

MISCA Girls Swim and Dive Season 2023

Zone 1 Report

Zone 1 includes teams from Detroit Public School and Macomb Area Conference. MAC covers Macomb County, St Clair County, and Grosse Pointe Public Schools. This report highlights division results, championship winners, special award winners, and state qualifiers from within Zone 1.

Zone 1 Coach of the Year Nominees:

Gary Peterson – Martin Luther King Jr. High School

Dave Smith – Dakota High School

Suzanne Trush – Romeo High School

Danielle Woody-Berry – Fraser High School

Eric Platte – Utica Stevenson High School

Austin Bateman – Henry Ford II High School

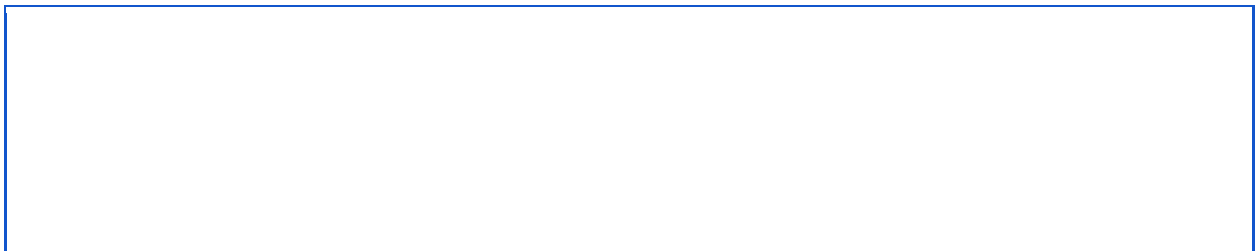
John Fodell – Grosse Pointe South High School

Mike Owensby – L'Anse Creuse North High School

Aley Minton – Port Huron United High School

Zone 1 Coach of the Year:

Gary Peterson – Martin Luther King Jr. High School



MACOMB AREA CONFERENCE

__RED__

END OF SEASON REPORT FORM

School Year	2023-24			Notes
Division	MAC RED			
Sport	Girls Swim & Dive			
Regular Season Order of Finish				
Place	School	Conf Record	Overall Record	
1st	Grosse Pointe South	4-0		
2nd	Grosse Pointe North	3-1		
3rd	Dakota	2-2		
4th	Eisenhower	1-3		
5th	L'Anse Creuse North	0-4		
6th				
All Conference Team				
Name of Swimmer(s)	School	Time/Score	Events	
Mischa Eng, Keira Collins, Hannah DiDio, Whitney Handwork	Grosse Pointe South	1:50.69	200 Medley Relay	
Heidi Bryan	Grosse Pointe North	1:57.40	200 Free	
Mischa Eng	Grosse Pointe South	2:10.17	200 IM	
Avery Beal	Grosse Pointe North	24.42	50 Free	
Rebecca Plieth	Dakota	367.15	Dive	
Hannah DiDio	Grosse Pointe South	59.75	100 Fly	

Avery Beal	Grosse Pointe North	53.30	100 Free	
Heidi Bryan	Grosse Pointe South	5:18.14	500 Free	
Addie Wakefield, Mia Melhem, Cailey Hard, Avery Beal	Grosse Pointe North	1:41.36	200 Free Relay	
Mischa Eng	Grosse Pointe South	58.31	100 Back	
Keira Collins	Grosse Pointe South	1:10.06	100 Breast	
Mischa Eng, Heidi Bryan, Hannah DiDio, Whitney Handwork	Grosse Pointe South	3:40.32	400 Free Relay	
Season Awards	Name/School	School		
Coach of the Year	John Fodell	Grosse Pointe South		
Division MVP (Only 1)	Avery Beal	Grosse Pointe North		
Division Meet Champion	Grosse Pointe South			
Sportsmanship Award	Grosse Pointe South			
Division Championship Standings	School			
1 st	Grosse Pointe South			
2 nd	Grosse Pointe North			
3 rd	Dakota			
4 th	L'Anse Creuse North			
5 th	Eisenhower			
6 th				

