Mackinzee Macho of Cedar Rapids Kennedy is the winner of the Metro Spotlight Award for high school girls this week, the Metro Sports Report announced Sunday.

Macho, a sophomore, is one of the top swimmers for Kennedy, which is ranked No. 5 in the state power rankings by the IGHSAU.

Macho had a big day Saturday when she helped the Cougars win the MarcussenInvitational in Cedar Falls. She won the 100 breaststroke in 1:08.94, which is the third-best time in the state this year, and she captured the 200 individual medley in 2:13.82, which is the 10th-best time in the state.

Macho also owns the 17th-best time in the 100 butterly in 1:01.48, set earlier this season.

The Cougars edged sixth-ranked Cedar Falls, 516.5 to 482, for the team championship Saturday.

Macho placed 18th in the 200 IM at the state meet last year as a freshman and finished 24th in the 100 butterfly.