

2020 WASHINGTON CROSS COUNTRY STATE CHAMPIONSHIPS – STATISTICAL ANALYSIS

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WASHINGTON STATE CROSS COUNTRY CHAMPIONS ARCHIVE

ALL TEAM AND INDIVIDUAL STATE CHAMPIONS

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Curtesy of therunnerwa.com



FIRST TEAM ALL-STATE



SECOND TEAM ALL-STATE



SECOND TEAM ALL-STATE



2021 PRESTATE ANALYSIS - (POST STATE ANALYSIS BELOW)

By Will Woodward (ran 15:25 at Sun Willows 1993) and Rod Wilcox – King's XC Coach since 1996

2020 was Virtual but I'm still counting it. Well, most of it. All places are acknowledged but times will not be. The top 16 teams will be considered appearing at State.

2021 - From the 9-time defending champions 2A **Sehome** boys' team, to the 3A **Hermiston** girls team qualifying for their first State meet ever, 2020 Virtual State meet on track across Washington, virtually brought together any number of interesting stories. Here are a few of them.

FIRST STATE APPEARANCES –

2021 - No boys teams made their debut in 2021. 2 new schools debut on the girls side as 3A **Hermiston** girls and B **Covenant** girls made the trip to Pasco.

2020 was a big year for debuts. 7 boys' teams and 4 girls' teams will make their first State appearance in 2020.

For the boys, both **B Auburn Adventist Academy** and **B Cascade Christian Wenatchee** not only debut but place 3rd and 4th. Joining them are **4A Chiawana**, **4A Pasco**, **1A Cedar Park Christian**, **1A College Place** and **3A Hermiston**. For the girls, **4A Pasco**, **4A Sunnyside**, **3A Chiawana** and **3A Southridge** got to participate in the "Virtual Big Show" for the first-time. Notable that both **4A Chiawana** and **4A Pasco** both made debuts with both their boys and girls team. Hopefully, **Pasco** can return in 2021 to "actually" race on their course.

From obscurity to dominating.

2019

B Pope John Paul II boys made their debut in 2016, returned in 2017 and then placed 2nd in 2018 and 2019. Looks to be a new B team to watch.

B Asotin boys traveled to Pasco for the first time in 2005. They now have 6 trophies in the last 9 years.

3A Arlington boys returned in 2013 after a 39-year gap and have since won 5 trophies in 7 years.

1A Medical Lake boys had 2 points before returning in 2012. Since then, they have 8 trophies and 2 titles. 1A team on the steep ascent.

3A Kamiakin boys scored 5 points before 2009. Since then, they have 9 straight trophies and 3 titles. 3A powerhouse out of nowhere.

4A Central Valley after a 40-year gap, returned in 2006. Since then, they have 9 trophies and 1 title.

B Northwest Christian Lacey boys' team made their Pasco debut in 2000. The Navigators have since tallied 14 trophies including 8 titles.

2A Sehome boys scored 12 points before this century. Since then, they have 12 titles and 17 trophies.

We have all heard of 3A **North Central's** boys, but their **girls'** team just rolled out 4 trophies with 3 team titles after 11 straight no shows.

2A West Valley Spokane girls had 2 titles before 1987. 13 points from 1987-2016. Now the eagles are on a 3-trophy streak with 1 title.

1A Lakeside 9-mile falls girls had 8 points before 2009. 9 trophies and 4 titles in 11 years and the eagles are a powerhouse.

3A Holy Names Academy girls had 6 points before 2014. 2 titles and 3 trophies later, the cougars are a 3A team to watch.

B Liberty Bell girls team scored 7 points before 2015. After a 15-year absence they now have 3 titles and 4 trophies in 4 years.

B Northwest Christian Lacey girls' team made their Pasco debut in 2000. The Navigators have since won 14 trophies in 17 appearances including 9 titles.

4A Camas girls team had 2 appearances before this century. They are now on a streak of 9 trophies in a row with 4 titles.

1A Northwest girls' team made their Pasco debut in 2009 and have since scored 7 trophies including 2 titles.

OUTSIDE LOOKING IN – There are 360 high schools in the state of Washington that have or have had XC teams (some are closed but still on record).

Since 1973 there have been 285 schools that have qualified a girls' team to State. That leaves 70 schools still looking for a trip to Pasco. The breakdown is as follows: 48 B schools have qualified a girls' team and 45 B schools have not qualified a girls' team (admittedly many B schools do not offer XC). 57 1A schools have qualified a girls' team and 9 have not (some of the 9 have closed). 59 2A schools have qualified a girls' team and 7 have not. 62 3A schools have qualified a girls' team and 10 have not. 54 4A schools have qualified a girls' team and 4 have not.

Since 1959 there have been 320 schools that have qualified a boys' team to State. That leaves 39 schools still looking for a trip to Pasco. The breakdown is as follows: 69 B schools have qualified a boys' team and 28 have not (admittedly many B schools do not offer XC). All 62 1A schools have qualified a boys' team and 4 have not. 63 2A schools have qualified a boys' team and 3 schools have not. 68 3A schools have qualified a boys' team and 4 have not. All 58 4A schools have qualified a boys' team.

334 schools have qualified either boys or girls' teams to State. That leaves 26 schools who have never taken either team to state. 23 B schools, zero 1A schools, one 2A school, two 3A school and zero 4A schools have missed out on the thrill of the big show.



MOST STATE APPEARANCES - Bold indicates that they made it to state in 2021

BOYS: In 2021, 19 of the top 40 teams made it to state.

53 – Bishop Blanchet – 1 st since 2019	31 – King’s – 2 in a row	28 – Saint George’s – 1 st since 2019	25 – Bellevue – last was 2012
39 - Edmonds-Woodway – 7 row ends	30 – Tumwater – 11 in a row	28 – NW Chr. Colbert – last was 2020	24 – Redmond – last was 2018
36 - Columbia River – last was 2019	30 – Puyallup – 1 st since 2019	28 - Lakeside Seattle – last was 2018	24 – O’Dea – last was 1999
35 – Gig Harbor – 1 st since 2017	30 - Omak – last was 2017	28 – Curtis – 1 st since 2019	24 – La Center – 1 st since 2019
34 – Snohomish – 1 st since 2019	30 - Montesano – last was 2018	27 – West Valley Yak. – 7 in a row	24 – Eisenhower – 1 st since 2019
33 – Olympia – 5 in a row	30 - Joel Ferris – last was 2016	27 – Tahoma – 12 in a row	23 – Woodrow Wilson – last was 2017
32 – Mead – 2 in a row	29 - Riverside – last was 2020	27 – Selah – 7 in a row	23 – Ellensburg – 8 in a row ends
31 – Seattle Prep – 1 st since 2019	29 - Renton – last was 2019	26 – Sehome – 20 in a row	23 – Connell – 7 in a row ends
31 – North Central – 1 st since 2019	29 - Lakewood – last was 2020	26 – Richland – last was 2017	23 – Burlington Edison – last was 2015
31 – Nathan Hale – 1 st since 2015	29 - Kelso – last was 2020	26 – Capital – last was 2020	23 – Newport Bell. – 3 in a row

GIRLS: In 2021, 20 of the top 40 made it to state.

40 – Bellarmine Prep – 1 st since 2019	26 – Tumwater – 9 in a row	23 - Columbia River – last was 2014	21 – La Center – 1 st since 2019
35 – Eisenhower – 1 st since 2019	26 – Issaquah – 2 in a row	23 – Bishop Blanchet – 1 st since 2019	20 – North Kitsap – 1 st since 2019
31 - Riverside – last was 2016	25 - Olympia – last was 2015	22 – Selah – 1 st since 2019	20 - Newport Bellevue – last was 2020
31 – Gig Harbor – 1 st since 2019	25 – King’s – 6 in a row	22 - Omak – last was 2015	20 – Cedarcrest/Tolt – 11 of 15 years
30 - South Whidbey – 4 in a row ends	25 - Chelan – last was 2019	22 - Kelso – last was 2007	19 - Lynden Christian – last was 2019
29 – Snohomish – 1 st since 2018	24 - Redmond – last was 2019 title	22 - Ephrata – last was 2015	19 - Enumclaw – last was 2015
29 - Lakeside Seattle – last was 2014	23 – West Valley Spo. – 1 st since 2019	22 – Edmonds Woodway – 7 in a row	19 - Bellingham – 16 in a row ends
28 - Mount Baker – last was 2014	23 - South Kitsap – last was 2019	21 – Saint George’s – 1 st since 2019	18 - Zillah – last was 2018
28 - Capital – last was 2019	23 – Sehome – 20 out of 21 years	21 - Montesano – last was 2014	19 – Camas – 13 out of 14 years
27 – Tahoma – 3 in a row	23 - Mercer Island – last was 2015	21 – Mead – 2 in a row	18 – West Valley Yak. – 2 in a row

COMBINED: In 2021, 27 of the top 40 schools made it to state. 17 of the top 40 qualified both teams to State.

76 – Blanchet – 53 boys, 23 girls	56 – Tumwater – 30 boys, 26 girls	49 – Sehome – 26 boys, 23 girls	43 – South Kitsap – 20 boys, 22 girls
66 – Gig Harbor – 35 boys, 31 girls	56 – King’s – 31 boys, 25 girls	49 – Saint George’s – 28 boys, 21 girls	43 – Newport Bell. – 23 boys, 20 girls
63 – Snohomish – 34 boys, 29 girls	54 – Tahoma – 27 boys, 27 girls	49 - Mount Baker – 21 boys, 28 girls	43 – Lakewood – 29 boys, 14 girls
61 – Edmonds-Wood – 39 boys, 22 girls	54 - Capital – 26 boys, 28 girls	48 - Redmond – 24 boys, 24 girls	43 – Curtis – 28 boys, 15 girls
61 – Bellarmine Prep – 21 boys, 40 girls	53 – Mead – 32 boys, 21 girls	48 – Issaquah – 22 boys, 26 girls	42 – Renton – 29 boys, 13 girls
60 - Riverside – 29 boys, 31 girls	52 - Omak – 30 boys, 22 girls	47 – Seattle Prep – 31 boys, 16 girls	42 – North Central – 31 boys, 11 girls
59 – Eisenhower – 24 boys, 35 girls	51 - Montesano – 30 boys, 21 girls	46 – Puyallup – 30 boys, 16 girls	42 – Mercer Island – 19 boys, 23 girls
59 – Columbia River – 36 boys, 23 girls	51 - Kelso – 29 boys, 22 girls	45 – West Valley Yak – 27 boys, 18 girls	41 – Chelan – 16 boys, 25 girls
58 – Olympia – 33 boys, 25 girls	50 - South Whidbey – 20 boys, 30 girls	45 – West Valley Sp. – 22 boys, 23 girls	41 – Nathan Hale – 31 boys, 10 girls
57 - Lakeside Sea – 28 boys, 29 girls	49 – Selah – 27 boys, 22 girls	45 – La Center – 24 boys, 21 girls	41 – Cedarcrest/Tolt – 21 boys, 20 girls

MOST BOYS STATE APPEARANCES BY DIVISION

Boys 4A

33 – Olympia – 9 of 10 years	24 – Eisenhower – 13 out of 15 years	18 - University – last was 2015	12 - Bothell – last was 2014
30 - Joel Ferris – last was 2016	23 – Newport Bellevue – 3 in a row	19 – Lewis & Clark – 4 out of 5 years	12 – Battle Ground – last was 2012
30 – Puyallup – 1 st since 2019	22 – Issaquah – 6 of 7 years	17 – Kamiakin – 12 out of 13 years	10 – Glacier Peak – last was 2018
28 – Curtis – 5 out of 6 years	21 - Bellarmine Prep – last was 2019	17 - Hazen – last was 2015	10 – Kamiak – 3 in a row
27 – West Valley Yakima – 7 in a row	20 - South Kitsap – last was 2018	17 - Central Valley – 10 in a row ends	9 – Auburn – last was 2004
27 – Tahoma – 12 in a row	20 - Henry Jackson – 20 of 26 years	14 - Kent-Meridian – last was 2009	9 – Marysville Pilchuck – last was 2001
26 - Richland – last was 2017	19 - Mount Rainier – last was 2008	13 - Lake Stevens – last was 2020	8 – Woodinville – 1 st since 2005
24 - Redmond – last was 2018	20 – Camas – 12 out of 13 years	12 - Eastmont – last was 2001	8 – Mount Si – last was 2020

Boys 3A

53 – Bishop Blanchet – 41 of 44 years	26 - Capital – last was 2020	17 - Ballard – 7 in a row ends	11 – North Thurston – 1 st since 2019
39 - Edmonds Woodway – 7 row ends	25 - Bellevue – last was 2012	16 – Oak Harbor – 1 st since 2012	11 - Lincoln Seattle – 1 since 1982
35 – Gig Harbor – 1 st since 2017	24 - O’Dea – last was 1999	15 - Lynnwood – last was 1998	11 - Auburn Riverside – last was 2019
34 – Snohomish – 5 out of 6 years	23 - Wilson – last was 2017	15 - Garfield – last was 2020	10 - Shorewood – last was 2019
32 – Mead – 2 in a row	20 - Shorecrest – last was 2009	14 – Arlington – 8 in a row	10 - Ingraham – last was 2014
31 – Seattle Prep – 1 st since 2019	20 - Interlake – last was 2019	13 – Stadium – 5 in a row	10 - Bremerton – last was 1988
31 – North Central – 17 out of 18 yrs.	19 – Mercer Island – 2 in a row	13 - Peninsula – last was 2019	10 - Yelm – 1 st since 2019
31 – Nathan Hale – 1 st since 2015	19 – Lakes – 9 out of 12 years	13 – Mt Spokane – 1 st since 2013	9 - Franklin – last was 2018
29 - Kelso – last was 2020	19 – Central Kitsap – 2 in a row	13 - Everett – last was 2016	9 - Decatur – last was 2010
28 - Lakeside Seattle – last was 2018	18 - Mount Vernon – last was 1994	12 – Meadowdale – 1 st since 2002	9 - Walla Walla – last was 1992

Boys 2A

36 - Columbia River – last was 2019	21 - Cheney – last was 2019	14 - Shadle Park – 1 since 1987	13 – North Kitsap – 5 out of 6 years
30 – Tumwater – 11 in a row	21 - Cedarcrest – last was 2020	15 – Ridgefield – 7 in a row	12 - Mark Morris – last was 2015
29 - Renton – last was 2019	19 – Washougal – 5 out of 6 years	14 – Enumclaw – 1 st since 2018	10 - Washington – last was 1997
29 - Lakewood – 1 st since 2014	18 – Shelton – 1 st since 2018	14 - Highline – last was 2004	10 - Sammamish – last was 2018
27 – Selah – 7 in a row	18 - East Valley Spo. – last was 2017	14 - Franklin Pierce – last was 2014	10 – Kingston – 6 out of 7 years
26 – Sehome – 20 in a row	19 – Bellingham – 4 in a row	15 – Ephrata – 1 st since 2005	9 – Squalicum – 1 st since 2013
23 - Ellensburg – 8 in a row ends	18 – Port Angeles – 4 out of 6 years	13 - Mountlake Terrace – last was 2018	9 - Clover Park – last was 1989
23 - Burlington Edison – last was 2015	17 – Steilacoom – 6 in a row	13 - Elma – last was 2007	9 - Anacortes – 1 since 2014
22 – West Valley Spo. – 1 st since 2007	16 - East Valley Yakima – last was 2008	12 - Sequim – last was 2017	9 - WF West – last was 2020
21 - Lindbergh – last was 2019	16 – Pullman – 7 out of 8 years	12 - Prosser – last was 1993	9 - Evergreen Seattle – last was 2015

Boys 1A

31 - King's – 26 of 32 years
 30 - Omak – last was 2017
 30 - Montesano – last was 2018
 29 - Riverside – last was 2020
24 - La Center – 16 out of 18 years
 23 - Connell – 7 in a row ends
21 - Port Townsend – 1st since 2014
 21 - Mount Baker – last was 2004

21 - Lakeside 9 mile – 15 of 18 years
 21 - Cashmere – last was 2019
 20 - South Whidbey – 3 in a row ends
 19 - Charles Wright – 6 in a row ends
17 - Wapato – 1st since 1994
 17 - Meridian – 1st since 2018
 17 - Castle Rock – last was 2004
16 - Royal – 15 out of 17 years

16 - Chelan – last was 2016
16 - Bellevue Christian – 2 in a row
 14 - Lynden Christian – last was 2017
13 - White Salmon – 10 out of 11 yrs.
 13 - Rochester – last was 2006
 12 - Zillah – last was 2018
12 - Medical Lake – 10 in a row
 12 - Colville – last was 2011

11 - Vashon Island – last was 2002
 11 - Newport – last was 2007
 11 - Freeman – last was 2009
10 - Northwest – 9 in a row
 9 - Deer Park – last was 2016
 9 - Seattle Christian – last was 2014
 9 - Tenino - 1 since 2006
 9 - Klahowya – 4 in a row ends

Boys B

28 - NW Chr. Colbert -12 of 14 years
28 - Saint George's – 26 of 31 years
 20 - Tonasket – last was 2019
 20 - NW Christian Lacey - last was 2019
 18 - Ilwaco – last was 2019

16 - Liberty Bell – back with a title
 16 - Lake Roosevelt – last was 2014
 15 - Seattle Lutheran – last was 2007
14 - White Pass Morton – 3 out of 4
 14 - Colfax – last was 2019

13 - Toledo – last was 2014
12 - Asotin – 11 in a row
 11 - Tri Cities Prep – last was 2017
 11 - South Bend – last was 1974
 10 - Reardan – last was 2015

9 - Onalaska – last was 2014
9 - Goldendale – 5 out of 6 years
 9 - Crosspoint Academy -last was '17
 8 - Mosseyrock – last was 2015
8 - Chewelah - 1st since 2007

MOST GIRLS STATE APPEARANCES BY DIVISION

Girls 4A

40 - Bellarmine Prep –23 of 25 years
35 - Eisenhower – 12 of 13 years
27 - Tahoma – 18 out of 19 years
26 - Issaquah – 7 of 8 years
 25 - Olympia – last was 2015
 24 - Redmond – last was 2019
 23 - South Kitsap – last was 2019
 20 - Newport Bellevue – 1 since 2008
19 - Camas – 13 of 14 years

18 - West Valley Yak – 2 in a row
 17 - Hanford – last was 2018
17 - Central Valley – 2 in a row
16 - Puyallup – 1st since 2014
16 - Lewis & Clark – 7 of 8 years
 15 - Federal Way – last was 1999
 15 - Curtis – last was 2017
 13 - Richland – 1 since 2012
 13 - Mount Rainier – last was 2007

13 - Kamiakin – 9 of 12 years
 12 - Thomas Jefferson – last was 2019
 12 - Eastmont – last was 2001
12 - Eastlake – 2 out of 3
 11 - Kentridge – 1 since 1996
 11 - Glacier Peak – last was 2019
 11 - Cascade Everett – last was 1996
11 - Skyview – 6 in a row
11 - Skyline – 1st since 2018

9 - University – last was 2012
 8 - Auburn – last was 2002
 8 - Jackson – last was 2018
8 - Rogers Puyallup – 3 of 4 years
 7 - Ferris – last was 2018
 7 - Hazen – last was 2016
 7 - Wenatchee – last was 2019
 7 - Kamiak – 1 since 2016

Girls 3A

31 - Gig Harbor – 2 out of 3
29 - Snohomish – 1st since 2018
 29 - Lakeside Seattle – last was 2014
 28 - Capital – last was 2019
 23 - Mercer Island – last was 2015
23 - Bishop Blanchet – 4 of 6 years
 22 - Kelso – last was 2007
22 - Edmonds Woodway – 7 in a row
21 - Mead – 2 in a row

16 - Stanwood – 1st since 2012
16 - Seattle Prep – 2 in a row
15 - Peninsula – 1st since 2017
13 - Stadium – 6 in a row
 13 - Shorecrest – last was 2017
 13 - Lynnwood – once since 1999
 12 - Oak Harbor – 1 since 2013
12 - Holy Names Aca. – 7 of 9 years
12 - Central Kitsap – 10 of 11 years

11 - Shorewood – 1st since 2016
 11 - North Central – 4 in a row ends
11 - Liberty Issaquah – 11 of 12 years
 11 - Bellevue – last was 2015
 10 - Nathan Hale – last was 1990
10 - Arlington – 4 in a row
 10 - Mount Spokane – last was 2014
 9 - Kennedy – last was 1991
 9 - Garfield – 6 of 9 years

8 - Prairie – 8 of 13 years
 8 - Everett – last was 1987
8 - Bainbridge – 2 in a row
 8 - Ballard – 7 in a row ends
 7 - Interlake – last was 2012
7 - Lakes – last was 2020
 7 - Mount Vernon – last was 2009
 7 - Yelm – last was 2005
 7 - Ingraham – last was 2019

Girls 2A

26 - Tumwater – 9 in a row
23 - West Valley Spo. – 5 of 6 years
23 - Sehome – 20 of 21 years
 23 - Columbia River – last was 2014
22 - Selah – 6 out of 9 years
 22 - Ephrata – last was 2015
20 - North Kitsap – 3 out of 4 years
20 - Cedarcrest – 10 of 14 years

19 - Enumclaw – last was 2015
 19 - Bellingham – 16 in a row ends
 16 - Lindbergh – last was 2016
16 - Ellensburg – 10 in a row
 15 - Port Angeles – last was 2019
14 - Washougal – 5 out of 6 years
14 - Steilacoom – 9 out of 10 years
 14 - Lakewood – 1 since 2010

13 - Renton – last was 2014
11 - White River – 8 in a row
11 - Pullman – 7 out of 8 years
 11 - Cheney – last was 2017
11 - Anacortes – 3 in a row
 10 - Sequim – last was 2016
 10 - Ridgefield – 2 out of 4 years
 10 - Hockinson – last was 2019

9 - East Valley Spo. – last was 2011
 8 - Squalicum – last was 2008
 8 - Squalicum - last was 2008
 8 - Sammamish – last was 1989
 8 - Squalicum – last was 2008
 8 - Kingston – 1 since 2017
 7 - Highline – last was 2018

Girls 1A

31 - Riverside – last was 2016
 30 - South Whidbey – 4 in a row ends
 28 - Mount Baker – last was 2014
 25 - Chelan – last was 2019
25 - King's – 6 in a row
 22 - Omak – last was 2015
 21 - Montesano – last was 2014
21 - La Center – 15 of 16 years

19 - Lynden Christian – last was 2019
 18 - Zillah – last was 2018
17 - Lakeside 9 mile – 15 of 18 years
 15 - Cashmere – last was 2019
 14 - Meridian – last was 2018
 13 - Vashon Island – last was 2015
 13 - Deer Park – last was 2019
 12 - White Salmon – last was 2019

12 - Bellevue Christian – last was 2010
11 - Port Townsend – 1st since 2005
 10 - Wapato – last was 1994
 10 - Northwest – last was 2019
 9 - Newport – last was 1997
 9 - Tenino – last was 1993
 9 - Cle Elum Roselyn – last was 2010
 9 - Royal – 9 in a row ends

9 - Nooksack Valley – last was 2016
9 - Klahowya – 6 out of 7 years
 9 - Hoquiam – last was 2012
 8 - Freeman – last was 2013
 8 - Colville – last was 2018
8 - Bush – 4 in a row
 7 - Medical Lake – 2 in a row

Girls B

21 - Saint Georges – 3 of 5 years
 17 - White Pass Mor. – last was 2016
 17 - Northwest Chr. Lacey -last was '19
16 - Asotin – 16 of 18 years
 13 - Ilwaco – last was 2019

12 - Seattle Lutheran – last was 1996
 11 - NW Chr. Colbert – last was 2017
 9 - Ocota – last was 2015
9 - Liberty Bell – 6 of 7 years
 8 - Reardan – last was 2015

8 - Lake Roosevelt – last was 2012
 8 - Carroll – last was 1985
8 - Rainier – 4 of 6 years
 6 - Onalaska – last was 2010
 6 - Colfax – 3 in a row ends

5 - Pomeroy – last was 2006
 5 - Goldendale – last was 2019
 5 - Warden – last was 2006

MOST COMBINED STATE APPEARANCES BY DIVISION

4A COMBINED

61 - Bellarmine Prep—22 boys, 40 girls
58 - Olympia - 33 boys, 25 girls
59 - Eisenhower - 24 boys, 35 girls
54 - Tahoma - 27 boys, 27 girls
48 - Redmond - 24 boys, 24 girls
48 - Issaquah - 22 boys, 26 girls
46 - Puyallup - 30 boys, 16 girls
45 - West Valley Yak-27 boys, 18 girls

43 – South Kitsap – 20 boys, 23 girls
43 – Newport – 23 boys, 20 girls
43 – Curtis – 28 boys, 15 girls
 39 – Richland – 26 boys, 13 girls
 37 – Joel Ferris – 30 boys, 7 girls
39 – Camas – 20 boys, 19 girls
35 – Lewis & Clark – 19 boys, 16 girls
34 – Central Valley – 17 boys, 17 girls

32 – Mt. Rainier – 19 boys, 13 girls
30 – Kamiakin – 17 boys, 13 girls
 28 – Henry Jackson – 20 boys, 8 girls
 27 – University – 18 boys, 9 girls
 24 – Hazen – 17 boys, 7 girls
 24 – Eastmont – 12 boys, 12 girls
 23 – Federal Way – 8 boys, 15 girls
23 – Hanford – 6 boys, 17 girls

21 – Glacier Peak – 10 boys, 11 girls
19 – Cascade Ev. – 8 boys, 11 girls
19 – Skyview – 8 boys, 11 girls
19 – Lake Stevens – 13 boys, 6 girls
18 – Kentridge – 7 boys, 11 girls
18 – Eastlake – 6 boys, 12 girls
17 – Skyline – 6 boys, 11 girls
17 – Kamiak – 10 boys, 7 girls

3A COMBINED

76 - Bishop Blanchet—53 boys, 23 girls
66 - Gig Harbor - 35 boys, 31 girls
63 - Snohomish - 34 boys, 29 girls
61-Edmonds Woodway-39 boy,22girls
57 - Lakeside Seattle—28 boys, 29 girls
54 - Capital - 26 boys, 28 girls
53 - Mead - 32 boys, 21 girls
51 - Kelso - 29 boys, 22 girls
47 - Seattle Prep - 31 boys. 16 girls

42 – North Central – 31 boys, 11 girls
42 – Mercer Island – 19 boys, 23 girls
41 – Nathan Hale – 31 boys, 10 girls
36 – Bellevue – 25 boys, 11 girls
33 – Shorecrest – 20 boys, 13 girls
31 – Central Kitsap – 19 boys, 12 girls
28 – Peninsula – 13 boys, 15 girls
28 – Oak Harbor – 16 boys, 12 girls
28 – Lynnwood – 15 boys, 13 girls

