

Girls West Michigan Swim & Dive Leaders - 11/22/2009
Psych Sheet

Event 1 Girls 200 Yard Medley Relay
Area Records: 1:45.27 2008

Holland High
C. Bartholomew, E. Bos, C. Meyer, N. Cordero

Holland High

Team	Relay	Seed Time
1 Holland High School	A	1:49.24
1) Bartholomew, Courtney 10	2) Bos, Emily 12	3) Thompson, Haley 10
4) Cordero, Nicole 10		
2 Jenison High School Women	A	1:52.06
1) Ray, Tiffany 9	2) Chapman, Kelsey E 12	3) Harlett, Courtney M 12
4) VanderSchaaf, Courtney L 11		
3 East Grand Rapids	A	1:52.31
1) Bremer, Ally 11	2) Lundquist, Molly 12	3) Surman, Karly 11
4) Pall, Allison 11		
4 West Ottawa High School	A	1:52.47
1) VandePoel, Colleen FR	2) Lacy, Shelby JR	3) Otto, Vickie SR
4) Teske, Amanda JR		
5 Hudsonville High School-MI	A	1:52.52
1) Baguley, Lauren T SR	2) Rookus, Michaela SO	3) Kupraszewicz, Marcella SR
4) Freeman, Danielle FR		
6 Rockford High School	A	1:54.20
1) Wolfer, Casey 10	2) Romain, Rachael 10	3) Cutler, Erica 12
4) Girard, Lauren 11		
7 Zeeland High School	A	1:54.83
1) Bullock, Jordan 9	2) Ludema, Emily 11	3) Vander Yacht, Hayli 11
4) Mariuz, Kaitlyn 9		
8 Grand Haven HS	A	1:54.94
1) Meade, Hanah	2) Spoelman, Gretchen	3) Hall, Currin
4) Land, Alyssia		
9 Forest Hills Northern-Eastern	A	1:55.84
1) Byl, Nicki A 11	2) Scott, Kate C 12	3) O'Dowd, Paige 12
4) Legault, Sarah E 12		
10 Norton Shores-Mona Shores-MI	A	1:56.07
1) Shetterly, Jaclyn R 10	2) Kuipers, Sam M 10	3) Hunt, Sarah M 10
4) Brown, Emily J 10		
11 Forest Hills Central-MI	A	1:57.66
1) Folkertsma, Taylor 11	2) Wilner, Anna 10	3) Murphy, Marissa 12
4) Miller, Megan 12		
12 Byron Center	A	1:57.67
1) Hammond, Alivia 12	2) Diorio, Angie 12	3) Angell, Julie 10
4) Musolf, Sam 12		
13 Grandville High School-MI	A	1:58.16
1) Spruit, Erin A SR	2) Postma, Holly K FR	3) Wynalda, Lauren E FR
4) Parsons, Paige C SR		
14 Holland Christian Girls	A	1:58.66
1) Wierda, Kaylie 10	2) Kuipers, Makenzie 11	3) Mlynarek, Hope 12
4) Weener, Kelsey 10		
15 Reeths-Puffer-Muskegon-MI	A	2:02.77
1) Gilmore, Nicole J 11	2) Barnes, Kelly J 11	3) McCann, Sydney J 11
4) Herr, Amber M 11		

Event 2 Girls 200 Yard Freestyle

Area Records: 1:49.73 1985

Gwen DeMaat
Year School

GR Christian
Seed Time

1 Bos, Emily	12 Holland High School	1:51.91
2 Bartholomew, Courtney	10 Holland High School	1:54.79
3 VanderSchaaf, Courtney L	11 Jenison High School Women	1:56.74
4 Bullock, Jordan	9 Zeeland High School	1:57.04
5 Thompson, Haley	10 Holland High School	1:58.37
6 Otto, Vickie	SR West Ottawa High School	1:58.68
7 Baguley, Lauren T	SR Hudsonville High School-MI	1:59.11
8 Ludema, Emily	11 Zeeland High School	1:59.43
9 Thornton, Audra	SO Hudsonville High School-MI	1:59.68
10 Teske, Amanda	JR West Ottawa High School	1:59.86
11 Murphy, Marissa	12 Forest Hills Central-MI	2:00.20
12 Allaben, Sarah	12 East Grand Rapids	2:00.28
13 Northuis, Klare	10 Holland High School	2:00.35
14 Chapman, Kelsey E	12 Jenison High School Women	2:00.38
15 Markham, Kara	12 East Grand Rapids	2:00.72
16 Smith, Sarah	10 Rockford High School	2:00.88
17 Cordero, Nicole	10 Holland High School	2:01.20

Girls West Michigan Swim & Dive Leaders - 11/22/2009

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Event 2 ... (Girls 200 Yard Freestyle)

18	Cutler, Jessica	12	Rockford High School	2:01.89
19	Anderson, Alena L	12	Jenison High School Women	2:02.65
20	Avery, Olivia	12	East Grand Rapids	2:02.80
21	Smith, Alaina	10	Rockford High School	2:02.83
22	Fris, Elizabeth	FR	West Ottawa High School	2:02.97
23	Folkertsma, Taylor	11	Forest Hills Central-MI	2:03.06
24	Pluger, Brooklyn	SR	Hudsonville High School-MI	2:03.28
25	Mariuz, Chelsea	11	Zeeland High School	2:03.64
26	Diorio, Angie	12	Byron Center	2:03.65
27	Freeman, Danielle	FR	Hudsonville High School-MI	2:03.78
28	Longstreet, Aubrey	9	Jenison High School Women	2:03.79
29	Surman, Karly	11	East Grand Rapids	2:03.81
30	Longberg, Morgan	10	Rockford High School	2:03.99
31	Shetterly, Jaclyn R	10	Norton Shores-Mona Shores-MI	2:04.07
32	Jones, Alisa	SR	West Ottawa High School	2:04.09
33	Caster, Lexy	11	Rockford High School	2:04.16
34	Groenheide, Katie	12	Byron Center	2:04.33
35	Maher, Lizzie	FR	West Ottawa High School	2:04.84
36	Cebelak, Kate	10	Holland High School	2:04.98
37	Parnham, Francesca	12	East Grand Rapids	2:05.05
38	Castillo, Kelsey	12	Holland High School	2:05.33
39	Cook-Weeks, Dani	11	Holland Christian Girls	2:05.39
40	Stubbs, Tyler A	SR	Grandville High School-MI	2:05.93
41	Mlynarek, Hope	12	Holland Christian Girls	2:06.07
42	Deckinga, Ellen K	12	Jenison High School Women	2:06.26
43	Babinec, Anna	FR	West Ottawa High School	2:06.28
44	Kuipers, Makenzie	11	Holland Christian Girls	2:06.29
45	Lundquist, Molly	12	East Grand Rapids	2:06.45
46	Congdon, Lauren	10	East Grand Rapids	2:06.54
47	Engwall, Heather	SR	Hudsonville High School-MI	2:06.73
48	Swieter, Kori	11	East Grand Rapids	2:06.77
49	Nauta, Holly	12	Rockford High School	2:06.93
50	Rapisarda, Sara	10	Zeeland High School	2:07.01
51	Land, Alyssia		Grand Haven HS	2:07.34
52	Lachance, Katie	11	East Grand Rapids	2:07.56
53	Legault, Sarah E	12	Forest Hills Northern-Eastern	2:07.59
54	DeShaw, Lauren	FR	West Ottawa High School	2:07.74
55	Hutson, Taylor	12	Rockford High School	2:07.85
56	Parsons, Paige C	SR	Grandville High School-MI	2:07.88
57	VanHoven, Liz A	SR	Grandville High School-MI	2:07.93
58	Jones, Olivia	11	East Grand Rapids	2:08.18
59	Wynalda, Lauren E	FR	Grandville High School-MI	2:09.38
60	Wood, Chloe	10	East Grand Rapids	2:10.72
61	Wolbert, Ellen	12	East Grand Rapids	2:10.74
62	Boes, Allison	12	Holland Christian Girls	2:10.80
63	Blok, Kassie J	SO	Grandville High School-MI	2:10.92
64	Bianconi, Brianna	9	Jenison High School Women	2:11.26
65	Oosterink, Brooke	JR	Hudsonville High School-MI	2:11.67
66	Jager, Michelle	09	Holland Christian Girls	2:11.75
67	Dean, Emily		Grand Haven HS	2:12.10
68	Weener, Kelsey	10	Holland Christian Girls	2:12.17
69	Bouma, Alicia	10	Jenison High School Women	2:12.33