MACOMB AREA CONFERENCE

White

END OF SEASON REPORT FORM

School Year	2023-24			Notes
Division	MAC WHITE			
Sport	Girls Swim & Dive			
Regular Season Order of Finish				
Place	School	Conf Record	Overall Record	
1st	Chippewa Valley	3-0-1		
2nd	Fraser	3-0-1		
3rd	Marysville	2-2		
4th	Romeo			
5th	Utica			
6th				
All Conference Team				
Name of Swimmer(s)	School	Time/Score	Events	
Alyssa Chambers, Giselle Stone, Victoria Laverell, Sarah Jesperson	Romeo	1:58.78	200 Medley Relay	
Alyssa Chambers	Romeo	1:59.45	200 Free	
Assison Lasley	Fraser	2:24.00	200 IM	
Jo Roosa	Marysville	26.15	50 Free	
Marissa Warm	Chippewa Valley	317.75	Dive	
Alayna Collins	Utica	1:04.35	100 Fly	
Addison Lasley	Fraser	56.45	100 Free	
Julia Webber	Chippewa	5:33.51	500 Free	

	Valley			
Racehl Kincher, Julia Webber, Emily Zanolli, Brooklynn Sims	Chippewa Valley	1:45.79	200 Free Relay	
Alyssa Chambers	Romeo	1:01.49	100 Back	
Alayna Collins	Utica	1:12.21	100 Breast	
Sarah Jespersen, Victoria Laverell, Isabella Grecco, Alyssa Chambers	Romeo	3:54.30	400 Free Relay	
Season Awards	Name/School	School		
Coach of the Year	Danielle Woody-Berry	Fraser		
Division MVP (Only 1)	Alyssa Chambers	Romeo		
Division Meet Champion	Fraser			
Sportsmanship Award	Marysville			
Division Championship Standings	School			
1 st	Fraser			
2 nd	Romeo			
3 rd	Chippewa Valley			
Tie - 4 th	Utica			
Tie - 4 th	Marysville			
6 th				

MACOMB AREA CONFERENCE

BLUE

END OF SEASON REPORT FORM

School Year	2023-24			Notes
Division	MAC BLUE			
Sport	Girls Swim & Dive			
Regular Season Order of Finish				
Place	School	Conf Record	Overall Record	
1st	Anchor Bay	4-0		
2nd	Henry Ford II	3-1		
3rd	Stevenson	1-2-1		
4th	Lakeview	1-2-1		
5th	Port Huron United	0-4		
6th				
All Conference Team				
Name of Swimmer(s)	School	Time/Score	Events	
Samantha Prowse, Kendall Ahern, Avereea McIntyre, Tia Fraeyman	Anchor Bay	2:07.47	200 Medley Relay	
Bailey Cook	Lakeview	2:11.43	200 Free	
Averee McIntyre	Anchor Bay	2:27.05	200 IM	
Olivia Buford	Stevenson	25.64	50 Free	
Aneeka Mondal	Stevenson	274.80	Dive	
Olivia Buford	Stevenson	1:04.04	100 Fly	
Rebekah Glidden	Henry Ford II	59.58	100 Free	
Emma Dell	Lakeview	5:56.49	500 Free	

Olivia Buford, Grace Falkiewics, Avery Tury, Anabelle Photenhauer	Stevenson	1:49.56	200 Free Relay	
Tia Fraeyman	Anchor Bay	1:09.44	100 Back	
Kendall Ahern	Anchor Bay	1:17.64	100 Breast	
Bailey Cook, Katie Payne, Jordyn Checkley, Emma Dell	Lakeview	4:04.87	400 Free Relay	
Season Awards	Name/School	School		
Coach of the Year	Eric Platte	Stevenson		
Division MVP (Only 1)	Olivia Buford	Stevenson		
Division Meet Champion	Anchor Bay			
Sportsmanship Award	Port Huron United			
Division Championship Standings	School			
1 st	Anchor Bay			
2 nd	Henry Ford II			
Tie 3 rd	Stevenson			
Tie 3 rd	Lakeview			
5 th	Port Huron United			
6 th				

MACOMB AREA CONFERENCE

__GOLD__

END OF SEASON REPORT FORM

School Year	2023-24			Notes
Division	MAC GOLD			
Sport	Girls Swim & Dive			
Regular Season Order of Finish				
Place	School	Conf Record	Overall Record	
1st	St. Clair	4-0		
2nd	Marine City	3-1		
3rd	Warren Woods Tower	2-2		
4th	L'Anse Creuse	1-3		
5th	Lamphere	0-4		
6th				
All Conference Team				
Name of Swimmer(s)	School	Time/Score	Events	
Alyssa Schafer, Payten Daneels, Gretchen Guevara, Mya Bacon	St. Clair	2:06.22	200 Medley Relay	
Audrey Cole	St. Clair	2:18.00	200 Free	
Miley Mieczkowski	L'Anse Creuse	2:22.24	200 IM	
Kelsey Milz	Lamphere	24.83	50 Free	
Alyssa Schafer	St. Clair	284.95	Dive	
Miley Mieczkowski	L'Anse Creuse	1:02.08	100 Fly	
Kelsey Milz	Lamphere	55.15	100 Free	
Audrey Cole	St. Clair	6:16.72	500 Free	