27 – Woodrow Wilson – 23 boys, 4 girls
27 – Interlake – 20 boys, 7 girls
26 – Stadium – 13 boys, 13 girls
26 – Lakes – 19 boys, 7 girls
25 – Stanwood – 9 boys, 16 girls
25 – Mount Vernon – 18 boys, 7 girls
25 – Ballard – 17 boys, 8 girls
24 – O'Dea – 24 boys
24 – Garfield – 15 boys, 9 girls

24 – Arlington – 13 boys, 10 girls
23 – Mt. Spokane – 13 boys, 10 girls
21 – Shorewood – 10 boys, 11 girls
21 – Everett – 13 boys, 8 girls
18 – Liberty Issaquah – 7 boys, 11 girls
17 – Inghram – 10 boys, 7 girls
17 – Yelm – 10 boys, 7 girls

2A COMBINED

59 – Columbia River – 36 boys, 23 girls
 56 – Tumwater – 30 boys, 26 girls
 49 – Selah – 27 boys, 22 girls
 49 – Sehome – 26 boys, 23 girls
 45 – West Valley Spo – 22 boys, 23 girls
 43 – Lakewood – 29 boys, 14 girls
 42 – Renton – 29 boys, 13 girls
 41 – Cedarcrest/Tolt – 21 boys, 20 girls

39 – Ellensburg – 23 boys, 16 girls
38 – Bellingham – 19 boys, 19 girls
37 – Lindbergh – 21 boys, 16 girls
37 – Ephrata – 15 boys, 22 girls
33 – Washougal – 19 boys, 14 girls
33 – Port Angeles – 18 boys, 15 girls
33 – North Kitsap – 13 boys, 20 girls
33 – Enumclaw – 14 boys, 19 girls

32 – Cheney – 21 boys, 11 girls
31 – Steilacoom – 17 boys, 14 girls
27 – Pullman – 16 boys, 11 girls
 27 – East Valley Spo-18 boys, 9 girls
25 – Ridgefield – 15 boys, 10 girls
 25 – Burlington Edison-23 boys, 2 girls
24 – Shelton – 18 boys, 6 girls
 22 – Sequim – 12 boys, 10 girls

21 – Highline – 14 boys, 7 girls
21 – East Valley Yak-16 boys, 5 girls
20 – Shadle Park – 14 boys, 6 girls
20 – Anacortes – 9 boys, 11 girls
19 – Mountlake Terrace-13 boys, 6 girls
18 – White River – 7 boys, 11 girls
18 – Kingston – 10 boys, 8 girls
18 – Sammamish – 10 boys, 8 girls

1A COMBINED

60 – Riverside – 29 boys, 31 girls
56 – King's – 31 boys, 25 girls
 52 – Omak – 30 boys, 22 girls
 51 – Montesano – 30 boys, 21 girls
 50 – South Whidbey – 20 boys, 30 girls
 49 – Mount Baker – 21 boys, 28 girls
45 – La Center – 24 boys, 21 girls
 41 – Chelan – 16 boys, 25 girls

38 – Lakeside 9 mile-21 boys, 17 girls
36 – Cashmere – 21 boys, 15 girls
33 – Lynden Chr. – 14 boys, 19 girls
32 – Port Townsend –21 boys, 11 girls
31 – Meridian – 17 boys, 14 girls
30 – Zillah – 12 boys, 18 girls
28 – Bellevue Chr. – 16 boys, 12 girls
27 – Wapato – 17 boys, 10 girls

27 – Connell – 23 boys, 4 girls
25 – White Salmon – 13 boys, 12 girls
25 – Royal – 16 boys, 9 girls
 24 – Vashon Island – 11 boys, 13 girls
 24 – Charles Wright – 19 boys, 5 girls
 22 – Deer Park – 9 boys, 13 girls
 22 – Castle Rock – 17 boys, 5 girls
20 – Northwest – 10 boys, 10 girls

20 – Newport – 11 boys, 9 girls
20 – Colville – 12 boys, 8 girls
19 – Medical Lake – 12 boys, 7 girls
19 – Freeman – 11 boys, 8 girls
18 – Tenino – 9 boys, 9 girls
18 – Klahowya – 9 boys, 9 girls
18 – Tenino – 9 boys, 9 girls

B COMBINED

49 – Saint George’s – 28 boys, 21 girls
39 – NW Chr. Colbert – 28 boys, 11 girls
37 – NW Chr. Lacey – 20 boys, 17 girls
31 – White Pass Morton – 14 boys, 17 girls
31 – Ilwaco – 18 boys, 13 girls
28 – Asotin – 12 boys, 16 girls
27 – Seattle Lutheran – 15 boys, 12 girls
25 – Liberty Bell – 16 boys, 9 girls
24 – Tonasket – 20 boys, 4 girls
24 – Lake Roosevelt – 16 boys, 8 girls
20 – Colfax – 14 boys, 6 girls
18 – Reardan – 10 boys, 8 girls
16 – Toledo – 13 boys, 3 girls
15 – Ocosta – 6 boys, 9 girls
15 – Onalaska – 9 boys, 6 girls



LONGEST STATE STREAKS EXTENDED

Longest current boys' streaks are -

2a Sehome – 20 (2002-2021)

4A Tahoma – 12 (2010-2021)

B Asotin – 11 (2011-2021)

2A Tumwater – 11 (2011-2021)

1A Medical Lake – 10 (2012-2021)

2A Ellensburg – 9 (2013-2021)

1A Northwest – 9 (2013-2021)

3A Arlington – 8 (2014-2021)

Longest current girls' streaks are -

2A Ellensburg – 10 (2012-2021)

2A Tumwater – 9 (2013-2021)

2A White River – 8 (2014-2021)

3A Edmonds Woodway – 7 (2015-2021)

After the streak clearing 2020 season, 2021 had minor damage. **2A Bellingham girls** 15 (2005-2020), **1A Royal girls** 9 (2012-2020), **3A Central Valley boys** 10 (2011-2020) and **2A Ellensburg boys** 8 (2013-2020) all saw their streaks end in 2021.

Covid takes a toll. For 18 consecutive years (2001-2019), **Sehome** qualified both boys and girls. This breaks the State record for consecutive qualifications of both teams of 15 years by **Gig Harbor**, 1987-2001. This ended in 2020 as Sehome boys did but girls did not make it to the virtual State meet.

2020 adversity brought down 8 major streaks. **B Northwest Chr. Lacey boys** (2000-2019) and **3A North Central boys** (2004-2019) ended streaks of 20 and 16 years. 6 major girls streaks could not withstand the 2020 season. Streaks of 19 – **2A Sehome girls** (2001-2019), 15 – **B Northwest Christian Lacey** (2005-2019), 14 – **1A La Center** (2006-2019), 12 – **4A Camas girls** (2008-2019), 11 – **4A Eisenhower** (2009-2019) and 10 – **2A Liberty Issaquah girls** (2010-2019) all fell in 2020.

In 2019, 4 major streaks ended. **1A Zillah girls** and **B Asotin girls** both ended streaks of 15 consecutive years to state. **B Northwest Christian Colbert boys** ended a streak of 11 years and **1A Meridian boys** ended a streak of 10 years.

In 2017, 2 major streaks ended. **4A Bellarmine Prep girls** streak of 20 (1997-2016) but returned in 2018. **2A Lindbergh boys** streak of 12 (2005-2016).

In 2016 one major streak ended. That team, **Lakeside 9-mile girls** ended a streak of 10 years but returned in 2018 to win the title.

In 2015 four major streaks ended. Of those four teams, **1A King's girls** have returned the last 5 years building a new streak.

Parity and or more quality programs around the state have made the journey to Pasco more and more challenging. In recent years, legendary programs have lost their consecutive streaks and or have become memories of the past. Washington State cross country is ever improving (see individual records below) and the teams' stories keep evolving.

MEGA-LONG STATE STREAKS ENDING

2020 brought down the mighty **Sehome girls** streak of 19 consecutive years at State. 13 of those years included trophies and 9 titles. Yet another team falling just short of Lakeside Seattle girls team record of 21 years.

2017 shocker. Needing only one more year to tie the girls state streak record, **Bellarmine Prep girls** streak ended at **20 years**. That streak included seven trophies and two state titles. Combining their two streaks, from 1988-1995 and 1997-2016, the Lions have only missed out on state two of the last 30 years.

2015 brought another shocker as **Bishop Blanchet boys** consecutive State appearance streak came to an end at **37**. The Braves have 48 overall appearances, a Washington State record, but finished one place too low at the very competitive District 1, 2 Championships. Interesting that the Braves trophied in 2014 after nine years of making it to State but not getting a trophy; then missed out completely in 2015.

In 2010, **Lakewood boys'** team ended the 2nd longest streak in State history. The Lakewood boys had qualified for State for **26** consecutive years which included eleven trophies. Since 2009, the Cougars have only returned to state twice.

In 2009, the legendary **Mead boys'** team ended their **21-year** streak. Of course, Mead earned an amazing 21 trophies in a row as well. Even more shocking is that after 21 straight trophies, it took 10 years for Mead to make it back to State.



LONGEST STATE APPEARANCE STREAKS

Boys – In 2020, **3 major streaks extended**, 0 major streaks ended.

37 - Blanchet boys (1978-2014)

26 - Lakewood boys (1984-2009)

21 - Mead boys (1988-2008)

20 - Northwest Chr. Lacey boys (2000-2019)

20 - Gig Harbor boys (1982-2001) *

20 - Sehome boys (2002-2021)

16 - North Central boys (2004-2019)***

16 - Nathan Hale boys (1963-1978)

16 - King's boys (1991-2006)

15 - Omak boys (1986-2000)

14 - La Center boys (2004-2017)

14 - Edmonds Woodway boys (1978-1991)

13 - Gig Harbor (2005-2017) *

12 - Seattle Prep boys (2002-2013)

12 - Royal (2005-2016)

12 - Renton boys (1975-1986)

12 - Mount Baker boys (1972-1983)

12 - Montesano boys (1982-1993)

12 - Lindbergh (2005-2016)

12 - Castle Rock boys (1974-1985)

12 – Tahoma boys (2010-2021)

11 - Eisenhower boys (2007-2017)

11 - Tri Cities Prep boys (2007-2017)

11 - Burlington Edison (1962-1972)

11 - Seattle Lutheran (1990-2000)

11 - Puyallup (1981-1991)

11 - Lakeside Seattle (1991-2001)

11 - Northwest Christian Colbert (2008-2018)

11 – B Asotin (2011-2021)

11 – 2A Tumwater (2011-2021)

* Gig Harbor is the only team with 2 major streaks.

Girls – 1 major streaks extended; 1 major streak ended in 2020. ***

21 - Lakeside Seattle girls (1977-1997)

20 - Bellarmine Prep girls (1997-2016)

19 - Sehome girls (2001-2019)

16 - South Whidbey girls (1989-2004)

16 - South Kitsap girls (1989-2004)

16 - Bellingham (2005-2020)***

15 - Zillah girls (2004-2018)

15 - Tahoma girls (2003-2017)

15 - Northwest Christian Lacey (2005-2019)

15 - Newport-Bellevue girls (1994-2008)

15 - Mount Baker girls (1977-1991)

15 - King's girls (2000-2014)

15 - Capital girls (2000-2014)

15 - Asotin girls (2004-2018)

14 - La Center (2006-2019)

12 - Riverside girls (1983-1994) *

12 - Redmond girls (2001-2012)

12 - Eisenhower girls (1994-2005) *

12 - Camas girls (2008-2019)

11 - White Pass Morton (2006-2016)

11 - Tumwater (1982-1992)

11 - Gig Harbor (1991-2001)

11 – Eisenhower (2009-2019) *

11 – Bishop Blanchet girls (1990-2000)

10 – Liberty Issaquah girls (2010-2019)

10 - Snohomish (1999-2008)

10 - Riverside (2005-2014) *

10 - Lakeside 9 Mile (2006-2015)

10 – Ellensburg (2012-2021)

* Riverside and Eisenhower are the only teams with 2 major streaks.



BOYS APPEARANCE GAPS

Something happened at **Mounts Si** in 2015 as their boys' team returned to state for the first time since 1968 and their girls team returned to state for the first time since 1977. I do not know the story about this turn around, but I bet it is a good one.

Interesting note that all 5 boys 2021 state champion teams did not compete in the 2020 virtual state meet. Only 2 of the 5 girls 2021 team State Champions competed in the 2020 virtual.

2021 Boys Gaps - **2021** was a good year for obscure teams to return. Both boys and girls "Gap" records were broken.

55-year gap, **3A West Seattle** boys looked like the team of the future from 1964-66 then 55 years later they are back. (1966-2021)

27-year gap, **1A Wapato** boys (1994-2021)

18-year gap, **3A Meadowdale** boys (2003-2021)

2020 BOYS GAPS

44-year gap, after a 3-year streak from 1975-1977, **2A Lynden** boys return. (1977-2021)

39-year gap, **3A Lincoln Seattle** returns (1982-2021)

27-year gap, **4A Sunnyside** return (1994-2021)

24-year gap, **3A Prairie** boys return (1997-2021)

24-year gap, **4A Hanford** boys return (1997-2021)

24-year gap, **3A Monroe** boys return (1997-2021)

2019 BOYS GAPS

52-year gap, **2A Sedro Woolley** boys breaks the record for the largest gap (1967-2019).

21-year gap, **B Trout Lake** boys are back with a trophy (1998-2019).

14-year gap, **4A Newport** boys return (2005-2019).

10-year gap, **1A Nooksack Valley** boys won it all in 2009 then.... (2009-2019).

2018 – a big year for comebacks

50-year gap, **3A Franklin** returned in 2018 for the 1st time since (what for it) 1968.

46-year gap, **B Morton** found their way back to state in 2018 for the first time since 1972.

25-year gap, **B Wilbur Creston** qualified to state in 2018 for the first time since they placed 4th in 1993.

21-year gap, **B Colfax** last ran at state in 1997 but returned in 2018.

2017 BOYS GAPS

12-year gap, **4A South Kitsap** returned in 2017 for the 1st time since 2005.

19-year gap, **3A Stadium** returned in 2017 for the 1st time since 1998.

12-year gap, **1A Klahowya** returned in 2017 for the 1st time since 2005.

15-year gap, **3A Yelm** returned in 2017 for the 1st time since 2002.

15-year gap, **4A Inglemoor** returned in 2017 for the 1st time since 2002.

2016 BOYS GAPS

32-year gap, **1A Goldendale** boys returned to State for the 1st time since 1984

26-year gap, **3A Mountain View** boys returned for the 1st time since 1990

16-year gap, **2A Steilacoom** boys last ran at State in 2000. The Sentinels returned to the show in 2016.

Only an 8-year gap but **1A Bush** boys returned for the 1st time since 2008 in a big way with a 3rd place finish.

2015 BOYS GAPS

47-year gap, **2A Evergreen Seattle** boys return to State for the 1st time since 1968. This is the 2nd longest gap between appearances in State history.

32-year gap, **3A Mount Si** boys return to State for the 1st time since 1973.

17-year gap, **B Mary Walker** boys return to State for the 1st time since 1998.

2014 boy's gaps

39-year gap, **3A Arlington** boys return for the 1st time since 1975 and trophied. The Eagles returned in 2015 and trophied again.

39-year gap, **1A Eatonville** boys return for the 1st time since 1975. The Cruisers missed out in 2015.

37-year gap, **3A Ingraham** boys return for the 1st time since 1977 but missed out in 2015.

26-year gap, **2A Sammamish** boys return for the 1st time since 1988 and went back to obscurity in 2015.

ALL TIME BOYS LONGEST GAPS BETWEEN STATE APPEARANCES

55 - **3A West Seattle** boys are going to be hard to beat (1966-2021)

52 - **2A Sedro Woolley** boys who made 3 appearances in the 60's, finally return to break the record after 52 years (1967-2019).

51 - **Wenatchee** boys (1960-2011) placed 2nd in the first State XC Championships and returned the following year. That was 1960.

In 2011 the Panthers returned after a 51-year absence.

50 - **3A Franklin** boys (1968-2018) had 5 trophies and 2 titles in the 1960s.

47 - **Evergreen Seattle** boys (1968-2015) returned for the 1st time since 1968.

47 - **1A Blaine** boys (1965-2012) qualified in 1965 then patiently waited 46 years to make it back in 2012.

46 - **B Morton** boys (1972-2018) found their way back to state in 2018 for the first time since 1972.

44- after a 3-year streak from 1975-1977, **2A Lynden** boys return. (1977-2021)

43 - **Naselle** boys (1965-2008) – 43-year gap

40 - **4A Central Valley** boys (1966-2006) – 40-year gap.

39 - **3A Lincoln Seattle** returns (1982-2021)

35 - **Bothell** boys (1969-2004) – 35-year gap

33 - **1A Deer Park** boys (1976-2009) – 33-year gap

32 - **Goldendale** boys (1984-2016) returned to State for the 1st time since 1984

32 - **Mount Si** boys (1973-2015) returned in 2015 for the 1st time since 1973.

32 - **North Beach** boys (1976-2008) – 32-year gap

31 - **1A Medical Lake** boys (1972-2003) – qualified 2 times total before 2012 then earned five trophies in a row in 2012-16.

29 - **1A Charles Wright Academy** boys (1973-2002) – 29-year gap

28 - **1A Bellevue Christian** boys (1966-1994) – 28-year gap

27 - **Stadium** boys (1966-1993) – 27-year gap

27 - **Garfield** boys (1966-1993) – 27-year gap

27 - **4A Sunnyside** return (1994-2021)

27 - **1A Wapato** boys (1994-2021) reclassification helps

26 - **Centralia** boys (1980-2006) – 26-year gap

26 - **North Thurston** boys qualified from 1962-1966, then again in 1975 and finally made it back in 2012. (1975-2012)

26 - **Sumner** boys also had a 26-year gap placing 4th in 1975 and then not qualifying again until 2012.

26 - **Peninsula** boys (1978-2004) – 26-year gap

26 - **3A Mountain View** (1990-2016) boys returned for the 1st time since 1990

25 - **B Wilbur Creston** qualified to state in 2018 for the first time since they placed 4th in 1993.

25 - **Ferndale** boys (1976-2001) – 25-year gap

25 - **Pullman** boys (1975-2000) – 25-year gap

24 - **Shorewood** boys (1984-2008) – 24-year gap

24 - **South Kitsap** boys (1966-1990) – 24-year gap

24 - **Mark Morris** boys (1973-2007) – 24-year gap

24 - **Bellingham** boys (1965-1989) – 24-year gap

24 - **3A Prairie** boys return (1997-2021)

24 - **4A Hanford** boys return (1997-2021)

24 - **3A Monroe** boys return (1997-2021)

23 - **Ellensburg** boys (1983-2006) – 23-year gap

23 - **Kentridge** boys (1987-2010) – 23-year gap

GIRLS APPEARANCE GAPS

2021 Girls - 2021 was a good year for obscure teams to return. Both boys and girls "Gap" records were broken.

40-year gap, **B Stevenson** girls break the record. (1981-2021)

30-year gap, **1A Naches Valley** girls back for the 1st time since 1990 for their 4th appearance.

16-year gap, **1A East Jefferson** (Pt Townsend) girls placed 2nd in 2005 and finally returned in 2021.

2020 Girls

25-year gap, **4A Kentridge** girls return (1996-2021)

23-year gap, **1A Connell** girls (1998-2021) This follows at gap of 21 years to their other state appearance in 1977. Look for Connell again in the mid 2040's.

22-year gap, **2A North Mason** girls return (1999-2021)

21-year gap, **1A Lynden** girls return (2000-2021)

2019 Girls

34-year gap, **3A Kennewick** girls had 2 trophies in a row then a dry spell (1985-2019).

27-year gap, **2A Washington** girls skipped a few decades (1992-2019)

20-year gap, **3A Lynnwood** girls qualified for the first time this century (1999-2019).

2018 GIRLS

23-year gap, **4A Joel Ferris** girls placed 3rd in 1995 then returned in 2018.

38-year gap, **2A Franklin Pierce** returned to state for the first time since 1980. This ties the record of Mount Si girls (1977-2015).

27-year gap, **B Trout Lake** last ran at state in 1991 and returned in 2018.

2017 GIRLS

34-year gap, **3A Woodrow Wilson** girls ran at state from 10981-83 and finally returned in 2017.

12-year gap, **3A North Central** girls finally out did their boys team. The Indians were last at State in 2005. They not only returned to Pasco in 2017 but ran away with the title while **North Central's** boys' team "only" placed 2nd (and that is a whole other story).

23-year gap, **B Colfax** girls last ran at state in 1994. The Bulldogs returned in 2017.

29-year gap, **1A Goldendale** returned to state in 2017 for the first time since 1988.

33-year gap, **3A Eastside Catholic** girls ran at state from 1982-85 and won the 1984 title. The Crusaders finally returned in 2017.

2016 GIRLS

22-year gap, **3A Shorecrest** girls not only returned for the first time since 1994 but place 3rd as well.

2015 GIRLS

38-year gap, **3A Mount Si** girls return to State for the first time since 1977. This is the longest appearance gap in girls State history.

16-year gap, **B Liberty Bell** girls return to State for the first time since 1999 and then won the title in 2016 and 2017.

2014 GIRLS

36-year gap, **3A Ballard** girls return for the 1st time since 1978 and trophied. This broke the all-time appearance gap record. The Beavers trophied again in 2015.

ALL TIME GIRLS LONGEST GAPS BETWEEN STATE APPEARANCES

40 - B Stevenson girls (1981-2021) reclassification helps break a record

38 - 2A Franklin Pierce (1980-2018) returned for the first time since 1980.

38 - Mount Si girls (1977-2015) returned for the first time since 1977.

36 - Ballard (1978-2014) girls return for the 1st time since 1978 and trophied.

34 - 3A Kennewick girls had 2 trophies in a row then a dry spell (1985-2019).

34-3A Woodrow Wilson girls ran state from 10981-83, finally returned 2017.

33-3A Eastside Catholic ran at state 1982-85, won the '84 title. Returned '17.

33 - Ingraham girls returned in 2016 for the 1st time since 1983

32 - Kent Meridian girls (1979-2011) – 32-year gap

30 - Quincy girls (1975-2005) – 30-year gap

30 - 1A Naches Valley girls (1990-2021)

29 - Meadowdale girls (1977-2006) – 29-year gap

29 - R.A. Long girls (1980-2009) – 29-year gap

29 - 1A Goldendale returned to state in 2017 for the first time since 1988.

27 - 2A Washington girls skipped a few decades (1992-2019)

27 - B Trout Lake (1991-2018) last ran at state in 1991 and returned in 2018.

27 - Kamiakin girls (1976-2003) – 27-year gap

27 - Lake Stevens girls (1980-2007) – 27-year gap

27 - Ellensburg girls (1980-2007) – 27-year gap

25 - 4A Kentridge girls return (1996-2021)

24 - Camas girls (1977-2001) – 24-year gap

23 - 1A Connell girls (1998-2020) This follows at gap of 21 years to their other state appearance in 1977. Look for Connell again in the mid 2040's.

23 - 4A Joel Ferris girls (1995-2018) placed 3rd in 1995 then returned in 2018.

23 - Castle Rock girls (1988-2011) – 23-year gap

23 - Peninsula girls (1978-2001) – 23-year gap

23 - B Colfax girls last ran at state in 1994. The Bulldogs returned in 2017.

22 - Aberdeen girls (1984-2006) – 22-year gap

22 - Mountain View girls (1984-2006) – 22-year gap

22 - Gonzaga Prep girls (1977-1999) – 22-year gap

22 - Cedarcrest / Tolt girls (1985-2007) – 22-year gap

22 - Shorecrest returned in '16 for the first time since '94 and trophied.

22 - 2A North Mason girls return (1999-2021)

21 - 1A Lynden girls return (2000-2021)

21 - Mountlake Terrace girls (1992-2013) – 21-year gap

21 - Northwest Christian Colbert girls (1977-1998) – 21-year gap

21 - Connell girls (1977-1998) – 21-year gap

20 - 3A Lynnwood girls qualified for the first time this century (1999-2019).

20 - Orting girls returned in 2016 for the 1st time since 1996

20 - Willapa Valley girls (1994-2014) return for the 1st time since 1994

20 - Shadle Park girls (1978-1998) – 20-year gap

20 - Cheney girls (1986-2006) – 20-year gap

20 - Mount Vernon girls (1988-2008) – 20-year gap

20 - Shelton girls (1993-2013) – 20-year gap

20 - Walla Walla girls (1993-2013) – 20-year gap

19 - Elma girls (1986-2005) – 19-year gap

19 - North Beach girls (1987-2006) – 19-year gap

19 - Olympic girls (1979-1998) – 19-year gap

19 - Garfield girls (1994-2013) – 19-year gap

19 - Bridgeport Mansfield girls (1994-2013) – 19-year gap

19 - Hazen girls (1982-2001) – 19-year gap

19 - Stadium girls (1990-2009) – 19-year gap

19 - Battle Ground girls (1974-1993) – 19-year gap

19 - Centralia girls (1982-2001) – 19-year gap

19 - Pullman girls (1992-2011) – 19-year gap

WASHINGTON STATE HIGH SCHOOL CROSS COUNTRY HISTORY - 2020 POST-STATE ANALYSIS

By Will Woodward (ran 15:25 at Sun Willows 1993) and Rod Wilcox – King's XC

Washington high school cross country traces its state championship history back to 1959. The Washington Interscholastic Activities Association started sanctioning the State meet a decade later, and the girls established a championship meet in 1973. Some of the interesting facts and figures of the 62 State meets are summarized below. To rank teams, I award 10 points for a championship, 7 points for finishing second, 5 points for third, 3 points for fourth and 1 point for any other State appearance.

ALL-TIME GREATEST BOYS' PROGRAMS

1) The legend is back. 4A **Mead High School** (241 points) has, by far, the greatest boys' cross-country program in Washington history. The Panthers have won a record 15 State titles, including 9 in a row from 1988 to 1996, and finished no lower than 3rd for 21 straight years (1988-2008). This of course coincided with the appearance and departure of Coach Pat Tyson. The 20-years of dominance was followed by a 9-year drought. One appearance between 2009 and 2019 then boom, back with 2 straight trophies. Mead has 12 individual titles, 28 team trophies in 32 appearances and has had 61 boys on the podium at state. Their amazing 21-year run was once thought untouchable but North Central and Sehome seem to be on pace to overtake the Panthers both in team titles and points. We'll see how long they can continue their progression. Things can change quickly with rising teams, parity across the state and changes within the schools. The theme of these lists is that no one stays on top forever and whoever is hot now will eventually go cold at least for a while. There is a new set of kids each year somewhere with a dream.

