Event 6 Girls 100 Yard Butterfly)**

| | Name | Yr | School | Seed Time | Prelim Time | |
|-----|-----------------------------------|-----------|-------------------------------|------------------|--------------------|---|
| 10 | Grotenhuis, Lauren 30.15 35.40 | 12 | Holland Christian-D3 | 1:09.46 | 1:05.55 | q |
| 11 | VanDyken, Anna 30.07 36.54 | 09 | Zeeland High School-D1 | 1:08.74 | 1:06.61 | q |
| 12 | Ryden, Ruthie 30.78 36.75 | 10 | Holland Christian-D3 | 1:06.51 | 1:07.53 | q |
| 13 | Mishler, Addison 30.75 36.91 | 09 | Zeeland High School-D1 | 1:08.99 | 1:07.66 | q |
| 14 | Garvelink, Adaline 31.02 36.66 | 09 | Hamilton HS Girls-D3 | 1:08.92 | 1:07.68 | q |
| 15 | Algera, Sara 31.53 37.74 | 10 | Holland Christian-D3 | 1:10.42 | 1:09.27 | q |
| 16 | Hutt, Miah 32.51 39.58 | 11 | Zeeland High School-D1 | 1:14.23 | 1:12.09 | q |
| 17 | Stewart, Jessica 34.46 39.02 | JR | Spring Lake High School-MI | 1:13.80 | 1:13.48 | q |
| 18 | Zuelke, Lilly 33.42 40.74 | SR | Spring Lake High School-MI | 1:11.50 | 1:14.16 | q |
| 19 | Barnhill, Sydney 35.37 39.32 | 11 | Hamilton HS Girls-D3 | 1:16.75 | 1:14.69 | q |
| 20 | Wittkowski, Annie 33.92 41.81 | FR | Grand Rapids Catholic Central | 1:18.02 | 1:15.73 | q |
| 21 | Sullivan, Kathleen 36.28 44.68 | FR | Grand Rapids Catholic Central | 1:19.12 | 1:20.96 | q |
| 22 | Deur, Myleigh 36.93 47.74 | 09 | Zeeland High School-D1 | 1:32.19 | 1:24.67 | q |
| 23 | Hughes, Danielle 44.52 52.79 | 10 | Holland High School-D2 | 1:43.86 | 1:37.31 | q |
| 24 | Martinez, Niah 46.51 1:03.84 | 9 | Holland High School-D2 | 1:44.39 | 1:50.35 | q |
| --- | Russo, Caylee 38.12 41.19 | JR | Grand Rapids Catholic Central | 1:19.91 | DQ 1:19.31 | |

Event 7 Girls 100 Yard Freestyle

| | Name | Yr | School | Prelim Time | Finals Time |
|------------------|---------------------------------|-----------|-------------------------------|--------------------|--------------------|
| A - Final | | | | | |
| 1 | Heeres, Maria 26.23 28.64 | 11 | Holland Christian-D3 | 56.03 | 54.87 |
| 2 | Asselin, Emily 26.64 29.81 | 12 | Holland Christian-D3 | 56.67 | 56.45 |
| 3 | Ketchum, Delaney 27.41 29.58 | 12 | Zeeland High School-D1 | 57.35 | 56.99 |
| 4 | Sytsema, Sydney 27.69 30.22 | 11 | Muskegon Mona Shores HS Co-op | 58.19 | 57.91 |
| 5 | Rose, Tegan 27.63 30.47 | JR | Spring Lake High School-MI | 58.60 | 58.10 |
| 6 | Brown, Hannah 27.58 30.70 | SO | Spring Lake High School-MI | 58.62 | 58.28 |
| 7 | Blanton, Lilyan 27.72 30.63 | 10 | Zeeland High School-D1 | 58.69 | 58.35 |
| 8 | Huisenga, Rylie 28.02 30.80 | 11 | Holland Christian-D3 | 58.71 | 58.82 |

Ok Rainbow Tier I Girls Conference Meet 2022 - 11/4/2022 to 11/5/2022**Results****B - Final ... (Event 7 Girls 100 Yard Freestyle)**

| Name | Yr | School | Prelim Time | Finals Time |
|--|----|-------------------------------|-------------|-------------|
| B - Final | | | | |
| 9 Mazurek, Alana 27.55 30.93 | SO | Spring Lake High School-MI | 59.14 | 58.48 |
| 10 Gaston, Marilyn 28.39 30.72 | 11 | Muskegon Mona Shores HS Co-op | 59.80 | 59.11 |
| 11 Lucas, Lydia 27.57 31.76 | 11 | Hamilton HS Girls-D3 | 59.39 | 59.33 |
| 12 Meyers, Delaney 28.11 31.25 | SR | Spring Lake High School-MI | 59.40 | 59.36 |
| 13 Richard, Emerson 28.52 31.09 | SR | Grand Rapids Catholic Central | 59.88 | 59.61 |
| 14 Wilson, Katriona 28.60 32.25 | 10 | Zeeland High School-D1 | 59.46 | 1:00.85 |
| 15 Lopez-Koolhaas, Miriam 29.04 31.93 | 10 | Holland High School-D2 | 1:01.11 | 1:00.97 |
| 16 VanDerMeulen, Isabella 28.77 33.24 | 12 | Hamilton HS Girls-D3 | 1:01.21 | 1:02.01 |
| C - Final | | | | |
| 17 Geschiere, Renee 29.20 32.33 | JR | Spring Lake High School-MI | 1:02.41 | 1:01.53 |
| 18 Gill, Alysse 29.68 32.12 | SR | Grand Rapids Catholic Central | 1:02.48 | 1:01.80 |
| 19 Knot, Hannah 30.26 32.14 | 11 | Holland Christian-D3 | 1:03.77 | 1:02.40 |
| 20 Scholten, Makena 29.50 33.07 | 11 | Hamilton HS Girls-D3 | 1:04.09 | 1:02.57 |
| 21 Helms, Ava 30.20 33.20 | 9 | Holland Christian-D3 | 1:04.02 | 1:03.40 |
| 22 Behmer, Lainey 30.02 33.88 | JR | Grand Rapids Catholic Central | 1:03.95 | 1:03.90 |
| 23 Puglessi, Jane 29.72 34.30 | SR | Grand Rapids Catholic Central | 1:04.56 | 1:04.02 |
| 24 Alberda, Dana 30.25 33.82 | 11 | Zeeland High School-D1 | 1:02.82 | 1:04.07 |

Event 7 Girls 100 Yard Freestyle

| Name | Yr | School | Seed Time | Prelim Time |
|-----------------------------------|----|-------------------------------|-----------|-------------|
| Preliminaries | | | | |
| 1 Heeres, Maria 26.75 29.28 | 11 | Holland Christian-D3 | 55.21 | 56.03 q |
| 2 Asselin, Emily 26.90 29.77 | 12 | Holland Christian-D3 | 56.25 | 56.67 q |
| 3 Ketchum, Delaney 27.46 29.89 | 12 | Zeeland High School-D1 | 59.95 | 57.35 q |
| 4 Sytsema, Sydney 27.87 30.32 | 11 | Muskegon Mona Shores HS Co-op | 58.03 | 58.19 q |
| 5 Rose, Tegan 27.86 30.74 | JR | Spring Lake High School-MI | 58.75 | 58.60 q |
| 6 Brown, Hannah 27.61 31.01 | SO | Spring Lake High School-MI | 57.66 | 58.62 q |
| 7 Blanton, Lilyan 27.62 31.07 | 10 | Zeeland High School-D1 | 1:00.99 | 58.69 q |
| 8 Huisenga, Rylie 28.07 30.64 | 11 | Holland Christian-D3 | 1:00.32 | 58.71 q |

Ok Rainbow Tier I Girls Conference Meet 2022 - 11/4/2022 to 11/5/2022**Results****Preliminaries ... (Event 7 Girls 100 Yard Freestyle)**