Audrey Cole, Ella Benoit, Tessa Meredith, Lily Hack	St. Clair	1:53.13	200 Free Relay	
Alyssa Schafer	St. Clair	1:14.19	100 Back	
Stephanie Leutzinger	Warren Woods Tower	1:15.21	100 Breast	
Audrey Cole, Lily Hack, Tessa Meredith, Ella benoit	St. Clair	4:32.73	400 Free Relay	
Season Awards	Name/School	School		
Coach of the Year	Sue Likins	St. Clair		
Division MVP (Only 1)	Kelsey Milz	Lamphere		
Division Meet Champion	St. Clair			
Sportsmanship Award	St. Clair			
Division Championship Standings	School	School		
1 st	St. Clair			
2 nd	Marine City			
3 rd	Warren Woods Tower			
4 th	L'Anse Creuse			
5 th	Lamphere			
6 th				

MACOMB AREA CONFERENCE

 SILVER

END OF SEASON REPORT FORM

School Year	2023-24			Notes
Division	MAC SILVER			
Sport	Girls Swim & Dive			
Regular Season Order of Finish				
Place	School	Conf Record	Overall Record	
1st	Cousino	5-0		
2nd	Sterling Heights	3-1		
3rd	Warren Mott	2-2		
4th	Lake Shore	1-3		
5th	Center Line	1-4		
6th	South Lake	1-2		
All Conference Team				
Name of Swimmer(s)	School	Time/Score	Events	
Sohpie Virga, Andrie West, Allison Caramgno, Sara Kozel	Cousino	2:30.29	200 Medley Relay	
Brooke Lowry	Lake Shore	2:35.30	200 Free	
Megan Melnyk	Warren Mott	3:02.64	200 IM	
Sara Kozel	Cousino	28.79	50 Free	
Sara Kozel	Cousino	348.85	Dive	
Olivia Gossman	Cousino	1:46.62	100 Fly	
Megan Melnyk	Warren Mott	1:05.79	100 Free	
Liza Galley	Sterling Heights	7:54.40	500 Free	

Sasha Cafagna, Sadie Cafagna, Andrie West, Sanaiah Wililams	Cousino	2:25.22	200 Free Relay	
Brooke Lowry	Lake Shore	1:22.26	100 Back	
Addison Tiensivu	Center Line	1:32.13	100 Breast	
Sanaiah Williams, Sophia Virga, Allison Caramagno, Sara Kozel	Cousino	5:13.95	400 Free Relay	
Season Awards	Name/School	School		
Coach of the Year	Matt Bossyut	Cousino		
Division MVP (Only 1)	Sarah Kozel	Cousino		
Division Meet Champion	Cousino			
Sportsmanship Award	Warren Mott			
Division Championship Standings	School			
1 st	Cousino			
2 nd	Sterling Heights			
3 rd	Warren Mott			
4 th	Center Line			
5 th	Lake Shore			
6 th	South Lake			

DETROIT PUBLIC SCHOOLS

END OF SEASON REPORT FORM

School Year	2023-24			Notes
Division	DPS			
Sport	Girls Swim & Dive			
Regular Season Order of Finish				
Place	School	Conf Record	Overall Record	
1st				
2nd				
3rd				
4th				
5th				
6th				
All Conference Team				
Name of Swimmer(s)	School	Time/Score	Events	
Lailah Washignton, Bee Thurmond, Ariana Byrd, Tori Barmore-Holcomb	Martin Luther King	1:59.25	200 Medley Relay	
Lailah Washignton	Martin Luther King	2:09.04	200 Free	
Bee Thurmond	Martin Luther King	2:19.94	200 IM	
Ariana Byrd	Martin Luther King	24.28	50 Free	
			Dive	
Bee Thurmond	Martin Luther King	1:04.28	100 Fly	
Arian Byrd	Martin Luther King	54.48	100 Free	