2) 3A **North Central** (202) "only" trophies. Yes, after 11 titles in a row, a trophy is a step down. Between 1971 and 1987 the Indians finished 4th or better 8 times, including capturing the 3A title in 1977. A 15-year gap followed but then the Indians went on a tear. A record eleven 3A championships and five other trophies in 16 years. North Central has reprised their early success and surpassed it. 61 podium placers, 25 team trophies and five individual State Champions comprise a great team resume. In 2015, NC broke the once untouchable title streak of 9 by Mead. While Mead was once the role model of the state, North Central has only the total state points record left to top. That won't happen for at least 4 years, but the Indians have joined Mead as the two true legends of Washington State History.

3) Consistent, consistent, consistent. 53 of the last 63 State meets have had a boys team from 3A **Bishop Blanchet** (178) in it. Parity and tough district competition have toppled many legendary teams, but Blanchet just kept on rolling; until 2015 that was. In a year of many streaks ending, the record 37-year streak of qualifying to state finally came to a halt. The Braves competed at State a record 53 times, including 37 years in a row (1978-2014). They have won 9 titles during that stretch along with 6 individual titles. The Braves have won 20 total trophies and placed 42 runners on the podium. Interesting that BB's streak ended a year after winning their first trophy in ten years. After missing out in 2 out of 3 years, Blanchet has rebounded with a trophy in 2019 and another title in 2021. Looks like the Braves are better than ever and adding to their legendary status.

4) One of the two major movers in the top 10 legends list, 2A **Sehome** (172) won their 9th title in a row in 2020 but only a trophy in 2021. Just 19 years ago, the Mariners had 12 points and one trophy to their credit. Things have changed. Something clicked, and the Mariners are quickly moving to legendary status. Now the best 2A school on this list, Sehome has a streak of 17 trophies in a row, 12 State titles and is moving up the list rapidly. Sehome has only 26 appearances at state which makes their points and trophy totals even more impressive. Not just quality teams, the Mariners have produced 5 individual State Champions and have run 37 guys onto the podium steps. Along with North Central, Sehome has become a powerhouse and do not look to be slowing down any time soon.

5) Quality over quantity. 4A **Joel Ferris** (162) has 24 total top-4 finishes in their 30 appearances, (a great trophy to appearance ratio). The Saxons also have 6 individual titles and 54 podium placers. Despite brutal competition from cross-town rivals, Ferris has won 8 titles in the State's largest classification, including 4 straight from 2003 to 2006. Ferris' 2009 title moved them to 2nd on this list but after placing 4th in 2010, the Saxons failed to qualify to State in 9 of the last 11 years. Interesting that the Saxon's last 8 appearances all earned a trophy but have been absent since 2016. Ferris can coast a bit since their legend status is secured but might be drifting into the teams of the past category.

6) 1996 was the first year that 1A **Lakeside – 9 Mile Falls** (132) qualified to the State Championships. This started the Eagles winning tradition as they returned to win in both 1997 and 1998. Since then, they have only missed out on the trip to Pasco 5 times. That makes 21 of the last 26 years. Technically they did not qualify the team to State in 2016 but they did qualify 5 individuals and went on to place 5th. A true XC anomaly. Worthy enough for me. The Eagles have won a total of 9 team titles and 16 trophies including 10 in a row (2004-2013). Lakeside's 21 appearances are one of the fewest of any team in the top 20. Another true team model, Lakeside has only won 1 individual title and has only placed 23 runners on the podium. The Eagles are looking at brutal district competition as they missed out on the trip to Pasco in 3 of the last 8 years. However, they won three titles and another trophy in 4 of the 5 other years. Always in the race at State, Lakeside moves past Omak to become the new legendary school of the 1A ranks.

7) In 2017 a legendary team from the past finally made it back to the show. 1A **Omak** (131) returned to State for the second time since 2000. Significant since they had only failed to qualify 3 times between 1969 and 2000. The Pioneers finished the century with their 7th team title but have only made it back to Pasco three times since. Historically the Pioneers, with 7 State titles, were the greatest 'small school' boys program in Washington history. They have 16 total top-4 trophies in 30 State appearances and have won 3 individual titles along with placing 26 runners on the podium. In 2001 Omak was 2nd on this list. Once a legend, always a legend but the Pioneers have been surpassed and look like a storied team of yesteryear.

8) 3A **Gig Harbor** (125) qualified to State for the first time in 1980, and then missed out in 1981. In 34 of the next 40 years, the Tide has made the trip to State; including a 20-year streak from 1982-2001. For most of Gig's history they have been bridesmaids at best. Their first 25 appearances garnered 10 trophies and just one title. Then things changed for the Tide. Between 2011 and 2014, Gig won four straight trophies and three titles. The Tide also climbs the podium often with their total of 4 individual Champions, 38 podium placers and 15 team trophies. Just when Gig Harbor was moving up this list fast, they only scored 3 points from 2015-2020. However, back with a trophy in 2021 and the Tide look to continue their rise. With so many quality programs creating parity around the state, just qualifying to Pasco is becoming a challenge for even the legends.

9) Counting the histories of both of its predecessor schools, 3A **Edmonds-Woodway** (123) has 7 championships to its credit, including six between 1982 and 1990. A true team model, the Warriors' 14 trophies have come with only one individual title and only 24 podium placers. E-W's 39 State appearances rank second only to Blanchet, but after their 1995 trophy they only made four appearance between 1996-2013. Now back to their old winning ways, the Warriors made 7 straight appearances with 3 trophies from 201-2020. 2021 was an off year. The Warriors history says that they will rebound but take nothing for granted in the "Battle to Pasco". Everyone has a dream but the will to win means nothing without the will to prepare.

10) B **NW Christian Lacey** (122) has only been to State this century. The Navigator's first appearance was 2000 and that started a 20-year streak including 8 titles and 15 trophies. NW Christian is now the 3rd best team this century and moving up the lists quickly. However, 2020 brought their streak to an end and 2021 was no better. The Navigators 6-year Championship streak (2014-2019) show their program has staying power and will likely return in 2022. Combine their team history with 5 individual titles and 33 runners on the podium. All of that, make them the highest ranked B school in history. Not bad for only 20 appearances.

11) 3A **Seattle Prep** (120) has won 3 team titles, each in a different decade (1966, 1972, and 2000). The Panthers have finished among the top 4 on 18 occasions to go along with 4 individual titles. They have placed 23 runners on the podium and qualified 31 teams to the show. With 11 straight trophies (2002-2012) Prep looked to be legends in the making but missed out on the trip to Pasco in 6 of the last 8 years. From 1995-2013, Prep only missed out on state once. Will the Panthers appearance in 2021 be the hint of things to come to will they continue their decline to the fading legends list?

12) 1A King's (115), then King's Garden, finished 22nd and last in the very first State meet in 1959 on a 2-mile course at Green Lake. The Knights placed 6 of the last 7 runners in the race, averaging a whopping 7:30 mile pace. King's has since avenged that performance with 4 team titles, 4 runner-up finishes and 31 team appearances. This includes a streak of 16 State appearances in a row (1991-2006). The Knights have won 4 individual titles and have had 37 runners climb the state podium. King's has outscored Omak 82 to 3 since 2000 but are still a distant 3rd best 1A school on the list. The Knights traveled to Pasco in 26 of the last 31 years and won their 15th team trophy in 2021. With 4 freshmen with state experience, can they make it to the top in 2022 for the 1st time in 20 years?

13) 4A Richland (105) returned in 2017 for the second time since 1995. Despite their recent absence, the Bombers have 26 team appearances and finished 4th or better 13 times. This included 5 straight titles from 1970 to 1974. That run made the Bombers the dominant team of Washington cross country's first three decades. Richland holds the distinction as the best program not to have won an individual title but has placed 22 runners on the state podium. As of 1989, Richland was #2 on this list. Along with Omak, Richland's early history has them in the legendary programs of the past category.

14) B Saint George's (103) won 11 trophies between 1991 and 2007 when they were the most successful B school by far. The next 14 years brought 11 appearances but only 3 trophies as the B competition excelled. The Dragons are still successful, but legends get trophies. Saint George's have climbed the podium for 14 trophies in their 28 appearances. Add to that 3 team titles, 1 individual title and 25 podium placers and Saint George's is the 2nd highest-ranking B school in Washington State history. The competition at the B level, like all divisions, has really picked up so the battle is on to see who is "The King of the Bs".

15) Between 1959 and 1985, 4A Eisenhower (100) qualified to state just twice. Since 1986 the Cadets have travelled to the show 22 times. Of course, this coincides with the closing of Carrol High School and Coach Phil English moving across town to Eisenhower. Like Pat Tyson's arrival at Mead, Coach English brought with him the winning ways of Carrol (check out their legendary years from 1977-1985). In 2021, the Cadets earned their 10th trophy in 20 years. Eisenhower has won two team titles and 14 trophies in 24 appearances. While they have never won an individual title, the Cadets have placed 32 runners on the podium.

16) B Burlington-Edison (93) only missed one year between 1959 and 1972 earning 6 trophies. However, the next 30 years brought only 3 appearances. The Tigers then began anew, winning 5 trophies in a row from 2005-2009 and moved into the top 10 on this list. Then B-E went back into hibernation with only one appearance since. Still the Tigers have an impressive resume with 25 runners on the podium, 11 trophies in 23 appearances. Burlington-Edison, Eisenhower and Richland are the only teams in the top 16 who have not had an individual Champion. They were a fast-rising team however brutal district competition has slowed their legendary status.

TOP 50 BOYS TEAMS:

- 17) 1A Riverside (89) 2 titles. 12 total trophies. 29 appearances.
- 18) B NW Christian Colbert (88) rebounds from off year with trophy.
- 19) 1A Montesano (82) 8 out of 13 years but no trophies since 1988
- 20) 3A Snohomish (81) 2 titles, 8 trophies but only 7 points since 2003
- 21) 2A Columbia River (80) 36 appearances but only 1 trophy since '83
- 22) 4A University (77) 3 titles, 9 trophies but only 3 appearances since 2001
- 23) 3A Kamiakin (75) 3 titles and 9 trophies but 11-year streak ends.
- 31) 2A Lakewood (66) 3 app. since 2009 but had a 26 streak with 11 trophies
- 32) 1A Medical Lake (64) 9-year streak with 8 trophies and 3 titles
- 33) 3A Nathan Hale (62) 30 appearances but 5-year drought
- 34) 1A Cashmere (62) 10 out of 13 years but no trophies since 2004
- 35) 4A Redmond (61) 11 out of 15 years but only 2 trophies
- 36) 2A Cedarcrest (59) 8 out of 11 years and 3 trophies
- 37) 4A Central Valley (58) 10 in a row with 7 trophies and 1 title
- 38) 4A West Valley Yakima (57) 8 out of 9 years, 26 total appearances
- 38) 1A Mount Baker (57) 16-year drought and 3 points since 1992
- 38) B Tonasket (57) 20 appearances but only 1 trophy since 1982
- 41) B Liberty Bell (56) 10-year streak ends

- 23) 4A Tahoma (75) 11 in a row with 3 titles and 5 trophies
- 23) 4A Curtis (75) 4 titles, 27 appearances but only 5 since 1997
- 23) 2A Selah (74) 13 out of 18 years but only 1 trophy since 1986
- 27) 4A Lewis & Clark (73) last 5 appearances won 5 trophies
- 28) 2A East Valley-Yakima (71) 3 titles but 0 appearances since 2008
- 28) 2A West Valley-Spokane (71) 11 trophies but 0 appearances since 2007
- 30) 1A Charles Wright (68) 17 out of 19 years with 8 trophies
- 42) 3A Shadle Park (55) 1st appearances since 1987
- 43) 3A Shorecrest (54) 20 appearances but 0 since 2009
- 44) 1A South Whidbey (53) 1st team title in 20 appearances
- 45) 3A Lakeside Seattle (52) only 6 appearances since 1999 title
- 46) 1A Castle Rock (50) 17 appearances but only 2 since 1987
- 46) 2A Ephrata (50) 2 state titles but 0 points since 2005
- 47) 2A Bellingham (48) earns 7th trophy in 18th appearance
- 48) 4A Newport Bellevue (46) 1st trophy since 1994
- 49) 1A Chelan (45) 6 trophies in 16 appearances, only 1 this decade
- 50) Bellarmine Prep (44) 11-year streak with 3 trophies



BEST BOYS PROGRAMS BY DIVISION - (Teams placed in current division, no matter where the points were earned)

4A BOYS – Top 2 don't score, 6 of the top 10 scored and 13 of the top 40 made it to state in 2021

1) Joel Ferris 162	9) Redmond 61	16) Olympia 39 +1	24) Lake Stevens 17	32) Mount Si 12
2) Richland 105	10) Central Valley 58	18) Puyallup 38 +1	26) Battle Ground 15	34) Glacier Peak 10
3) <u>Eisenhower 100 +5</u>	10) West Valley-Yak 58 +1	19) Camas 37 +1	26) Davis 15	34) Skyview 10
4) Kamiakin 85 +10	12) <u>Issaquah 48 +7</u>	20) Mount Rainier 35	28) Gonzaga Prep 14	34) Kamiak 10 +1
5) <u>Tahoma 78 +3</u>	13) Newport Bellevue 47 +1	21) South Kitsap 24	28) Skyline 14	37) Auburn 9
6) University 77	14) Bellarmine Prep 44	22) Kent-Meridian 22	30) Marysville Pilchuck 13	37) Mariner 9
7) Curtis 76 +1	15) Henry Jackson 40	23) Hazen 21	30) Wenatchee 13	37) Inglemoor 9
8) Lewis & Clark 74 +1	16) Rogers-Spokane 39	24) Eastmont 17	32) Bothell 12	40) Woodinville 8+1

3A BOYS – 4 historical programs square off for the trophies, 7 of the top 10 scored and 18 of the top 40 made it to state in 2021.

1) <u>Mead 241 +5</u>	9) Shorecrest 54	17) Mount Vernon 35	25) O'Dea 27	33) Ballard 17 +1
2) <u>North Central 202 +3</u>	10) Lakeside-Seattle 52	18) Interlake 34	25) Liberty Issaquah 27 +1	33) Everett 17
3) Bishop Blanchet 178 +10	11) Kennewick 43	19) Mount Spokane 33 +1	27) Peninsula 25	35) Bremerton 16
4) <u>Gig Harbor 125 +7</u>	12) Capital 41	20) Garfield 31	28) Ingraham 24	36) Shoreline 14
5) Edmonds-Woodway 123	13) Lynnwood 39	20) Wilson 31	28) Oak Harbor 24 +1	36) Cleveland 14
6) Seattle Prep 120 +1	13) Bellevue 39	20) Kelso 31 +1	30) Central Kitsap 23 +1	38) Walla Walla 13
7) Snohomish 82 +1	15) Arlington 38 +1	23) Mercer Island 30 +1	31) Auburn Riverside 19	38) Stadium 13 +1
8) Nathan Hale 63 +1	16) Franklin 37	24) Lakes 29 +1	32) Meadowdale 18 +1	40) Lincoln Seattle 11

2A BOYS – Sehome extends big lead; 5 of the top 10 scored and 15 of top 40 made it to state in 2021.

1) <u>Sehome 172 +5</u>	9) Shadle Park 55	16) Tumwater 32 +1	25) Mountlake Terrace 23	33) Centralia 15
2) Burlington-Edison 93	10) Ephrata 51 +1	18) Ellensburg 31	26) Sequim 22	33) Ridgefield 15 +1
3) <u>Selah 82 +7</u>	10) <u>Bellingham 51 +3</u>	19) Pullman 28 +1	26) Shelton 22 +1	35) Mark Morris 14
4) Columbia River 80	12) Squalicum 42 +10	20) Anacortes 26	28) Steilacoom 23 +1	35) Franklin Pierce 14
5) West Valley-Spokane 72 +1	12) Renton 42	20) Port Angeles 26 +1	29) Evergreen Seattle 21	37) Elma 13
6) East Valley-Yakima 71	14) Lindbergh 40	22) Washougal 25 +1	30) Enumclaw 20 +1	37) North Kitsap 13 +1
7) Lakewood 66	15) Cheney 38	22) Tyee 25	30) W F West 20	39) Washington 12
8) Cedarcrest / Tolt 59	16) East Valley Spokane 32	24) Highline 24	32) Sammamish 16	39) Prosser 12

1A BOYS – Lakeside is the new leader after decades of Omak lead, 3 of top 10 and 13 of the top 40 made it to state in 2021.

1) Lakeside-9 mile 132 +10	9) Mount Baker 57	17) Deer Park 33	25) <u>Cascade Leaven 19 +5</u>	33) Northwest 14 +1
2) Omak 131	10) South Whidbey 53	18) Naches 28	26) Nooksack Valley 18	34) Seattle Christian 13
3) <u>King's 115 +7</u>	11) Castle Rock 50	19) Freeman 27	26) Bellevue Chr. 18 +1	34) Vashon Island 13
4) Riverside 89	12) Chelan 45	19) Meridian 27 +1	28) Highland 16	36) Zillah 12
5) Montesano 82	13) Colville 43	21) Wapato 25 +1	28) Lynden Chr. 16	37) Bush 10 +1
6) Charles Wright 68	14) Connell 36	21) Royal 25 +1	30) Newport 15	37) Tenino 10
7) <u>Medical Lake 67 +3</u>	14) Port Townsend 36 +1	23) Seattle Academy 22	30) Klahowya 15	39) Granger 9
8) Cashmere 62	14) La Center 36 +1	24) Rochester 21	30) White Salmon 15 +1	40) Bear Creek 8

B BOYS – NW Chr. Lacey does not score, 4 of the top 10 scored and 8 of the top 31 made it to state in 2021.

1) Northwest Chr. Lacey 122	9) Asotin 39 +1	17) Carroll 17	24) Davenport 11 +1
2) <u>Saint George's 103 +3</u>	10) Seattle Lutheran 38	17) Onalaska 17	26) Valley Christian 10
3) Northwest Chr. Colbert 88	11) Lake Roosevelt 28	17) Toledo 17	26) Odessa 10
4) Liberty Bell 66 +10	11) Ilwaco 28	20) Pomeroy 16	26) Mary Walker 10
5) Tonasket 57	13) Colfax 27	21) Trout Lake 15	29) Crosspoint Aca. 9
6) <u>Chewelah 45 +5</u>	14) Republic 25	22) Goldendale 13 +1	29) Wilbur Creston 9
7) Reardon 42	15) <u>Pope John Paul 23 +7</u>	23) Mosseyrock 12	29) Lyle 9
7) Tri Cities Prep 42	16) White Pass 18 +1	24) South Bend 11	

The progression of the all-time Boys' list, **after** each decade

1969	1979	1989	1999	2009	2019
52 – Snohomish	67 – Richland	91 – Edmonds	152 – Mead	228 – Mead	229 – Mead
40 – Shadle Park	61 – Curtis	82 – Richland	128 – Omak	153 – Joel Ferris	199 – North Central
39 – Burlington Edison	59 – Snohomish	71 – Joel Ferris	107 -Edmonds Woodway	150 – Bishop Blanchet	168 – Bishop Blanchet
38 – Rogers Spokane	51 – Columbia River	70 – Montesano	104 – Bishop Blanchet	129 – Omak	162 – Joel Ferris
36 – Franklin	46 – Burlington Edison	68 – Bishop Blanchet	103 – Richland	112 – North Central	157 – Sehome
29 – Lewis & Clark	45 – Selah	63 – Mead	87 – Joel Ferris	110 -Edmonds Woodway	131 – Omak
22 – Columbia River	42 – Joel Ferris	61 – Curtis	74 – Montesano	103 – Richland	122- Edmonds Woodway
22 – Renton	41 – Shadle Park	59 – Snohomish	70 – Curtis	102 – Seattle Prep	122 - NW Chr. Lacey
21 – Ingraham	41 – North Central	58 – North Central	69 – Snohomish	92 – Burlington Edison	122 – Lakeside 9 mile
20 – Mount Vernon	40 – Nathan Hale	57 – Columbia River	66 – Gig Harbor	84 – King's	119 – Seattle Prep
		57 – Selah	61 – West Valley Spok	84 – Saint George's	118 – Gig Harbor
		57 – Omak	60 – Columbia River	79 – Gig Harbor	107 – King's
		54 – Shadle Park	60 – University	77 – Snohomish	105 – Richland
			58 – North Central	75 – Montesano	100 – Saint George's

HISTORY OF THE NUMBER ONE BOYS' PROGRAMS – by point totals after each year.

1959 – 10 – **Shadle Park** wins the inaugural State Championships.

1960 – 15 – **Shadle Park** wins their 2nd trophy. **Snohomish** (11)

1961 – 18 – **Shadle Park** wins their 3rd trophy. **Snohomish** (12)

1962 – 28 – **Shadle Park** is the 1st team to win their 2nd title.

Snohomish (19) wins 2nd trophy.

1963 – 35 – **Shadle Park** wins 5th trophy in a row. **Snohomish** (26) wins 3rd trophy

1964 – 38 – **Shadle Park** wins 6th trophy in a row. **Snohomish** (33) wins 4th trophy

1965 – 43 – **Snohomish** wins 2nd title. **Shadle Park** (39) adds one

1966 – 44 – **Snohomish** adds one. **Shadle Park** (40) adds one

1967 – 45 – **Snohomish** adds one. **Shadle Park** (40) won't score again until 1975.

1968 – 52 – **Snohomish** wins their 6th trophy. **Shadle Park** (40)

1969 – 52 – **Snohomish** and **Shadle Park** (40) fail to score.

1970 – 52 – **Snohomish** didn't score. **Burlington Edison** (44) wins their 6th trophy.

1971 – 53 – **Snohomish** adds one. **Burlington Edison** (45) adds one.

1972 – 54 – **Snohomish** and **Burlington Edison** (46) add one.

Richland (45) 1st team to win 3 titles

1973 – 55 – **Snohomish** adds one. **Richland** (55) is the 1st team to win 4 titles.

1974 – 65 – **Richland** is the 1st team to win 5 titles. **Snohomish** (56) adds one.

1975 – 65 – **Richland** ends streak of 5 titles in a row. **Snohomish** (57) adds one.

1976 – 66 – **Richland** and **Snohomish** (58) each add one.

1977 – 66 – **Richland** didn't score. **Snohomish** (59), **Curtis** (59) wins 7th trophy.

1978 – 66 – **Richland** didn't score. **Curtis** (60) adds one.

1979 – 67 – **Richland** and **Curtis** (61) each add one.

1980 – 67 – **Richland** and **Curtis** (61) both didn't score.

1981 – 68 – **Richland** adds one. **Joel Ferris** (62) moves up with 3rd title.

1982 – 69 – **Richland** adds one. **Joel Ferris** (62) didn't score.

1983 – 74 – **Richland** wins their 9th trophy. **Joel Ferris** (62) didn't score.

1984 – 79 – **Richland** wins their 10th trophy. **Joel Ferris** (63) adds one.

1985 – 80 – **Richland** adds one. **Joel Ferris** (64) adds one.

1986 – 81 – **Richland** adds one. **Joel Ferris** (64), **Edmonds** (64) wins 4th title.

1987 – 82 – **Richland** adds one. **Edmonds** (74) is the 2nd team to win 5 titles.

1988 – 84 – **Edmonds** is the 1st team to win 6 titles. **Richland** (82) didn't score.

1989 – 91 – **Edmonds** wins their 10th trophy. **Richland** (82) didn't score.

1990 – 101 – **Edmonds Woodway** is the 1st team to win 7 titles.

Richland (82) didn't score.

1991 – 102 – **Edmonds Woodway** adds one. **Richland** (83) adds one.

1992 – 102 – **Edmonds Woodway** fails to score.

Mead (93) is the 2nd team to win their 6th title.

1993 – 103 – **Mead** is the 2nd team to win 7 titles.

Edmonds Woodway (102) doesn't score.

1994 – 113 – **Mead** is the 1st team to win 8 titles. **Omak** (104) wins their 6th title.

1995 – 123 – **Mead** is the 1st team to win 9 titles.

Edmonds Woodway (106) wins their 12th trophy

1996 – 133 – **Mead** is the 1st team to win 10 titles.

Omak (106) Edmonds Woodway (106)

1997 – 140 – **Mead** wins their 16th trophy. **Omak** (111) wins their 14th trophy.

1998 – 147 – **Mead** wins their 17th trophy. **Omak** (118) wins their 15th trophy.

1999 – 152 – **Mead** wins their 18th trophy. **Omak** (128) wins their 7th title.

2000 – 162 – **Mead** is the 1st team to win 11 titles. **Omak** (129) adds one.

2001 – 172 – **Mead** is the 1st team to win 12 titles.

Omak (129) won't score again until 2011.

2002 – 182 – **Mead** is the 1st team to win 13 titles.

Bishop Blanchet (131) moves up 6th title

2003 – 187 – **Mead** wins 22nd trophy. **Bishop Blanchet** (134) wins 16th trophy.

2004 – 194 – **Mead** wins 17th trophy in a row.

Bishop Blanchet (144) wins 8th title.

2005 – 201 – **Mead** wins their 24th trophy. **Bishop Blanchet** (145) adds one.

2006 – 208 – **Mead** wins their 19th trophy in a row. **Bishop Blanchet** (146) adds 1

2007 – 218 – **Mead** is the 1st team to win 14 titles. **Bishop Blanchet** (147) adds 1

2008 – 228 – **Mead** is the 1st team to win 15 titles. **Bishop Blanchet** (148) adds 1

2009 – 228 – **Mead** shockingly fails to score. **Joel Ferris** (153) wins their 8th title.

2010 – 228 – **Mead** doesn't score. **Joel Ferris** (156) wins their 22nd trophy

2011 – 228 – **Mead** doesn't score. **Joel Ferris** (156) doesn't score.

Bishop Blanchet (152) adds one.

2012 – 228 – **Mead** doesn't score. **Joel Ferris** (156) doesn't score.

Bishop Blanchet (153) adds one. **North Central** (142) another title.

2013 – 228 – **Mead** doesn't score. **Joel Ferris** (156) doesn't score.

Bishop Blanchet (154) adds one, **North Central** (152) another title

2014 – 228 – **Mead** doesn't score. **North Central** (162) another title,

Bishop Blanchet (159) trophies, **Ferris** (156) doesn't score

2015 – 228 – **Mead** doesn't score. **North Central** (172) another title,

Bishop Blanchet (159) ends massive streak. **Ferris** (159) trophies

2016 – 228 – **Mead** doesn't score. **North Central** (182) another title,

Ferris (162) another trophy, **Blanchet** (160) returns to score.

2017 – 228 – **Mead** doesn't score. **North Central** (187) another trophy,

Ferris (162) doesn't score, **Bishop Blanchet** (160) doesn't score.