Girls West Michigan Swim & Dive Leaders - 11/22/2009
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Event 2 ... (Girls 200 Yard Freestyle)

70	Brown, Emily J	10	Norton Shores-Mona Shores-MI	2:12.75
71	Hunt, Sarah M	10	Norton Shores-Mona Shores-MI	2:13.00
72	Wolterink, Amanda	9	Jenison High School Women	2:13.56
73	Lee, Meridith	FR	Hudsonville High School-MI	2:14.48
74	Morton, Alex M	12	Norton Shores-Mona Shores-MI	2:14.96

Event 3 Girls 200 Yard IM

Area Records: 2:05.45 2008		Emily Bos		Holland High
Name		Year	School	Seed Time
1	Bos, Emily	12	Holland High School	2:06.15
2	Bartholomew, Courtney	10	Holland High School	2:06.49
3	Ludema, Emily	11	Zeeland High School	2:10.71
4	Bullock, Jordan	9	Zeeland High School	2:11.30
5	Murphy, Marissa	12	Forest Hills Central-MI	2:11.98
6	Chapman, Kelsey E	12	Jenison High School Women	2:12.17
7	Lacy, Shelby	JR	West Ottawa High School	2:13.06
8	Cutler, Jessica	12	Rockford High School	2:13.33
9	Diorio, Angie	12	Byron Center	2:13.95
10	Rookus, Michaela	SO	Hudsonville High School-MI	2:13.99
11	VanderSchaaf, Courtney L	11	Jenison High School Women	2:14.35
12	Bremer, Ally	11	East Grand Rapids	2:15.12
13	Surman, Karly	11	East Grand Rapids	2:16.10
14	Thornton, Audra	SO	Hudsonville High School-MI	2:16.13
15	Smith, Sarah	10	Rockford High School	2:17.03
16	Northuis, Klare	10	Holland High School	2:17.44
17	Shetterly, Jaclyn R	10	Norton Shores-Mona Shores-MI	2:17.83
18	Baguley, Lauren T	SR	Hudsonville High School-MI	2:17.99
19	Cutler, Erica	12	Rockford High School	2:18.03
20	Cordero, Nicole	10	Holland High School	2:18.26
21	Thompson, Haley	10	Holland High School	2:18.46
22	Maher, Lizzie	FR	West Ottawa High School	2:18.59
23	Lundquist, Molly	12	East Grand Rapids	2:18.72
24	Romain, Rachael	10	Rockford High School	2:18.89
25	Pluger, Brooklyn	SR	Hudsonville High School-MI	2:19.18
26	Mlynarek, Hope	12	Holland Christian Girls	2:19.59
27	Kupraszewicz, Marcella	SR	Hudsonville High School-MI	2:19.70
28	Markham, Kara	12	East Grand Rapids	2:20.10
29	Lachance, Katie	11	East Grand Rapids	2:20.17
30	Ray, Tiffany	9	Jenison High School Women	2:20.34
31	Cebelak, Kate	10	Holland High School	2:20.70
32	Fris, Elizabeth	FR	West Ottawa High School	2:21.33
33	Smith, Alaina	10	Rockford High School	2:21.80
34	Scott, Kate C	12	Forest Hills Northern-Eastern	2:21.89
35	Folkertsma, Taylor	11	Forest Hills Central-MI	2:21.89
36	Bart, Faith	10	East Grand Rapids	2:22.10
37	VandePoel, Colleen	FR	West Ottawa High School	2:22.15
38	Schmidt, Kaitlyn	12	Zeeland High School	2:22.72
39	Babinec, Anna	FR	West Ottawa High School	2:22.96
40	Spruit, Erin A	SR	Grandville High School-MI	2:23.38
41	Longstreet, Aubrey	9	Jenison High School Women	2:24.37
42	Byl, Nicki A	11	Forest Hills Northern-Eastern	2:24.52
43	DeShaw, Lauren	FR	West Ottawa High School	2:24.59

Girls West Michigan Swim & Dive Leaders - 11/22/2009**Psych Sheet****Event 3 ... (Girls 200 Yard IM)**

44	Lipe, Morgan	9	Rockford High School	2:25.19
45	Anderson, Alena L	12	Jenison High School Women	2:25.66
46	Shaw, Emma	10	East Grand Rapids	2:25.68
47	Walcott, Jillian	11	Jenison High School Women	2:25.70
48	Allaben, Sarah	12	East Grand Rapids	2:25.70
49	Thiss, Jessica	9	Jenison High School Women	2:25.79
50	Kuipers, Makenzie	11	Holland Christian Girls	2:26.97
51	Cutler, Kennedy	9	Rockford High School	2:27.20
52	Jones, Alisa	SR	West Ottawa High School	2:27.74
53	Girard, Lauren	11	Rockford High School	2:27.79
54	Bianconi, Brianna	9	Jenison High School Women	2:28.46
55	Rish, Chelsea	FR	West Ottawa High School	2:28.51
56	Stubbs, Tyler A	SR	Grandville High School-MI	2:29.46
57	Deckinga, Ellen K	12	Jenison High School Women	2:29.47
58	Wood, Chloe	10	East Grand Rapids	2:29.75
59	Gillis, Megan L	10	Jenison High School Women	2:29.94
60	Postma, Holly K	FR	Grandville High School-MI	2:30.10
61	Wynalda, Lauren E	FR	Grandville High School-MI	2:30.16
62	Page, Erin		Grand Haven HS	2:30.26
63	Weener, Kelsey	10	Holland Christian Girls	2:30.31
64	Lukaart, Summer	9	Jenison High School Women	2:30.38
65	Emaus, Miranda	SO	Hudsonville High School-MI	2:30.49
66	Schermer, Abby	10	Zeeland High School	2:30.88
67	Blok, Kassie J	SO	Grandville High School-MI	2:32.30
68	Jager, Michelle	09	Holland Christian Girls	2:32.41
69	Gras, Taryn	11	Zeeland High School	2:33.76
70	Spruit, Stephanie T	SO	Grandville High School-MI	2:34.33
71	deWaha, Danica M	SO	Grandville High School-MI	2:34.56
72	McDonald, Meghan	FR	Hudsonville High School-MI	2:35.08
73	Hunt, Sarah M	10	Norton Shores-Mona Shores-MI	2:36.66
74	Bosworth, Delanie L	FR	Grandville High School-MI	2:37.02
75	VanderKallen, Kara N	SO	Grandville High School-MI	2:37.27
76	Tinsley, Sam L	SO	Grandville High School-MI	2:37.43