| Name | | Yr | School | | | |
|------|---------------------------------------|----|-------------------------------|---------|---------|---|
| 9 | Mazurek, Alana 27.57 31.57 | SO | Spring Lake High School-MI | 59.69 | 59.14 | q |
| 10 | Lucas, Lydia 27.72 31.67 | 11 | Hamilton HS Girls-D3 | 1:00.02 | 59.39 | q |
| 11 | Meyers, Delaney 28.24 31.16 | SR | Spring Lake High School-MI | 1:00.12 | 59.40 | q |
| 12 | Wilson, Katriona 28.01 31.45 | 10 | Zeeland High School-D1 | 1:02.37 | 59.46 | q |
| 13 | Gaston, Marilyn 28.72 31.08 | 11 | Muskegon Mona Shores HS Co-op | 1:00.76 | 59.80 | q |
| 14 | Richard, Emerson 28.57 31.31 | SR | Grand Rapids Catholic Central | 59.44 | 59.88 | q |
| 15 | Lopez-Koolhaas, Miriam 28.53 32.58 | 10 | Holland High School-D2 | 1:01.33 | 1:01.11 | q |
| 16 | VanDerMeulen, Isabella 28.67 32.54 | 12 | Hamilton HS Girls-D3 | 1:01.91 | 1:01.21 | q |
| 17 | Geschiere, Renee 29.72 32.69 | JR | Spring Lake High School-MI | 1:02.60 | 1:02.41 | q |
| 18 | Gill, Alysse 30.12 32.36 | SR | Grand Rapids Catholic Central | 1:03.73 | 1:02.48 | q |
| 19 | Alberda, Dana 29.48 33.34 | 11 | Zeeland High School-D1 | 1:03.64 | 1:02.82 | q |
| 20 | Knot, Hannah 30.76 33.01 | 11 | Holland Christian-D3 | 1:04.97 | 1:03.77 | q |
| 21 | Behmer, Lainey 30.13 33.82 | JR | Grand Rapids Catholic Central | 1:05.43 | 1:03.95 | q |
| 22 | Helms, Ava 30.56 33.46 | 9 | Holland Christian-D3 | 1:05.08 | 1:04.02 | q |
| 23 | Scholten, Makena 29.89 34.20 | 11 | Hamilton HS Girls-D3 | 1:04.98 | 1:04.09 | q |
| 24 | Puglessi, Jane 29.75 34.81 | SR | Grand Rapids Catholic Central | 1:04.89 | 1:04.56 | q |
| 25 | Overbeek, Olivia 31.02 33.55 | 11 | Hamilton HS Girls-D3 | 1:08.29 | 1:04.57 | |
| 26 | DeJonge, Isabella 31.71 33.17 | 11 | Muskegon Mona Shores HS Co-op | 1:05.43 | 1:04.88 | |
| 27 | Hoebbel, Rilee 31.31 33.61 | 10 | Holland High School-D2 | 1:09.76 | 1:04.92 | |
| 28 | Pifer, Emily 31.35 34.95 | 11 | Zeeland High School-D1 | 1:11.16 | 1:06.30 | |
| 29 | McCullough, Madelyn 32.07 34.99 | 11 | Zeeland High School-D1 | 1:08.76 | 1:07.06 | |
| *30 | Bradley, Elise 32.31 34.83 | 10 | Muskegon Mona Shores HS Co-op | 1:08.24 | 1:07.14 | |
| *30 | Brummel, Lily 31.76 35.38 | 10 | Holland Christian-D3 | 1:08.53 | 1:07.14 | |
| 32 | Selles, Morgan 32.02 35.69 | 12 | Zeeland High School-D1 | 1:10.74 | 1:07.71 | |
| 33 | Rantanen, Callie 32.15 36.01 | SO | Spring Lake High School-MI | 1:07.67 | 1:08.16 | |
| 34 | Lees, Rylie 32.21 36.08 | 11 | Holland Christian-D3 | 1:10.84 | 1:08.29 | |

Ok Rainbow Tier I Girls Conference Meet 2022 - 11/4/2022 to 11/5/2022**Results****Preliminaries ... (Event 7 Girls 100 Yard Freestyle)**

| | Name | Yr | School | Seed Time | Prelim Time |
|----|----------------------------------|-----------|-------------------------------|------------------|--------------------|
| 35 | Babylon, Alex 32.31 36.11 | SO | Grand Rapids Catholic Central | 1:08.23 | 1:08.42 |
| 36 | Levandoski, Ava 32.76 36.03 | 10 | Zeeland High School-D1 | 1:14.55 | 1:08.79 |
| 37 | Lampen, Avery 33.10 36.89 | 9 | Holland Christian-D3 | 1:12.37 | 1:09.99 |
| 38 | Greene, Audrey 33.28 37.08 | SR | Grand Rapids Catholic Central | 1:10.83 | 1:10.36 |
| 39 | Richard, McKenna 33.09 38.56 | SO | Grand Rapids Catholic Central | 1:05.40 | 1:11.65 |
| 40 | Jackson, Aubrey 34.23 38.10 | 10 | Zeeland High School-D1 | 1:11.52 | 1:12.33 |
| 41 | Stenger, Kathryn 32.74 39.66 | SR | Grand Rapids Catholic Central | 1:11.32 | 1:12.40 |
| 42 | Johnson, Riley 35.07 37.39 | SO | Spring Lake High School-MI | 1:13.16 | 1:12.46 |
| 43 | Cough, Karley 34.07 38.71 | FR | Spring Lake High School-MI | 1:13.15 | 1:12.78 |
| 44 | Heil, Bela 34.90 38.63 | 10 | Holland Christian-D3 | 1:17.64 | 1:13.53 |
| 45 | Zheng, Emily 34.47 39.59 | 10 | Muskegon Mona Shores HS Co-op | 1:16.73 | 1:14.06 |
| 46 | Camarena, Naomi 34.79 39.36 | FR | Grand Rapids Catholic Central | 1:16.34 | 1:14.15 |
| 47 | Dykstra, Gabby 35.96 38.44 | 10 | Holland Christian-D3 | 1:16.81 | 1:14.40 |
| 48 | Shoemaker, Grace 35.30 39.13 | 09 | Zeeland High School-D1 | 1:17.79 | 1:14.43 |
| 49 | Hornung, Samantha 35.76 39.52 | SR | Grand Rapids Catholic Central | 1:17.22 | 1:15.28 |
| 50 | Hare, Rhyan 35.77 39.68 | FR | Spring Lake High School-MI | 1:17.38 | 1:15.45 |
| 51 | Padron, Barbara 35.62 39.97 | FR | Grand Rapids Catholic Central | 1:16.36 | 1:15.59 |
| 52 | Bowen, Cambree 35.62 40.38 | 10 | Muskegon Mona Shores HS Co-op | 1:16.96 | 1:16.00 |
| 53 | Vanderveen, Josie 37.40 39.83 | 9 | Holland Christian-D3 | 1:21.39 | 1:17.23 |
| 54 | Raby, Paityn 38.11 41.68 | 11 | Holland Christian-D3 | 1:23.07 | 1:19.79 |
| 55 | Sova, Natalie 37.94 42.60 | FR | Grand Rapids Catholic Central | 1:19.00 | 1:20.54 |
| 56 | Tenorio, Aileny 38.98 44.31 | FR | Grand Rapids Catholic Central | 1:26.10 | 1:23.29 |
| 57 | Prince, Grace 42.23 44.31 | FR | Spring Lake High School-MI | 1:26.47 | 1:26.54 |
| 58 | Morin, Aurora 41.40 47.31 | 9 | Muskegon Mona Shores HS Co-op | 1:32.77 | 1:28.71 |
| 59 | Grimm, Sage 44.26 46.38 | 09 | Muskegon Mona Shores HS Co-op | 1:35.36 | 1:30.64 |
| 60 | Siffin, Victoria 42.22 51.00 | 11 | Holland High School-D2 | 1:33.00 | 1:33.22 |
| 61 | Narvaez, Victoria 45.44 58.76 | FR | Grand Rapids Catholic Central | 1:39.37 | 1:44.20 |

Ok Rainbow Tier I Girls Conference Meet 2022 - 11/4/2022 to 11/5/2022**Results****Preliminaries ... (Event 7 Girls 100 Yard Freestyle)**

| Name | Yr | School | Seed Time | Prelim Time |
|---------------------------------|----|-------------------------------|-----------|-------------|
| 62 Brown, Autumn 50.38 54.28 | 9 | Muskegon Mona Shores HS Co-op | 1:46.83 | 1:44.66 |

Event 8 Girls 500 Yard Freestyle

| Name | Yr | School | Prelim Time | Finals Time |
|--|----|-------------------------------|------------------|-------------|
| A - Final | | | | |
| 1 Siegers, Eden 29.76 32.99 33.65 33.35 31.53 | 11 | Holland Christian-D3 | 5:35.05 33.88 | 5:31.27 |
| 2 Hunt, Robyn 29.79 33.03 33.66 35.08 33.42 | 12 | Muskegon Mona Shores HS Co-op | 5:40.19 35.01 | 5:36.86 |
| 3 Weenum, Peyton 30.52 33.10 34.01 35.68 34.65 | 09 | Zeeland High School-D1 | 5:39.71 35.80 | 5:44.25 |
| 4 McNamara, Kate 31.03 33.67 34.69 34.93 34.38 | FR | Grand Rapids Catholic Central | 5:41.75 35.71 | 5:45.77 |
| 5 Reilly, Emma 30.99 33.90 34.55 35.63 34.17 | 10 | Hamilton HS Girls-D3 | 5:44.32 35.67 | 5:45.82 |
| 6 Langeland, Grace 29.96 33.80 35.62 35.85 33.97 | 12 | Hamilton HS Girls-D3 | 5:46.12 35.79 | 5:49.41 |
| 7 DenUyl, Emma 30.21 34.59 36.83 35.17 34.60 | 12 | Hamilton HS Girls-D3 | 5:42.59 36.05 | 5:54.99 |
| 8 Meyers, Kyla 31.41 34.49 36.03 35.47 33.98 | JR | Spring Lake High School-MI | 5:47.45 36.09 | 5:55.50 |
| B - Final | | | | |
| 9 DeVries, Adeline 32.23 35.13 36.04 35.39 34.15 | 10 | Zeeland High School-D1 | 5:47.55 35.53 | 5:50.64 |
| 10 Kotecki, Adeline 32.25 35.47 36.14 35.12 33.37 | 12 | Zeeland High School-D1 | 5:49.32 36.19 | 5:51.46 |
| 11 Head, Alexis 31.69 34.48 35.62 36.00 34.77 | 12 | Zeeland High School-D1 | 5:50.82 36.38 | 5:53.28 |
| 12 Borg, Jocelyn 32.69 36.81 37.25 36.89 34.81 | 12 | Hamilton HS Girls-D3 | 5:57.29 37.05 | 6:05.23 |
| 13 VanderZwaag, Baylee 32.36 36.56 37.77 38.06 34.92 | 11 | Holland Christian-D3 | 6:12.95 38.16 | 6:09.29 |
| 14 Chase, Emma 32.59 36.06 37.38 37.85 36.78 | 12 | Holland Christian-D3 | 6:07.87 38.53 | 6:13.16 |
| 15 Schwallier, Annabelle 31.10 35.29 38.38 40.71 36.52 | SO | Grand Rapids Catholic Central | 6:17.02 40.47 | 6:18.59 |