2018 – 229 – **Mead** 1st score since 2008, **North Central** (194) another trophy,

Ferris (162) doesn't score, **Blanchet** (161) returns to score.

2019 – 229 – **Mead** doesn't score, **North Central** (199) another trophy,

Blanchet (168) trophies, **Ferris** (162) doesn't score.

2020 - 236 - **Mead** is back with a trophy, **North Central** (199) doesn't score,

Bishop Blanchet (168) doesn't score, **Sehome** (167) titles again

2021 - 241 - **Mead** trophies again, **North Central** (202) trophies ,

Bishop Blanchet (178) wins 4th title, **Sehome** (172) only trophies

BOYS BEST TEAMS OF EACH DECADE

1960s (+1959)

Snohomish (52) - 2 titles, 4 times runners-up, Coach Keith Gilbertson
Shadle Park (40) - 1962 title, 4 other trophies
Burlington-Edison (39) - 1967 title, 4 other top-3 finishes
Rogers –Spokane (38) - 2 titles, 5 top 3 finishes, Gerry Lindgren
Franklin (36) -2 titles, 3 other trophies
Lewis & Clark (29) - 2 titles
Columbia River (22) – 1 Title plus 2 other Trophies
Renton (22) – 1 Title, one 3rd plus 8-year streak
Ingraham (21) – 3 trophies, 7 appearances
Mt. Vernon (20) – 1 Title, 1 2nd place and 9 appearances
Highline (20) – 3 trophies and 10 appearances
Evergreen Seattle (20) – 1 Title, 1 2nd place and 7 appearances
STREAKING– to State Every Year - None
To State 9 Years– Hudson’s Bay, Snohomish, Mount Vernon,
Burlington Edison, Highline and Bishop Blanchet

1980s

Edmonds (64) - 5 titles, 2 other top-4,
Blanchet (45) - 3 titles, 2 other top-3,
Montesano (32) -1980 title, 4 other top-4
Redmond (29) - 1985 title, 3 other top-3
Ferris (29) - 2 titles, once runners-up
Ephrata (28) - 2 titles, once runners-up
Mead (28) - 2 titles and a 2nd, Tyson arrives
Castle Rock (26) – 1 Title plus 2 Trophies
Riverside (26) – 1 Title plus 2 Trophies
Shorecrest (25) – 2 Titles plus 1 3rd place, Tyson’s short stay
West Valley-Spokane (25) – 3 2^{nds}, 4 appearances
Omak (23) – 5 trophies and 7 appearances
Gig Harbor (23) – 3 trophies and 9 appearances
Mount Baker (22) – 1 Title and 7 appearances
Cashmere (21) – 1 Title, 3 trophies
STREAKING – to State Every Year
Edmonds and Blanchet

2000s

Mead (76) - 5 Titles, top-3 for 9 years
Ferris (66) – 5 Titles (4 in a row) and three 3rds
North Central (54) – 4 Titles and two 2nd places
King’s (51) - 3 Titles in a row, two 2nds, and a 3rd
Seattle Prep (50) - 2000 Title then 8 straight Trophies
Sehome (48) – 2 Titles, three 2nds and a 3rd
Bishop Blanchet (45) - 3 Titles, the streak continues
NW Christian Lacey (44) – 2 Titles and 3 other Trophies
Lakeside-9mile falls (44) - 2 titles, two 2nds and a 3rd.
Burlington Edison (43) – 3 Titles and 2 other Trophies
Charles Wright (41) – 2 Titles plus 3 other Trophies
Reardan (39) - 2 Titles plus 3 other Trophies
Saint George’s (36) – 2 Titles plus 3 other Trophies
East Valley Yakima (32) – 2 Titles and two 2nd places
Eisenhower (24) – 4 Trophies
Henry Jackson (24) – 3 Trophies
Lakewood (24) – 5 Trophies, the streak continues.

STREAKING – to State Every Year

Blanchet, NW Christian Lacey, Lakewood

1970s

Richland (52) - 5 straight titles
Selah (45) - 3 straight titles, twice 2nd
Curtis (43) - 3 titles, 2 other trophies
Montesano (38) - 1974 title, 4 other trophies
North Central (37) - 1977 title, 5 trophies
Omak (33) - 2 titles, once runners-up
Tonasket (32) – 1 Title plus 3 other Trophies
Mount Baker (30) – 2 Titles plus 3 Trophies
Columbia River (29) – 1 Title, 4 Trophies
Joel Ferris (26) – 2 Titles, 1 other Trophy
Mead (25) – 1 Title and 2 2nd places
Cedarcrest/Tolt (25) – 2 Titles and 3 trophies
Nathan Hale (22) – 4 trophies, 9 appearances
Castle Rock (22) – 4 trophies, 8 appearances
STREAKING – to State Every Year - Curtis

1990s

Mead (89) - 7 straight titles, top-3 all 10 years, best decade ever
Omak (71) - 5 titles, 3 other top-3 finishes
University (47) - 3 titles, 2 other top-4
Saint George's (46) - 1993 title, 5 other top-3 finishes
Gig Harbor (43) - 1995 title, 5 other trophies
Chewelah (38) - 3 titles, 2 other trophies
Blanchet (36) - 2 titles, 3 other trophies
Chelan (32) - 1 Title plus 4 other Trophies
Lynnwood (32) – 2 Titles plus 2 other Trophies
East Valley-Yakima (31) – 1 Title plus 3 other Trophies
Seattle Lutheran (29) – 1 Title and 3 other Trophies
King’s (28) – 1 Title and 2 other Trophies
Riverside (25) – 4 Trophies and 7 appearances
Capital (24) – 1 Title and 9 appearances
West Valley Yakima (22) – 1 Title, 3 trophies
Seattle Prep (22) – 3 trophies and 6 appearances
STREAKING – to State Every Year
Mead, Omak, Gig Harbor, Blanchet, Seattle Lutheran, Lakewood

2010s

Sehome 2A (97) – 9 titles, 1 second place
North Central 3A (87) – 7 titles, 10 trophies
NW Christian Lacey (78) – 6 titles, 9 trophies
Kamiakin (69) – 3 titles, 9 trophies
Lakeside 9 Mile (56) – 4 titles, 7 trophies
Medical Lake (55) – 3 titles, 7 trophies
Eisenhower (44) – 1 title, 6 trophies
Central Valley (42) - 1 title, 6 trophies
Gig Harbor (39) – 3 titles, 1 second
Tri-Cities Prep (39) – 3 titles, 2 fourths
NW Christian Colbert (38) – 1 title, 5 trophies
Tahoma (38) – 2 titles, 4 trophies
Deer Park (29) – 2 titles, 4 trophies
Bellarmine Prep (29) – 1 title, 3 trophies
Lewis & Clark (28) – 5 trophies
Asotin (27) – 5 trophies
Liberty Issaquah (26) – 5 trophies
Camas (25) – 1 title, 3 trophies
Lindbergh (25) – 1 title, 3 trophies
Liberty Bell (24) – 3 trophies
Charles Wright (24) – 1 title, 3 trophies
King’s (23) – 5 trophies
Interlake (22) – 3 trophies
Streaking – to state every year. Sehome, North
Central, NW. Chr. Lacey, Kamiakin, Tahoma,
Bellarmine Prep., Liberty Bell, Camas

BEST BOYS DECADES:

1 - 10’s Sehome (97)
2 - 90’s Mead (89 points)
3 - 10’s North Central (87)
4 - 10’s NW Chr. Lacey (78)
4 - 00’s Mead (76)
6 - 90’s Omak (71)
7 - 10’s Kamiakin (69)
8 - 00’s Ferris (66)
9 - 80’s Edmonds (63)
10 - 10’s Lakeside 9-mile (56)
11 - 10’s Medical Lake (55)
12 - 00’s North Central (54)
13 - 70’s Richland (52)
13 - 60’s Snohomish (52)
15 - 00’s King’s (51)
16 - 00’s Seattle Prep (50)
17 - 00’s Sehome (48)
18 - 90’s University (47)
19 - 90’s Saint George’s (46)
20 - 80’s Bishop Blanchet (45)
20 - 00’s Bishop Blanchet (45)
20 - 70’s Selah (45)

ALL-TIME GREATEST GIRLS' PROGRAMS

1) Our new all-time girls leader is 2A **Sehome** (146). In 2021, the Mariners ascend to the top with a record 11th team title. Before 2001, the Sehome had only 3 appearances. Since then, a 20-year run has thrust the Mariners to the top of the legends. The Mariners have had 38 girls climb the podium and 4 have ran away with the individual title. With only 23 total appearances, 16 trophies and 11 titles, Sehome has an incredible success rate. The Mariners streak of 19 appearances was broken in 2020 which shows that anything can happen in the highly competitive district one. Parity around the state can humble a program fast. Just ask Mead, Ferris, Mount Baker, and Omak. The Mariners bounced back in a big way in 2021 and showed that the covid year was just an anomaly.

2) Dropping to #2 is 1A **Riverside** (139 points). The Rams have been a consistent program scoring big for the last 4 decades. (80's=31, 90's=24, 00's=42, 10's=42) Between 1981 and 2016 they only missed out on State 5 times (31 of 36 years). However, the Rams have missed out on the trip to Pasco the last five years. Riverside has won 4 titles and finished in the top-4 an additional 18 times for record 22 trophies. A true team of depth as they have amazingly never won an individual title and have only had 26 girls on the podium. Riverside won 16 team trophies in 20 years (1997-2016) but did not make it to Pasco in 2017 - 2021. The Rams might be in a lull, but history says that they will come back soon. Will it be in time to hold onto #2 ranking?

3) The very first girls State Championship meet in 1973 did not have 4A **Bellarmine Prep** (129) participating. Since 1973, the Lions have only missed 8 years and have only missed 2 this century. That is a record 40 out of 49 meets and 20 in a row from 1997-2016. That is the 2nd longest streak in State history to Lakeside's streak of 21 (1977-1997). Prep does have the 4th most trophies at a total of 16. In those 40 years of attending, the Lions have had 36 girls on the individual podium, 5 team titles and 5 individual titles. Bellarmine Prep's history is both quality and quantity and amazing that they are "only" 3rd on this list.

4) With only 4 appearances before this century, 1A **King's** (124) was the first team to 7 Titles including 4 in a row from 2006 to 2009. The Lady Knights racked up 13 trophies in 14 years (2000-2013) but their 15-year appearance streak ended in 2015. Their 85 points in the 2000's, scored as the best female decade ever although Sehome and Camas came close in the 10's. The Lady Knights have won 4 individual titles and placed 38 runners on the podium. If not for the 2-year opt up to 2A, the Lady Knights might have topped Mead's decade record of 89 points and Mead's record 9 titles in a row. In 2014, King's did not trophy for only the second time this century and then a no appearance in 2015 showed signs of a fading legend. However, the Knight's are on a 6-year streak with 2 trophies to further their legacy. A tight group of #4-#9 on this list with 4 points between them. History says that a few of these will surge and a few will fade. We'll see which group the Knights will be in.

5) After 16 years on top, 1A **Mount Baker** (123) was dethroned in 2012 and now faded to #5. The Mountaineers took over the all-time lead from Edmonds Woodway in 1996, after scoring consistently since 1977. They won titles in their first two State meets and have added three more since. Mount Baker earned 17 trophies along the way and placed 34 runners on the podium, including 2 individual titles. Between 1977 and 2004 they only missed out on a trip to state three times (25 of 28 years). Since 2004, the Mountaineers struggled through an eight-year drought and have only returned to State twice. Staying on top is never easy.

6) Prime example that cross country is a team sport is **B Saint George's** (122). The Dragons in 2015, placed 1st and 2nd individually but did not place as a team. In contrast, the 2019 Dragons returned to win their 17th trophy with no one on the podium. Saint George's first qualified to State in 1992 and immediately started a legacy of winning 18 trophies in 21 appearance, including five titles in nine years (1992-2000). The Dragons trophy to appearance ratio is the best of any team in the top 20. (Chief Sealth of course has a 1-1 ratio in their one and only appearance and title.) Saint George's further won 4 individual titles, placed 39 girls on the podium. They were the best B girl's program for decades but watch out for Northwest Christian Lacey who has caught up fast.

6) Carroll High School (the best B school at that time) closed in 1986 and Coach Phil English moved across town to 4A **Eisenhower** (122). In 1987, the Cadets placed second at State and the legend began. As the greatest "big school" girls program, east of the Cascades; they have won five titles, five times been runners-up, and collected a total of 13 trophies. Since 1987, the Cadets have only missed out on State 5 times (29 of 34 years). Eisenhower has won 2 individual titles and placed 32 runners on the podium. The Cadet's 11-year streak ended in 2020. Covid anomaly or hint of things to come? Another 2021 question.

8) Before this century **B Northwest Christian Lacey** (120) had never made the trip to state. The new century brought a new "B" legend to the front. From 2000-2019 the Navigators have made 17 of 20 years to state. That is impressive but 14 trophies in 16 years (2006-2018) is even more impressive. That is great but 9 titles in a row (2006-2014) is incredible. Add one individual title and 35 girls on the podium and the Navigators are battling to be the "King of the B's". NW Christian was riding a streak of 9 titles in a row to tie the Sehome girls' record of consecutive titles but both teams streak ended in 2015. The Navigators' trophy streak ended in 2019, a rare disappointment this century. Their streak of 15 appearances was also broken in 2020. With the emergence of Pope John Paul 2 and Liberty Bell, the bar has risen. Stay tuned as we'll see if the "King of the B's" can withstand the challenge.

8) Before 1980, 3A **Gig Harbor** (120) had not made it to State. Between 1980 and 2010, the Tides only missed out on state 4 times, (27 out of 31 years). Like Mount Baker, the Tides won it all in their first State meet (1980) and have won four more titles since. Gig finished among the top-4 ten other times and has placed 26 girls on the podium. 3 of those have won the individual title. The Tides only appeared twice between 2011-2020 but returned big in 2021 with a 3rd place trophy. 3A competition is at a peak and even legends need to bring their A game to even get a trophy.

10) Yet another 1A powerhouse, **South Whidbey** (107) only missed out on Pasco one time from 1989 to 2007. In that time, the Falcons racked up 10 trophies. However brutal 2A competition caught up to them and a four-year drought ensued. 2012 brought a change back to 1A and a light at the end of the tunnel as 6 appearances since show. South Whidbey won their 1st and only state title in 1979 which is by far the fewest titles of any team in the top 12. Since 1979 the Falcons have appeared 30 times including the 4th longest streak to state (16 straight years from 1989-2004). They have also won 14 total trophies including a record 8 second place trophies. South Whidbey has never won an individual title but has placed 26 girls on the podium. With seven 1A schools in the top 15, it is no wonder why it is tough to stay at the top.

11) Another small school powerhouse is 1A **Chelan** (105). The Goats have won 4 titles, including 3 straight from 1988 to 1990, and have finished in the top-3 on 9 other occasions for 13 total trophies. In their 25 team appearances, they have had amazing depth, as they have only had 11 girls on the podium and have never won an individual title. That is by far the lowest of any team in the top 20. However, Chelan has only scored 4 points since 2010 after winning 4 trophies in the 00's. Will the Goats get back to their winning history or join the fading legends list?

11) 2015 brought 3A **Edmonds Woodway** (105) back big after 8-year drought and followed that up with trophies in 2016 and 2017. One of the best teams of the 70's and 80's, the Warriors have had five team titles and 12 trophies in 22 appearances. E.W. was number 1 on this list from 1985 to 1995. A great success rate but then only scored twice from 1991 to 2014. Only one point held them back from a title in 2015 but racing to a trophy after an 8-year drought was impressive. EW also continued their quality tradition in 2016 and 2017 by placing seven more on the podium (and somehow not win the title). This gives them 33 overall podium placers but have had only one individual champion. Great to see it is possible for legends to fade away and then rebound to prominence again.

13) Runners-up in the first two girls' State meets 1973 and 1974, 3A **Snohomish** (101) finally captured their first title in 1995. The Panthers have won 3 more since and have been top-4 a total of 13 times with a streak of 10 years (1999-2008) and 29 total appearances. A true team model, Snohomish has only 1 individual title and only 21 girls on the podium. The Panthers' 2002 and 2003 teams were some of the best teams in state history at the time but the school split in 2008 and now have cross town rival Glacier Peak to deal with. Not coincidentally the Panthers have only scored 12 points since 2008 while GP scored 8 trophies in a row (2009-20016). If the school had not split, Snohomish would most likely be #1 on this list.

14) 1A **Omak** (97) was the dominant girls' program during the 1990s, scoring 61 points in that decade. The Pioneers won 4 titles between 1992 and 1998 and won 9 trophies between 1992 and 2001. Omak has one individual title, 14 team trophies and has placed 31 girls on the podium, which is 10th all time. With their 2010 3rd place, the Pioneers looked like they were returning to their glory years but 11 years and only 1 point has followed. As recent as 1999 the Pioneers were second on this list but have only scored 9 points since 2001 and are falling fast.

15) 4A **Issaquah** (94) was one of the dominate teams of the 80's as they won 7 trophies between 1980-1989. The Eagles appeared 8 times in the 90's but disappeared completely between 1999-2010. Starting in 2014, Issaquah looked like the 80's once again with 4 trophies in a row and their 1st title since 1987. The Eagles now have 26 appearances with 12 trophies and 4 titles. 22 Eagles have climbed the podium and finally won their 1st individual title in 2019. Oddly enough they did not appear as a team in 2019. Great to see Issaquah returning to represent their legacy and showing that any team can rebound.

16) Out of the shadows of their boys team, 4A **Mead** girls (81) have been building their own legacy. The Panthers raced to 10 trophies between 1983 and 1998 along with the 1988 team title. Mead then went back to the shadows with only 3 appearances for two decades. 2020 brought back the Panthers of old with a trophy and then followed up with a team title in 2021. One of the few teams on this list without an individual title and only 22 runners on the podium makes an argument for pack running.

16) 3A **Lakeside Seattle** (91) has scored consistently every decade appearing in 29 state meets and had a record 21-year streak from 1977 to 1997. The Lions have earned 13 trophies but only 2 team titles, which is the second lowest of the top 15 teams. Maybe lacking in depth but not in leaders, Lakeside has a record 7 individual titles and have had 32 girls on the podium. Currently on a 7-year drought, Lakeside may be fading away or may rebound any year. All it takes is 5 girls and a dream.

18) 4A **Tahoma** (87) scored 16 points before this century then became a team to watch. Only missing out on State three times since 1999, the Bears have raced to 12 trophies and 2 titles in 27 appearances. Another team of depth with no individual titles and only 24 podium placers. Tahoma ended a 15-year streak in 2018 but have rebounded with 3 straight trophies including the 2020 virtual title. The Bears are a team on the rise. How long can they keep up the momentum?

18) 4A **Newport Bellevue** (87) won the team title at the second girls state championship meet in 1974 at Granger High School. The Knights went dormant in the 80's then between 1994 and 2008 they ran a streak of 15 years and 8 trophies. This was pinnacle with a 3-year title streak between 1998 and 2000. Amazingly, Newport has a total of 5 titles with only 1 individual title and only 14 girls on the podium (the 2nd lowest of any team in the top 20). They must have had great depth. Since the Knights ended their 15-year streak in 2008, they have scored 1 point in the last 13 years.

Top 57 GIRLS' TEAMS:

- | | |
|--|--|
| 20) 4A Camas (83) 9 straight trophies ended in 2020 but moving up fast | 39) 2A Cedarcrest/Tolt (44) 11 out of 15 years with 3 trophies |
| 21) 4A Glacier Peak (76) 2-year drought after 9 trophies from 2009-2018. | 39) B Asotin (44) streak of 15 in a row with 7 trophies from 2004-2018 |
| 22) 2A Bellingham (73) 16 years streak ends, 12 trophies but no titles | 42) B Carroll (43) closed since 1986 but still on this list. Wow |
| 22) 1A Lakeside 9 Mile (73) 14 out of 18 years with 10 trophies | 42) 4A West Valley Yakima (43) 6 of 10 years |
| 24) 2A Selah (68) 6 of 9 years with 2 trophies and a title | 44) 4A Olympia (42) 6-year drought |
| 24) 2A West Valley-Spokane (68) 3 trophies in a row from 2017-2019 | 44) 4A South Kitsap (42) 5 in a row with one trophy ends with 2-year drought |
| 26) 1A La Center (63) 21 of 24 with 9 trophies but no titles | 46) 4A Redmond (41) 2019 was 1 st title ever then 2-year drought |
| 27) 4A Eastlake (57) 3 titles, 7 trophies in 12 appearances | 47) 4A Central Valley (40) 8 of 12 years with 3 trophies |
| 27) 4A Lewis & Clark (57) 8 out of 11 years with 5 trophies | 47) 3A Lynnwood (40) 1 pt. since 1999 |
| 27) 2A East Valley-Spokane (57) 2 pts since their 1998 trophy | 49) 1A Zillah (39) 14-year streak with 3 trophies ends with 3-year drought |
| 30) 2A Ephrata (54) 6-year drought but have 2 titles in 22 appearances | 49) 1A Lynden Christian (39) only 1 of the last 5 years |
| 31) 3A North Central (53) 31 podiums placers, 5 individual titles, 4 team titles | 51) 1A Montesano (38) 7-year drought |
| 31) 2A Squalicum (53) 0 pts since 2008 trophy | 51) 1A Cashmere (38) 6 points since 1989 |
| 31) 3A Bishop Blanchet (53) 8 trophies in 23 appearances | 51) 2A Tumwater (38) 9 years in a row |
| 34) B Liberty Bell (52) 5 trophies in 6 years including 3 titles | 54) 3A Seattle Prep (37) 2 trophies in a row including 2020 title |
| 35) 3A Mercer Island (48) 6-year drought | 54) 3A Kamiakin (37) 9 out of 12 years with 5 trophies |
| 36) B White Pass-Morton (47) 5-year drought after 11-year streak | 54) B Seattle Lutheran (37) 0 points since 1996 |
| 36) 4A Ferris (47) 1 appearance since their 1995 trophy | 57) 2A East Valley Yakima (36) 1 point since 2005 trophy |
| 36) 2A Lakewood (47) 5 pts since 1998 | 57) 3A Capital (36) 27 of 33 years but only 2 trophies |
| 39) 1A Northwest (44) 9-year streak ends with 2-year drought | 57) 3A Holy Names (36) 8 of 11 years with 3 trophies and 2 titles |

BEST GIRLS' PROGRAMS BY DIVISION - (Teams placed in current division, regardless of what division the points were earned)

4A GIRLS – 2021 saw 3 of top 10 make it to state and 8 of the top 35 made it to state.

- | | | | | |
|-------------------------------|-----------------------------------|----------------------------|------------------------|----------------------|
| 1) Bellarmine Prep 129 pts +3 | 8) <u>Lewis & Clark 57 +7</u> | 15) Central Valley 40 +1 | 22) Cascade Everett 23 | 29) Mount Rainier 14 |
| 2) Eisenhower 122 +1 | 8) Eastlake 57 +10 | 16) Kamiakin 37 +1 | 23) Federal Way 21 | 30) Mount Si 13 +1 |
| 3) Issaquah 94 +1 | 10) Joel Ferris 47 | 17) Richland 32 | 24) Curtis 20 | 30) Skyview 13 +1 |
| 4) Newport-Bellevue 87 | 11) West Valley-Yakima 43 +1 | 18) Marysville-Pilchuck 26 | 25) University 19 | 32) Kentridge 11 |
| 4) <u>Tahoma 82 +5</u> | 12) Olympia 42 | 18) Skyline 26 +1 | 25) Rogers Spokane 19 | 33) Henry Jackson 8 |
| 6) Camas 83 +1 | 12) South Kitsap 42 | 20) Hanford 25 | 27) Eastmont 18 | 33) Auburn 8 |
| 7) Glacier Peak 76 | 14) Redmond 41 | 21) Thomas Jefferson 24 | 28) Puyallup 16 +1 | 33) Rogers Puy. 8 +1 |

3A GIRLS – 2021 saw 6 of the top 10 made it to state and 15 of the top 40.

- | | | | | |
|-----------------------------|-------------------------------|---------------------------------|--------------------------|-----------------------|
| 1) <u>Gig Harbor 120 +5</u> | 9) Lynnwood 40 | 16) Shorewood 27 +1 | 24) Shoreline 17 | 32) Kennedy 13 |
| 2) Edmonds-Woodway 105 +1 | 10) <u>Seattle Prep 37 +3</u> | 16) Peninsula 27 +1 | 26) Nathan Hale 16 | 32) Ingraham 13 |
| 3) Snohomish 101 +1 | 11) Capital 36 | 19) Mount Spokane 26 | 26) Eastside Catholic 16 | 35) Woodrow Wilson 12 |
| 4) Lakeside-Seattle 91 | 11) Holy Names Aca. 36 +1 | 19) Bellevue 26 | 26) Oak Harbor 16 | 35) Meadowdale 12 |
| 4) Mead 91 +10 | 13) Shorecrest 34 | 21) Kelso 24 | 29) Garfield 15 | 35) Prairie 12 |
| 6) North Central 53 | 14) Liberty Issaquah 30 +1 | 22) <u>Central Kitsap 20 +7</u> | 29) Stadium 15 +1 | 38) Chief Sealth 10 |
| 6) Bishop Blanchet 53 +1 | 14) Stanwood 30 +1 | 23) Ballard 18 | 31) Kennewick 14 +1 | 38) Arlington 10 +1 |
| 8) Mercer Island 48 | 16) Everett 27 | 24) Walla Walla 17 | 32) Interlake 13 | 40) Ferndale 9 |

2A GIRLS – In 2021, 4 of the top 10 made it to state and 11 of the top 34 made it to state.

1) Sehome 146 +10	8) Lakewood 47	15) <u>Washougal 28 +5</u>	22) Centralia 21	27) Steilacoom 14 +1
2) Bellingham 73	9) Cedarcrest / Tolt 44 +1	15) Cheney 28	23) Port Angeles 19	30) Mountlake Terrace 12
3) Selah 68 +1	10) Tumwater 38 +1	15) North Kitsap 28 +1	24) Lindbergh 18	31) White River 11 +1
3) West Valley Spok. 68 +1	11) East Valley-Yakima 36	18) Shadle Park 27	24) Renton 18	32) Hockinson 10
5) East Valley Spok. 57	12) Ellensburg 33 +1	19) Sammamish 24	26) Ridgefield 16	33) Highline 7
6) Ephrata 54	13) <u>Anacortes 30 +7</u>	20) Pullman 23 +1	27) Sequim 14	34) Sedro Woolley 6
7) Squalicum 53	14) Columbia River 29	20) Enumclaw 23	27) Kingston 14	

1A GIRLS – In 2021, 3 of the top 10 made it to state and 10 of the top 39 made it to state.

