Stefan Kitsos of Cedar Rapids Kennedy is the winner of the Metro Spotlight Award for high school boys this week, the Metro Sports Report announced Sunday.

Kitsos, a senior, turned in an exceptional performance for Kennedy at the state swimming meet in Marshalltown on Saturday and helped the Cougars finish 11th in the team standings.

Kitsos placed second in the 100 breaststroke in 57.50 seconds and finished fourth in the 50 freestyle in 21.22 seconds. In addition, he helped the Cougars place sixth in the 200 medley relay (1:37.08) and place 11th in the 200 freestyle relay (1:27.75).

Kitsos joined Reece Linder, Cade Schoenauer and Brady Gibson on both relay teams.