Event 4 Girls 50 Yard Freestyle

Area Records:		22.62	2008	Emily Bos	Holland High
Name		Year	School	Seed Time	
1	Bos, Emily	12	Holland High School	23.51	
2	Chapman, Kelsey E	12	Jenison High School Women	24.44	
3	Bullock, Jordan	9	Zeeland High School	24.53	
4	VanderSchaaf, Courtney L	11	Jenison High School Women	24.58	
5	Freeman, Danielle	FR	Hudsonville High School-MI	24.72	
6	Bartholomew, Courtney	10	Holland High School	24.83	
7	Cordero, Nicole	10	Holland High School	24.93	
8	Teske, Amanda	JR	West Ottawa High School	24.97	
9	Murphy, Marissa	12	Forest Hills Central-MI	25.06	
10	Otto, Vickie	SR	West Ottawa High School	25.18	
11	Wood, Jessie	12	East Grand Rapids	25.39	
12	Baguley, Lauren T	SR	Hudsonville High School-MI	25.40	
13	Thompson, Haley	10	Holland High School	25.44	
14	Musolf, Sam	12	Byron Center	25.52	
15	Northuis, Klare	10	Holland High School	25.53	

Girls West Michigan Swim & Dive Leaders - 11/22/2009

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Event 4 ... (Girls 50 Yard Freestyle)

16	Parsons, Paige C	SR	Grandville High School-MI	25.54
17	Lacy, Shelby	JR	West Ottawa High School	25.57
18	Hall, Currin		Grand Haven HS	25.62
19	Pall, Allison	11	East Grand Rapids	25.72
20	Hunt, Sarah M	10	Norton Shores-Mona Shores-MI	25.72
21	Folkertsma, Taylor	11	Forest Hills Central-MI	25.80
22	Diorio, Angie	12	Byron Center	25.90
23	Weener, Kelsey	10	Holland Christian Girls	25.95
24	Babinec, Anna	FR	West Ottawa High School	25.98
25	Van Portfliet, Jamie	11	Rockford High School	26.01
26	Rookus, Michaela	SO	Hudsonville High School-MI	26.02
27	Wolfer, Casey	10	Rockford High School	26.03
28	Wolbert, Ellen	12	East Grand Rapids	26.03
29	Engwall, Heather	SR	Hudsonville High School-MI	26.09
30	Bart, Faith	10	East Grand Rapids	26.09
31	Vander Yacht, Hayli	11	Zeeland High School	26.14
32	Thornton, Audra	SO	Hudsonville High School-MI	26.25
33	Mariuz, Kaitlyn	9	Zeeland High School	26.36
34	Allaben, Sarah	12	East Grand Rapids	26.36
35	Fender, Caroline	FR	West Ottawa High School	26.37
36	Cutler, Kennedy	9	Rockford High School	26.39
37	Miller, Megan	12	Forest Hills Central-MI	26.40
38	Muma, Kelsey	9	Forest Hills Northern-Eastern	26.42
39	Girard, Lauren	11	Rockford High School	26.44
40	Blok, Kassie J	SO	Grandville High School-MI	26.45
41	Harlett, Courtney M	12	Jenison High School Women	26.45
42	Tinsley, Sam L	SO	Grandville High School-MI	26.49
43	Heydenberk, Kalie	11	Forest Hills Northern-Eastern	26.50
44	Smith, Sarah	10	Rockford High School	26.50
45	Smith, Alaina	10	Rockford High School	26.51
46	Wierda, Kaylie	10	Holland Christian Girls	26.51
47	Scott, Kate C	12	Forest Hills Northern-Eastern	26.56
48	Byl, Nicki A	11	Forest Hills Northern-Eastern	26.62
49	Tosic, Maya	12	East Grand Rapids	26.63
50	Legault, Sarah E	12	Forest Hills Northern-Eastern	26.65
51	Avery, Olivia	12	East Grand Rapids	26.67
52	VanHoven, Liz A	SR	Grandville High School-MI	26.69
53	Daly, Meli	9	Zeeland High School	26.69
54	Bremer, Ally	11	East Grand Rapids	26.69
55	Ritsema, Leah	9	Zeeland High School	26.73
56	Parnham, Francesca	12	East Grand Rapids	26.74
57	Lundquist, Molly	12	East Grand Rapids	26.78
58	Markham, Kara	12	East Grand Rapids	26.78
59	VanderKallen, Kara N	SO	Grandville High School-MI	26.85
60	Mlynarek, Hope	12	Holland Christian Girls	26.85
61	Lachance, Katie	11	East Grand Rapids	26.88
62	Hoogerhyde, Lydia		Grand Haven HS	26.88
63	Brook, Kylee	12	Jenison High School Women	26.94
64	Jones, Alisa	SR	West Ottawa High School	26.97
65	Graves, Brianna	11	East Grand Rapids	26.99
66	Lubbers, Lydia	9	Jenison High School Women	27.02
67	Boes, Allison	12	Holland Christian Girls	27.04

Girls West Michigan Swim & Dive Leaders - 11/22/2009

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Event 4 ... (Girls 50 Yard Freestyle)

68	Gustaf, Brittni	12	Jenison High School Women	27.04
69	Matvichuck, Amy	SR	Hudsonville High School-MI	27.06
70	Caster, Lexy	11	Rockford High School	27.17
71	Rasch, Amanda	12	Forest Hills Northern-Eastern	27.18
72	O'Dowd, Paige	12	Forest Hills Northern-Eastern	27.20
73	Walcott, Jillian	11	Jenison High School Women	27.30
74	Ellens, Tori	11	Holland Christian Girls	27.33
75	Bianconi, Brianna	9	Jenison High School Women	27.36
76	Kuipers, Makenzie	11	Holland Christian Girls	27.37
77	Busscher, Abby	09	Holland Christian Girls	27.47
78	Coe, Lauren	10	Holland High School	27.53
79	Cebelak, Kate	10	Holland High School	27.55
80	Wiersma, Lossie M	11	Holland High School	27.61
81	Cook-Weeks, Dani	11	Holland Christian Girls	27.64
82	Wolterink, Amanda	9	Jenison High School Women	27.72
83	Leppien, Brittley		Grand Haven HS	27.77
84	McDowell, Veronica	SO	Hudsonville High School-MI	27.88
85	Johnson, Carly	09	Holland Christian Girls	27.96
86	Postma, Holly K	FR	Grandville High School-MI	28.00
87	deWaha, Danica M	SO	Grandville High School-MI	28.02
88	Ridge, Brittany	SR	Hudsonville High School-MI	28.08
89	Rozycki, Robin	JR	Hudsonville High School-MI	28.08
90	Lee, Meridith	FR	Hudsonville High School-MI	28.47