1) Riverside 139	9) Northwest 44	17) Seton Catholic 23 +10	25) <u>Medical Lake 13 +7</u>	31) White Salmon 12
2) King's 124 +1	10) Zillah 39	18) Meridian 21	25) Klahowya 13 +1	34) Cle-Elum 10
3) Mount Baker 123	10) Lynden Christian 39	19) Charles Wright 20	27) Tenino 13	34) Cascade Leav. 10 +1
4) South Whidbey 107	12) Montesano 38	20) Newport 19	27) Vashon Island 13	36) Hoquiam 9
5) Chelan 105	12) Cashmere 38	21) Freeman 17	27) Cedar Park Chr. 13	36) Royal 9
6) Omak 97	14) Deer Park 32	21) Colville 17	27) Annie Wright 13	38) Highland 8
7) Lakeside 9 Mile 73 +1	15) Bellevue Christian 31	23) <u>Bush 16 +3</u>	31) Wapato 12	39) Connell 6 +1
8) <u>La Center 63 +5</u>	16) E. Jeff./Pt Townsend 29 +1	24) Nooksack Valley 15	31) Granger 12	

B GIRLS – S.G. gets lead back. In 2021, 3 of the top 10 made it to state and 5 of the top 23 made it to state.

1) NW Christian-Lacey 119	6) Carroll 43 still #6?	11) Reardon 24	15) Rainier 12 +1	20) Tonasket 8
2) <u>Saint George's 122 +5</u>	7) Seattle Lutheran 37	12) Pope John Paul 2 21 +10	17) Lake Roosevelt 10	22) Trout Lake Glenwood 7
3) <u>Liberty Bell 52 +7</u>	8) NW Christian-Colbert 29	12) Ilwaco 21	17) Mary Walker 10	23) Colfax 6
4) White Pass 47	9) Pomeroy 28	14) Warden 15	19) Wellpinit 9	23) Onalaska 6
5) Asotin 44 +1	10) Ocosta 26	15) St John Endicott 12	20) Wahkiakum 8	

HISTORY OF THE NUMBER ONE GIRLS' PROGRAMS YEAR AFTER YEAR

1973 – 10 points – The original champions,

Bellevue Christian and **Shoreline** (closed in 1986)

1974 – 17 – **Bellevue Christian** places 2nd,

is tied by **Selah** who had placed 2nd in 1973.

1975 – 18 – **Selah** inches ahead of **Bellevue Christian's** 17 points.

1976 – 19 – **Selah** stays ahead of **BCS** and **Shoreline's** 17 points.

1977 – 20 – **Selah** stays ahead of **BCS**, **Shoreline**,

Bellarmino Prep's 17 points.

1978 – 27 – **Bellarmino Prep** is the first team to win a 2nd title,
edges ahead of **Selah's** 25

1979 – 37 – **Bellarmino Prep** is the first team to win a 3rd title,

Selah rises to 32 points.

1980 – 40 – **Bellarmino Prep** wins 5th trophy in a row. **Selah** rises to 33 points.

1981 – 40 – **Bellarmino Prep** doesn't score.

Mount Baker rises to 35 with 5 straight trophies.

1982 – 42 – **Mount Baker** wins their 6th straight trophy to take the lead.

Bellarmino Prep is 2nd with 40.

1983 – 43 – **Mount Baker** and **Bellarmino Prep** (41) both add one point.

1984 – 50 – **Mount Baker** wins their 7th trophy.

Bellarmino Prep (44) adds a trophy.

1985 – 52 – **Edmonds** is the first team to win a 4th title. **Mount Baker** 51 points.

1986 – 59 – **Edmonds** and **Mount Baker** (56) both trophied.

1987 – 69 – **Edmonds** is the first team to win a 5th title,

Mt Baker (59) trophies again.

1988 – 76 – **Edmonds** trophies again. **Mount Baker** rises to 60.

1989 – 77 – **Edmonds** and **Mount Baker** (61) add one point.

1990 – 78 – **Edmonds Woodway** (the 2 schools joined),

Mount Baker (62) add one point.

1991 – 78 – **Edmonds Woodway** fails to score. **Mt. Baker** (65) wins 10th trophy.

1992 – 78 – **Edmonds Woodway** no score,

Mount Baker (65) fail to score for the 1st time since 1974.

1993 – 78 – **Edmonds Woodway** won't score again until 2005.

Mount Baker (66) inches up.

1994 – 78 – **Edmonds Woodway** remains, **Mount Baker** (67).

1995 – 78 – **Edmonds Woodway** remains, **Mount Baker** (74) trophies.

1996 – 79 – **Mount Baker** trophies to move back to the lead.

Edmonds Woodway (78)

1997 – 79 – **Mount Baker** doesn't score. **Edmonds Woodway** (78)

1998 – 84 – **Mount Baker** trophies for the 13th time. **Edmonds Woodway** (78)

1999 – 94 – **Mount Baker** wins their 3rd title.

Omak (80) moves up with their 11th trophy.

2000 – 104 – **Mount Baker** wins their 4th trophy.

Eisenhower (86) moves up with 10th trophy.

2001 – 114 – **Mount Baker** wins 5th trophy. **Eisenhower** (91) wins 11th trophy.

2002 – 119 – **Mount Baker** trophies for the 16th time.

Eisenhower (95) 12th trophy

2003 – 120 – **Mount Baker** and **Eisenhower** (96) each add one.

2004 – 121 – **Mount Baker** and **Eisenhower** (97) each add one again.

2005 – 121 – **Mount Baker** (98) doesn't score. **Eisenhower** (98) adds one.

2006 – 121 – **Mount Baker** and **Eisenhower** (98) don't score.

2007 – 121 – **Mount Baker** remains, **Gig Harbor** (101) moves up with 5th title.

2008 – 121 – **Mount Baker** remains, **Gig Harbor** (108) adds their 12th trophy.

2009 – 121 – **Mount Baker** remains, **Gig Harbor** (111) adds their 13th trophy.

2010 – 121 – **Mount Baker** remains, **Gig Harbor** (112),

Eisenhower (112) wins their 4th title.

2011 – 121 – **Mount Baker** remains.

Riverside (114) moves up with their 18th trophy.

2012 – 124 – **Riverside** rises to the top with their 4th title. **Mount Baker** (121)

2013 – 131 – **Riverside** trophies again. **Mount Baker** (122) finally scores,

Bellarmino Prep (121) titles

2014 – 134 – **Riverside** trophies again. **Mount Baker** (123) scores,

Bellarmino Prep (122) scores.

2015 – 134 – **Riverside** doesn't score.

Bellarmino Prep (123) scores while **Mount Baker** (123) does not.

2016 – 139 – **Riverside** trophies, **Bellarmino Prep** (124) scores

and **Mount Baker** (123) does not.

2017 – 139 – **Riverside** doesn't score, **Sehome** (130) Titles,

Bellarmino Prep (124) doesn't score and **Mount Baker** (123) no score.

2018 – 139 – **Riverside** doesn't score, **Sehome** (131) scores,

Bellarmino Prep (125) scores and **Mount Baker** (123) doesn't score

2019 – 139 **Riverside** doesn't score, **Sehome** (136) trophies,

Bellarmino Prep (126) scores, and **Mt Baker's** (123) last year in top 4?

2020 – 139 **Riverside** doesn't score, **Sehome** (136) doesn't score,

Bellarmino Prep (126) doesn't score, **King's** (123) trophies.

2021 – 146 **Sehome** titles to take the lead, **Riverside** (139) doesn't score,

Bellarmino Prep (129) trophies, **King's** (124) scores

Progression of the top 10 all-time Girls' list **after** each decade.

1979	1989	1999	2009	2019
37 - Bellarmine Prep	77 - Edmonds	94 - Mount Baker	121 - Mount Baker	139 - Riverside
32 - Selah	61 - Mount Baker	80 - Omak	111 - Gig Harbor	136 - Sehome
23 - Mount Baker	55 - Issaquah	78 - Edmonds Woodway	102 - Eisenhower	126 - Bellarmine Prep
18 - Edmonds	46 - Bellarmine Prep	76 - Eisenhower	101 - Chelan	123 - Mount Baker
17 - South Whidbey	43 - Carroll	74 - Chelan	101 - Saint George's	121 - Eisenhower
17 - Bellevue Christian	40 - Mead	72 - Mead	98 - Bellarmine Prep	120 - NW Chr. Lacey
17 - Shoreline	38 - Lakeside Seattle	72 - Lakeside Seattle	97 - Riverside	120 - King's
15 - Snohomish	35 - Selah	68 - South Whidbey	95 - South Whidbey	117 - Saint George's
15 - Olympia	35 - West Valley Spokane	63 - Bellarmine Prep	91 - Omak	115 - Gig Harbor
14 - West Valley Spokane	32 - Cashmere	61 - Gig Harbor	89 - Snohomish	105 - Chelan
			89 - King's	103 - Edmonds Woodway
				100 - South Whidbey
				100 - Snohomish

GIRLS BEST TEAMS OF EACH DECADE

1970's

Bellarmine (37) - 3 Titles and 2 fourths
 Selah (32) - 1 Title and 2 seconds
 Mount Baker (23) - 2 Titles
 Edmonds (18) - 1 Title and 1 second
 South Whidbey (17) - 1 Title plus one 3rd
 Bellevue Chr. (17) - 1 Title plus one 2nd
 Shoreline (17) - 1 Title plus one 3rd
 Snohomish (15) - 2 trophies
 Olympia (15) - 1 title, 2 trophies
 West Valley Spokane (14) - 1 title
 Newport Bellevue (13) - 1 title
 Cedarcrest /Tolt (12) - 2 trophies
STREAKING- to state every year
 Selah - but with no trophies

1980's

Edmonds Woodway (59) - 4 Titles, 6 trophies
 Issaquah (54) - 3 Titles and 2 seconds
 Carroll (41) - 3 Titles and 2 thirds
 Mount Baker (38) - 0 Titles but 6 trophies
 Mead (37) - 1 Title and 3 seconds
 Lakeside-Seattle (35) - 1 Title, 5 trophies
 Riverside (31) - 1 Title and 2 seconds
 Chelan (28) - 2 Titles plus one 2nd place
 Eisenhower (26) - 1 Title plus two 2nd places
 Gig Harbor (26) - 1 Title, 4 Trophies
 Everett (26) - 1 Title plus 2 other Trophies
 Cashmere (24) - 1 title, 4 trophies
 Lynnwood (24) - 2 titles
 West Valley - Spo. (21) - 1 title, 2 trophies
 Montesano (21) - 1 title, 2 trophies
 Tumwater (21) - 3 trophies
STREAKING - to state every year
 Mount Baker, Lakeside-Seattle

1990's -

Omak (61) - 4 Titles and 3 seconds
 St. George's (55) - 4 Titles and 2 seconds
 Eisenhower (47) - 2 Titles and 4 other Trophies
 East Valley-Spo. (47)-4 straight Titles and a 2nd
 Chelan (46) - 2 Titles, two 2nds and two 3rds
 South Whidbey (44) - 5 seconds and a third
 Lakewood (42) - 3 Titles and a runner-up
 Gig Harbor (35)- 1 Title, 10yr. streak & 4 Trophies
 Lakeside-Seattle (34)-1 Title plus 5 other Trophies
 Mount Baker (33) - 1 Title plus 4 other Trophies
 Mead (32) - 5 trophies
 Seattle Lutheran (32) - 1 title, 4 trophies
 Newport Bellevue (30) - 2 titles, 3 trophies
 Snohomish (29) - 2 titles, 3 trophies
 Bishop Blanchet (28) - 5 trophies
 South Kitsap (27) - 1 title, 3 trophies
 Pomeroy (27) - 1 title, 4 trophies
 Riverside (24) - 4 trophies
 Ephrata (24) - 1 title, 4 trophies
STREAKING- to state every year
 Gig Harbor, South Kitsap, Blanchet, S. Whidbey

2000's -

King's (85) - a record of 7 titles, twice runner-up
 Sehome (58) - 5 titles plus a 3rd place
 Squalicum (53) - 3 titles, 4 other top-3 finishes.
 Gig Harbor (50) - 3 straight titles plus 3 trophies
 Northwest Chr. Lacey (47) - 4 titles plus 1 trophy
 Saint George's (46) - 1 Title, 7 other Trophies
 Snohomish (45) - 2 titles, 5 other top-4 finishes
 Newport Bellevue (43) - 2 titles, 3 other top-3 finishes.
 Riverside (42) - 2005 title, 6 other top-4 finishes
 East Valley Yakima (36) - 3 straight titles plus a 3rd
 Bellarmine Prep (35) - 1 title plus 3 trophies
 Eastlake (34) - 2 straight titles plus 2 trophies
 Chelan (27) - 4 trophies and a streak of 9 appearances
 South Whidbey (27) - 4 trophies
 Mount Baker (27) - 2 titles but 0 points from '05-09
 Eisenhower (26) - 1 title, 3 trophies
 West Valley Yakima (26) - 1 title, 4 trophies
 La Center (26) - 3 trophies
STREAKING - to state every year.
 Capital (no trophies), King's, Bellarmine Prep,

2010's -

Sehome (75) - 5 titles, 9 trophies
 Camas (74) - 4 titles, 9 trophies
 NW Christian Lacey (73) - 5 titles, 9 trophies
 Glacier Peak (68) - 5 titles, 8 trophies
 Lakeside 9 Mile (61) - 4 titles, 8 trophies
 Bellingham (50) - 8 trophies
 Northwest (43) - 2 titles, 7 trophies
 Riverside (42) - 2 titles, 6 trophies
 Tahoma (40) - 1 title, 6 trophies
 Liberty Bell (38) - 3 titles
 Asotin (31) - 6 trophies
 King's (31) - 5 trophies
 Lewis & Clark (30) - 1 title, 4 trophies
 North Central (30) - 3 titles
 Liberty Issaquah (29) - 1 title, 3 trophies
 Kamiakin (28) - 5 trophies
 Bellarmine Prep (28) - 1 title, 3 trophies
 Issaquah (27) - 1 title, 4 trophies
 Deer Park (26) - 3 trophies, 1 title
 LaCenter (26) - 4 trophies
 Holy Names (24) - 2 titles
 Edmonds Woodway (23) - 3 trophies
 Ocota (22) - 1 title, 3 trophies
 Redmond (22) - 1 title, 2 trophies
Streiking - to state every year.
 NW Chr. Lacey, Sehome, Camas, Bellingham,
 Liberty Iss., Eisenhower

BEST GIRLS DECADES:

00's King's (85 points)
10's Sehome (75)
10's Camas (74)
10's NW Christian Lacey (73)
10's Glacier Peak (68)
 90's Omak (61)
10's Lakeside 9 mile (61)
 80's Edmonds (59)
 00's Sehome (58)
 90's Saint George's (55)
 80's Issaquah (54)
 00's Squalicum (53)
 00's Gig Harbor (50)
10's Bellingham (50)
 00's NW Chr. Lacey (47)
 90's Eisenhower (47)
 90's East Valley-Spokane (47)
 90's Chelan (46)
 00's Saint George's (46)
 00's Snohomish (45)
 90's South Whidbey (44)
 00's Newport-Bellevue (43)
10's Northwest (43)
10's Riverside (42)
 00's Riverside (42)
 90's Lakewood (42)
 80's Carroll (41)

ALL-TIME GREATEST COMBINED PROGRAMS

- Mead is still the leader but this could be the last year. 4 of the top 15 didn't score in 2021

- 1) **3A Mead (332 points +15)** - 53 State appearances, 17 titles, **41 trophies, 12 individual titles, 83 podium placers**
- 2) **2A Sehome (318 +15)** - 49 State appearances, **23 titles**, 35 trophies, 9 individual titles, 75 podium placers
- 3) **3A North Central (255 +3)** - 42 State appearances, 16 titles, 30 trophies, 10 individual titles, **92 podium placers.**
- 4) **3A Gig Harbor (245 +12)** - 66 State appearances, 9 titles, 30 trophies, 7 individual titles, 64 podium placers
- 5) **B Northwest Christian Lacey (242 +0)** - 37 appearances, 17 titles, 28 trophies, 6 individual titles, 68 podium placers
- 6) **1A King's (239 +8)** - 56 State appearances, 11 titles, 30 trophies, 8 individual titles, 75 podium placers
- 7) **3A Bishop Blanchet (231 +11) - 76 State appearances**, 9 titles, 28 trophies, 7 individual titles, 50 podium placers
- 8) **1A Omak (228 +0)** - 52 State appearances, 11 titles, 30 trophies, 4 individual titles, 57 podium placers
- 8) **1A Riverside (228 +0)** - 60 appearances, 6 titles, 34 trophies, 2 individual titles, 50 podium placers
- 8) **3A Edmonds-Woodway (228 +1)** - 61 State appearances, 12 titles, 26 trophies, 2 individual titles, 57 podium placers
- 11) **B Saint George's (225 +8)** - 49 State appearances, 8 titles, 32 trophies, 5 individual titles, 64 podium placers
- 12) **4A Eisenhower (222 +6)** - 59 appearances, 7 titles, 27 trophies, 2 individual titles, 65 podium placers
- 13) **4A Joel Ferris (209 +0)** - 37 State appearances, 10 titles, 30 trophies, 7 individual titles, 71 podium placers
- 14) **1A Lakeside 9 Mile (205 +11)** - 38 appearance, 13 titles, 26 trophies, 1 individual title, 54 podium placers
- 15) **4A Snohomish (183 +2)** - 63 State appearances, 6 titles, 21 trophies, 3 individual titles, 48 podium placers.

TOP COMBINED PROGRAMS: 26 of the top 60 programs did not score in 2021

16) Mount Baker 180	28) <u>Lewis & Clark 131 +8</u>	40) Redmond 102	52) Glacier Peak 86
17) <u>Bellarmine Prep 173 +3</u>	29) <u>Bellingham 124 +3</u>	41) West Valley Yakima 101 +2	53) Asotin 83 +2
18) <u>Tahoma 165 +8</u>	30) Kamiakin 122 +11	42) Cashmere 100	54) Shadle Park 82
19) South Whidbey 160	31) Montesano 120	43) <u>La Center 99 +6</u>	55) Olympia 81 +1
20) <u>Seattle Prep 157 +4</u>	31) Camas 120 +2	44) Central Valley 98 +1	56) <u>Medical Lake 80 +10</u>
21) <u>Selah 150 +8</u>	33) Liberty Bell 118 +17	45) Curtis 96 +1	57) Lynnwood 79
21) Chelan 150	34) NW Chr. Colbert 117	45) University 96	58) Nathan Hale 79 +1
23) Lakeside-Seattle 143	35) Lakewood 113	47) Squalicum 95 +10	59) Mercer Island 78 +1
24) <u>Issaquah 142 +8</u>	36) Columbia River 109	47) Burlington Edison 95	60) Capital 77
25) West Valley-Spo. 140 +2	37) East Valley-Yakima 107	49) East Valley Spokane 89	61) Seattle Lutheran 75
26) Richland 137	38) Ephrata 105 +1	50) Shorecrest 88	62) Tumwater 70 +2
27) Newport-Bellevue 134 +1	39) Cedarcrest 103 +1	50) Charles Wright 88	

BEST COMBINED PROGRAMS BY DIVISION

(Teams placed in current division, regardless of where the points were earned)

4A COMBINED PROGRAMS – In 2021, 8 of the top 10 made it to state and 19 of the top 42 made it to state.

1) <u>Eisenhower 222 +6</u>	10) Camas 120 +2	19) Eastlake 63 +11	27) Hanford 31 +1	37) Gonzaga Prep 20
2) Joel Ferris 209	11) Redmond 102	20) Rogers Spokane 58	29) Federal Way 29	37) Wenatchee 20
3) <u>Bellarmine Prep 173 +3</u>	12) West Valley-Yak 101 +2	21) Puyallup 54 +2	30) Hazen 28	39) Davis 19
4) <u>Tahoma 157 +8</u>	13) Central Valley 98 +1	22) Mount Rainier 49	31) Thomas Jefferson 26	40) Kentridge 18
5) <u>Issaquah 142 +8</u>	14) University 96	23) Henry Jackson 48	32) Mount Si 25 +1	41) Auburn 17
6) Richland 137	14) Curtis 96 +1	24) Skyline 40 +1	33) Kent Meridian 24	41) Kamiak 17
7) Newport-Bellevue 134 +1	16) Glacier Peak 86	25) Marysville-Pilchuck 39	34) Skyview 23 +1	
8) <u>Lewis & Clark 131 +8</u>	17) Olympia 81 +1	26) Eastmont 35	34) Lake Steven 23 +1	
9) Kamiakin 122 +11	18) South Kitsap 66	27) Cascade Everett 31	36) Battle Ground 22	

3A COMBINED PROGRAMS – In 2021, 8 of the top 10 and 21 of the top 44 made it to state.

1) Mead 317 +15	10) Lynnwood 79	19) Peninsula 52 +1	28) Stanwood 39 +1	36) Meadowdale 30 +1
2) <u>North Central 255 +3</u>	10) Nathan Hale 79 +1	20) Arlington 48 +2	29) Franklin 37	38) <u>Stadium 28 +6</u>
3) <u>Gig Harbor 245 +12</u>	12) Mercer Island 78 +1	21) Interlake 47	29) Ingraham 37	39) O'Dea 27
4) Bishop Blanchet 231 +11	13) Capital 77	22) Garfield 46	29) Shorewood 37 +1	40) Auburn Riverside 23
5) Edmonds-Woodway 228 +1	14) Bellevue 65	23) Everett 44	32) Holy Names Aca. 36 +1	41) Eastside Catholic 17
6) Snohomish 183 +2	15) Mount Spokane 59 +1	24) Wilson 43	32) Lakes 36 +1	41) Prairie 17
7) <u>Seattle Prep 157 +4</u>	16) Kennewick 57 +1	24) <u>Central Kitsap 43 +8</u>	34) Ballard 35	41) Sealth 17
8) Lakeside-Seattle 143	16) Liberty Issaquah 57 +2	26) Mount Vernon 42	35) Shoreline 31	41) Yelm 17
9) Shorecrest 88	18) Kelso 55	27) Oak Harbor 40 +1	36) Walla Walla 30	

2A COMBINED PROGRAMS – Only division with #1 team doubling 2nd place. In 2021, 7 of the top 10 made it to state and 20 of the top 43 made it to state.

1) Sehome 318 +15	10) Squalicum 95 +10	19) Anacortes 56 +7	27) Sequim 36	37) White River 18 +1
2) Selah 150 +8	10) Burlington-Edison 95	20) Washougal 53 +6	29) Mountlake Terrace 35	38) Franklin Pierce 17
3) West Valley Spok 140 +2	12) East Valley Spokane 89	21) Pullman 51 +2	30) Highline 31	38) Mark Morris 17
4) Bellingham 124 +3	13) Shadle Park 82	22) Port Angeles 45 +1	30) Ridgefield 31 +1	38) Washington 17 +1
5) Lakewood 113	14) Tumwater 70 +2	23) Enumclaw 42	32) Shelton 28 +2	41) Elma 15
6) Columbia River 109	15) Cheney 66	24) North Kitsap 41 +2	33) Tyee 25	42) Hockinson 14
7) East Valley Yakima 107	16) Ellensburg 64 +1	25) Sammamish 40	34) Kingston 24 +1	42) Prosser 14
8) Ephrata 105 +1	17) Renton 60	26) Steilacoom 37 + 2	35) W.F. West 23	
9) Cedarcrest/Tolt 103 +1	18) Lindbergh 58	27) Centralia 36	36) Evergreen Seattle 22	

1A COMBINED PROGRAMS – In 2021, 3 of the top 10 and 17 of the top 45 scored.

1) King's 239 +8	10) La Center 99 +6	19) Zillah 51	28) Naches 32 +1	36) Rochester 24
2) Omak 228	11) Charles Wright 88	20) Bellevue Christian 49 +1	29) Cascade Leav. 29 +6	38) Tenino 23
2) Riverside 228	12) Medical Lake 80 +10	21) Meridian 48 +1	30) Seton Catholic 28 +11	39) Granger 21
4) Lakeside 9 mile 205 +11	13) Deer Park 65	22) Freeman 44	30) Klahowya 28 +1	40) Seattle Chr. 19
5) Mount Baker 180	13) Port Townsend 65 +2	23) Connell 42 +1	32) White Salmon 27 +1	41) Cle Elum Roselyn 18
6) South Whidbey 160	15) Colville 60	24) Wapato 37 +1	33) Bush 26 +4	42) Hoquiam 15
7) Chelan 150	16) Northwest 58 +1	25) Newport 34	33) Vashon Island 26	43) Cedar Park Chr. 14
8) Montesano 120	17) Castle Rock 55	25) Royal 34 +1	35) Seattle Academy 25	43) Bear Creek 14
9) Cashmere 100	17) Lynden Christian 55	27) Nooksack Valley 33	36) Highland 24	45) Annie Wright 13

B COMBINED PROGRAMS – In 2021, 4 of the top 10 made it to state and 8 of the top 30 scored.