Ok Rainbow Tier I Girls Conference Meet 2022 - 11/4/2022 to 11/5/2022

Results

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

| Name | | Yr | School | Prelim Time | | | | Finals Time |
|------------------|----------------------|----|-------------------------------|-------------|-------|-------|-------|-------------|
| 16 | Algera, Sara | 10 | Holland Christian-D3 | 6:18.11 | | | | 6:21.07 |
| | 33.11 37.65 38.59 | | | 38.79 | 39.53 | 38.85 | 38.68 | 39.09 |
| | 38.92 37.86 | | | | | | | |
| C - Final | | | | | | | | |
| 17 | Grabinski, Addison | 11 | Hamilton HS Girls-D3 | 5:59.30 | | | | 6:00.40 |
| | 31.37 34.54 36.00 | | | 36.16 | 36.57 | 36.91 | 37.63 | 37.59 |
| | 37.55 36.08 | | | | | | | |
| 18 | McGee, Eden | 11 | Holland Christian-D3 | 6:22.90 | | | | 6:21.08 |
| | 33.73 38.35 38.89 | | | 39.47 | 39.41 | 38.86 | 39.51 | 39.34 |
| | 38.16 35.36 | | | | | | | |
| 19 | Curow, Millie | 11 | Muskegon Mona Shores HS Co-op | 6:35.89 | | | | 6:33.01 |
| | 32.90 37.84 39.61 | | | 40.21 | 40.49 | 40.53 | 40.91 | 40.91 |
| | 40.56 39.05 | | | | | | | |
| 20 | Eliassen, Jacqueline | SO | Grand Rapids Catholic Central | 6:38.31 | | | | 6:34.95 |
| | 31.90 37.09 39.35 | | | 40.22 | 41.42 | 40.89 | 41.41 | 41.74 |
| | 41.87 39.06 | | | | | | | |
| 21 | Meyers, Sophia | FR | Spring Lake High School-MI | 6:50.27 | | | | 6:47.03 |
| | 33.32 39.02 40.79 | | | 41.51 | 42.86 | 43.12 | 42.30 | 43.46 |
| | 41.84 38.81 | | | | | | | |
| 22 | Offman, Grace | 09 | Muskegon Mona Shores HS Co-op | 6:50.50 | | | | 6:52.31 |
| | 37.92 | | | | | | | |
| 23 | Stapleton, Emma Kate | JR | Grand Rapids Catholic Central | 6:54.47 | | | | 6:55.79 |
| | 36.26 39.59 42.44 | | | 42.12 | 43.46 | 42.77 | 42.51 | 43.51 |
| | 43.43 39.70 | | | | | | | |
| 24 | Martinez, Karinna | 10 | Holland High School-D2 | 7:05.64 | | | | 7:01.45 |
| | 35.26 | | | 43.97 | | | | |
| | 40.91 | | | | | | | |

Event 8 Girls 500 Yard Freestyle

| Name | | Yr | School | Seed Time | Prelim Time | |
|----------------------|-------------------|----|-------------------------------|-----------|-------------|-------|
| Preliminaries | | | | | | |
| 1 | Siegers, Eden | 11 | Holland Christian-D3 | 5:37.09 | 5:35.05 q | |
| | 29.62 32.69 34.09 | | | 34.17 | 34.09 | 34.48 |
| | 33.83 32.73 | | | 34.67 | | 34.68 |
| 2 | Weenum, Peyton | 09 | Zeeland High School-D1 | 5:50.22 | 5:39.71 q | |
| | 46.95 33.99 34.62 | | | 34.93 | 34.79 | 35.24 |
| | 49.86 | | | 34.77 | | 34.56 |
| 3 | Hunt, Robyn | 12 | Muskegon Mona Shores HS Co-op | 5:44.17 | 5:40.19 q | |
| | 29.66 32.91 33.98 | | | 34.28 | 34.56 | 35.21 |
| | 35.38 33.61 | | | 35.13 | | 35.47 |
| 4 | McNamara, Kate | FR | Grand Rapids Catholic Central | 5:40.76 | 5:41.75 q | |
| | 46.22 34.61 35.17 | | | 34.91 | 34.86 | 34.99 |
| | 51.49 | | | 34.68 | | 34.82 |
| 5 | DenUyl, Emma | 12 | Hamilton HS Girls-D3 | 5:37.72 | 5:42.59 q | |
| | 30.58 35.00 35.67 | | | 35.60 | 35.91 | 36.07 |
| | 33.32 30.88 | | | 35.25 | | 34.31 |
| 6 | Reilly, Emma | 10 | Hamilton HS Girls-D3 | 5:55.22 | 5:44.32 q | |
| | 30.37 33.01 33.66 | | | 35.15 | 35.13 | 34.61 |
| | 36.22 34.05 | | | 35.99 | | 36.13 |
| 7 | Langeland, Grace | 12 | Hamilton HS Girls-D3 | 5:51.00 | 5:46.12 q | |
| | 30.45 33.88 34.77 | | | 35.27 | 35.66 | 36.08 |
| | 35.24 33.26 | | | 35.84 | | 35.67 |

Ok Rainbow Tier I Girls Conference Meet 2022 - 11/4/2022 to 11/5/2022**Results****Preliminaries ... (Event 8 Girls 500 Yard Freestyle)**

| Name | Yr | School | Seed Time | Prelim Time |
|------------------|-------|-------------------------------|-----------|-------------|
| 26 Dill, Alexis | SO | Spring Lake High School-MI | 7:01.02 | 7:14.52 |
| 38.65 | 42.92 | 44.49 | 44.62 | 44.21 |
| 45.22 | 44.68 | 44.97 | | |
| 44.25 | 40.51 | | | |
| 27 Pashak, Abbey | SO | Grand Rapids Catholic Central | 7:40.51 | 7:20.17 |
| 36.70 | 42.53 | 42.75 | 45.18 | 44.88 |
| 46.68 | 46.05 | 46.57 | | |
| 46.09 | 42.74 | | | |

Event 9 Girls 200 Yard Freestyle Relay

| Team | Relay | Prelim Time | Finals Time |
|---------------------------------|-----------------------------|----------------------------|---------------------------|
| A - Final | | | |
| 1 Holland Christian-D3 | A | 1:40.60 | 1:40.05 |
| 1) Ryden, Lilly 12 | 2) DeKievit, Claire 12 | 3) Asselin, Emily 12 | 4) Heeres, Maria 11 |
| 25.33 | 25.26 | 25.03 | 24.43 |
| 2 Zeeland High School-D1 | A | 1:41.90 | 1:42.82 |
| 1) Ensing, Madison 09 | 2) VanDyken, Anna 09 | 3) Ketchum, Delaney 12 | 4) Hutt, Miah 11 |
| 24.11 | 26.99 | 25.67 | 26.05 |
| 3 Spring Lake High School-MI | A | 1:47.82 | 1:45.40 |
| 1) Rose, Tegan JR | 2) Mazurek, Alana SO | 3) Fouchea, Tori SR | 4) Brown, Hannah SO |
| 26.78 | 26.45 | 26.61 | 25.56 |
| 4 Muskegon Mona Shores HS (| A | 1:46.47 | 1:45.59 |
| 1) Sytsema, Sydney 11 | 2) Huttenga, Naomi 12 | 3) Hunt, Robyn 12 | 4) Buckner, Delaney 12 |
| 26.69 | 26.85 | 26.47 | 25.58 |
| 5 Hamilton HS Girls-D3 | A | 1:47.66 | 1:47.16 |
| 1) Lucas, Lydia 11 | 2) Fyneweever, Josie 11 | 3) Langeland, Grace 12 | 4) Grabinski, Addison 11 |
| 26.48 | 27.35 | 26.34 | 26.99 |
| 6 Holland High School-D2 | A | 1:48.33 | 1:47.38 |
| 1) Lopez-Koolhaas, Miriam 10 | 2) VanIngen, Abby 11 | 3) Tran, Thy 11 | 4) Whiteman, Eva 12 |
| 27.55 | 27.41 | 26.67 | 25.75 |
| 7 Grand Rapids Catholic Centr | A | 1:51.24 | 1:51.27 |
| 1) Bocian, Isabelle JR | 2) Puglessi, Jane SR | 3) Gill, Alysse SR | 4) Richard, Emerson SR |
| 28.58 | 27.83 | 28.52 | 26.34 |
| B - Final | | | |
| --- Holland Christian-D3 | B | 1:48.47 | X1:46.27 |
| 1) Ryden, Ruthie 10 | 2) Helms, Ava 9 | 3) Brink, Maddie 12 | 4) Huisenga, Rylie 11 |
| 26.48 | 28.07 | 25.64 | 26.08 |
| --- Zeeland High School-D1 | B | 1:47.85 | X1:47.94 |
| 1) Wilson, Katriona 10 | 2) Mishler, Addison 09 | 3) Wolters, Jossalyn 09 | 4) DeVries, Adeline 10 |
| 27.27 | 26.19 | 27.40 | 27.08 |
| --- Spring Lake High School-MI | B | 1:53.83 | X1:51.33 |
| 1) VanDonkelaar, Lexi SR | 2) Vander Heide, Sadie SO | 3) Brower, Rachael SO | 4) Meyers, Delaney SR |
| 27.40 | 29.23 | 27.64 | 27.06 |
| --- Hamilton HS Girls-D3 | B | 1:51.63 | X1:51.84 |
| 1) Ludema, Maya 10 | 2) Scholten, Makena 11 | 3) Lewis, Kiera 10 | 4) DenUyl, Emma 12 |
| 27.45 | 27.94 | 28.58 | 27.87 |
| --- Muskegon Mona Shores HS (| B | 1:57.01 | X1:57.08 |
| 1) Curow, Millie 11 | 2) Bradley, Elise 10 | 3) DeJonge, Isabella 11 | 4) Zziwambazza, Sophia 11 |
| 30.49 | 29.45 | 29.39 | 27.75 |
| --- Grand Rapids Catholic Centr | B | 2:05.26 | X2:01.94 |
| 1) Richard, McKenna SO | 2) Schwallier, Annabelle SO | 3) Stapleton, Emma Kate JR | 4) Stenger, Kathryn SR |
| 29.28 | 28.59 | 31.92 | 32.15 |
| --- Holland High School-D2 | B | 2:06.80 | X2:05.49 |
| 1) Telgenhof, Maggie 9 | 2) Armstrong, Ahneke 12 | 3) Martinez, Niah 9 | 4) Hoebbel, Rilee 10 |
| 31.90 | 32.78 | 30.67 | 30.14 |