Event 5 Girls 1 mtr Diving

Area Records: 335.81 1982

Leslie Kleinheksel

Zeeland

Name	Year	School	
1	Stevens, Lexi	SR	Hudsonville High School-MI 276.15
2	Brown, Randi	12	East Grand Rapids 263.70
3	Kortman, Paige	12	Holland High School 261.80
4	Gentzler, Kristin	11	Zeeland High School 253.05
5	Smith, Bri	10	Zeeland High School 244.85
6	VandePoel, Haily	JR	West Ottawa High School 244.35
7	Cordes, Cristee L	SR	Grandville High School-MI 243.40
8	Vulpetti, Katie	12	East Grand Rapids 242.10
9	Kamstra, Sarah	9	Zeeland High School 231.65
10	Wiercinski, Taylor M	SO	Grandville High School-MI 224.10
11	Bruinsma, Abigail	10	Forest Hills Northern-Eastern 219.30
12	Williams, Jillian	10	East Grand Rapids 216.60
13	Welch, Demi	11	Jenison High School Women 214.70
14	DeHaan, Katie	10	Rockford High School 212.60
15	Kassouni, Olivia	09	East Grand Rapids 206.15
16	Finlayson, Erica	11	Rockford High School 203.40
17	Heitman, Kristen	12	Holland Christian Girls 199.35
18	Genzink, Brianna	10	Holland Christian Girls 196.55
19	Steiner, Hope	12	Holland Christian Girls 194.35
20	Morris, Carley	11	East Grand Rapids 192.29
21	Ringold, Arianna	10	Jenison High School Women 189.40
22	Hall, Karsten	10	East Grand Rapids 183.30
23	Snyder, Rita	12	Rockford High School 181.65
24	Feagan, Betsy	11	East Grand Rapids 180.30
25	Lee, Megan	JR	West Ottawa High School 180.05

Girls West Michigan Swim & Dive Leaders - 11/22/2009**Psych Sheet****Event 5 ... (Girls 1 mtr Diving)**

26	Janssen, Kelsey M	SR	Grandville High School-MI	177.40
27	Polet, Stephanie A	SO	Grandville High School-MI	173.95
28	Degraaf, Macie	10	Rockford High School	172.85
29	Geary, Rachel	10	Holland High School	171.90
30	Greenbauer, Hailey		Grand Haven HS	170.45
31	Murphy, Krystal E	FR	Grandville High School-MI	168.80
32	Andrus, Avery	12	Forest Hills Northern-Eastern	168.00
33	Workema, Nicole	JR	Hudsonville High School-MI	166.80
34	Wilson, Brittany F	12	Norton Shores-Mona Shores-MI	165.90
35	Setterington, Maggie	10	Rockford High School	162.00
36	Junewick, Charlotte	9	Forest Hills Northern-Eastern	156.55
37	Stage, Morgan	10	Rockford High School	149.50
38	Swiech, Chandra	9	Jenison High School Women	145.10
39	Orzechowski, Melissa	SO	Grandville High School-MI	144.35
40	Ray, Michelle C	11	Jenison High School Women	129.95
41	Gilmore, Tricia	JR	Hudsonville High School-MI	124.80
42	Kontio, Madison	09	Holland High School	110.45

Event 6 Girls 100 Yard Butterfly

Area Records: 54.49 1996		Jennifer crisman		Jenison
Name	Year	School	Seed Time	
1	Bos, Emily	12	Holland High School	57.49
2	Murphy, Marissa	12	Forest Hills Central-MI	58.56
3	Bullock, Jordan	9	Zeeland High School	58.66
4	Kupraszewicz, Marcella	SR	Hudsonville High School-MI	59.54
5	Cutler, Erica	12	Rockford High School	59.84
6	Bartholomew, Courtney	10	Holland High School	59.93
7	Ludema, Emily	11	Zeeland High School	1:00.73
8	Hall, Currin		Grand Haven HS	1:01.01
9	Mlynarek, Hope	12	Holland Christian Girls	1:01.23
10	Smith, Sarah	10	Rockford High School	1:01.35
11	Avery, Olivia	12	East Grand Rapids	1:01.45
12	Otto, Vickie	SR	West Ottawa High School	1:01.70
13	Cutler, Jessica	12	Rockford High School	1:01.74
14	Rookus, Michaela	SO	Hudsonville High School-MI	1:01.96
15	Cordero, Nicole	10	Holland High School	1:02.04
16	Ray, Tiffany	9	Jenison High School Women	1:02.12
17	Chapman, Kelsey E	12	Jenison High School Women	1:02.13
18	Thompson, Haley	10	Holland High School	1:02.15
19	Shetterly, Jaclyn R	10	Norton Shores-Mona Shores-MI	1:02.20
20	Smith, Alaina	10	Rockford High School	1:02.38
21	Wood, Jessie	12	East Grand Rapids	1:02.40
22	Surman, Karly	11	East Grand Rapids	1:02.87
23	Pluger, Brooklyn	SR	Hudsonville High School-MI	1:02.91
24	Diorio, Angie	12	Byron Center	1:03.20
25	Bremer, Ally	11	East Grand Rapids	1:03.30
26	Anderson, Alena L	12	Jenison High School Women	1:03.33
27	Craft, Adrainna	9	Rockford High School	1:04.18
28	O'Dowd, Paige	12	Forest Hills Northern-Eastern	1:04.24
29	Vander Yacht, Hayli	11	Zeeland High School	1:04.28
30	Harlett, Courtney M	12	Jenison High School Women	1:04.36
31	Emaus, Miranda	SO	Hudsonville High School-MI	1:04.51

Girls West Michigan Swim & Dive Leaders - 11/22/2009
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Event 6 ... (Girls 100 Yard Butterfly)

32	Swieter, Kori	11	East Grand Rapids	1:04.54
33	Maher, Lizzie	FR	West Ottawa High School	1:04.55
34	Elkins, Lindsey	09	East Grand Rapids	1:04.58
35	Schmidt, Kaitlyn	12	Zeeland High School	1:04.67
36	Legault, Sarah E	12	Forest Hills Northern-Eastern	1:04.68
37	Babinec, Anna	FR	West Ottawa High School	1:05.16
38	Shaw, Emma	10	East Grand Rapids	1:05.24
39	Freeman, Danielle	FR	Hudsonville High School-MI	1:05.66
40	Huizenga, Kate	10	East Grand Rapids	1:05.83
41	Pall, Allison	11	East Grand Rapids	1:05.97
42	Engwall, Heather	SR	Hudsonville High School-MI	1:06.03
43	Hunt, Sarah M	10	Norton Shores-Mona Shores-MI	1:06.03
44	Caster, Lexy	11	Rockford High School	1:06.13
45	Wynalda, Lauren E	FR	Grandville High School-MI	1:06.47
46	Jones, Alisa	SR	West Ottawa High School	1:06.58
47	Stubbs, Tyler A	SR	Grandville High School-MI	1:07.77
48	Downs, Taylor	11	Rockford High School	1:07.83
49	deWaha, Danica M	SO	Grandville High School-MI	1:08.17
50	Curtis, Kailee	11	Zeeland High School	1:08.35
51	Spruit, Erin A	SR	Grandville High School-MI	1:08.86
52	Congdon, Lauren	10	East Grand Rapids	1:09.32
53	Spence, Jayne	SR	West Ottawa High School	1:09.38
54	Bosworth, Delanie L	FR	Grandville High School-MI	1:09.62
55	Tuuk, Allison	10	East Grand Rapids	1:10.31
56	Ormes, Rachel	11	East Grand Rapids	1:10.82
57	Jager, Michelle	09	Holland Christian Girls	1:11.82
58	Tinsley, Sam L	SO	Grandville High School-MI	1:11.89
59	Cook-Weeks, Dani	11	Holland Christian Girls	1:12.54