1) NW Chr. Lacey 242	8) Tonasket 65	14) Pomeroy 44	21) Toledo 20	28) Valley Christian 13
2) Saint George's 225 +8	9) White Pass 65 +1	15) Lake Roosevelt 38	21) Mary Walker 20	29) Mosseyrock 12
3) Liberty Bell 118 +17	10) Carroll 60	16) Ocosta 34	23) Goldendale 18 +1	29) Wilbur Creston 12
4) NW Chr. Colbert 117	11) Chewelah 49 +5	17) Colfax 33	23) Warden 18	
5) Asotin 83 +2	11) Ilwaco 49	18) Republic 27	25) St. John Endicott 17	
6) Seattle Lutheran 75	13) Tri-Cities Prep 45	19) Onalaska 23	26) Rainier 15 +1	
7) Reardon 66	14) Pope John Paul 2 44 +17	20) Trout Lake/Glenwood 22	27) Crosspoint Academy 14	

BEST COMBINED PROGRAMS BY DECADE:

172 points - 2010's Sehome	91 - 00's NW Chr. Lacey	64 - 00's Squalicum	57 - 10's Asotin
151 - 10's NW Chr. Lacey	82 - 00's Saint George's	63 - 00's Gig Harbor	57 - 00's Bishop Blanchet
136 - 00's King's	78 - 90's Chelan	63 - 10's Eisenhower	57 - 10's Bellarmine Prep
132 - 90's Omak	78 - 00's Mead	62 - 10's Liberty Bell	57 - 10's Medical Lake
122 - 80's Edmonds	78 - 10's Tahoma	61 - 00's Seattle Prep	56 - 00's Riverside
121 - 90's Mead	77 - 70's Selah	60 - 90's Lakewood	55 - 10's Deer Park
117 - 10's North Central	77 - 10's Glacier Peak	60 - 80's Mount Baker	55 - 10's Liberty Issaquah
117 - 10's Lakeside 9 Mile Falls	70 - 10's Bellingham	60 - 80's Issaquah	55 - 10's Northwest
106 - 00's Sehome	68 - 00's East Valley-Yakima	58 - 10's Lewis & Clark	54 - 10's King's
101 - 90's Saint George's	67 - 00's North Central	58 - 90's University	53 - 10's NW Chr. Colbert
99 - 10's Camas	66 - 00's Ferris	58 - 10's Riverside	53 - 80's Carroll
97 - 10's Kamiakin	64 - 90's Bishop Blanchet	58 - 90's Eisenhower	53 - 00's Snohomish

BEST COMBINED PROGRAMS BY DECADE:

1970-1979	1980-1989	1990-1999	2000-2009	2010-2019
77 points – 70's Selah	123 – 80's Edmonds Woodway	132 points – 90's Omak	136 points – 00's King's	172 points - 10's Sehome
53 – 70's Mount Baker	65 – 80's Mead	121 – 90's Mead	96 – 00's Sehome	151 - 10's NW Chr. Lacey
52 – 70's Richland	60 – 80's Mount Baker	101 – 90's St. George's	91 – 00's NW Chr. Lacey	117 - 10's North Central
45 – 70's Curtis	60 – 80's Issaquah	78 – 90's Gig Harbor	82 – 00's St. George's	117 - 10's Lakeside 9 Mile
44 – 70's Montesano	57 – 80's Riverside	78 – 90's Chelan	78 – 00's Mead	99 - 10's Camas
43 – 70's Bellarmine Prep	53 – 80's Montesano	64 – 90's Bishop Blanchet	68 – 00's East Valley Yak.	97 - 10's Kamiakin
38 – 70's North Central	53 – 80's Carroll	61 – 90's Seattle Lutheran	67 – 00's North Central	78 - 10's Tahoma
38 – 70's Edmonds Woodway	51 – 80's Lakeside Seattle	60 – 90's Lakewood	66 – 00's Joel Ferris	77 - 10's Glacier Peak
37 – 70's Cedarcrest / Tolt	49 – 80's Gig Harbor	58 – 90's Eisenhower	64 – 00's Squalicum	70 - 10's Bellingham
37 – 70's Omak	47 – 80's Bishop Blanchet	58 – 90's University	63 – 00's Gig Harbor	63 - 10's Eisenhower
33 – 70's Nathan Hale	46 – 80's Joel Ferris	54 – 90's Lakeside Seattle	61 – 00's Seattle Prep	62 - 10's Liberty Bell
33 – 70's Joel Ferris	46 – 80's West Valley Spo.	52 – 90's East Valley Spo.	57 – 00's Bishop Blanchett	58 - 10's Riverside
		51 – 90's South Whidbey	56 – 00's Riverside	58 - 10's Lewis & Clark
		49 – 90's Riverside	55 – 00's Lakeside 9 mile	58 - 10's Asotin
			54 – 00's Charles Wright	57 – 10's Medical Lake
			53 – 00's Snohomish	57 - 10's Bellarmine Prep
			50 – 00's Eisenhower	55 - 10's Northwest
				55 - 10's Liberty Issaquah
				55 - 10's Deer Park
				54 - 10's King's

MOST TEAM STATE TITLES

BOYS: 78 schools have won a boys team title – Squalicum boys win their first in 2021.

15 - Mead - last win was 2008	7 - Edmonds-Woodway –last was 1990	4 - Gig Harbor - last was 2014	3 - Selah – last was 1970
12 - North Central – last was 2016	7 - Omak – last was 1999	3 - Tahoma – last was 2020	3 - Shadle Park – last was 1982
12 - Sehome – 9 in a row ends	5 - Richland – last was 1974	3 - Tri-Cities Prep – last was 2012	3 - University – last was 1999
9 - Bishop Blanchet – 1 st since 2004	4 - Kamiakin – 4 in a row	3 - Charles Wright – last was 2012	3 - Seattle Prep – last was 2000
9 -Lakeside 9 Mile Falls –3 out of 4 yrs	4 - Curtis – last was 1974	3 - Chewelah – last was 1996	3 - Saint George's – last was 2007
8 - Joel Ferris – last was 2009	4 - King's – last was 2002	3 - Mount Baker – last was 1986	3 - Medical Lake – last was 2017
8 -Northwest Chr. Lacey–last was 2019	4 - Burlington Edison – last was 2009	3 - East Valley Yakima – last was 2004	3 - Lewis & Clark – last was 2017

GIRLS: 73 schools have won a girls team title

11 - Sehome – 1 st since 2017	5 - Mount Baker – last was 2001	4 - Snohomish – last was 2003	3 - West Valley Spo. – last was 2018
9 - NW Chr. Lacey – last was 2014	5 - Newport Bellevue – last was 2007	4 - Omak – last was 1998	3 - Squalicum – last was 2006
7 - King's – last won in 2009	5 - Gig Harbor – last was 2007	4 - East Valley Spok – last was 1997	3 - Carroll – last was 1983
5 - Bellarmine Prep – last was 2013	5 - Glacier Peak - last was 2018	4 - Issaquah – last was 2016	3 - Lakewood – last was 1994
5 - Eisenhower – last was 2010	4 - Camas – last was 2015	4 - Lakeside 9 Mile – last was 2018	3 - Lynnwood – last was 1990
5 - Edmonds-Woodway –last was 1987	4 - Riverside – last was 2012	4 - North Central – last was 2019	3 - East Valley Yakima – last was 2004
5 - Saint George's – last was 2000	4 - Chelan – last was 1997	3 - Liberty Bell – last was 2018	3 - Eastlake – 1 st since 2009

COMBINED PROGRAMS STATE TEAM TITLES: 107 schools have won a team title.

23 - Sehome – 12 boys, 11 girls	9 - Gig Harbor – 3 boys, 6 girls	5 - Newport Bellevue – 0 boys, 5 girls	4 - Lakewood – 1 boy, 3 girls
17 - NW Chr. Lacey – 8 boys, 9 girls	8 - Mount Baker – 3 boys, 5 girls	5 - Selah – 3 boys, 2 girls	4 - Lakeside Seattle – 2 boys, 2 girls
17 - Mead – 15 boys, 2 girls	8 - Saint George's – 3 boys, 5 girls	5 - Chelan – 1 boys, 4 girls	4 - Ephrata – 2 boys, 2 girls
16 - North Central – 12 boys, 4 girls	7 - Eisenhower – 2 boys, 5 girls	5 - Lynnwood – 2 boys, 3 girls	4 - Shadle Park – 3 boys, 1 girl's
13 - Lakeside 9 mile – 9 boys , 4 girls	6 - Riverside – 2 boys, 4 girls	5 - Liberty Bell – 2 boys , 3 girls	4 - Charles Wright – 3 boys, 1 girl's
12 -Edmonds-Woodway–7 boys, 5 girls	6 - Snohomish – 2 boys, 4 girls	5 - Glacier Peak – 0 boys, 5 girls	4 - Curtis – 4 boys, 0 girls
11 - Omak – 7 boys, 4 girls	6 - East Valley Yakima – 3 boys, 3 girls	5 - Camas – 1 boys, 4 girls	4 - Burlington Edison – 4 boys, 0 girls
11 - King's – 4 boys, 7 girls	6 - Richland – 5 boys, 1 girl's	4 - Seattle Prep – 3 boys, 1 girl	4 - Lewis & Clark – 3 boys, 1 girl
10 - Joel Ferris – 8 boys, 2 girls	6 - Bellarmine Prep - 1 boys, 5 girls	4 - Issaquah – 0 boys, 4 girls	4 - Squalicum – 1 boys , 3 girls
9 - Bishop Blanchet – 9 boys , 0 girls	5 - Tahoma – 3 boys, 2 girls	4 - East Valley Spok – 0 boys, 4 girls	4 - Kamiakin – 4 boys , 0 girls

TEAM STATE TITLES BY DIVISION

4A BOYS – 14 4A schools have won a boys team title – 40 total titles.

8 - Joel Ferris – 1968, 1980, 1981, 2003, 2004, 2005, 2006, 2009	3 - Lewis & Clark – 1961, 1966, 2017	1 - Bellarmine Prep – 2016
5 - Richland – 1970, 1971, 1972, 1973, 1974	3 - University – 1997, 1998, 1999	1 - Camas – 2019
4 - Curtis – 1965, 1971, 1973, 1974	2 - Eisenhower – 1987, 2010	1 - Redmond – 1985
4 - Kamiakin – 2017, 2018, 2019, 2021	2 - West Valley Yakima – 1998, 2003	1 - Central Valley - 2012
3 - Tahoma – 2015, 2018, 2020	2 - Rogers Spokane – 1963, 1965	

4A GIRLS – 19 4A schools have won a girls team title – 45 total titles.

5 - Eisenhower 1989, 1994, 1999, 2000, 2010	2 - Tahoma – 2011, 2020	1 - Rogers Spokane - 1990
5 - Newport Bellevue – 1974, 1998, 1999, 2000	2 - Joel Ferris – 1980, 1991	1 - Olympia - 1978
5 - Bellarmine Prep – 1977, 1978, 1979, 2013	1 - Richland - 1993	1 - Marysville Pillchuck - 1998
5 - Glacier Peak – 2010, 2012, 2013, 2015, 2018	1 - Lewis & Clark - 2017	1 - Skyline - 2001
4 - Issaquah – 1985, 1986, 1987, 2016	1 - Central Valley - 1982	1 - South Kitsap - 1997
4 - Camas – 2011, 2012, 2014, 2015	1 - Redmond – 2019	
3 - Eastlake – 2008, 2009, 2021	1 - West Valley Yakima – 2005	

4A COMBINED – 22 4A schools have won a team title.

10 - Joel Ferris – 8 boys, 2 girls	5 - Camas – 1 boys, 4 girls	3 - West Valley Yakima – 2 boys, 1 girls
7 - Eisenhower – 2 boys, 5 girls	4 - Issaquah – 0 boys, 4 girls	3 - Rogers Spokane – 2 boys, 1 girls
6 - Richland – 5 boys, 1 girls	4 - Curtis – 4 boys, 0 girls	2 - Central Valley – 1 boys, 1 girls
6 - Bellarmine Prep - 1 boys, 5 girls	4 - Kamiakin – 4 boys	2 - Redmond – 1 boys, 1 girls
5 - Tahoma – 3 boys, 2 girls	4 - Lewis & Clark – 3 boys, 1 girl	
5 - Newport Bellevue – 0 boys, 5 girls	3 - Eastlake – 3 girls	
5 - Glacier Peak – 0 boys, 5 girls	3 - University – 3 boys	

3A BOYS – 17 3A schools have won a boys team title – 67 total titles.

15 - Mead – 1976, 88, 89, 90, 91, 92, 93, 94, 95, 96, 00, 01, 02, 07, 08	2 - Lakeside Seattle – 1980, 1999	1 - Capital – 1997
12 - North Central – 1977, 06, 07, 08, 09, 10, 11, 12, 13, 14, 15, 16	2 - Lynnwood – 1993, 1994	1 - Nathan Hale – 1966
9 - Bishop Blanchet – 1983, '84, '86, '91, '92, '01, 2002, 2004, 2021	2 - Shorecrest – 1984, 1985	1 - Mount Vernon - 1969
7 - Edmonds Woodway – 1975, 1982, 1983, 1986, 1987, 1988, 1990	2 - Kennewick – 1978, 1979	
4 - Gig Harbor – 1995, 2011, 2013, 2014	2 - Franklin – 1964, 1967	
3 - Seattle Prep – 1966, 1972, 2000	1 - Arlington - 2020	
2 - Snohomish – 1960, 1965	1 - Mercer Island – 1962	

3A GIRLS – 17 3A schools have won a girls team title – 36 total titles.

5 - Edmonds Woodway – 1976, 1983, 1984, 1985, 1987	2 - Lakeside Seattle – 1982, 1991	1 - Everett - 1981
5 - Gig Harbor – 1991, 2005, 2006, 2007	2 - Holy Names – 2014, 2016	1 - Shoreline - 1973
4 - North Central – 2001, 2017, 2018, 2019	1 - Shadle Park – 2009	1 - Eastside Catholic - 1984
4 - Snohomish – 1995, 1996, 2002, 2003	1 - Mercer Island – 2008	1 - Sealth – 1975
3 - Lynnwood – 1988, 1989, 1990	1 - Seattle Prep - 2020	1 - Walla Walla - 1983
2 - Mead – 1988, 2021	1 - Shorecrest – 1993	

3A COMBINED – 25 3A schools have won a team title

17 - **Mead** – 15 boys, **2 girl's**

16 - North Central – 12 boys, 4 girls

12 - Edmonds-Woodway – 7 boys, 5 girls

9 - Gig Harbor – 4 boys, 5 girls

9 - **Bishop Blanchet** – **9 boys**, 0 girls

6 - Snohomish – 2 boys, 4 girls

5 - Lynnwood – 2 boys, 3 girls

4 - Lakeside Seattle – 2 boys, 2 girls

4 - Seattle Prep – 3 boys, 1 girl

3 - Shorecrest – 2 boys, 1 girls

2 - Franklin – 2 boys

2 - Kennewick – 2 boys

2 – Mercer Island – 1 boys, 1 girls

2 – Holy Names Academy – 2 girls

2A BOYS – 16 2A schools have won a boys team title – 40 total titles

12 – Sehome – 2005, 08, 10, 12, 13, 14, 15, 16, 17, 18, 19, 2020

4 – Burlington Edison – 1967, 2006, 2007, 2009

3 – East Valley Yakima – 1996, 2000, 2004

3 – Selah – 1977, 1978, 1979

3 – Shadle Park – 1959, 1962, 1982

2 – Ephrata – 1987, 1988

2 – Cedarcrest / Tolt – 1976, 1978

2 – Columbia River – 1964, 1970

2 - Tyee - 1975, 1976

1 – **Squalicum** - **2021**

1 – Lakewood – 1989

1 – Cheney – 1989

1 – Lindbergh – 2011

1 – Renton – 1969

1 – W.F. West – 1968

1 – Evergreen Seattle - 1963

2A GIRLS – 14 2A schools have won a girls team title – 37 total titles

11 – **Sehome** – 2002, 06, 07, 08, 09, 10, 12, 13, 14, 17, **2021**

4 – East Valley Spokane – 1994, 1995, 1996, 1997

3 – Lakewood – 1991, 1993, 1994

3 – West Valley Spokane – 1977, 1986, 2018

3 – East Valley Yakima – 2002, 2003, 2004

3 – Squalicum – 2003, 2004, 2006

2 – Selah – 1974, 2016

2 – Ephrata – 1984, 1997

1 – Liberty Issaquah – 2015

1 – Cheney – 2011

1 – Anacortes - 2020

1 – Ellensburg – 2019

1 – Centralia - 1979

1 – Washougal – 1986

2A COMBINED - 22 2A schools have won a team title.

23 - Sehome – 12 boys, **11 girls**

6 - East Valley Yakima – 3 boys, 3 girls

5 - Selah – 3 boys, 2 girls

4 – **Squalicum** – **1 boys**, 3 girls

4 - East Valley Spokane – 4 girls

4 - Lakewood – 1 boy, 3 girls

4 - Shadle Park – 3 boys, 1 girls

4 - Ephrata – 2 boys, 2 girls

4 - Burlington Edison – 4 boys

3 – West Valley Spokane – 3 girls

2 – Columbia River – 2 boys

2 – Cedarcrest/Tolt – 2 boys

2 – Tyee – 2 boys

2 – Cheney – 1 boys, 1 girls

1A BOYS - 19 1A schools have won a boys team title – 47 total titles

9 – **Lakeside 9-mile falls** – 1996, '97, '06, '08, '10, '11, '18, '19, **2021**

7 – Omak – 1971, 1972, 1990, 1991, 1993, 1994, 1999

4 – King's – 1999, 2000, 2001, 2002

3 – Mount Baker – 1973, 1975, 1986

3 – Charles Wright Academy – 2003, 2004, 2012

3 – Medical Lake – 2013, 2014, 2017

2 – Riverside – 1983, 2001

2 – Montesano – 1974, 1980

2 – Cashmere – 1984, 2003

2 – Deer Park – 2015, 2016

1 – South Whidbey - 2020

1 – Port Townsend - 1981

1 – Colville – 2005

1 – Nooksack Valley – 2009

1 – Royal - 2007

1 – Castle Rock - 1982

1 – Chelan – 1997

1 – Naches - 2002

1 – Seattle Academy - 2005

1A GIRLS – 16 1A schools have won a girls team title – 40 total titles.

7 – King's – 2001, 2002, 2003, 2006, 2007, 2008, 2009

5 – Mount Baker – 1977, 1978, 1999, 2000, 2001

4 – Omak – 1992, 1995, 1996, 1998

4 – Lakeside 9-mile falls – 2011, 2013, 2014, 2018

4 – Riverside – 1987, 2005, 2010, 2012

4 – Chelan – 1988, 1989, 1990, 1997

2 – **Seton Catholic** – 2020, **2021**

2 – Northwest – 2015, 2016

1 – Montesano – 1980

1 – Charles Wright Academy – 2005

1 – Cashmere – 1985

1 – South Whidbey – 1979

1 – Colville – 2017

1 – Deer Park – 2019

1 – Bellevue Christian – 1973

1 – Zillah – 2004

1A COMBINED – 23 1A schools have won a team title.

13 - **Lakeside 9-mile falls** – **9 boys**, 4 girls

11 - Omak – 7 boys, 4 girls

11 - King's – 4 boys, 7 girls

8 - Mount Baker – 3 boys, 5 girls

6 - Riverside – 2 boys, 4 girls

5 - Chelan – 1 boys, 4 girls

4 - Charles Wright – 3 boys, 1 girls

3 – Medical Lake – 3 boys

3 – Montesano – 2 boys, 1 girls

3 – Cashmere – 2 boys, 1 girls

3 – Deer Park – 2 boys, 1 girls

2 – **Seton Catholic** – **2 girls**

2 – South Whidbey – 1 boys, 1 girls

2 – Colville – 1 boys, 1 girls

2 – Northwest – 2 girls

B BOYS – 12 B schools have won a boys team title – 27 total titles.

8 – Northwest Christian Lacey – 2008, 2009, 2014, 2015, 2016, 2017, 2018, 2019

3 – Saint George's – 1993, 2006, 2007

3 – Tri Cities Prep – last was 2010, 2011, 2012

3 – Chewelah – 1992, 1995, 1996

2 – Reardan – 2004, 2005

2 – **Liberty Bell** – 1998, **2021**

1 – Asotin - 2020

1 – Seattle Lutheran – 1992

1 – Northwest Christian Colbert - 2013

1 – Pomeroy – 1991

1 – Tonasket – 1977

1 – Colfax - 1979

B GIRLS – 7 B schools have won a girls team title – 24 total titles.

9 – Northwest Christian Lacey – 2006, 07, 08, 09, 10, 11, 12, 13, 14

5 – Saint Georges – 1993, 1994, 1998, 1999, 2000

3 – Liberty Bell – 2016, 2017, 2018

3 – Carroll – 1981, 1982, 1983

2 – **Pope John Paul 2** – 2019, **2021**

1 – Pomeroy - 1991

1 – Ocosta – 2015

B COMBINED – 15 B schools have won a team title.

17 - NW Chr. Lacey – 8 boys, 9 girls

8 - Saint George's – 3 boys, 5 girls

5 - **Liberty Bell** – **2 boys**, 3 girls

3 – Chewelah – 3 boys

3 – Tri Cities Prep – 3 boys

3 – Carroll – 3 girls

2 – **Pope John Paul 2** – **2 girls**

2 – Reardan – 2 boys

2 – Pomeroy – 1 boys, 1 girls

PROGRESSION OF TITLES

BOYS PROGRESSION

1st to 1 state title: In 1959 **Shadle Park** won the 1st boys' team state championship.

1st to 2 state titles: In 1962 **Shadle Park** became the 1st boys' team to win 2 state championships. Their 6-trophy streak (1959-1964) made them one of the best teams of the 60's but Shadle Park would only trophy one more time to date.

1st to 3 state titles: In 1972 **Richland** became the 1st boys' team to win 3 state championships with their 3rd title in a row.

1st to 4 state titles: In 1973 **Richland** became the 1st boys' team to win 4 state championships with their 4th title in a row. At the time they had twice as many titles as any other team in the state.

1st to 5 state titles: In 1974 **Richland** became the 1st boys' team to win 5 state championships with their 5th title in a row. The dominant team of the 70's would go on to win 5 more trophies but has yet to win another title.

1st to 6 state titles: In 1988 **Edmonds** became the 1st boys' team to win 6 state championships. Their eight trophies in the decade mad them the team of the 80's.

1st to 7 state titles: In 1990 **Edmonds** became the 1st boys' team to win 7 state championships. Edmonds starts the 90's great but would only win one more trophy for another 25 years.

1st to 8 state titles: In 1994 **Mead** became the 1st boys' team to win 8 state championships. Little did we know that they were just getting going.

1st to 9 state titles: In 1995 **Mead** became the 1st boys' team to win 9 state championships with their record 8 titles in a row.

1st to 10 state titles: In 1996 **Mead** became the 1st boys' team to win 10 state championships with their 9th win in a row. Team of the 90's by far.

1st to 11 state titles: In 2000 **Mead** became the 1st boys' team to win 11 state championships. After "only" getting trophies for three years, Mead returns to the top of the podium.

1st to 12 state titles: In 2001 **Mead** became the 1st boys' team to win 12 state championships. Trophy streak of 14 years.

1st to 13 state titles: In 2002 **Mead** became the 1st boys' team to win 13 state championships. How does 12 titles in 15 years sound?

1st to 14 state titles: In 2007 **Mead** became the 1st boys' team to win 14 state championships. Another title after four years of "only" getting trophies.

1st to 15 state titles: In 2008 **Mead** became the 1st boys' team to win 15 state championships. 21 trophies in a row including 14 titles making them the team of the 00's as well. From 2008-2017, the legendary boys' team from Mead were noticeably absent from Pasco.

GIRLS PROGRESSION

1st to 1 state title: **Shoreline** and **Bellevue Christian** both won their 1st and only state titles in 1973 at the 1st girls' state championships. Shoreline later closed and was split out to Shorewood and Shorecrest. Bellevue Christian has only returned 11 times in 40 years, winning 3 more trophies.

1st to 2 state titles: **Mount Baker** and **Bellarmino Prep** both become the 1st girls' team to win 2 state championships in 1978. Both teams went on to legendary status.

1st to 3 state titles: In 1979 **Bellarmino Prep** became the 1st girls' team to win 3 state championships and the first to win 3 titles in a row (1977-1979). This established Bellarmine Prep as the girls' team of the 70's. However, they would not win another state title until 2004.

1st to 4 state titles: In 1985 **Edmonds** became the 1st girls' team to win 4 state championships with their 3rd title in a row (1983-1985).

1st to 5 state titles: In 1987 **Edmonds** rolls as the team of the 80's to become the 1st team to 5 state championships. Their streak of 7 trophies in a row ends in 1988 and they don't earn another trophy until 2015.

1st to 6 state titles: It took until 2008 for a team to win 6 titles. **King's** girls' team had never won a trophy until 2000 then rolled out 6 titles in the next 8 years.

1st to 7 state titles: In 2009 **King's** girls' team won their 7th title in 9 years with their 4th title in a row. Their 7 titles and 9 trophies made them the team of the 00's and breaks the record for points in a decade with 85.

1st to 8 state titles: In 2013 both **Sehome** and **Northwest Christian Lacey** became the 1st girls' team to win 8 state championships. Neither team had won a trophy let alone a title before 2001.

1st to 9 state titles: In 2014 both **Sehome** and **Northwest Christian Lacey** returned to be the 1st girls' team to win 9 state championships. Both teams looked to continue their winning ways in 2015 with young talented teams. However, both teams proved to be human and "only" finished second and third.

1st to 10 state titles: In 2017 **Sehome** became the 1st team to win 10 State Championships. It took them only 16 years to win 10 titles.

1st to 11 state titles: In 2021 **Sehome** became the 1st team to win 11 State Championships. That makes 11 titles in 20 years.

LONGEST TITLE STREAKS

North Central's crazy streak of 11 titles in a row has come to an end in 2017. Not that they are struggling, but the level of competition has risen to meet them. Kamiakin looks like a legend in the making with their 4 out of 5 years. Sehome boys streak of 9 comes to an end. 1A Seton Catholic wins their 2nd in a row. The covid year was a challenge. No boys team that won a title in 2020 repeated.

BOYS

11 - North Central boys (2006-2016)
9 - Mead boys (1988-1996)
9 - Sehome boys (2012-2020)
6 - NW Chr. Lacey (2014-2019)
5 - Richland boys (1970-1974)
4 - King's boys (1999-2002)
4 - Ferris boys (2003-2006)
3 - Mead boys (2000-2002)
3 - Edmonds boys (1986-1988)
3 - Tri Cities Prep boys (2010-2012)
3 - Selah boys (1978-1979)
3 - University boys (1997-1999)
3 - Kamiakin boys (2017-2019)

GIRLS

9 - NW Christian Lacey girls (2006-2014)
5 - Sehome girls (2006-2010)
4 - East Valley Spokane girls (1994-1997)
4 - King's girls (2006-2009)
3 - North Central girls (2017-2019)
3 - Liberty Bell girls (2016-2018)
3 - Sehome girls (2012-2014)
3 - Carroll girls (1981-1983)
3 - King's girls (2001-2003)
3 - Edmonds girls (1983-1985)
3 - Gig Harbor girls (2005-2007)
3 - Mount Baker girls (1999-2001)
3 - Bellarmine Prep girls (1977-1979)
3 - Newport Bellevue girls (1998-2000)
3 - Chelan girls (1988-1990)
3 - East Valley Yakima girls (2002-2004)
3 - Lynnwood girls (1988-1990)
3 - Issaquah girls (1985-1987)

STREAK ODDITIES: **Omak** girls won 9 trophies out of 10 years from 1992 to 2001. Titles in '95, '96 and '98 sandwiched not only a non-trophy year but a non-scoring year as well. Thus, making the extremely rare title-title-blank-title streak. Got to wonder what happened in '97.