Ok Rainbow Tier I Girls Conference Meet 2022 - 11/4/2022 to 11/5/2022**Results****C - Final ... (Event 9 Girls 200 Yard Freestyle Relay)**

| Team | Relay | Prelim Time | Finals Time |
|---------------------------------|-----------------------------|-------------------------|---------------------------|
| --- Holland Christian-D3 | C | 2:02.56 | X1:52.28 |
| 1) McGee, Eden 11 | 2) Algera, Sara 10 | 3) Knot, Hannah 11 | 4) VanderZwaag, Baylee 11 |
| 28.55 28.45 28.16 | 27.12 | | |
| --- Zeeland High School-D1 | C | 1:53.08 | X1:52.91 |
| 1) Wilson, Avarey 10 | 2) Kotecki, Adeline 12 | 3) Alberda, Dana 11 | 4) Weenum, Peyton 09 |
| 29.15 28.17 28.59 | 27.00 | | |
| --- Hamilton HS Girls-D3 | C | 1:55.83 | X1:55.43 |
| 1) Troost, Isabelle 10 | 2) Barnhill, Sydney 11 | 3) Parkhill, Abigail 12 | 4) Overbeek, Olivia 11 |
| 29.29 29.08 28.90 | 28.16 | | |
| --- Spring Lake High School-MI | C | 2:03.23 | X1:57.23 |
| 1) Fouchea, Ava JR | 2) Stewart, Jessica JR | 3) Cough, Karley FR | 4) Twa, Ava FR |
| 28.40 28.50 30.89 | 29.44 | | |
| --- Grand Rapids Catholic Centr | C | 2:04.98 | X2:01.99 |
| 1) Eliassen, Jacqueline SO | 2) Pashak, Abbey SO | 3) Camarena, Naomi FR | 4) Wittkowski, Annie FR |
| 28.89 32.10 33.21 | 27.79 | | |
| --- Muskegon Mona Shores HS (| C | 2:39.08 | X2:35.10 |
| 1) Bradley, Claire 09 | 2) Brown, Autumn 9 | 3) Morin, Aurora 9 | 4) Grimm, Sage 09 |
| 33.57 39.91 41.52 | 40.10 | | |
| --- Holland High School-D2 | C | 2:46.02 | X2:42.62 |
| 1) Felix-Trejo, Cristal 11 | 2) Vasquez-Trejo, Marlene 9 | 3) Hughes, Danielle 10 | 4) Siffin, Victoria 11 |
| 58.53 30.96 37.10 | 36.03 | | |

Event 9 Girls 200 Yard Freestyle Relay

| Team | Relay | Seed Time | Prelim Time |
|-------------------------------|-------------------------|-------------------------|------------------------------|
| Preliminaries | | | |
| 1 Holland Christian-D3 | A | 1:42.63 | 1:40.60 q |
| 1) Ryden, Lilly 12 | 2) DeKievit, Claire 12 | 3) Asselin, Emily 12 | 4) Heeres, Maria 11 |
| 25.26 25.29 25.21 | 24.84 | | |
| 2 Zeeland High School-D1 | A | 1:42.97 | 1:41.90 q |
| 1) Ensing, Madison 09 | 2) VanDyken, Anna 09 | 3) Mishler, Addison 09 | 4) Hutt, Miah 11 |
| 23.85 26.38 26.31 | 25.36 | | |
| 3 Muskegon Mona Shores HS (| A | 1:46.94 | 1:46.47 q |
| 1) Huttenga, Naomi 12 | 2) Sytsema, Sydney 11 | 3) Buckner, Delaney 12 | 4) Hunt, Robyn 12 |
| 27.21 26.50 26.12 | 26.64 | | |
| 4 Hamilton HS Girls-D3 | A | 1:45.50 | 1:47.66 q |
| 1) Lucas, Lydia 11 | 2) Fyneweaver, Josie 11 | 3) Langeland, Grace 12 | 4) Grabinski, Addison 11 |
| 27.23 26.74 26.56 | 27.13 | | |
| 5 Spring Lake High School-MI | A | 1:45.70 | 1:47.82 q |
| 1) Meyers, Delaney SR | 2) Fouchea, Tori SR | 3) Botbyl, Alexandra FR | 4) Mazurek, Alana SO |
| 27.60 26.76 26.92 | 26.54 | | |
| 6 Zeeland High School-D1 | B | 1:47.12 | 1:47.85 q |
| 1) Ketchum, Delaney 12 | 2) Wilson, Katriona 10 | 3) DeVries, Adeline 10 | 4) Kotecki, Adeline 12 |
| 26.26 26.21 27.38 | 28.00 | | |
| 7 Holland High School-D2 | A | 1:49.18 | 1:48.33 q |
| 1) Whiteman, Eva 12 | 2) VanIngen, Abby 11 | 3) Tran, Thy 11 | 4) Lopez-Koolhaas, Miriam 10 |
| 26.87 27.19 27.13 | 27.14 | | |
| 8 Holland Christian-D3 | B | NT | 1:48.47 q |
| 1) Ryden, Ruthie 10 | 2) McGee, Eden 11 | 3) Brink, Maddie 12 | 4) Huisenga, Rylie 11 |
| 26.89 28.85 26.20 | 26.53 | | |
| 9 Grand Rapids Catholic Centr | A | 1:49.03 | 1:51.24 q |
| 1) Andrzejewski, Riane FR | 2) Puglessi, Jane SR | 3) Richard, Emerson SR | 4) Gill, Alysse SR |
| 27.33 28.35 26.66 | 28.90 | | |

Ok Rainbow Tier I Girls Conference Meet 2022 - 11/4/2022 to 11/5/2022**Results****Preliminaries ... (Event 9 Girls 200 Yard Freestyle Relay)**