Event 7 Girls 100 Yard Freestyle

Area Records:		50.81	2008	Emily Bos		Holland High
Name		Year	School	Seed Time		
1	Bos, Emily	12	Holland High School	51.20		
2	Bartholomew, Courtney	10	Holland High School	53.13		
3	Bullock, Jordan	9	Zeeland High School	53.56		
4	VanderSchaaf, Courtney L	11	Jenison High School Women	53.60		
5	Freeman, Danielle	FR	Hudsonville High School-MI	54.00		
6	Otto, Vickie	SR	West Ottawa High School	54.13		
7	Rookus, Michaela	SO	Hudsonville High School-MI	54.26		
8	Cordero, Nicole	10	Holland High School	54.43		
9	Teske, Amanda	JR	West Ottawa High School	54.68		
10	Baguley, Lauren T	SR	Hudsonville High School-MI	54.82		
11	Chapman, Kelsey E	12	Jenison High School Women	54.82		
12	Northuis, Klare	10	Holland High School	54.92		
13	Thompson, Haley	10	Holland High School	55.30		
14	Folkertsma, Taylor	11	Forest Hills Central-MI	55.35		
15	Wood, Jessie	12	East Grand Rapids	55.68		
16	Cutler, Jessica	12	Rockford High School	55.89		
17	Thornton, Audra	SO	Hudsonville High School-MI	55.96		
18	Spoelman, Gretchen		Grand Haven HS	56.06		
19	Kupraszewicz, Marcella	SR	Hudsonville High School-MI	56.16		
20	Smith, Alaina	10	Rockford High School	56.25		

Girls West Michigan Swim & Dive Leaders - 11/22/2009

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Event 7 ... (Girls 100 Yard Freestyle)

21	Babinec, Anna	FR	West Ottawa High School	56.41
22	Smith, Sarah	10	Rockford High School	56.57
23	Van Portfliet, Jamie	11	Rockford High School	56.60
24	Allaben, Sarah	12	East Grand Rapids	56.66
25	Parsons, Paige C	SR	Grandville High School-MI	56.69
26	Avery, Olivia	12	East Grand Rapids	56.78
27	Pall, Allison	11	East Grand Rapids	56.83
28	Shetterly, Jaclyn R	10	Norton Shores-Mona Shores-MI	56.96
29	Wolbert, Ellen	12	East Grand Rapids	57.00
30	Fender, Caroline	FR	West Ottawa High School	57.36
31	Markham, Kara	12	East Grand Rapids	57.48
32	Anderson, Alena L	12	Jenison High School Women	57.66
33	Lachance, Katie	11	East Grand Rapids	57.66
34	Weener, Kelsey	10	Holland Christian Girls	57.69
35	Bart, Faith	10	East Grand Rapids	57.70
36	Surman, Karly	11	East Grand Rapids	57.70
37	Brook, Kylee	12	Jenison High School Women	57.78
38	Jones, Alisa	SR	West Ottawa High School	57.84
39	Romain, Rachael	10	Rockford High School	57.90
40	Dean, Emily		Grand Haven HS	57.91
41	Bremer, Ally	11	East Grand Rapids	57.93
42	Byl, Nicki A	11	Forest Hills Northern-Eastern	58.05
43	Girard, Lauren	11	Rockford High School	58.08
44	Longberg, Morgan	10	Rockford High School	58.11
45	VanHoven, Liz A	SR	Grandville High School-MI	58.19
46	Heydenberk, Kalie	11	Forest Hills Northern-Eastern	58.20
47	Daly, Meli	9	Zeeland High School	58.24
48	Engwall, Heather	SR	Hudsonville High School-MI	58.27
49	Caster, Lexy	11	Rockford High School	58.31
50	Miller, Megan	12	Forest Hills Central-MI	58.36
51	Brown, Emily J	10	Norton Shores-Mona Shores-MI	58.37
52	Meade, Hanah		Grand Haven HS	58.48
53	Cook-Weeks, Dani	11	Holland Christian Girls	58.52
54	Kuipers, Makenzie	11	Holland Christian Girls	58.53
55	Mlynarek, Hope	12	Holland Christian Girls	58.60
56	Boes, Allison	12	Holland Christian Girls	58.67
57	Scott, Kate C	12	Forest Hills Northern-Eastern	58.76
58	Tinsley, Sam L	SO	Grandville High School-MI	58.79
59	Blok, Kassie J	SO	Grandville High School-MI	58.82
60	Rapisarda, Sara	10	Zeeland High School	58.86
61	Mariuz, Kaitlyn	9	Zeeland High School	58.87
62	Legault, Sarah E	12	Forest Hills Northern-Eastern	58.88
63	Wolfer, Casey	10	Rockford High School	58.97
64	Wierda, Kaylie	10	Holland Christian Girls	58.98
65	Muma, Kelsey	9	Forest Hills Northern-Eastern	59.01
66	Nauta, Holly	12	Rockford High School	59.05
67	Harlett, Courtney M	12	Jenison High School Women	59.16
68	Gustaf, Brittni	12	Jenison High School Women	59.28
69	Pluger, Brooklyn	SR	Hudsonville High School-MI	59.41
70	Hunt, Sarah M	10	Norton Shores-Mona Shores-MI	59.50
71	Land, Alyssia		Grand Haven HS	59.51
72	Wynalda, Lauren E	FR	Grandville High School-MI	59.99

Girls West Michigan Swim & Dive Leaders - 11/22/2009

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Event 7 ... (Girls 100 Yard Freestyle)

73	VanderKallen, Kara N	SO	Grandville High School-MI	1:00.38
74	Stubbs, Tyler A	SR	Grandville High School-MI	1:00.56
75	Spruit, Erin A	SR	Grandville High School-MI	1:00.69