MOST STATE TROPHIES: Top 4 teams at State earn State Trophies

BOYS: In 2021, 7 of the top 10 trophied and 15 of the all-time top 37 trophied

28 - Mead – 2 in a row
25 - North Central – 17 of 18 years
24 - Joel Ferris - last was 2016
20 - Bishop Blanchet – 1st since 2019
19 - Sehome – 17 in a row
18 - Seattle Prep - last was 2012
16 - Omak - last was 1999
16 - Lakeside 9 Mile Falls – 3 of 4 years
15 - King's – 1st since 2015
15 - Gig Harbor – 1st since 2014
14 - Edmonds-Woodway – last was 2018
14 - Northwest Christian Lacey – last was 2019
14 - Saint George's – 1st since 2017

14 - Eisenhower – 1st since 2016
13 - Richland - last was 1995
12 - Northwest Christian Colbert – last was 2020
12 - Riverside – last was 2017
11 - Lakewood - last was 2009
11 - West Valley-Spokane - last was 2006
11 - Burlington Edison - last was 2009
10 - Kamiakin – 10 of 11 years
10 - Lewis & Clark – 3 in a row ends
10 - Montesano - last was 1988
9 - University – last was 2010
9 - Columbia River – last was 2001
9 - East Valley Yakima – last was 2005

9 - Central Valley – 5 in row ends
9 - Tahoma – 4 in a row
9 - Selah – 1st since 2011
9 - Medical Lake – 3 in a row
8 - Liberty Bell – 1st since 2017
8 - Bellingham – 3 in a row
8 - Nathan Hale – last was 2013
8 - Snohomish – last was 2002
8 - Charles Wright – last was 2012
8 - Curtis – last was 1992
8 - Cashmere – last was 200

GIRLS: In 2021, 4 of the top 10 trophied and 9 of the all-time top 29 trophied.

22 - Riverside – last was 2016
18 - Saint George's – 1st since 2019
17 - Mount Baker - last was 2002
17 - Bellarmine Prep – 1st since 2013
16 - Sehome – 1st since 2019
15 - King's – 1st since 2018
15 - Gig Harbor – 1st since 2009
14 - South Whidbey – last was 2020
14 - Northwest Christian Lacey – last was 2018
14 - Omak - last was 2010

13 - Mead – 2 in a row
13 - Snohomish – last was 2018
13 - Chelan - last was 2009
13 - Eisenhower - last was 2010
13 - Lakeside Seattle - last was 2013
12 - Edmonds Woodway – last was 2017
12 - Issaquah – last was 2020
12 - Bellingham – 4 in a row ends
12 - Tahoma – 3 in a row
10 - Lakeside 9 mile – last was 2019

10 - Lewis & Clark – 1st since 2018
9 - Glacier Peak – last was 2018
9 - Newport Bellevue - last was 2007
9 - Camas – last was 2019
9 - LaCenter – 5 of 6 years
8 - White Pass Morton – last was 2012
8 - Selah – last was 2016
8 - Bishop Blanchet – last was 2019
7 - Eastlake – 2 of 3 years

COMBINED: In 2021, 6 of the top 10 trophied and 19 of the all-time top 42 teams trophied. 6 of the top 42 won 2 trophies.

41 - Mead - 28 boys, 13 girls
35 - Sehome - 19 boys, 16 girls
34 - Riverside - 12 boys, 22 girls
32 - Saint George's - 14 boys, 18 girls
30 - King's - 15 boys, 15 girls
30 - Gig Harbor - 15 boys, 15 girls
30 - Omak - 16 boys, 14 girls
30 - Joel Ferris - 24 boys, 6 girls
30 - North Central - 25 boys, 5 girls
28 - NW Christian Lacey - 14 boys, 14 girls
28 - Bishop Blanchet - 20 boys, 7 girls
27 - Eisenhower - 14 boys, 13 girls
26 - Edmonds-Woodway - 14 boys, 12 girls
26 - Lakeside 9 mile - 16 boys, 10 girls

23 - Seattle Prep - 18 boys, 5 girls
22 - Mount Baker - 5 boys, 17 girls
21 - Tahoma - 9 boys, 12 girls
21 - Snohomish - 8 boys, 13 girls
21 - Bellarmine Prep - 4 boys, 17 girls
21 - South Whidbey - 7 boys, 14 girls
20 - Bellingham - 8 boys, 12 girls
20 - Lewis & Clark - 10 boys, 10 girls
19 - Chelan - 6 boys, 13 girls
18 - Issaquah - 6 boys, 12 girls
18 - West Valley Spokane - 11 boys, 7 girls
18 - Richland - 13 boys, 5 girls
17 - Lakeside Seattle - 4 boys, 13 girls
17 - Selah - 9 boys, 6 girls

16 - NW Chr. Colbert – 12 boys, 4 girls
16 - Kamiakin - 10 boys, 6 girls
15 - Newport Bellevue – 6 boys, 9 girls
15 - Lakewood - 11 boys, 4 girls
14 - Central Valley – 9 boys, 5 girls
14 - Liberty Bell - 8 boys, 6 girls
13 - Cedarcrest/Tolt – 7 boys, 6 girls
13 - Asotin – 6 boys, 7 girls
13 - Squalicum - 6 boys, 7 girls
13 - Camas – 4 boys, 9 girls
13 - Ephrata – 7 boys, 6 girls
13 - Cashmere – 8 boys, 5 girls
13 - East Valley Yak – 9 boys, 4 girls
13 - Montesano – 10 boys, 3 girls

TEAMS WITH MOST INDIVIDUAL STATE CHAMPIONS

BOYS

12 - Mead
6 - Joel Ferris

6 - Bishop Blanchet

6 - Selah

5 - Sehome
5 - NW Christian Lacey
5 - North Central
5 - Charles Wright
4 - Seattle Prep

4 - Lynnwood
4 - Carroll
4 - King's
4 - Henry Jackson
4 - Gig Harbor
4 - Lewis & Clark
3 - Shadle Park
3 - Omak
3 - Mount Baker

3 - Davenport
3 - Columbia River
3 - White River
3 - Redmond
3 - Port Townsend
3 - Northwest
3 - Ilwaco
3 - Lakes

GIRLS

7 - Lakeside Seattle
5 - North Central
5 - Bellarmine Prep
4 - West Valley Spokane
4 - Shadle Park
4 - Sehome
4 - Saint George's
4 - Northwest

4 - King's
4 - Bellevue
3 - Anacortes
3 - Oroville
3 - Liberty Bell
3 - Lewis & Clark
3 - Cedar Park Christian
3 - NW Christian Colbert

3 - Colfax
3 - Bellevue Christian
3 - Glacier Peak
3 - Freeman
3 - Goldendale
3 - Gig Harbor

COMBINED

12 - Mead – 12 boys, 0 girls
10 - North Central – 5 boys, 5 girls
9 - Sehome – 5 boys, 4 girls
8 - Lakeside Seattle – 1 boy, 7 girls
8 - King's – 4 boys, 4 girls
7 - Bishop Blanchet - 6 boys, 1 girl
7 - Selah – 6 boys, 1 girl
7 - Shadle Park – 3 boys, 4 girls
7 - Northwest – 3 boys, 4 girls
7 - Joel Ferris – 6 boys, 1 girl
7 - Gig Harbor – 4 boys, 3 girls

7 - Lewis & Clark – 4 boys, 3 girls
6 - Bellarmine Prep – 1 boy, 5 girls
6 - Carroll – 4 boys, 2 girls
6 - NW Christian Lacey – 5 boys, 1 girl
6 - Charles Wright – 5 boys, 1 girl
5 - Seattle Prep – 4 boys, 1 girl
5 - Saint George's – 1 boy, 4 girls
5 - Mount Baker – 3 boys, 2 girls
5 - Lynnwood – 4 boys, 1 girl
5 - Lakes – 3 boys, 2 girls
5 - Freeman – 2 boys, 3 girls

4 - Anacortes – 1 boys, 3 girls
4 - Asotin – 2 boys, 2 girls
4 - West Valley Spokane – 0 boys, 4 girls
4 - Squalicum – 2 boys, 2 girls
4 - Omak – 3 boys, 1 girl
4 - Henry Jackson – 4 boys, 0 girls
4 - Ephrata – 2 boys, 2 girls
4 - East Valley Spokane – 2 boys, 2 girls
4 - Bellevue – 0 boys, 4 girls



TEAMS WITH MOST INDIVIDUAL PODIUM PLACES

Podium was top 12 until 2008, top 16 since.

BOYS – In 2021, 9 of the top 10 got on the podium and 27 of the top 57.

61 - North Central +1	28 - Selah +2	23 - Nathan Hale	19 - Rogers Spokane +1	16 - Colfax
61 - Mead +1	27 - Snohomish	23 - Lakeside 9 Mile +2	19 - East Valley Yakima +1	16 - Bellingham +1
54 - Joel Ferris	26 - Omak	23 - Columbia River +1	18 - Tahoma +1	15 - Onalaska
42 - Bishop Blanchet +2	25 - West Valley Spokane	22 - Richland	18 - Colville	15 - Lakewood
38 - Gig Harbor +2	25 - Saint George's +1	22 - Asotin +1	17 - Shorecrest	15 - Evergreen Sea.
37 - Sehome +1	25 - Port Townsend +2	21 - University	17 - Northwest +2	15 - Ellensburg
37 - King's +2	25 - Burlington Edison	21 - Medical Lake +1	17 - Mount Baker	15 - Curtis
36 - Northwest Chr. Colbert+1	24 - Shadle Park	21 - Cedarcrest	17 - Montesano	15 - Anacortes
33 - Northwest Chr. Lacey +1	24 - Riverside +1	20 - Mount Spokane	17 - Liberty Bell +2	15 - Tonasket
32 - Eisenhower +2	24 - Edmonds Woodway	20 - Ilwaco +1	17 - Kennewick	
31 - Lewis & Clark +1	24 - Charles Wright	20 - Chelan	17 - Henry Jackson	
30 - Kamiakin +2	23 - Seattle Prep +1	20 - Cashmere	16 - East Valley Spo.	

GIRLS – In 2021, 7 of the top 10 got to the podium and 23 of the top 48

39 - Saint George's +1	31 - North Central	22 - Mead +1	17 - Redmond	16 - Bellevue Christian
38 - Sehome +2	31 - Lakeside 9 Mile +2	22 - Lewis & Clark +2	17 - Northwest	16 - Bellevue
38 - King's +1	27 - NW Chr. Colbert	22 - Issaquah +1	17 - Joel Ferris	15 - Seattle Prep
36 - Bellarmine Prep +2	26 - South Whidbey +1	21 - Snohomish +1	17 - Glacier Peak	15 - Lynnwood
35 - Northwest Chr. Lacey +1	26 - Riverside	20 - Deer Park +1	17 - Ephrata	15 - LaCenter
34 - Mount Baker	26 - Liberty Bell +4	20 - Camas	17 - Anacortes + 2	15 - Kamiakin
33 - Eisenhower +1	26 - Gig Harbor +2	19 - Shadle Park	16 - West Valley Yakima	15 - Colville
33 - Edmonds Woodway +1	24 - Tahoma +1	19 - East Valley Spokane +2	16 - Holy Names Aca.	15 - Cashmere
32 - Lakeside Seattle	23 - Selah	18 - Ellensburg +1	16 - Cedarcrest +1	
31 - Omak	22 - West Valley Spokane +1	18 - Carroll	16 - Bellingham +1	

COMBINED – In 2021, 9 of the top 10 made it to the podium and 36 of the top 52.

92 - North Central +1	57 - Edmonds Woodway +1	44 - Bellarmine Prep +2	35 - Cashmere	31 - Shorecrest
83 - Mead +2	54 - Lakeside 9 Mile +4	43 - Shadle Park	35 - Asotin +3	31 - Redmond
75 - Sehome +3	53 - Lewis & Clark +3	43 - Liberty Bell +6	34 - Northwest +2	31 - Ilwaco +1
75 - King's +3	51 - Selah +2	42 - Tahoma +2	33 - Richland	31 - Deer Park +1
71 - Joel Ferris	51 - Mount Baker	40 - South Whidbey +1	33 - Ellensburg +1	31 - Chelan
68 - Northwest Chr. Lacey +2	50 - Riverside +1	38 - Seattle Prep +2	33 - Colville	29 - University
65 - Eisenhower +3	50 - Bishop Blanchet +3	37 - Cedarcrest / Tolt +1	33 - Camas	29 - Kennewick +
64 - Saint George's +2	48 - Snohomish +1	36 - Issaquah +2	33 - Burlington Edison	29 - Lynnwood
64 - Gig Harbor +4	47 - West Valley Spokane +1	35 - Port Townsend +3	32 - Columbia River +1	
63 - NW Chr. Colbert +1	45 - Kamiakin +2	35 - East Valley Spokane +2	32 - Bellingham +2	
57 - Omak	44 - Lakeside Seattle	35 - Charles Wright	32 - Anacortes +2	

TEAMS WITH MOST INDIVIDUAL PODIUM PLACERS BY DIVISION

4A BOYS Two boys 4A teams have never had a boy on the podium

54 - Joel Ferris	17 - Henry Jackson	10 - Davis	8 - Hazen	6 - Eastmont
32 - Eisenhower +2	15 - Curtis +1	10 - Gonzaga Prep	8 - Hanford	6 - Bothell
31 - Lewis & Clark +1	14 - Redmond	10 - Kamiak +1	8 - Bellarmine Prep	6 - Kent Meridian
30 - Kamiakin +2	14 - Issaquah +1	8 - West Valley Yakima	7 - Rogers Puyallup +1	5 - Sunnyside
22 - Richland	14 - Central Valley	8 - Wenatchee	7 - Puyallup	
21 - University	13 - Camas	8 - Skyline	7 - Eastlake +	
19 - Rogers Spokane +1	11 - Mariner	8 - Olympia +1	7 - Battle Ground	
18 - Tahoma +1	10 - Newport Bellevue +2	8 - Mount Rainier	6 - Mount Si	

3A BOYS – Six boys 3A teams have never had a boy on the podium.

61 - Mead +1	17 - Shorecrest	12 - Interlake	9 - Mt Vernon	7 - Liberty Issaquah
61 - North Central +1	17 - Kennewick	11 - Oak Harbor	9 - Ingraham	7 - Yelm
42 - Bishop Blanchet +2	14 - Lynnwood	11 - Bellevue	9 - Franklin	6 - Capital
38 - Gig Harbor +2	14 - Lakes +2	11 - Ballard	9 - Auburn Riverside	6 - Cleveland
27 - Snohomish	14 - Arlington +2	11 - Bainbridge	8 - Walla Walla +1	6 - Lincoln Tacoma
24 - Edmonds Woodway	13 - O'Dea	10 - Central Kitsap +1	8 - Shoreline	6 - Stanwood
23 - Seattle Prep +1	13 - Garfield	10 - Wilson	8 - Peninsula	6 - Lake Washington
23 - Nathan Hale	12 - Lakeside Seattle	10 - Mercer Island	8 - Meadowdale	
20 - Mt Spokane	12 - Kelso	9 - Auburn Riverside	7 - Rogers Puy.	

2A BOYS – Four boys 2A teams have never had a boy on the podium.

37 - Sehome +1	16 - East Valley Spokane	16 - Cheney	11 - Washougal +1	6 - RA Long
28 - Selah +2	16 - Bellingham +1	13 - Steilacoom +2	9 - Sammamish +1	6 - Mark Morris
25 - West Valley Spokane	15 - Lakewood	13 - Renton	8 - Mountlake Terrace	6 - Archbishop Murphy
25 - Burlington Edison	15 - Evergreen Seattle	12 - Squalicum	8 - Clover Park	6 - Fife
24 - Shadle Park	15 - Ellensburg	12 - Lindbergh	7 - White River	
23 - Columbia River +1	15 - Anacortes	11 - Shelton	7 - Tyee	
21 - Cedarcrest	14 - Tumwater +1	11 - Pullman	7 - Highline	
19 - East Valley Yakima +1	14 - Ridgefield	11 - Ephrata	6 - Lynden	

1A BOYS – Six boys 1A teams have never had a boy on the podium.

37 - King's +2	20 - Cashmere	12 - Wapato	8 - Seattle Academy	7 - Freeman
26 - Omak	18 - Colville	12 - Royal	8 - Klahowya +1	7 - Cle Elum Roselyn
25 - Port Townsend +2	17 - Northwest +2	12 - Rochester	8 - Hoquiam	6 - Granger
24 - Riverside +1	17 - Mount Baker	12 - Lynden Christian +1	8 - Cascade Leavenworth +1	6 - Bush +
24 - Charles Wright	17 - Montesano	11 - Deer Park	7 - Vashon Island	
23 - Lakeside 9 Mile Falls +2	14 - South Whidbey	10 - Newport	7 - University Prep	
21 - Medical Lake +1	14 - Castle Rock	9 - La Center +1	7 - Seattle Christian	
20 - Chelan	13 - Meridian	9 - Connell	7 - Granite Falls	

B BOYS – twenty-one boys' B teams have never had a boy on the podium.

36 - NW Chr. Colbert +1	16 - Colfax	12 - Republic +1	9 - Toledo	6 - Kalama
33 - Northwest Chr. Lacey +1	15 - Tonasket	12 - Davenport	9 - Seattle Lutheran	
25 - Saint George's +1	15 - Onalaska	11 - Odessa	7 - Trout Lake	
22 - Asotin +1	13 - Lake Roosevelt	10 - Reardan	7 - Pomeroy	
20 - Ilwaco +1	13 - Chewelah +2	9 - Goldendale	7 - Valley Christian	
17 - Liberty Bell +2	12 - Tri-Cities Prep +1	9 - Carroll	7 - Tacoma Baptist	

Quality Over Quantity – individual success greater than team

Lewis & Clark boys' team has 3 individual titles, 31 podium placers and 3 team titles but only 74 points.

Selah boys team has 6 individual titles, 28 podium placers and 3 team titles but only 82 points.

Quantity Over Quality – team success greater than individual

Lakeside 9 Mile boys team has 1 individual title, 23 podium placers but has 9 team titles and 132 points.

Seattle Prep boys' team has only 23 podium placers but has 120 points and 3 team titles.

GIRLS INDIVIDUAL PODIUM PLACES

4A – Four girls 4A teams have never had a girl on the podium.

36 - Bellarmine Prep +2	17 - Glacier Peak	12 - Mount Rainier	9 - Bothell	6 - Wenatchee
33 - Eisenhower +1	16 - West Valley Yakima	11 - South Kitsap	8 - University	6 - Kamiak
24 - Tahoma +1	15 - Kamiakin	11 - Battle Ground	8 - Puyallup	6 - Hazen
22 - Lewis & Clark +2	14 - Newport Bellevue	11 - Richland	8 - Hanford	6 - Gonzaga Prep
22 - Issaquah +1	13 - Davis	10 - Lake Stevens	8 - Curtis +1	6 - Cascade Everett
20 - Camas	12 - Eastlake +4	10 - Skyview	7 - Skyline +2	5 - Marysville Pill.
17 - Joel Ferris	12 - Central Valley	9 - Eastmont	7 - Mount Si +2	
17 - Redmond	12 - Olympia	9 - Rogers Spokane	7 - Inglemoor	

3A – Nine girls 3A teams have never had a girl on the podium.

33 - Edmonds Woodway +1	15 - Seattle Prep +1	11 - Garfield	7 - Stanwood	6 - Eastside Catholic
32 - Lakeside Seattle	15 - Lynnwood	10 - Central Kitsap	7 - Prairie	5 - Wilson
31 - North Central	14 - Shorecrest	9 - Shorewood	7 - Mercer Island	5 - Shoreline
26 - Gig Harbor +2	13 - Peninsula +2	9 - Liberty Issaquah	7 - Meadowdale	5 - Everett
22 - Mead +1	13 - Capital +1	9 - Kelso	7 - Oak Harbor	5 - Hudson's Bay
21 - Snohomish +1	12 - Walla Walla +1	8 - Roosevelt +1	6 - Auburn Riverside	
16 - Holy Names Aca.	12 - Kennewick +1	8 - Mount Spokane	6 - Mountain View	
16 - Bellevue	11 - Interlake	8 - Bishop Blanchet +1	6 - Lakes	

2A – seven girls 2A teams have never had a girl on the podium.

38 - Sehome +2	17 - Anacortes +2	11 - Kingston	8 - Pullman	6 - Enumclaw
23 - Selah	16 - Cedarcrest / Tolt +1	11 - Hockinson	8 - Burlington Edison	5 - East Valley Yak.
22 - West Valley Spokane +1	16 - Bellingham +1	10 - Port Angeles	8 - Sequim +1	5 - Washington
19 - Shadle Park	13 - North Kitsap	10 - Orting	8 - Washougal +2	5 - Foster
19 - East Valley Spokane +2	13 - Lakewood	9 - Tumwater	6 - Cheney	5 - Mountlake Terrace
18 - Ellensburg +1	12 - Squalicum +1	9 - Sammamish	6 - Centralia	
17 - Ephrata	11 - Lindbergh	9 - Columbia River	6 - Sedro Woolley	

1A – Eight girls 1A teams have never had a girl on the podium.

38 - King's +1	17 - Northwest	12 - Vashon Island +1	9 - Cascade Leavenworth	7 - Cedar Park Christian
34 - Mount Baker	16 - Bellevue Christian	12 - Bush	8 - Lynden Christian	7 - Bear Creek
31 - Omak	15 - La Center	11 - Montesano	8 - Connell	6 - Zillah
31 - Lakeside 9 Mile +2	15 - Colville	11 - Chelan	8 - Annie Wright	6 - Seattle Chr.
26 - South Whidbey +1	15 - Cashmere	11 - Charles Wright	7 - White Salmon	6 - Klahowya +1
26 - Riverside	13 - Seton Catholic +3	10 - Port Townsend +1	7 - Tenino	6 - Forks
20 - Deer Park +1	13 - Freeman +2	9 - Nooksack Valley	7 - Meridian +1	5 - Wapato

B – 22 girls B teams have never had a girl on the podium.

39 - Saint George's +1	12 - Mosseyrock	7 - Valley Christian	6 - Pomeroy	5 - Goldendale
35 - Northwest Chr. Lacey +1	11 - Ilwaco	7 - Tonasket	6 - Lake Roosevelt	5 - Pope John Paul 2 +
27 - Northwest Chr. Colbert	13 - Asotin +2	6 - Toledo	6 - Kettle Falls +1	5 - Pateros
26 - Liberty Bell +4	10 - Colfax	6 - Seattle Lutheran	5 - Pateros	5 - Naselle
18 - Carroll	9 - Trout Lake Glenwood	6 - Reardan	5 - Oroville	
13 - White Pass Morton	8 - St John Endicott	6 - Rainier +1	5 - Ocosta	

Quality Over Quantity

Lakeside Seattle girls team has 7 individual titles and 32 podium placers but only 91 points and 2 team titles.

NW Christian Colbert girls team has 3 individual titles and 27 podium placers but only 29 points and no team titles.

Quantity Over Quality

Riverside girls team has 0 individual titles and 25 podium placers but has 139 points, 4 titles and 22 trophies.

Snohomish girls team has 1 individual title and 21 podium placers but has 101 points, 4 titles and 13 trophies.

COMBINED INDIVIDUAL PODIUM PLACES

4A – Every 4A school has had an athlete on the state podium.

71 - Joel Ferris	31 - Redmond	20 - Mount Rainier	15 - Puyallup	13 - Lake Stevens
65 - Eisenhower +3	29 - University	20 - Henry Jackson	15 - Eastmont	10 - Inglesmoor
53 - Lewis & Clark +3	28 - Rogers Spokane +1	19 - Eastlake +6	15 - Bothell	10 - Rogers Puyallup
45 - Kamiakin +2	26 - Central Valley	18 - Glacier Peak	14 - Wenatchee	9 - Marysville Pilchuck
44 - Bellarmine Prep +2	24 - West Valley Yakima	18 - Battle Ground	14 - Skyview	8 - Kent Meridian
42 - Tahoma +2	24 - Newport Bellevue +2	16 - Kamiak +1	14 - Hazen	8 - Sunnyside
36 - Issaquah +2	23 - Davis	16 - Hanford	13 - South Kitsap	7 - Auburn
33 - Richland	23 - Curtis +2	16 - Gonzaga Prep	13 - Mount Si +	7 - Cascade Everett
33 - Camas	20 - Olympia +1	15 - Skyline +2	13 - Mariner	7 - Woodinville

3A - Two 3A school has had an athlete on the state podium.

92 - North Central +1	29 - Kennewick +1	20 - Central Kitsap +1	14 - Bainbridge	11 - Franklin
83 - Mead +2	28 - Mount Spokane	19 - Capital +1	14 - Arlington +2	9 - Everett
64 - Gig Harbor +4	27 - Bellevue	18 - Oak Harbor	13 - Stanwood	9 - Roosevelt +1
57 - Edmonds Woodway +1	25 - Nathan Hale	17 - Mercer Island	13 - Shoreline	9 - Lake Washington
50 - Bishop Blanchet +3	24 - Garfield	16 - Liberty Issaquah	13 - O'Dea	8 - Yelm
48 - Snohomish +1	23 - Interlake	16 - Holy Names Academy	12 - Shorewood	8 - Hudson's Bay
44 - Lakeside Seattle	21 - Peninsula +2	15 - Wilson	11 - Mountain View	7 - Yelm
38 - Seattle Prep +2	21 - Kelso	15 - Meadowdale	11 - Mount Vernon	7 - Prairie
31 - Shorecrest	20 - Walla Walla +2	15 - Auburn Riverside +1	11 - Ingraham	7 - Bethell
29 - Lynnwood	20 - Lakes +2	14 - Ballard	11 - Eastside Catholic	7 - Decatur

2A – Four 2A schools have never had an athlete on the state podium.

75 - Sehome +1	32 - Anacortes +2	18 - Sammamish +1	13 - Mountlake Terrace	9 - Foster +1
51 - Selah +2	28 - Lakewood	17 - Ridgefield	13 - Hockinson	9 - Aberdeen +1
47 - West Valley Spokane +1	28 - Ephrata	17 - Renton	12 - Kingston	8 - Sedro Woolley
43 - Shadle Park	24 - Squalicum +1	17 - Evergreen Seattle	11 - White River	8 - Enumclaw
37 - Cedarcrest Tolt +1	24 - East Valley Yakima +1	16 - Steilacoom +2	10 - Lynden	8 - Clover Park
35 - East Valley Spokane +2	23 - Tumwater +1	14 - Shelton +1	9 - Centralia	8 - Tyee
33 - Ellensburg +1	23 - Lindbergh	14 - Port Angeles +2	9 - Washington	8 - Highline
33 - Burlington Edison	20 - Cheney	14 - North Kitsap	9 - Clarkston	7 - Elma
32 - Columbia River +1	19 - Washougal +3	13 - Sequim +1	9 - R A Long	7 - WF West
32 - Bellingham +2	19 - Pullman	13 - Orting	9 - Mark Morris	

1A – Two 1A schools have never had an athlete on the state podium.