| Team | Relay | Seed Time | Prelim Time |
|--------------------------------|-------------------------|-----------------------------|---------------------------|
| 10 Hamilton HS Girls-D3 | B | 1:52.00 | 1:51.63 q |
| 1) Ludema, Maya 10 | 2) Scholten, Makena 11 | 3) Lewis, Kiera 10 | 4) DenUyl, Emma 12 |
| 27.60 28.35 28.52 | 27.16 | | |
| 11 Zeeland High School-D1 | C | 1:54.87 | 1:53.08 q |
| 1) Alberda, Dana 11 | 2) Wolters, Jossalyn 09 | 3) Head, Alexis 12 | 4) Weenum, Peyton 09 |
| 28.45 27.48 29.27 | 27.88 | | |
| 12 Spring Lake High School-MI | B | 1:51.22 | 1:53.83 q |
| 1) VanDonkelaar, Lexi SR | 2) Fouchea, Ava JR | 3) Brower, Rachael SO | 4) Twa, Ava FR |
| 27.70 28.89 28.33 | 28.91 | | |
| 13 Hamilton HS Girls-D3 | C | NT | 1:55.83 q |
| 1) Troost, Isabelle 10 | 2) Barnhill, Sydney 11 | 3) Parkhill, Abigail 12 | 4) Overbeek, Olivia 11 |
| 29.25 29.40 28.90 | 28.28 | | |
| 14 Muskegon Mona Shores HS (| B | 1:55.81 | 1:57.01 q |
| 1) Curow, Millie 11 | 2) Bradley, Elise 10 | 3) DeJonge, Isabella 11 | 4) Zziwambazza, Sophia 11 |
| 30.13 29.45 28.73 | 28.70 | | |
| 15 Holland Christian-D3 | C | NT | 2:02.56 q |
| 1) Lees, Rylie 11 | 2) Lampen, Avery 9 | 3) Laarman, Ashlynn 10 | 4) Brummel, Lily 10 |
| 30.03 31.11 34.05 | 27.37 | | |
| 16 Spring Lake High School-MI | C | 2:04.51 | 2:03.23 q |
| 1) Stewart, Jessica JR | 2) Cough, Karley FR | 3) Johnson, Riley SO | 4) Vander Heide, Sadie SO |
| 28.96 32.65 33.31 | 28.31 | | |
| 17 Grand Rapids Catholic Centr | C | 2:06.98 | 2:04.98 q |
| 1) Bocian, Isabelle JR | 2) Camarena, Naomi FR | 3) Stenger, Kathryn SR | 4) Greene, Audrey SR |
| 28.63 33.47 31.71 | 31.17 | | |
| 18 Grand Rapids Catholic Centr | B | 1:58.35 | 2:05.26 q |
| 1) Sullivan, Kathleen FR | 2) Richard, McKenna SO | 3) Hornung, Samantha SR | 4) Babylon, Alex SO |
| 30.64 29.04 34.77 | 30.81 | | |
| 19 Holland High School-D2 | B | 2:16.53 | 2:06.80 q |
| 1) Armstrong, Ahneke 12 | 2) Martinez, Niah 9 | 3) Vasquez-Trejo, Marlene 9 | 4) Hoebbel, Rilee 10 |
| 33.05 30.29 33.46 | 30.00 | | |
| 20 Muskegon Mona Shores HS (| C | 2:36.46 | 2:39.08 q |
| 1) Brown, Autumn 9 | 2) Grimm, Sage 09 | 3) Morin, Aurora 9 | 4) Bradley, Claire 09 |
| 44.58 40.26 40.13 | 34.11 | | |
| 21 Holland High School-D2 | C | 2:55.34 | 2:46.02 q |
| 1) Felix-Trejo, Cristal 11 | 2) Frens, Nora 11 | 3) Hughes, Danielle 10 | 4) Siffin, Victoria 11 |
| 1:01.65 27.43 38.91 | 38.03 | | |

Event 10 Girls 100 Yard Backstroke

| Name | Yr | School | Prelim Time | Finals Time |
|--------------------|----|-------------------------------|-------------|-------------|
| A - Final | | | | |
| 1 Buckner, Delaney | 12 | Muskegon Mona Shores HS Co-op | 1:01.28 | 59.77 |
| 29.48 30.29 | | | | |
| 2 Legg, Natalie | 11 | Holland High School-D2 | 1:00.88 | 1:00.36 |
| 29.40 30.96 | | | | |
| 3 Petrak, Annie | 12 | Holland Christian-D3 | 1:03.03 | 1:01.21 |
| 29.23 31.98 | | | | |
| 4 Brinks, Abigail | 11 | Zeeland High School-D1 | 1:01.55 | 1:02.48 |
| 29.99 32.49 | | | | |
| 5 Ryden, Lilly | 12 | Holland Christian-D3 | 1:03.38 | 1:02.65 |
| 30.26 32.39 | | | | |
| 6 Fouchea, Tori | SR | Spring Lake High School-MI | 1:04.53 | 1:04.08 |
| 31.49 32.59 | | | | |
| 7 Braun, Mae | FR | Grand Rapids Catholic Central | 1:05.46 | 1:04.46 |
| 31.08 33.38 | | | | |

Ok Rainbow Tier I Girls Conference Meet 2022 - 11/4/2022 to 11/5/2022**Results****A - Final ... (Event 10 Girls 100 Yard Backstroke)**

| Name | Yr | School | Prelim Time | Finals Time |
|-------------------------------------|----|----------------------|-------------|-------------|
| 8 Grotenhuis, Lauren 32.22 35.12 | 12 | Holland Christian-D3 | 1:06.51 | 1:07.34 |

B - Final

| | | | | |
|------------------------------------|----|-------------------------------|---------|---------|
| 9 Rabaut, Joanna 32.19 34.97 | JR | Grand Rapids Catholic Central | 1:07.41 | 1:07.16 |
| 10 Blanton, Lilyan 33.13 34.99 | 10 | Zeeland High School-D1 | 1:08.47 | 1:08.12 |
| 11 Whiteman, Eva 32.54 35.70 | 12 | Holland High School-D2 | 1:06.92 | 1:08.24 |
| 12 Nykamp, Reese 33.09 36.03 | 11 | Zeeland High School-D1 | 1:09.33 | 1:09.12 |
| 13 Gaston, Marilyn 33.74 35.61 | 11 | Muskegon Mona Shores HS Co-op | 1:09.21 | 1:09.35 |
| 14 Troost, Isabelle 34.31 35.90 | 10 | Hamilton HS Girls-D3 | 1:10.50 | 1:10.21 |
| 15 Tran, Thy 34.82 37.89 | 11 | Holland High School-D2 | 1:11.89 | 1:12.71 |
| 16 Miller, Emma 34.42 38.62 | SR | Spring Lake High School-MI | 1:12.42 | 1:13.04 |

C - Final

| | | | | |
|---------------------------------------|----|-------------------------------|---------|---------|
| 17 Witte, Katelyn 34.59 37.84 | 9 | Holland Christian-D3 | 1:13.27 | 1:12.43 |
| 18 Chase, Emma 35.36 37.64 | 12 | Holland Christian-D3 | 1:12.64 | 1:13.00 |
| 19 VanIngen, Abby 36.31 37.11 | 11 | Holland High School-D2 | 1:13.35 | 1:13.42 |
| 20 Parkhill, Abigail 35.91 38.52 | 12 | Hamilton HS Girls-D3 | 1:14.41 | 1:14.43 |
| 21 Brower, Rachael 35.74 39.01 | SO | Spring Lake High School-MI | 1:13.63 | 1:14.75 |
| 22 Eenigenburg, Maria 36.24 38.84 | 10 | Muskegon Mona Shores HS Co-op | 1:15.02 | 1:15.08 |
| 23 Zziwambazza, Sophia 36.74 38.93 | 11 | Muskegon Mona Shores HS Co-op | 1:14.08 | 1:15.67 |
| 24 Guzicki, Riley | 10 | Zeeland High School-D1 | 1:13.37 | 1:15.88 |

Event 10 Girls 100 Yard Backstroke

| Name | Yr | School | Seed Time | Prelim Time | |
|-----------------------------------|----|-------------------------------|-----------|-------------|---|
| Preliminaries | | | | | |
| 1 Legg, Natalie 29.45 31.43 | 11 | Holland High School-D2 | 1:01.86 | 1:00.88 | q |
| 2 Buckner, Delaney 29.81 31.47 | 12 | Muskegon Mona Shores HS Co-op | 59.29 | 1:01.28 | q |
| 3 Brinks, Abigail 30.15 31.40 | 11 | Zeeland High School-D1 | 1:04.05 | 1:01.55 | q |
| 4 Petrak, Annie 30.09 32.94 | 12 | Holland Christian-D3 | 1:01.12 | 1:03.03 | q |
| 5 Ryden, Lilly 30.39 32.99 | 12 | Holland Christian-D3 | 1:02.03 | 1:03.38 | q |
| 6 Fouchea, Tori 31.67 32.86 | SR | Spring Lake High School-MI | 1:04.07 | 1:04.53 | q |
| 7 Braun, Mae 31.59 33.87 | FR | Grand Rapids Catholic Central | 1:04.01 | 1:05.46 | q |

Ok Rainbow Tier I Girls Conference Meet 2022 - 11/4/2022 to 11/5/2022**Results****Preliminaries ... (Event 10 Girls 100 Yard Backstroke)**