Event 8 Girls 500 Yard Freestyle

Area Records: 4:51.09 1985

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Name		Year	School	Seed Time
1	Bos, Emily	12	Holland High School	5:05.56
2	Bartholomew, Courtney	10	Holland High School	5:11.57
3	VanderSchaaf, Courtney L	11	Jenison High School Women	5:11.71
4	Bullock, Jordan	9	Zeeland High School	5:13.79
5	Ludema, Emily	11	Zeeland High School	5:17.16
6	Thompson, Haley	10	Holland High School	5:17.42
7	Baguley, Lauren T	SR	Hudsonville High School-MI	5:19.33
8	Markham, Kara	12	East Grand Rapids	5:20.42
9	Thornton, Audra	SO	Hudsonville High School-MI	5:20.71
10	Cutler, Jessica	12	Rockford High School	5:21.03
11	Fris, Elizabeth	FR	West Ottawa High School	5:22.75
12	Otto, Vickie	SR	West Ottawa High School	5:23.56
13	Longstreet, Aubrey	9	Jenison High School Women	5:23.81
14	Deckinga, Ellen K	12	Jenison High School Women	5:25.94
15	Smith, Sarah	10	Rockford High School	5:26.54
16	Anderson, Alena L	12	Jenison High School Women	5:28.21
17	Kupraszewicz, Marcella	SR	Hudsonville High School-MI	5:28.69
18	Mariuz, Chelsea	11	Zeeland High School	5:28.79
19	Maher, Lizzie	FR	West Ottawa High School	5:28.89
20	Rookus, Michaela	SO	Hudsonville High School-MI	5:29.44
21	Allaben, Sarah	12	East Grand Rapids	5:30.63
22	Cordero, Nicole	10	Holland High School	5:32.14
23	Congdon, Lauren	10	East Grand Rapids	5:32.75
24	Groenheide, Katie	12	Byron Center	5:32.80
25	Folkertsma, Taylor	11	Forest Hills Central-MI	5:32.89
26	Cebelak, Kate	10	Holland High School	5:33.28
27	Kuipers, Makenzie	11	Holland Christian Girls	5:33.76
28	Shetterly, Jaclyn R	10	Norton Shores-Mona Shores-MI	5:34.83
29	Castillo, Kelsey	12	Holland High School	5:34.92
30	Jones, Alisa	SR	West Ottawa High School	5:35.53
31	Freeman, Danielle	FR	Hudsonville High School-MI	5:35.82
32	Mlynarek, Hope	12	Holland Christian Girls	5:36.11
33	Longberg, Morgan	10	Rockford High School	5:38.09
34	Rapisarda, Sara	10	Zeeland High School	5:39.10
35	Craft, Adrainna	9	Rockford High School	5:39.11
36	Pluger, Brooklyn	SR	Hudsonville High School-MI	5:40.38
37	Devries, Sam	JR	West Ottawa High School	5:41.67
38	Cook-Weeks, Dani	11	Holland Christian Girls	5:41.90
39	Stubbs, Tyler A	SR	Grandville High School-MI	5:42.13
40	Surman, Karly	11	East Grand Rapids	5:42.65
41	Parnham, Francesca	12	East Grand Rapids	5:42.89
42	Caster, Lexy	11	Rockford High School	5:43.13
43	Nauta, Holly	12	Rockford High School	5:43.31
44	Page, Erin		Grand Haven HS	5:43.41
45	Byl, Nicki A	11	Forest Hills Northern-Eastern	5:43.46

Girls West Michigan Swim & Dive Leaders - 11/22/2009
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Event 8 ... (Girls 500 Yard Freestyle)

46	Smith, Alaina	10	Rockford High School	5:43.91
47	Reinhardt, Kelly		Grand Haven HS	5:44.77
48	Rahn, Brooke	10	Holland High School	5:44.92
49	Hutson, Taylor	12	Rockford High School	5:45.74
50	Woudenberg, Jacquie	12	Holland High School	5:46.21
51	Wolterink, Amanda	9	Jenison High School Women	5:46.37
52	Wood, Chloe	10	East Grand Rapids	5:46.48
53	Lachance, Katie	11	East Grand Rapids	5:46.50
54	Swieter, Kori	11	East Grand Rapids	5:46.50
55	Scott, Kate C	12	Forest Hills Northern-Eastern	5:47.74
56	Blok, Kassie J	SO	Grandville High School-MI	5:47.81
57	Jones, Olivia	11	East Grand Rapids	5:48.11
58	Legault, Sarah E	12	Forest Hills Northern-Eastern	5:49.16
59	Parsons, Paige C	SR	Grandville High School-MI	5:51.18
60	Pakkala, Kelsey L	11	Forest Hills Northern-Eastern	5:51.82
61	Berens, Briana	10	Zeeland High School	5:52.29
62	Venman, Renae	10	Rockford High School	5:52.64
63	Rudy, Laura	11	Forest Hills Central-MI	5:53.35
64	Schermer, Alley	10	Zeeland High School	5:53.62
65	Bareman, Andrea	JR	Hudsonville High School-MI	5:53.83
66	Muma, Kelsey	9	Forest Hills Northern-Eastern	5:54.36
67	Smith, Riley N	10	Forest Hills Northern-Eastern	5:54.46
68	Breuker, Hannah	09	Holland Christian Girls	5:54.56
69	Wynalda, Lauren E	FR	Grandville High School-MI	5:54.70
70	Monks, Kelsey E	11	Forest Hills Northern-Eastern	5:55.02
71	deWaha, Danica M	SO	Grandville High School-MI	5:57.79
72	Spruit, Stephanie T	SO	Grandville High School-MI	6:05.16
73	Morton, Alex M	12	Norton Shores-Mona Shores-MI	6:13.71

Event 9 Girls 200 Yard Freestyle Relay**Area Records: 1:35.64 2001****Grand Haven****Grand Haven****A.Seskevics, W. Rigoli, E. Brusie, K. Deters**

Team	Relay	Seed Time		
1	Holland High School	A	1:38.61	
	1) Bos, Emily 12	2) Bartholomew, Courtney 10	3) Cordero, Nicole 10	4) Thompson, Haley 10
2	Hudsonville High School-MI	A	1:40.49	
	1) Freeman, Danielle FR	2) Baguley, Lauren T SR	3) Kupraszewicz, Marcella SR	4) Thornton, Audra SO
3	Jenison High School Women	A	1:42.55	
	1) Chapman, Kelsey E 12	2) Brook, Kylee 12	3) Bianconi, Brianna 9	4) VanderSchaaf, Courtney L 11
4	West Ottawa High School	A	1:42.64	
	1) Otto, Vickie SR	2) Lacy, Shelby JR	3) Jones, Alisa SR	4) Teske, Amanda JR
5	East Grand Rapids	A	1:42.67	
	1) Bart, Faith 10	2) Wolbert, Ellen 12	3) Pall, Allison 11	4) Wood, Jessie 12
6	Rockford High School	A	1:43.45	
	1) Cutler, Jessica 12	2) Smith, Alaina 10	3) Van Portfliet, Jamie 11	4) Smith, Sarah 10
7	Zeeland High School	A	1:43.80	
	1) Ludema, Emily 11	2) Bullock, Jordan 9	3) Daly, Meli 9	4) Vander Yacht, Hayli 11
8	Grand Haven HS	A	1:44.56	
	1) Spoelman, Gretchen	2) Hoogerhyde, Lydia	3) Dean, Emily	4) Hall, Currin
9	Forest Hills Central-MI	A	1:44.75	
	1) Folkertsma, Taylor 11	2) Miller, Megan 12	3) Rudy, Laura 11	4) Murphy, Marissa 12
10	Byron Center	A	1:45.26	
	1) Diorio, Angie 12	2) Hoekman, Sarah 11	3) Groenheide, Katie 12	4) Musolf, Sam 12

Girls West Michigan Swim & Dive Leaders - 11/22/2009**Psych Sheet****Event 9 ... (Girls 200 Yard Freestyle Relay)**