Lailah Washignton	Martin Luther King	5:43.87	500 Free	
Victoria Espinosa, Aniah Thomas, Lavon Walters, Madison Strong	Cass Tech	1:57.23	200 Free Relay	
Angel Alexander	Cass Tech	1:05.33	100 Back	
Shyla Mitchell	Renaissance	1:20.00	100 Breast	
Bee Thurmond, Tori Barmore-Holcomb, Ariana Byrd, Lailah Washington	Martin Luther King	4:00.63	400 Free Relay	
Season Awards	Name/School	School		
Coach of the Year				
Division MVP (Only 1)	Ariana Byrd	Martin Luther King		
Division Meet Champion	Cass Tech			
Sportsmanship Award				
Division Championship Standings	School			
1 st	Cass Tech			
2 nd	MLK			
3 rd	Western			
4 th	Renaissance			
5 th	Mumford			
6 th				

MHSAA State Meet Qualifiers for Zone 1

Division 1:

	Name	Event	Session	Time	Place
<u>Romeo –</u>					
1	Alyssa Chambers	200 Y Free	Finals	1:57.30	11
2	Alyssa Chambers	200 Y Free	Prelims	1:58.25	16
3	Alyssa Chambers	100 Y Back	Prelims	1:01.63	31
<u>Eisenshower –</u>					
1	Addison Beal	50 Y Free	Prelims	24.82	19
2	Addison Beal	100 Y Back	Finals	59.46	12
3	Addison Beal	100 Y Back	Prelims	59.86	13
4	Grace Schutter	100 Y Fly	Prelims	1:02.39	37
<u>Cass Tech –</u>					
1	Angel Alexander	50 Y Free	Prelims	25.06	23
2	Angel Alexander	100 Y Free	Prelims	55.97	31
<u>Dakota –</u>					
1	Ella Threlkeld	100 Y Back	Prelims	1:01.44	28
2	Ella Threlkeld	200 Y IM	Prelims	2:18.17	20
<u>Chippewa Valley –</u>					
1	Marissa Warm	1M Diving	Prelims	139.40	30

Division 2:

<u>Grosse Pointe South –</u>					
1	Whitney Handwork	50 Y Free	Prelims	24.37	5th
2	Whitney Handwork	50 Y Free	Finals	24.38	5th
3	Mischa Eng	100 Y Back	Finals	58.27	6th
4	Mischa Eng	200 Y IM	Prelims	2:09.52	4th
5	Mischa Eng	200 Y IM	Finals	2:09.63	4th
6	Whitney Handwork	100 Y Free	Finals –	53.46	6th
7	Mischa Eng	100 Y Back	Prelims	58.35	
8	Heidi Bryan	500 Y Free	Prelims	5:12.00	5th
9	Heidi Bryan	500 Y Free	Finals	5:12.91	5th
10	Whitney Handwork	50 Y Free	Finals	24.84	
11	Whitney Handwork	100 Y Free	Prelims	54.04	
12	Hannah DiDio	100 Y Fly	Prelims	58.86	9th
13	Heidi Bryan	200 Y Free	Finals	1:57.64	11th
14	Hannah DiDio	100 Y Fly	Finals	59.40	10th

15	Heidi Bryan	200 Y Free	Prelims	1:58.12	12th
16	Hannah DiDio	50 Y Free	Prelims	25.25	22nd
17	Maryn Smith	500 Y Free	Prelims	5:19.84	12th
18	Charlotte Bedsworth	100 Y Fly	Prelims	59.89	11th
19	Keira Collins	100 Y Breast	Prelims	1:08.93	17th
20	Charlotte Bedsworth	50 Y Free	Prelims	25.52	28th
21	Mischa Eng	50 Y Back	Prelims	27.79	
22	Maryn Smith	500 Y Free	Finals	5:23.34	16th
23	Lorelei Carr	50 Y Free	Prelims	25.61	
24	Lorelei Carr	50 Y Free	Prelims	25.64	30th
25	Mischa Eng	50 Y Back	Finals	27.95	
26	Charlotte Bedsworth	100 Y Fly	Finals	1:00.42	13th
27	Vivian Rizer	100 Y Fly	Finals	1:00.60	14th
28	Lily Petz	50 Y Free	Prelims	25.77	33rd
29	Maryn Smith	200 Y Free	Prelims	2:01.42	22nd
30	Vivian Rizer	100 Y Fly	Prelims	1:01.28	16th
	Vivian Rizer	200 Y IM	Prelims	2:17.47	21st
32	Betty Engel	100 Y Fly	Prelims	1:01.54	18th
33	Betty Engel	200 Y IM	Prelims	2:18.63	24th
34	Lorelei Carr	100 Y Free	Prelims	57.22	41st
35	Lillian Irby	100 Y Fly	Prelims	1:02.14	21st
36	Betsy Ropke	100 Y Back	Prelims	1:04.14	27 th
37	GPS (A)	200 Y Medley Relay	Prelims	1:49.12	7th
38	GPN (A)	400 Y Free Relay	Finals	3:36.76	5th
39	GPS (A)	200 Y Medley Relay	Finals	1:49.74	7th
40	GPS (A)	200 Y Free Relay	Prelims	1:40.49	4 th
41	GPS (A)	200 Y Free Relay	Finals	1:40.62	6th
42	GPS (A)	400 Y Free Relay	Prelims	3:39.99	8th