| | Name | Yr | School | Seed Time | Prelim Time | |
|----|------------------------------------|-----------|-------------------------------|------------------|--------------------|---|
| 8 | Grotenhuis, Lauren 31.72 34.79 | 12 | Holland Christian-D3 | 1:08.43 | 1:06.51 | q |
| 9 | Whiteman, Eva 31.66 35.26 | 12 | Holland High School-D2 | 1:06.21 | 1:06.92 | q |
| 10 | Rabaut, Joanna 32.37 35.04 | JR | Grand Rapids Catholic Central | 1:07.57 | 1:07.41 | q |
| 11 | Blanton, Lilyan 32.94 35.53 | 10 | Zeeland High School-D1 | 1:12.56 | 1:08.47 | q |
| 12 | Gaston, Marilyn 33.66 35.55 | 11 | Muskegon Mona Shores HS Co-op | 1:10.58 | 1:09.21 | q |
| 13 | Nykamp, Reese 33.42 35.91 | 11 | Zeeland High School-D1 | 1:10.71 | 1:09.33 | q |
| 14 | Troost, Isabelle 33.81 36.69 | 10 | Hamilton HS Girls-D3 | 1:12.28 | 1:10.50 | q |
| 15 | Tran, Thy 35.10 36.79 | 11 | Holland High School-D2 | 1:15.30 | 1:11.89 | q |
| 16 | Miller, Emma 34.75 37.67 | SR | Spring Lake High School-MI | 1:14.81 | 1:12.42 | q |
| 17 | Chase, Emma 35.53 37.11 | 12 | Holland Christian-D3 | 1:13.00 | 1:12.64 | q |
| 18 | Witte, Katelyn 35.17 38.10 | 9 | Holland Christian-D3 | 1:17.91 | 1:13.27 | q |
| 19 | VanIngen, Abby 35.76 37.59 | 11 | Holland High School-D2 | 1:11.19 | 1:13.35 | q |
| 20 | Guzicki, Riley | 10 | Zeeland High School-D1 | 1:17.67 | 1:13.37 | q |
| 21 | Brower, Rachael 35.78 37.85 | SO | Spring Lake High School-MI | 1:16.05 | 1:13.63 | q |
| 22 | Zziwambazza, Sophia 35.46 38.62 | 11 | Muskegon Mona Shores HS Co-op | 1:17.02 | 1:14.08 | q |
| 23 | Parkhill, Abigail 34.85 39.56 | 12 | Hamilton HS Girls-D3 | 1:15.87 | 1:14.41 | q |
| 24 | Eenigenburg, Maria 35.82 39.20 | 10 | Muskegon Mona Shores HS Co-op | 1:13.32 | 1:15.02 | q |
| 25 | Krajewski, Katie 35.40 39.72 | JR | Grand Rapids Catholic Central | 1:16.32 | 1:15.12 | |
| 26 | Wittkowski, Annie | FR | Grand Rapids Catholic Central | 1:19.32 | 1:15.24 | |
| 27 | Ludema, Maya 35.55 40.18 | 10 | Hamilton HS Girls-D3 | 1:15.17 | 1:15.73 | |
| 28 | Jackson, Aubrey 36.28 40.29 | 10 | Zeeland High School-D1 | 1:15.44 | 1:16.57 | |
| 29 | Bradley, Elise 37.58 40.35 | 10 | Muskegon Mona Shores HS Co-op | 1:19.54 | 1:17.93 | |
| 30 | Pyle, Emily 39.09 42.28 | 10 | Zeeland High School-D1 | 1:28.33 | 1:21.37 | |
| 31 | Twa, Ava 38.61 43.97 | FR | Spring Lake High School-MI | 1:21.04 | 1:22.58 | |
| 32 | Russo, Caylee 41.53 42.80 | JR | Grand Rapids Catholic Central | 1:23.24 | 1:24.33 | |
| 33 | Armstrong, Ahneke 43.27 43.70 | 12 | Holland High School-D2 | 1:27.72 | 1:26.97 | |
| 34 | Wahl, Alaina 42.56 44.43 | SR | Spring Lake High School-MI | 1:25.71 | 1:26.99 | |

Ok Rainbow Tier I Girls Conference Meet 2022 - 11/4/2022 to 11/5/2022**Results****Preliminaries ... (Event 10 Girls 100 Yard Backstroke)**

| | Name | Yr | School | Seed Time | Prelim Time |
|----|----------------------------------|-----------|-------------------------------|------------------|--------------------|
| 35 | Bradley, Claire 42.87 44.28 | 09 | Muskegon Mona Shores HS Co-op | 1:28.66 | 1:27.15 |
| 36 | Zheng, Emily 40.25 47.73 | 10 | Muskegon Mona Shores HS Co-op | 1:35.66 | 1:27.98 |
| 37 | Vanderlinde, Zoey | 11 | Muskegon Mona Shores HS Co-op | 1:49.49 | 1:43.09 |
| 38 | Michaelis, Olivia 49.28 55.65 | 11 | Muskegon Mona Shores HS Co-op | 1:46.74 | 1:44.93 |

Event 11 Girls 100 Yard Breaststroke

| | Name | Yr | School | Prelim Time | Finals Time |
|------------------|---------------------------------------|-----------|-------------------------------|--------------------|--------------------|
| A - Final | | | | | |
| 1 | DeKievit, Claire 31.39 36.73 | 12 | Holland Christian-D3 | 1:09.47 | 1:08.12 |
| 2 | Meyer, Jenna 34.84 38.48 | 11 | Zeeland High School-D1 | 1:14.44 | 1:13.32 |
| 3 | Brink, Maddie 35.14 38.99 | 12 | Holland Christian-D3 | 1:13.86 | 1:14.13 |
| 4 | Lewis, Kiera 34.65 39.98 | 10 | Hamilton HS Girls-D3 | 1:13.35 | 1:14.63 |
| 5 | Vander Heide, Sadie 34.78 40.45 | SO | Spring Lake High School-MI | 1:15.23 | 1:15.23 |
| 6 | Borg, Jocelyn 34.83 40.99 | 12 | Hamilton HS Girls-D3 | 1:14.83 | 1:15.82 |
| 7 | Van Baale, Susie 35.99 39.85 | 10 | Muskegon Mona Shores HS Co-op | 1:16.49 | 1:15.84 |
| 8 | Fyneweever, Josie 34.66 41.78 | 11 | Hamilton HS Girls-D3 | 1:16.51 | 1:16.44 |
| B - Final | | | | | |
| 9 | Huttenga, Naomi 36.95 40.26 | 12 | Muskegon Mona Shores HS Co-op | 1:17.11 | 1:17.21 |
| 10 | Fouchea, Ava 36.45 41.59 | JR | Spring Lake High School-MI | 1:18.63 | 1:18.04 |
| 11 | Mendels, Lilly 36.65 42.64 | 11 | Holland High School-D2 | 1:19.77 | 1:19.29 |
| 12 | VanderZwaag, Baylee 37.08 42.49 | 11 | Holland Christian-D3 | 1:17.96 | 1:19.57 |
| 13 | Brink, Jackie 36.76 42.82 | 9 | Holland Christian-D3 | 1:17.91 | 1:19.58 |
| 14 | Tracy, Alaina 37.16 42.51 | 10 | Zeeland High School-D1 | 1:19.26 | 1:19.67 |
| 15 | Wolters, Jossalyn 38.16 41.84 | 09 | Zeeland High School-D1 | 1:20.89 | 1:20.00 |
| 16 | DeLost, Allie 36.93 45.76 | 12 | Zeeland High School-D1 | 1:18.51 | 1:22.69 |
| C - Final | | | | | |
| 17 | VanDerMeulen, Isabella 37.26 43.65 | 12 | Hamilton HS Girls-D3 | 1:21.03 | 1:20.91 |
| 18 | VanDonkelaar, Lexi 38.17 43.30 | SR | Spring Lake High School-MI | 1:23.57 | 1:21.47 |
| 19 | Albrecht, Maggie 37.95 45.43 | 10 | Zeeland High School-D1 | 1:21.76 | 1:23.38 |
| 20 | Behmer, Lainey 39.20 44.79 | JR | Grand Rapids Catholic Central | 1:23.07 | 1:23.99 |

Ok Rainbow Tier I Girls Conference Meet 2022 - 11/4/2022 to 11/5/2022**Results****C - Final ... (Event 11 Girls 100 Yard Breaststroke)**

| | Name | Yr | School | Prelim Time | Finals Time |
|----|----------------------------------|----|-------------------------------|-------------|-------------|
| 21 | Meerman, Lauren 39.28 44.81 | SO | Grand Rapids Catholic Central | 1:24.34 | 1:24.09 |
| 22 | Laarman, Ashlynn 41.30 44.27 | 10 | Holland Christian-D3 | 1:25.28 | 1:25.57 |
| 23 | Bocian, Isabelle 42.98 46.21 | JR | Grand Rapids Catholic Central | 1:27.41 | 1:29.19 |
| 24 | Telgenhof, Maggie 41.05 48.97 | 9 | Holland High School-D2 | 1:27.39 | 1:30.02 |

Event 11 Girls 100 Yard Breaststroke

| | Name | Yr | School | Seed Time | Prelim Time |
|----------------------|---------------------------------------|----|-------------------------------|-----------|-------------|
| Preliminaries | | | | | |
| 1 | DeKievit, Claire 32.61 36.86 | 12 | Holland Christian-D3 | 1:10.01 | 1:09.47 q |
| 2 | Lewis, Kiera 34.25 39.10 | 10 | Hamilton HS Girls-D3 | 1:20.60 | 1:13.35 q |
| 3 | Brink, Maddie 34.47 39.39 | 12 | Holland Christian-D3 | 1:14.00 | 1:13.86 q |
| 4 | Meyer, Jenna 35.42 39.02 | 11 | Zeeland High School-D1 | 1:15.85 | 1:14.44 q |
| 5 | Borg, Jocelyn 34.46 40.37 | 12 | Hamilton HS Girls-D3 | 1:13.18 | 1:14.83 q |
| 6 | Vander Heide, Sadie 35.28 39.95 | SO | Spring Lake High School-MI | 1:13.35 | 1:15.23 q |
| 7 | Van Baale, Susie 36.50 39.99 | 10 | Muskegon Mona Shores HS Co-op | 1:17.53 | 1:16.49 q |
| 8 | Fyneweever, Josie 34.31 42.20 | 11 | Hamilton HS Girls-D3 | 1:18.68 | 1:16.51 q |
| 9 | Huttenga, Naomi 36.66 40.45 | 12 | Muskegon Mona Shores HS Co-op | 1:18.05 | 1:17.11 q |
| 10 | Brink, Jackie 36.02 41.89 | 9 | Holland Christian-D3 | 1:19.63 | 1:17.91 q |
| 11 | VanderZwaag, Baylee 36.32 41.64 | 11 | Holland Christian-D3 | 1:19.28 | 1:17.96 q |
| 12 | DeLost, Allie 35.36 43.15 | 12 | Zeeland High School-D1 | 1:14.90 | 1:18.51 q |
| 13 | Fouchea, Ava 36.82 41.81 | JR | Spring Lake High School-MI | 1:19.66 | 1:18.63 q |
| 14 | Tracy, Alaina 36.42 42.84 | 10 | Zeeland High School-D1 | 1:21.66 | 1:19.26 q |
| 15 | Mendels, Lilly 37.02 42.75 | 11 | Holland High School-D2 | 1:22.70 | 1:19.77 q |
| 16 | Wolters, Jossalyn 38.50 42.39 | 09 | Zeeland High School-D1 | 1:23.35 | 1:20.89 q |
| 17 | VanDerMeulen, Isabella 37.56 43.47 | 12 | Hamilton HS Girls-D3 | 1:22.37 | 1:21.03 q |
| 18 | Albrecht, Maggie 37.05 44.71 | 10 | Zeeland High School-D1 | 1:31.65 | 1:21.76 q |
| 19 | Behmer, Lainey 39.15 43.92 | JR | Grand Rapids Catholic Central | 1:25.60 | 1:23.07 q |
| 20 | VanDonkelaar, Lexi 38.83 44.74 | SR | Spring Lake High School-MI | 1:22.18 | 1:23.57 q |