11	Norton Shores-Mona Shores-MI	A			1:45.28
	1) Hunt, Sarah M 10	2) Brown, Emily J 10	3) Thompson, Mo E 12	4) Shetterly, Jaclyn R 10	
12	Forest Hills Northern-Eastern	A			1:45.57
	1) Scott, Kate C 12	2) Muma, Kelsey 9	3) Heydenberk, Kalie 11	4) Legault, Sarah E 12	
13	Holland Christian Girls	A			1:46.50
	1) Kuipers, Makenzie 11	2) Wierda, Kaylie 10	3) Weener, Kelsey 10	4) Boes, Allison 12	
14	Grandville High School-MI	A			1:47.05
	1) Parsons, Paige C SR	2) Tinsley, Sam L SO	3) VanHoven, Liz A SR	4) Wynalda, Lauren E FR	
15	Reeths-Puffer-Muskegon-MI	A			1:51.46
	1) McCann, Sydney J 11	2) Barnes, Kelly J 11	3) Gilmore, Nicole J 11	4) Herr, Amber M 11	

Event 10 Girls 100 Yard Backstroke

Area Records:		54.05	2008	Emily Bos		Holland High
Name		Year	School	Seed Time		
1	Bartholomew, Courtney	10	Holland High School	55.79		
2	Bos, Emily	12	Holland High School	56.01		
3	Baguley, Lauren T	SR	Hudsonville High School-MI	1:00.21		
4	Murphy, Marissa	12	Forest Hills Central-MI	1:00.64		
5	VandePoel, Colleen	FR	West Ottawa High School	1:01.09		
6	Northuis, Klare	10	Holland High School	1:01.36		
7	Bremer, Ally	11	East Grand Rapids	1:01.60		
8	Rookus, Michaela	SO	Hudsonville High School-MI	1:01.71		
9	Diorio, Angie	12	Byron Center	1:01.97		
10	Lacy, Shelby	JR	West Ottawa High School	1:02.03		
11	Maher, Lizzie	FR	West Ottawa High School	1:02.36		
12	Otto, Vickie	SR	West Ottawa High School	1:02.45		
13	Wood, Jessie	12	East Grand Rapids	1:02.56		
14	Shetterly, Jaclyn R	10	Norton Shores-Mona Shores-MI	1:02.71		
15	Lachance, Katie	11	East Grand Rapids	1:02.72		
16	Freeman, Danielle	FR	Hudsonville High School-MI	1:02.80		
17	Thornton, Audra	SO	Hudsonville High School-MI	1:02.83		
18	Wolfer, Casey	10	Rockford High School	1:02.99		
19	Engwall, Heather	SR	Hudsonville High School-MI	1:03.24		
20	Byl, Nicki A	11	Forest Hills Northern-Eastern	1:03.27		
21	Ray, Tiffany	9	Jenison High School Women	1:03.27		
22	Longberg, Morgan	10	Rockford High School	1:03.59		
23	Bullock, Jordan	9	Zeeland High School	1:03.71		
24	Muma, Kelsey	9	Forest Hills Northern-Eastern	1:04.02		
25	Meade, Hanah		Grand Haven HS	1:04.32		
26	Battistello, Anna	FR	West Ottawa High School	1:04.60		
27	Cordero, Nicole	10	Holland High School	1:04.69		
28	Cutler, Erica	12	Rockford High School	1:04.83		
29	Spruit, Erin A	SR	Grandville High School-MI	1:04.93		
30	Wood, Chloe	10	East Grand Rapids	1:05.18		
31	Bart, Faith	10	East Grand Rapids	1:05.43		
32	Castillo, Kelsey	12	Holland High School	1:05.88		
33	Folkertsma, Taylor	11	Forest Hills Central-MI	1:06.04		
34	VanderSchaaf, Courtney L	11	Jenison High School Women	1:06.15		
35	Cebelak, Kate	10	Holland High School	1:06.25		
36	Swieter, Kori	11	East Grand Rapids	1:06.36		
37	Downs, Taylor	11	Rockford High School	1:06.45		
38	deWaha, Danica M	SO	Grandville High School-MI	1:06.50		
39	Ritsema, Leah	9	Zeeland High School	1:06.68		

Girls West Michigan Swim & Dive Leaders - 11/22/2009

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Event 10 ... (Girls 100 Yard Backstroke)

40	Cutler, Kennedy	9	Rockford High School	1:06.87
41	Wierda, Kaylie	10	Holland Christian Girls	1:06.94
42	Groenhof, Abby	10	Zeeland High School	1:07.02
43	Girard, Lauren	11	Rockford High School	1:07.70
44	Spence, Jayne	SR	West Ottawa High School	1:07.99
45	Gillis, Megan L	10	Jenison High School Women	1:08.01
46	Weener, Kelsey	10	Holland Christian Girls	1:08.10
47	Wolterink, Amanda	9	Jenison High School Women	1:08.43
48	Harlett, Courtney M	12	Jenison High School Women	1:08.45
49	Wilbert, Alyssa	SR	West Ottawa High School	1:08.76
50	Lundquist, Molly	12	East Grand Rapids	1:09.00
51	Ray, Michelle C	11	Jenison High School Women	1:09.03
52	Blok, Kassie J	SO	Grandville High School-MI	1:09.35
53	Graves, Brianna	11	East Grand Rapids	1:09.40
54	Ridge, Brittany	SR	Hudsonville High School-MI	1:09.44
55	Long, Kristen		Rockford High School	1:09.49
56	Deckinga, Ellen K	12	Jenison High School Women	1:10.02
57	Paul, Christina	SR	Hudsonville High School-MI	1:10.27
58	Cook-Weeks, Dani	11	Holland Christian Girls	1:10.43
59	Stubbs, Tyler A	SR	Grandville High School-MI	1:10.48
60	Kamps, Morgan	10	Zeeland High School	1:10.54
61	Boes, Allison	12	Holland Christian Girls	1:10.79
62	Johnson, Carly	09	Holland Christian Girls	1:11.64
63	Hughes, Rachel	9	Norton Shores-Mona Shores-MI	1:12.06
64	Burke, Jourden	09	East Grand Rapids	1:12.10
65	Harro, Cailin	09	East Grand Rapids	1:12.12
66	Ormes, Rachel	11	East Grand Rapids	1:12.24
67	Bosworth, Delanie L	FR	Grandville High School-MI	1:12.35
68	Lathrop, Sophia	09	East Grand Rapids	1:12.70
69	Alward, Lauren G	SO	Grandville High School-MI	1:14.61

Event 11 Girls 100 Yard Breaststroke

Area Records: 1:04.18 2005		Emily Schlatter		GR Christian
Name	Year	School	Seed Time	
1	Lacy, Shelby	JR	West Ottawa High School	1:06.79
2	Ludema, Emily	11	Zeeland High School	1:08.03
3	Bartholomew, Courtney	10	Holland High School	1:08.30
4	Bos, Emily	12	Holland High School	1:08.32
5	Chapman, Kelsey E	12	Jenison High School Women	1:08.47
6	Shaw, Emma	10	East Grand Rapids	1:08.65
7	Diorio, Angie	12	Byron Center	1:09.38
8	Lundquist, Molly	12	East Grand Rapids	1:09.52
9	Murphy, Marissa	12	Forest Hills Central-MI	1:10.11
10	Kupraszewicz, Marcella	SR	Hudsonville High School-MI	1:10.17
11	Spoelman, Gretchen		Grand Haven HS	1:10.43
12	Teske, Amanda	JR	West Ottawa High School	1:11.30
13	Scott, Kate C	12	Forest Hills Northern-Eastern	1:11.32
14	Bremer, Ally	11	East Grand Rapids	1:11.43
15	Kuipers, Sam M	10	Norton Shores-Mona Shores-MI	1:11.96
16	Cutler, Jessica	12	Rockford High School	1:12.31
17	Rookus, Michaela	SO	Hudsonville High School-MI	1:12.54
18	Penning, Elly	9	Jenison High School Women	1:12.57