Grosse Pointe North –

1	Avery Beal	50 Y Free	Finals	24.00	3rd
2	Avery Beal	50 Y Free	Prelims	24.14	3rd
3	Avery Beal	100 Y Free	Finals	52.58	2nd
4	Avery Beal	100 Y Free	Prelims	52.67	2nd
5	Cailey Hard	50 Y Free	Finals –	24.72	
6	Cailey Hard	100 Y Free	Finals –	54.19	
7	Cailey Hard	100 Y Free	Prelims	54.78	
8	Cailey Hard	200 Y Free	Finals	1:58.79	14th
9	Addie Wakefield	50 Y Free	Prelims	25.37	24th
10	Cailey Hard	200 Y Free	Prelims	1:59.28	16th
11	Cailey Hard	500 Y Free	Prelims	5:23.63	20th
12	Addie Wakefield	50 Y Free	Prelims	25.60	
13	Addie Wakefield	100 Y Free	Prelims	55.76	24th
14	Rylee Nugent	50 Y Back	Prelims	30.75	

15	GPN (A)	200 Y Free Relay	Finals	1:39.86	5th
16	GPN (A)	200 Y Free Relay	Prelims	1:40.83	5th
17	GPN (A)	400 Y Free Relay	Finals	3:39.19	7th
18	GPN (A)	400 Y Free Relay	Prelims	3:39.69	7th
19	GPN (A)	200 Y Medley Relay	Prelims	2:02.35	28 th

Martin Luther King –

1	Bee Thurmond	100 Y Breast	Finals	1:06.04	5th
2	Bee Thurmond	100 Y Breast	Prelims	1:06.40	5th
3	Ariana Byrd	50 Y Free	Prelims	24.59	11th
4	Ariana Byrd	50 Y Free	Finals	24.84	12th
5	Ariana Byrd	100 Y Free	Prelims	54.16	13th
6	Ariana Byrd	100 Y Free	Finals	54.18	13th
7	Bee Thurmond	100 Y Free	Prelims	56.36	33rd

Cousino –

1	Sara Kozel	1M Diving	Finals	323.90	11th
2	Sadie Cafagna	1M Diving	Prelims	147.05	21st

Lamphere –

1	Kelsey Milz	50 Y Free	Prelims	24.74	14th
2	Kelsey Milz	100 Y Free	Finals	54.21	14th
3	Kelsey Milz	50 Y Free	Finals	24.99	16th
4	Kelsey Milz	100 Y Free	Prelims	54.55	14th

Fraser –

1	Addison Lasley	100 Y Free	Prelims	55.96	29th
2	Addison Lasley	50 Y Free	Prelims	25.80	34th
3	Anabeth Blehm	100 Y Breast	Prelims	1:10.78	27th
4	Quinn Savage	100 Y Free	Prelims	59.34	
5	Addison Lasley	50 Y Back	Prelims	30.14	
6	Fraser A	200 Y Medley Relay	Prelims	1:57.23	21st
7	Fraser (A)	400 Y Free Relay	Prelims	3:55.03	26 th

Regina –

1	Victoria Millett	1M Diving	Prelims	123.90	35 th
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L'Anse Creuse –

1	Miley Mieczkowski	100 Y Fly	Prelims	1:02.12	20th
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Division 3:

Marysville –

1	Jo Roosa	50 Y Free	Prelims	26.20	36th
2	Jo Roosa	100 Y Free	Prelims	57.36	26th

3	Ali Jainer	100 Y Back	Prelims	1:06.11	32nd
<u>Grosse Pointe Liggett –</u>					
1	Allie Roth	100 Y Breast	Prelims	1:12.71	24th
2	Liliana Haladjian	200 Y Free	Prelims	2:05.77	21st
3	Liliana Haladjian	500 Y Free	Prelims	5:41.31	19th
4	Annabel Klaasen	500 Y Free	Prelims	5:42.43	21st
<u>Saint Clair –</u>					
1	Alyssa Schafer	1M Diving	Prelims	114.60	32 nd

This report was completed by Austin Bateman, Zone 1 Representative of MISCA.