Ok Rainbow Tier I Girls Conference Meet 2022 - 11/4/2022 to 11/5/2022**Results****Preliminaries ... (Event 11 Girls 100 Yard Breaststroke)**

| Name | Yr | School | Seed Time | Prelim Time | |
|-------------------------------------|----|-------------------------------|-----------|-------------|---|
| 21 Meerman, Lauren 38.09 46.25 | SO | Grand Rapids Catholic Central | 1:25.41 | 1:24.34 | q |
| 22 Laarman, Ashlynn 39.99 45.29 | 10 | Holland Christian-D3 | 1:26.28 | 1:25.28 | q |
| 23 Telgenhof, Maggie 39.94 47.45 | 9 | Holland High School-D2 | 1:33.28 | 1:27.39 | q |
| 24 Bocian, Isabelle 40.81 46.60 | JR | Grand Rapids Catholic Central | 1:29.42 | 1:27.41 | q |
| 25 Wilson, Avarey 39.37 48.15 | 10 | Zeeland High School-D1 | 1:29.11 | 1:27.52 | |
| 26 Levandoski, Ava 40.92 46.64 | 10 | Zeeland High School-D1 | 1:34.94 | 1:27.56 | |
| 27 Pifer, Becca 42.81 48.55 | 09 | Zeeland High School-D1 | 1:34.24 | 1:31.36 | |
| 28 Dalrymple, Liz 43.31 52.09 | SO | Grand Rapids Catholic Central | 1:40.17 | 1:35.40 | |
| 29 Dykema, Megan 43.88 51.65 | 12 | Zeeland High School-D1 | 1:36.44 | 1:35.53 | |
| 30 Stenger, Kathryn 47.72 54.17 | SR | Grand Rapids Catholic Central | 1:38.27 | 1:41.89 | |
| 31 Bowen, Cambree 49.98 53.08 | 10 | Muskegon Mona Shores HS Co-op | 1:40.79 | 1:43.06 | |
| --- Frens, Nora 39.56 46.61 | 11 | Holland High School-D2 | 1:26.92 | X1:26.17 | |

Event 12 Girls 400 Yard Freestyle Relay

| Team | Relay | Prelim Time | Finals Time |
|---|---|---|-----------------------|
| A - Final | | | |
| 1 Zeeland High School-D1 | A | 3:43.09 | 3:43.13 |
| 1) Ensing, Madison 09 25.44 52.60 26.95 | 2) Ketchum, Delaney 12 57.16 27.20 57.26 | 3) Brinks, Abigail 11 26.96 56.11 | 4) Meyer, Jenna 11 |
| 2 Holland Christian-D3 | A | 3:48.28 | 3:45.56 |
| 1) Siegers, Eden 11 27.41 57.05 26.19 | 2) Asselin, Emily 12 55.50 27.35 57.74 | 3) Huisenga, Rylie 11 26.03 55.27 | 4) Heeres, Maria 11 |
| 3 Spring Lake High School-MI | A | 3:56.17 | 3:54.46 |
| 1) Rose, Tegan JR 28.10 59.94 27.60 | 2) Fouchea, Tori SR 57.78 27.53 57.94 | 3) Boodt, Bella JR 27.28 58.80 | 4) Brown, Hannah SO |
| 4 Grand Rapids Catholic Centr | A | 3:57.10 | 3:58.09 |
| 1) Richard, Emerson SR 27.86 59.41 27.96 | 2) McNamara, Kate FR 1:00.27 28.16 59.90 | 3) Rabaut, Joanna JR 27.82 58.51 | 4) Braun, Mae FR |
| 5 Hamilton HS Girls-D3 | A | 3:58.69 | 4:00.78 |
| 1) Langeland, Grace 12 28.38 58.91 28.71 | 2) Reilly, Emma 10 59.70 29.28 1:02.80 | 3) Garvelink, Adaline 09 28.33 59.37 | 4) DenUyl, Emma 12 |
| 6 Muskegon Mona Shores HS (| A | 4:10.11 | 4:09.19 |
| 1) Stout, Eva 11 30.04 1:02.44 28.87 | 2) Van Baale, Susie 10 1:01.64 30.33 1:04.67 | 3) Eenigenburg, Maria 10 28.53 1:00.44 | 4) Gaston, Marilyn 11 |
| 7 Holland High School-D2 | A | 4:16.80 | 4:18.33 |
| 1) VanIngen, Abby 11 30.70 1:04.16 30.77 | 2) Tran, Thy 11 1:05.82 31.53 1:07.49 | 3) Mendels, Lilly 11 28.43 1:00.86 | 4) Legg, Natalie 11 |
| B - Final | | | |
| --- Spring Lake High School-MI | B | 4:12.77 | X3:58.26 |
| 1) Meyers, Delaney SR 28.54 59.34 28.88 | 2) VanDonkelaar, Lexi SR 1:00.92 1:00.35 | 3) Geschiere, Renee JR 27.11 57.65 | 4) Meyers, Kyla JR |

Ok Rainbow Tier I Girls Conference Meet 2022 - 11/4/2022 to 11/5/2022**Results****B - Final ... (Event 12 Girls 400 Yard Freestyle Relay)**

| Team | Relay | Prelim Time | Finals Time |
|---------------------------------|-------------------------|---------------------------|-------------------------|
| --- Holland Christian-D3 | B | 4:05.95 | X3:59.48 |
| 1) Grotenhuis, Lauren 12 | 2) Chase, Emma 12 | 3) Petrak, Annie 12 | 4) Ryden, Ruthie 10 |
| 27.66 58.31 30.58 | 1:04.50 27.95 58.58 | 26.65 58.09 | |
| --- Zeeland High School-D1 | B | 4:00.71 | X4:02.32 |
| 1) DeVries, Adeline 10 | 2) VanDyken, Anna 09 | 3) Wilson, Katriona 10 | 4) Weenum, Peyton 09 |
| 28.70 1:00.89 29.00 | 1:00.98 27.96 1:00.14 | 28.02 1:00.31 | |
| --- Hamilton HS Girls-D3 | B | 4:16.30 | X4:18.45 |
| 1) VanDerMeulen, Isabella 12 | 2) Troost, Isabelle 10 | 3) Scholten, Makena 11 | 4) Borg, Jocelyn 12 |
| 30.26 1:03.27 29.99 | 1:04.46 31.23 1:05.75 | 30.37 1:04.97 | |
| --- Grand Rapids Catholic Centr | B | 4:45.29 | X4:23.99 |
| 1) Richard, McKenna SO | 2) Babylon, Alex SO | 3) Gill, Alysse SR | 4) Behmer, Lainey JR |
| 31.53 1:07.76 31.97 | 1:07.02 30.54 1:04.05 | 30.55 1:05.16 | |
| --- Muskegon Mona Shores HS (| B | 4:32.36 | X4:32.63 |
| 1) Curow, Millie 11 | 2) Bradley, Elise 10 | 3) Zziwambazza, Sophia 11 | 4) DeJonge, Isabella 11 |
| 33.05 1:08.89 32.40 | 1:08.51 31.48 1:07.41 | 31.89 1:07.82 | |
| --- Holland High School-D2 | B | 5:31.44 | X5:23.64 |
| 1) Martinez, Niah 9 | 2) Martinez, Karinna 10 | 3) Hughes, Danielle 10 | 4) Siffin, Victoria 11 |
| 34.78 1:15.54 | 1:17.13 39.61 1:23.06 | 39.67 1:27.91 | |