Girls West Michigan Swim & Dive Leaders - 11/22/2009
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Event 11 ... (Girls 100 Yard Breaststroke)

19	Romain, Rachael	10	Rockford High School	1:13.03
20	Rish, Chelsea	FR	West Ottawa High School	1:13.23
21	Lipe, Morgan	9	Rockford High School	1:13.66
22	Cutler, Erica	12	Rockford High School	1:13.75
23	Thompson, Haley	10	Holland High School	1:13.79
24	Wilner, Anna	10	Forest Hills Central-MI	1:13.99
25	Markham, Kara	12	East Grand Rapids	1:14.20
26	Kuipers, Makenzie	11	Holland Christian Girls	1:14.58
27	Walcott, Jillian	11	Jenison High School Women	1:14.60
28	Cebelak, Kate	10	Holland High School	1:14.82
29	Bianconi, Brianna	9	Jenison High School Women	1:15.10
30	Schermer, Abby	10	Zeeland High School	1:15.16
31	Mlynarek, Hope	12	Holland Christian Girls	1:15.26
32	Lachance, Katie	11	East Grand Rapids	1:15.46
33	Postma, Holly K	FR	Grandville High School-MI	1:15.49
34	Surman, Karly	11	East Grand Rapids	1:15.64
35	Vandermeulen, Melissa	09	Holland High School	1:15.78
36	Northuis, Klare	10	Holland High School	1:16.10
37	DeShaw, Lauren	FR	West Ottawa High School	1:16.12
38	Kolean, Emily	JR	West Ottawa High School	1:16.32
39	Matvichuck, Amy	SR	Hudsonville High School-MI	1:16.53
40	Ray, Tiffany	9	Jenison High School Women	1:16.69
41	Ouellette, Sloan	11	Rockford High School	1:16.75
42	Bart, Faith	10	East Grand Rapids	1:16.88
43	Chandler, Hannah	10	East Grand Rapids	1:17.25
44	Schnelle, Kristen	9	Rockford High School	1:17.47
45	Weener, Kelsey	10	Holland Christian Girls	1:17.50
46	Gremel, Ashley	12	Rockford High School	1:18.36
47	Schermer, Alley	10	Zeeland High School	1:18.52
48	Rozycki, Robin	JR	Hudsonville High School-MI	1:18.53
49	Bogo, Holly	10	East Grand Rapids	1:18.74
50	Gras, Taryn	11	Zeeland High School	1:19.54
51	Parsons, Paige C	SR	Grandville High School-MI	1:19.95
52	Roberts, Mackenzie	12	East Grand Rapids	1:20.60
53	Spruit, Stephanie T	SO	Grandville High School-MI	1:21.32
54	Bosworth, Delanie L	FR	Grandville High School-MI	1:21.41
55	Betlejewski, Ashley	10	Jenison High School Women	1:21.89
56	Davis, Meghan	12	Jenison High School Women	1:22.07
57	Doyle, Kaity S	SO	Grandville High School-MI	1:24.61
58	Huyser, Stephanie	SO	Hudsonville High School-MI	1:25.61
59	Blok, Kassie J	SO	Grandville High School-MI	1:26.64

Event 12 Girls 400 Yard Freestyle Relay

Area Records: 3:28.22 2008

Holland High

Holland High

C.Bartholomew,H.Thompson,K.Northuis, E.Bos

Team	Relay	Seed Time
1 Holland High School	A	3:38.01
1) Cordero, Nicole 10	2) Thompson, Haley 10	3) Northuis, Klare 10
4) Bartholomew, Courtney 10		
2 Hudsonville High School-MI	A	3:41.98
1) Thornton, Audra SO	2) Pluger, Brooklyn SR	3) Freeman, Danielle FR
4) Baguley, Lauren T SR		
3 Rockford High School	A	3:44.98
1) Van Portfliet, Jamie 11	2) Smith, Alaina 10	3) Smith, Sarah 10
4) Cutler, Jessica 12		

Girls West Michigan Swim & Dive Leaders - 11/22/2009
Psych Sheet

Event 12 ... (Girls 400 Yard Freestyle Relay)

4	Jenison High School Women	A		3:45.34
	1) Anderson, Alena L 12	2) Brook, Kylee 12	3) Chapman, Kelsey E 12	4) VanderSchaaf, Courtney L 11
5	East Grand Rapids	A		3:46.29
	1) Avery, Olivia 12	2) Markham, Kara 12	3) Allaben, Sarah 12	4) Wood, Jessie 12
6	Zeeland High School	A		3:46.92
	1) Mariuz, Chelsea 11	2) Vander Yacht, Hayli 11	3) Ludema, Emily 11	4) Bullock, Jordan 9
7	West Ottawa High School	A		3:48.31
	1) Otto, Vickie SR	2) Teske, Amanda JR	3) Jones, Alisa SR	4) Lacy, Shelby JR
8	Forest Hills Central-MI	A		3:49.13
	1) Folkertsma, Taylor 11	2) Miller, Megan 12	3) Rudy, Laura 11	4) Murphy, Marissa 12
9	Byron Center	A		3:51.29
	1) Musolf, Sam 12	2) Hoekman, Sarah 11	3) Groenheide, Katie 12	4) Diorio, Angie 12
10	Grandville High School-MI	A		3:54.07
	1) Parsons, Paige C SR	2) VanHoven, Liz A SR	3) Wynalda, Lauren E FR	4) Blok, Kassie J SO
11	Holland Christian Girls	A		3:55.92
	1) Weener, Kelsey 10	2) Mlynarek, Hope 12	3) Boes, Allison 12	4) Cook-Weeks, Dani 11
12	Forest Hills Northern-Eastern	A		3:57.17
	1) Heydenberk, Kalie 11	2) O'Dowd, Paige 12	3) Muma, Kelsey 9	4) Byl, Nicki A 11
13	Norton Shores-Mona Shores-MI	A		4:08.19
	1) Shetterly, Jaclyn R 10	2) Brown, Emily J 10	3) Hunt, Sarah M 10	4) Thompson, Mo E 12

Event 13 Girls 1 mtr Diving

	Name	Year	School	
1	Kortman, Paige	12	Holland High School	421.70
2	Welch, Demi	11	Jenison High School Women	359.05
3	Bruinsma, Abigail	10	Forest Hills Northern-Eastern	318.65
4	Ringold, Arianna	10	Jenison High School Women	289.95
5	Geary, Rachel	10	Holland High School	283.20
6	Andrus, Avery	12	Forest Hills Northern-Eastern	264.35
7	Junewick, Charlotte	9	Forest Hills Northern-Eastern	136.35