C - Final

| | | | |
|---------------------------------|-----------------------|------------------------|-------------------------|
| --- Zeeland High School-D1 | C | 4:07.17 | X4:11.50 |
| 1) Kotecki, Adeline 12 | 2) Nykamp, Reese 11 | 3) Alberda, Dana 11 | 4) Blanton, Lilyan 10 |
| 29.46 1:02.04 29.27 | 1:02.38 30.83 1:05.17 | 29.51 1:01.91 | |
| --- Grand Rapids Catholic Centr | C | 5:01.17 | X4:34.62 |
| 1) Russo, Caylee JR | 2) Dalrymple, Liz SO | 3) Krajewski, Katie JR | 4) Hornung, Samantha SR |
| 31.87 1:05.77 30.99 | 1:06.19 32.98 1:07.96 | 35.13 1:14.70 | |
| --- Holland Christian-D3 | C | 5:08.45 | X4:35.80 |
| 1) Brummel, Lily 10 | 2) Raby, Paityn 11 | 3) Lees, Rylie 11 | 4) McGee, Eden 11 |
| 31.36 1:07.40 36.60 | 1:19.06 30.87 1:06.21 | 30.15 1:03.13 | |
| --- Spring Lake High School-MI | C | 5:16.33 | X4:49.75 |
| 1) Hare, Rhyan FR | 2) Twa, Ava FR | 3) Wahl, Alaina SR | 4) Meyers, Sophia FR |
| 34.35 1:17.98 30.84 | 1:07.18 36.00 1:17.53 | 32.26 1:07.06 | |
| --- Muskegon Mona Shores HS (| C | 5:41.39 | X4:55.09 |
| 1) Offman, Grace 09 | 2) Bowen, Cambree 10 | 3) Zheng, Emily 10 | 4) Bradley, Claire 09 |
| 33.25 1:10.29 35.28 | 1:14.54 33.78 1:15.16 | 35.91 1:15.10 | |

Event 12 Girls 400 Yard Freestyle Relay

| Team | Relay | Seed Time | Prelim Time |
|-------------------------------|------------------------|--------------------------|-----------------------|
| Preliminaries | | | |
| 1 Zeeland High School-D1 | A | 3:50.54 | 3:43.09 q |
| 1) Ensing, Madison 09 | 2) Ketchum, Delaney 12 | 3) Brinks, Abigail 11 | 4) Meyer, Jenna 11 |
| 25.19 52.58 27.07 | 57.52 26.98 56.83 | 26.74 56.16 | |
| 2 Holland Christian-D3 | A | 3:48.59 | 3:48.28 q |
| 1) Asselin, Emily 12 | 2) Ryden, Ruthie 10 | 3) Siegers, Eden 11 | 4) Heeres, Maria 11 |
| 27.20 57.02 26.61 | 58.34 26.67 56.55 | 26.29 56.37 | |
| 3 Spring Lake High School-MI | A | 3:54.26 | 3:56.17 q |
| 1) Rose, Tegan JR | 2) Fouchea, Tori SR | 3) Meyers, Kyla JR | 4) Meyers, Delaney SR |
| 27.88 59.41 27.92 | 57.95 28.19 59.21 | 28.09 59.60 | |
| 4 Grand Rapids Catholic Centr | A | 3:59.85 | 3:57.10 q |
| 1) Andrzejewski, Riane FR | 2) Richard, Emerson SR | 3) Rabaut, Joanna JR | 4) Braun, Mae FR |
| 28.83 59.91 28.19 | 59.61 28.11 1:00.02 | 27.74 57.56 | |
| 5 Hamilton HS Girls-D3 | A | 3:55.57 | 3:58.69 q |
| 1) Langeland, Grace 12 | 2) Reilly, Emma 10 | 3) Garvelink, Adaline 09 | 4) DenUyl, Emma 12 |
| 28.41 59.16 27.75 | 59.34 27.92 58.73 | 28.97 1:01.46 | |

Ok Rainbow Tier I Girls Conference Meet 2022 - 11/4/2022 to 11/5/2022**Results****Preliminaries ... (Event 12 Girls 400 Yard Freestyle Relay)**

| Team | Relay | Seed Time | Prelim Time |
|--------------------------------|-------------------------|---------------------------|-------------------------|
| 6 Zeeland High School-D1 | B | 3:53.00 | 4:00.71 q |
| 1) VanDyken, Anna 09 | 2) Wilson, Katriona 10 | 3) DeVries, Adeline 10 | 4) Kotecki, Adeline 12 |
| 28.60 59.92 27.71 | 58.94 27.92 59.02 | 29.34 1:02.83 | |
| 7 Holland Christian-D3 | B | NT | 4:05.95 q |
| 1) Grotenhuis, Lauren 12 | 2) Chase, Emma 12 | 3) Petrak, Annie 12 | 4) Huisenga, Rylie 11 |
| 28.88 59.49 30.53 | 1:04.22 1:01.80 1:29.98 | 32.26 | |
| 8 Zeeland High School-D1 | C | 4:08.24 | 4:07.17 q |
| 1) Alberda, Dana 11 | 2) Weenum, Peyton 09 | 3) Nykamp, Reese 11 | 4) Blanton, Lilyan 10 |
| 29.60 1:02.42 28.43 | 1:00.62 28.53 1:01.73 | 29.13 1:02.40 | |
| 9 Muskegon Mona Shores HS (| A | 3:59.30 | 4:10.11 q |
| 1) Stout, Eva 11 | 2) Gaston, Marilyn 11 | 3) Eenigenburg, Maria 10 | 4) Van Baale, Susie 10 |
| 28.76 59.96 29.35 | 1:03.12 31.89 1:06.93 | 28.00 1:00.10 | |
| 10 Spring Lake High School-MI | B | 4:02.65 | 4:12.77 q |
| 1) Meyers, Sophia FR | 2) Geschiere, Renee JR | 3) VanDonkelaar, Lexi SR | 4) Boodt, Bella JR |
| 32.52 1:08.03 30.58 | 1:04.70 29.06 1:01.19 | 27.88 58.85 | |
| 11 Hamilton HS Girls-D3 | B | 4:26.29 | 4:16.30 q |
| 1) VanDerMeulen, Isabella 12 | 2) Troost, Isabelle 10 | 3) Scholten, Makena 11 | 4) Borg, Jocelyn 12 |
| 29.21 1:01.50 30.79 | 1:04.79 31.69 1:06.21 | 29.94 1:03.80 | |
| 12 Holland High School-D2 | A | 4:17.62 | 4:16.80 q |
| 1) VanIngen, Abby 11 | 2) Tran, Thy 11 | 3) Mendels, Lilly 11 | 4) Legg, Natalie 11 |
| 31.33 1:05.24 29.33 | 1:03.12 32.77 1:08.53 | 28.33 59.91 | |
| 13 Muskegon Mona Shores HS (| B | 4:25.85 | 4:32.36 q |
| 1) Curow, Millie 11 | 2) Bradley, Elise 10 | 3) Zziwambazza, Sophia 11 | 4) DeJonge, Isabella 11 |
| 31.94 1:06.86 33.31 | 1:10.06 34.04 1:10.09 | 30.57 1:05.35 | |
| 14 Grand Rapids Catholic Centr | B | 4:17.20 | 4:45.29 q |
| 1) Schwallier, Annabelle SO | 2) Pashak, Abbey SO | 3) Stenger, Kathryn SR | 4) Padron, Barbara FR |
| 30.56 1:04.46 35.30 | 1:14.98 33.15 1:11.16 | 33.90 1:14.69 | |
| 15 Grand Rapids Catholic Centr | C | 4:28.95 | 5:01.17 q |
| 1) Russo, Caylee JR | 2) Rosario, Victoria JR | 3) Tenorio, Aileny FR | 4) Dalrymple, Liz SO |
| 32.82 1:08.09 36.61 | 1:19.52 36.77 | | |
| 16 Holland Christian-D3 | C | NT | 5:08.45 q |
| 1) Heil, Bela 10 | 2) Vanderveen, Josie 9 | 3) Raby, Paityn 11 | 4) Dykstra, Gabby 10 |
| 33.71 1:13.36 36.56 | 1:18.01 39.37 1:23.71 | 34.02 1:13.37 | |
| 17 Spring Lake High School-MI | C | 4:52.46 | 5:16.33 q |
| 1) Twa, Ava FR | 2) Hare, Rhyan FR | 3) Prince, Grace FR | 4) Wahl, Alaina SR |
| 32.06 1:14.57 30.24 | 1:11.88 43.07 1:31.60 | 37.48 1:18.28 | |
| 18 Holland High School-D2 | B | 5:35.63 | 5:31.44 q |
| 1) Martinez, Niah 9 | 2) Martinez, Karinna 10 | 3) Hughes, Danielle 10 | 4) Siffin, Victoria 11 |
| 35.62 1:16.09 23.13 | 1:20.74 42.39 1:28.28 | 38.31 1:26.33 | |
| 19 Muskegon Mona Shores HS (| C | 4:52.28 | 5:41.39 q |
| 1) Offman, Grace 09 | 2) Bowen, Cambree 10 | 3) Zheng, Emily 10 | 4) Bradley, Claire 09 |
| 33.33 1:09.42 37.19 | 1:23.24 30.15 1:11.53 | 1:57.20 | |

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

| | | | |
|----------------------------------|-----|----------------------------------|-----|
| 1. Holland Christian | 484 | 2. Zeeland High School | 420 |
| 3. Hamilton HS Girls | 295 | 4. Spring Lake High School | 281 |
| 5. Muskegon Mona Shores HS Co-op | 253 | 6. Grand Rapids Catholic Central | 162 |
| 7. Holland High School | 141 | | |