75 - King's +3	33 - Colville	19 - Vashon Island +1	13 - Hoquiam	9 - Granger
57 - Omak	31 - Deer Park +1	18 - Bush +1	12 - University Prep	9 - Seattle Academy
54 - Lakeside 9 Mile Falls +4	31 - Chelan	17 - Wapato	12 - Royal	8 - Annie Wright
51 - Mount Baker	28 - Montesano	17 - Connell +1	12 - Rochester	8 - Zillah
50 - Riverside +1	24 - Medical Lake +1	17 - Cascade Leavenworth +1	12 - Nooksack Valley	8 - Naches +
40 - South Whidbey +1	24 - La Center +1	16 - Seton Catholic +3	12 - Columbia White Salmon	8 - Bear Creek
35 - Port Townsend +3	20 - Meridian +1	14 - Klahowya +2	11 - Cedar Park Chr.	7 - Forks
35 - Charles Wright	20 - Lynden Christian +1	14 - Castle Rock	10 - Tenino	6 - Blaine
35 - Cashmere	20 - Freeman +2	13 - Seattle Christian	10 - Granite Falls	6 - Highland
34 - Northwest +2	20 - Bellevue Christian	13 - Newport	10 - Cle Elum Roselyn	

B – Eight B schools have never had an athlete on the state podium.

68 - NW Chr. Lacey +2	22 - Tonasket	16 - Chewelah +2	13 - Pomeroy	8 - Pateros
64 - Saint George's +2	19 - Lake Roosevelt	15 - Toledo	12 - St John Endicott	8 - Cedar Tree Classical
63 - NW Chr. Colbert +1	17 - White Pass Morton	15 - Seattle Lutheran	11 - Tacoma Baptist	7 - Oroville
43 - Liberty Bell +6	17 - Onalaska	15 - Davenport	10 - Pope John Paul 2 +	7 - Ocosta
35 - Asotin +3	17 - Mosseyrock	14 - Valley Christian	9 - Kettle Falls +	7 - White Swan
31 - Ilwaco +1	16 - Trout Lake Glenwood	14 - Tri Cities Prep +1	9 - Mary Walker	7 - Mt Vernon Chr.
27 - Carroll	16 - Republic +1	14 - Odessa	8 - Coupeville	7 - Kalama
26 - Colfax	16 - Reardan	14 - Goldendale	8 - Wilbur Creston	6 - Rainier

LOWEST BOYS' TEAM SCORES BY DIVISION

4A BOYS

20 – Mead, 1992 AAA
28 – Mead, 1991 AAA
29 – Snohomish, 1965 2A, 26 teams
31 – Mead, 1993 AAA
31 – Curtis, 1965 1A, 22 teams
34 – Mead, 1996 AAA
37 – Gig Harbor, 2013, 4A
41 – Mead, 1989 AAA
41 – Snohomish, 1963 1A, 26 teams
42 – Ferris, 2004 4A
43 – Mead, 1988 AAA
43 – Mead, 1990 AAA
45 – Lewis & Clark, 1966 2A, 26 teams
46 – University, 1997 4A
46 – Mead, 1994 3A
46 – Ferris, 2004 4A
46 – Kennewick, 1979 3A
48 – University, 1998 4A
48 – Snohomish, 1964 1A, 33 teams
50 – Edmonds Woodway, 1990 3A
53 – Camas, 2019 4A

2A BOYS

46 – Wapato, 1966 1A, 25 teams
47 – Selah, 1979 2A
49 – Selah, 1977 2A
49 – Sehome, 2020 2A
52 – Sehome, 2014, 2A
53 – Burlington Edison, 1965 1A, 22 teams
55 – Sehome, 2015, 2A
55 – Burlington Edison, 2006 2A
57 – Riverside, 1983 1A
57 – Burlington Edison, 2009 2A
61 – Sehome, 2005 3A
63 – Burlington Edison, 2007 2A
63 – Sehome, 2007 2A
64 – Lakewood, 1989 1A
64 – Ephrata, 1987 1A
65 – Riverside, 2001 2A

LOWEST GIRLS' TEAM SCORES BY DIVISION

4A GIRLS

31 – Snohomish, 2003 4A,
36 – Tahoma, 2020 4A, 14 teams
43 – Edmonds, 1985 AA
45 – Ferris, 1991 3A
45 – Newport Bellevue, 1974 2A, 7 teams
46 – Shoreline, 1973 2A, 7 teams
47 – Edmonds, 1983 2A
50 – Camas, 2012 3A
51 – Issaquah, 1987 3A
58 – Edmonds, 1984 2A
60 – Central Valley, 1982 3A
64 – Eastlake, 2021 4A
64 – Camas, 2014, 4A
66 – Newport Bellevue, 2007 3A
67 – South Kitsap, 1997 4A
68 – Newport Bellevue, 1999 3A
68 – Eisenhower, 1994 3A

1A GIRLS

23 – Seton Catholic, 2020 1A, 8 teams
34 – Lakewood, 1993 A, 15 teams
35 – Mount Baker, 1978 1A, 7 teams
35 – Bellevue Chr., 1973 1A, 4 teams
36 – King's, 2001 1A/B, 8 teams
38 – Chelan, 1997 1A/B, 8 teams
38 – Omak, 1998 2A, 8 teams
41 – Carroll, 1981 A/B, 12 teams
42 – Omak, 1993 A, 15 teams
43 – King's, 2002 1A/B, 8 teams
49 – King's, 2008 1A, 16 teams
49 – Lakeside 9 Mile, 2014 1A 16 teams
51 – Lakeside 9 Mile, 2013 1A 16 teams
52 – Mount Baker, 2000 2A, 8 teams
52 – Mount Baker, 1999 2A, 8 teams
52 – Seton Catholic, 2021 1A 16 teams
56 – Chelan, 1990 1A, 16 teams
59 – Lakeside 9 mile, 2011 1A
60 – Mount Baker, 2001 2A, 8 teams

3A BOYS

23 – Rogers Spokane, 1963 2A, 25 teams
24 – North Central, 2008 3A
24 – Rogers Spokane, 1965 3A, 33 teams
27 – Franklin, 1964 2A, 32 teams
30 – Evergreen Seattle, 1963 1A, 26 teams
34 – Kamiakin, 2019 3A 3A
34 – Nathan Hale, 1966 3A 28 teams
35 – Mercer Island, 1962 1A, 23 teams
36 – North Central, 2007 3A
36 – Shadle Park, 1963 2A, 25 teams
37 – Kamiakin, 2018, 3A
37 – Shadle Park, 1962 2A, 23 teams
38 – North Central, 2012 3A
41 – North Central, 2014 3A
41 – North Central, 2013 3A
41 – Arlington, 2020 3A
42 – Ingraham, 1962 2A, 23 teams
43 – Tyee, 1976 AA
43 – Columbia River, 1964 1A, 33 teams
43 – North Central, 2010 3A
46 – Seattle Prep, 1966 1A, 25 teams
47 – North Central, 2009 3A
49 – Lynnwood, 1994 2A
50 – Seattle Prep, 1972 2A
53 – Rogers Spokane, 1962 2A, 23 teams
54 – Blanchet, 1984 3A
54 – Shorecrest, 1984 2A

1A BOYS

31 – Charles Wright, 2004 1A, 8 teams
37 – King's, 2001 1A/B, 16 teams
38 – Castle Rock, 1982 1A 12 teams
39 – Seattle Academy, 2005 1A, 8 teams
41 – Chelan, 1997 1A/B, 16 teams
45 – Lakeside 9 Mile, 2006 1A, 16 teams
47 – Omak, 1991 1A, 16 teams
47 – Lakeside 9 Mile, 1998 1A, 8 teams
49 – Lakeside 9 Mile, 1997 2A, 8 teams
53 – Medical Lake, 2014, 16 teams
54 – King's, 1999 1A, 16 teams
56 – Omak, 1990 1A, 16 teams

3A GIRLS

20 – North Central 2019 3A
21 – North Central 2018 3A
41 – Glacier Peak, 2010 3A
42 – North Central, 2017 3A
52 – Bellarmine Prep, 1979 3A
53 – Holy Names Aca., 2016 3A
58 – Lynnwood, 1989 2A
58 – Camas, 2011 3A
59 – East Valley Spokane, 1997 3A
59 – Shadle Park, 2009 3A
60 – Glacier Peak, 2011 3A 2nd place
61 – Chief Sealth, 1975
64 – Bellarmine Prep, 1977 3A
65 – West Valley Yakima, 2005 3A
65 – Lynnwood, 1988 2A
66 – Glacier Peak, 2012 3A
66 – Lakeside Seattle, 1991 2A
67 – Seattle Prep, 2020 3A
67 – Lakeside Seattle, 1982 2A
69 – East Valley Spokane, 1994 2A

B GIRLS

18 – Saint George's, 1993 B, 6 teams
19 – Saint George's, 1994 B, 7 teams
20 – Carroll, 1982 A/B, 11 teams
23 – Liberty Bell 2017 B, 8 teams
24 – Liberty Bell, 2016 B, 8 teams
28 – NW Chr. Lacey, 2009 B, 8 teams
30 – NW Chr. Lacey, 2011 B, 8 teams
31 – Saint George's, 1999 1A/B, 8 teams
34 – Carroll, 1983 A/B, 12 teams
34 – NW Christian (Lac), 2007 B, 8 teams
35 – Seattle Lutheran, 1993 B, 6 teams
36 – Saint George's, 1998 1A/B, 8 teams
40 – NW Christian Lacey, 2012 B, 8 teams
41 – Carroll, 1981 1A, 12 teams
41 – NW Chr. Lacey, 2014 B, 8 teams
42 – Pomeroy, 1991 B, 5 teams
43 – Mary Walker, 1994 B, 7 teams
45 – NW Christian Lacey, 2013 B, 8 teams

B BOYS

22 – Asotin, 2020 B, 4 teams
28 – Saint George's, 1993 B, 8 teams
31 – Saint George's, 2007 B, 8 teams
34 – NW Chr. Colbert, 1994 B, 7 teams
36 – Saint George's, 2006 B, 8 teams
37 – Saint George's, 1994 B, 7 teams
41 – Mary Walker, 1994 B, 7 teams
46 – Reardan, 2004 B, 8 teams
47 – Seattle Lutheran, 1993 B, 8 teams
47 – Seattle Lutheran, 1992 B, 6 teams
47 – Bridgeport Mansfield, 1993 B, 8 teams
49 – Reardan, 2005 B, 8 teams
47 – NW Chr. Lacey, 2015, B, 16 teams
50 – Seattle Lutheran, 1994 B, 7 teams
52 – NW Chr. Lacey, 2008 B, 16 teams
52 – NW Chr. Lacey, 2014 B, 16 teams
53 – Tri Cities Prep, 2012 B 16 team

2A GIRLS

31 – Sehome, 2013 2A
38 – Anacortes, 2020 3A, 14 teams
40 – Sehome, 2012 2A
41 – Selah, 1974, 10 teams
42 – Washougal, 1986 1A
44 – Ephrata, 1997 2A, 8 teams
44 – Ephrata, 1984 1A
45 – West Valley Spokane, 1986 2A
50 – Sehome, 2014 2A
51 – Newport, 1997 2A, 8 teams
51 – East Valley Yakima, 2002 2A, 8 teams
55 – Riverside, 1987 1A
57 – South Whidbey, 2002 2A, 8 teams
57 – Sehome, 2009 2A
58 – East Valley Yakima, 2003 2A, 8 teams
59 – East Valley Yakima, 2004 3A
61 – Sehome, 2002 3A

TEAM TITLES BY COACH: (Hard to track who exactly is the head coach so please send corrections.)

BOYS TITLES BY COACH:

- 14 - Pat Tyson (Shorecrest, Mead)
 - Shorecrest 1984, 1985
 - Mead 1988, 1989, 1990, 1991, 1992, 1993, 1994, 1995, 1996, 2000, 2001, 2002
- 11 - Jon Knight (North Central)
 - 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016
- 8 - Kevin Ryan (Sehome)
 - 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020
- 7 - **Steve Olson (Lakeside-Spokane)**
 - 2006, 2008, 2010, 2011, 2018, 2019, **2021**
- 7 - Russ Brantner (Omak)
 - 1971, 1972, 1990, 1991, 1993, 1994, 1999
- 7 - Tom Campbell (Edmonds)
 - 1975, 1982, 1983, 1986, 1987, 1988, 1990
- 6 - Leo Genest (Bishop Blanchet)
 - 1983, 1984, 1986, 1991, 1992, 2001
- 5 - Mike Hadway (Ferris)
 - 2003, 2004, 2005, 2006, 2009
- 4 - Rod Wilcox (King's)
 - 1999, 2000, 2001, 2002
- 4 - Mark Kerr (Sehome)
 - 2005, 2008, 2010, 2012
- 4 - **Matt Rexus (Kamiakin)**
 - 2017, 2018, 2019, **2021**
- 3 - **John O'Leary (Blanchet)**
 - 2002, 2004, **2021**
- 3 - Pete Steiner (East Valley Yakima)
 - 1996, 2000, 2004
- 3 - Jim Freeman (Mount Baker)
 - 1973, 1975, 1986
- 3 - Max Jensen (Richland)
 - 1970, 1971, 1972
- 3 - Scott Larson (Tri Cities Prep)
 - 2010, 2011, 2012
- 3 - Sue Wright (Burlington Edison)
 - 2006, 2007, 2009
- 3 - Bob Barbero (University)
 - 1997, 1998, 1999
- 3 - Dan Stone (Chewelah)
 - 1992, 1995, 1996
- 3 - Gene Blankenship (Medical Lake)
 - 2013, 2014, 2017
- 3 - Larry Weber (NW Chr. Lacey)
 - 2014, 2015, 2016
- 3 - Phil English (Carroll, Eisenhower)
 - Carroll 1985, 1987,
 - Eisenhower 2010
- 3 - Mike Michael (NW Chr. Lacey)
 - 2017, 2018, 2019
- 3 - Jeff Brady - Tahoma
 - 2015, 2018, 2020

GIRLS TITLES BY COACH:

- 9 - Dan Parker (Snohomish, Glacier Peak)
 - Snohomish 1995, 1996, 2002, 2003,
 - G.P. 2010, 2012, 2013, 2015, 2018
- 8 - Phil English (Carroll, Eisenhower)
 - Carroll 1981, 1982, 1983
 - Ike 1989, 1994, 1999, 2000, 2010
- 7 - Mark Kerr (Sehome)
 - 2002, 2006, 2007, 2008, 2009, 2010, 2012
- 7 - Rod Wilcox (King's)
 - 2001, 2002, 2003, 2006, 2007, 2008, 2009
- 7 - **Larry Weber (NW Chr. Lacey, Pope John Paul 2)**
 - 2010, 2011, 2012, 2013, 2014, 2019, **2021**
- 5 - Tom Campbell (Edmonds)
 - 1976, 1983, 1984, 1985, 1987
- 4 - Russ Brantner (Omak)
 - 1992, 1995, 1996, 1998
- 4 - Bill Kehoe (NW Christian)
 - 2006, 2007, 2008, 2009
- 4 - Steve Olson (Lakeside - Spokane)
 - 2011, 2013, 2014, 2018
- 4 - Mark Anderson (Chelan)
 - 1988, 1989, 1990, 1997
- 4 - Ross Thomas (St. George's)
 - 1994, 1998, 1999, 2000
- 4 - Nick Lazanis (East Valley Spokane)
 - 1994, 1995, 1996, 1997
- 4 - **Kevin Ryan (Sehome)**
 - 2013, 2014, 2017, **2021**
- 3 - **Troy Anderson (Eastlake)**
 - 2008, 2009, **2021**
- 3 - Pete Steiner (East Valley Yakima)
 - 2002, 2003, 2004
- 3 - Ernie Goshorn (Lynnwood)
 - 1988, 1989, 1990
- 3 - Mike Evans (Lakewood)
 - 1991, 1993, 1994
- 3 - Tim Irvin (Squalicum)
 - 2003, 2004, 2006
- 3 - Sam Ring (Bellarmine Prep)
 - 1977, 1978, 1979
- 3 - Patty Ley (Gig Harbor)
 - 2005, 2006, 2007
- 3 - Mitch & Mindy Leffler (Newport Bell.)
 - 1998, 1999, 2000
- 3 - Ken Ruud (Issaquah)
 - 1985, 1986, 1987
- 3 - Dominic Urbano (Mount Baker)
 - 1999, 2000, 2001
- 3 - Jon Knight (North Central)
 - 2017, 2018, 2019

COMBINED TITLES BY COACH:

- 14 - Pat Tyson (Shorecrest, Mead) - 14 boys, 0 girls
- 14 - Jon Knight (North Central) - 11 boys, 3 girls
- 12 - Tom Campbell (Edmonds) - 7 boys, 5 girls
- 11 - Mark Kerr (Sehome) - 4 boys, 7 girls
- 11 - Phil English (Carroll, Eisenhower) - 3 boys, 8 girls
- 11 - Russ Brantner (Omak) - 7 boys, 4 girls
- 11 - Rod Wilcox (King's) - 4 boys, 7 girls
- 12 - **Kevin Ryan (Sehome)** - 8 boys, **4 girls**
- 11 - **Steve Olson (Lakeside-Spo)** - **7 boys**, 4 girls
- 10 - **Larry Weber (NW Chr. Lacey, PJP2)** - 3 boys, 7 girls
- 9 - Dan Parker (Snohomish, Glacier Peak) - 8 girls
- 6 - Bill Kehoe (NW Christian- Lacey) - 2 boys, 4 girls
- 6 - Pete Steiner (East Valley Yakima) - 3 boys, 3 girls
- 6 - Leo Genest (Bishop Blanchet) - 6 boys
- 5 - Jeff Brady (Tahoma) - 3 boys, 2 girls
- 5 - Mark Anderson (Chelan) - 1 boy, 4 girls
- 5 - Ernie Goshorn (Lynnwood) - 2 boys, 3 girls
- 5 - Mike Hadway (Joel Ferris) - 5 boys
- 5 - Jim Freeman (Mount Baker) - 3 boys, 2 girls
- 4 - Don McFarland (Ephrata) - 2 boys, 2 girls
- 4 - Bill Kemp (Riverside) - 2 boys, 2 girls
- 4 - Mike Evans (Lakewood) - 1 boy, 3 girls
- 4 - Ross Thomas (St. George's) - 4 girls
- 4 - Nick Lazanis (East Valley Spokane) - 4 girls
- 4 - **Matt Rexus (Kamiakin)** - **4 boys**
- 3 - **John O'Leary (Blanchet)** - **3 boys**
- 3 - Tim Irvin (Squalicum) - 3 girls
- 3 - Sam Ring (Bellarmine Prep) - 3 girls
- 3 - Patty Ley (Gig Harbor) - 3 girls
- 3 - Mitch & Mindy Leffler (Newport Bell.) - 3 girls
- 3 - Ken Ruud (Issaquah) - 3 girls
- 3 - Dominic Urbano (Mount Baker) - 3 girls
- 3 - Joel Wingard (Gig Harbor) - 1 boy, 2 girls
- 3 - Matt Ellis (Bellarmine Prep) - 1 boy, 2 girls
- 3 - Bob Allen (West Valley Yakima) - 2 boys, 1 girl
- 3 - Max Jensen (Richland) - 3 boys
- 3 - Scott Larson (Tri Cities Prep) - 3 boys
- 3 - Sue Wright (Burlington Edison) - 3 boys
- 3 - Bob Barbero (University) - 3 boys
- 3 - Dan Stone (Chewelah) - 3 boys
- 3 - Gene Blankenship (Medical Lake) - 3 boys
- 3 - **Troy Anderson (Eastlake)** - **3 girls**

OTHER INTERESTING FACTS

IT HAD TO HAPPEN EVENTUALLY

2016 **Lakeside Nine Mile Falls** boys' team did not qualify to State but five of their individuals did qualify. Team or no team? Well, not only did they score as a team, but they placed 5th overall as 17 teams scored at State.

TYSON COMES, AND TYSON GOES

The biggest underlying story is the fact that the legendary **Mead** boys' team, who had dominated the 4A ranks for 20 years (1988-2008), has not qualified a team to state since 2008. Of course, those years coincide with the appearance of Pat Tyson. Who ever said that a coach doesn't make a difference in XC?

OUT OF NO WHERE AND BACK

Nooksack Valley boys' team went from not making it to state in 2008 to State Champions in 2009 then back to not qualifying in 2010. Add to that, that they did not even qualify an individual to state in 2010. I assume the traveling trophy made it back to Pasco.

University boys' team placed 2nd in 2010 after an eight-year absence and then followed that with another three-year absence.

THEY THROW A GREAT PARTY, BUT THEY CAN'T DANCE.

Pasco is the greatly appreciated host of the state meet since 1988 but their boys or girls' teams have never scored at the meet until 2020. Of course, the virtual meet meant that they still haven't raced on the Sun Willows course.

CONSISTENT BUT NOT TOO FLASHY

Kelso's girls team has been to state 22 times with 1 trophy to show for it. Kelso's boys team has been to state 28 times with 1 trophy to show for it. Both teams placed 4th in 1984.

PERFECTION

The **Chief Sealth** girls first competed at State in 1975 and finished 1st of 15 teams. The girls' championship that year did not separate by classification. The Lady Seahawks have not returned to State since, making them the only team -- boys or girls -- to have a perfect record at State.

INDIVIDUAL PERFECTION

Few individuals have been on 4 state championship teams. Obviously, it is hard for a freshman to make a state championship team. In 2010 three teams (**Sehome's** girls, **North Central's** boys and **NW Chr. Lacey's** girls) extended their title streaks to 6 in a row. However, none of them had an individual on the last four years of their streaks. In 2012 two teams extended their title streaks to 8 years in a row. Three girls from NW Christian Lacey joined the list of 4 perfect years. During Mead's 9-year title streak and North Central's 10-year title streak, no individual ran all four years at state.

2 boys and 12 girls have accomplished the feat. The honored few are.

BOYS

Randy Rice - **Richland** 70-73

Guy Tunnell – **Richland** 71-74

Brandon Thompson - **King's** 99-02

Garrett McSheffrey – **NW Christian Lacey** 16-19

Noah Phillips – **NW Christian Lacey** 16-19

GIRLS

Cara Smith - **East Valley** Spokane 94-97

Ann Marie Adams - **East Valley** Spokane 94-97

Adele Eslinger - **King's** 06-09

Morgan Hamm - **King's** 06-09

Makenzie Taylor - **King's** 06-09

Annie Moore - **Sehome** 06-09 **

Ashlee Giesman - **NW Christian** Lacey 06-09

Elizabeth Weber - **NW Christian** Lacey 08-11

Allison Sowers – **NW Christian** Lacey 09-12

Megan Teigen – **NW Christian** Lacey 09-12

Hailey Bredeson – **NW Christian** Lacey 09-12**

Anna Brooks – **NW Christian** Lacey 11-14

NOTHING BUT SUCCESS

Sehome's Annie Moore and **NW Chr. Lacey's** Hailey Bredeson not only won 4 team titles but placed individually on the podium each year.

ALMOST NOTHING BUT SUCCESS

Tanner Anderson of **North Central** won four state team (2011-2014) titles and placed on the podium 2012-2014. In 2011, he placed 19th, missing out on the podium by 3 places.

Another **North Central** almost success is Kai Wilmot. He ran on the Indians championship teams 2010, 2011 and 2013. 2012 Kai was injured but returned a month later to placed 32nd at NXN. Of course, he returned in 2013 to win NXN after finishing "only" 4th at state.

POST RACE NOTES

From 1959 to 2013, a tie for 1st place only happened 7 times.

In 2018, two ties occurred. The first time this happened in 1966, they didn't break the tie, so Seattle Prep and Wapato were both declared champions.

The greatest contest ever must be the 1993 1A boys' race, with three teams finishing within one point, and the deciding sixth place runners just 6 seconds apart.

1966 Division 1 - Seattle Prep 46, Wapato 46 (1976 Olympian Don Kardong finishes 2nd)

1986 AA boys - Edmonds 79 (sixth 31), Gig Harbor 79 (sixth 57)

1993 A boys - Omak 91 (sixth 46), Riverside 91 (sixth 50), Chewelah 92

2000 2A boys - East Valley (Yakima) 113 (sixth 69), South Whidbey 113 (sixth 87)

2004 4A girls - Bellarmine Prep 84 (sixth 57), Gig Harbor 84 (sixth 67)

2007 2A boys - Burlington Edison 63 (sixth 22), Sehome 63 (sixth 25)

2014 B boys - NW Chr. Lacey 52 (sixth 23), NW Chr. Colbert 52 (sixth 28)

2018 2A girls - West Valley Spokane 118 (sixth 67), Bellingham 118 (sixth 94)

2018 1A boys - Lakeside 9-mile 113 (sixth 92), Cascade Leavenworth 113 (sixth 120)

Other State championships have been decided by three points or fewer.

1-Point Difference

1959 - Shadle Park 98, Wenatchee 99

1961 - Lewis & Clark 53, Ingraham 54

1967 AA - Franklin 144, Highline 145

1970 A - Columbia River 125, Mead 126

1973 AA girls - Shoreline girls 46, Snohomish girls 47

1979 AA girls - Centralia 97, Selah 98

1991 A girls - Lakewood 53, South Whidbey 54

1991 B boys - Pomeroy 54, Saint George's 55

1999 4A boys - University 81, Mount Spokane 82

2005 3A girls - West Valley (Yakima) 65, Squalicum 66

2005 B boys - Reardan 49, Saint George's 50

2008 4A girls - Eastlake 96, Gig Harbor 97

2011 2A boys - Lindbergh 112, Sehome 113

2015 3A girls - Glacier Peak 112, Edmonds Woodway 113

2017 4A boys - Lewis & Clark 86, Central Valley 87

2021 2A girls - Sehome 64, Anacortes 65

2-Point Difference

1979 A boys - Colfax 117, Montesano 119

1987 AA girls - Edmonds 101, Hanford 103

1988 AAA girls - Mead 70, Eisenhower 72

1992 B girls - Seattle Lutheran 50, Saint George's 52

1998 4A girls - Marysville-Pilchuck 127, Shadle Park 129

1999 3A boys - Lakeside Seattle 108, Seattle Prep 110

2009 2A boys - Sehome 57, Kingston 59

2011 3A girls - Camas 58, Glacier Peak 60

2018 4A boys - Tahoma 94, Central Valley 96

3-Point Difference

1984 AAA boys - Blanchet 54, Redmond 57

1991 B girls - Pomeroy 42, Seattle Lutheran 45

1994 B boys - Northwest Christian (Colbert) 34, Saint George's 37

1999 2A boys - Omak 71, East Valley (Yakima) 74

2004 3A girls - Squalicum 106, Newport (Bellevue) 109

2007 B girls - Northwest Chr. Lacey 34, Saint George's 37

2012 1A boys - Charles Wright 87, Lakeside 9 mile falls 90.

2017 1A girls - Colville 114, La Center 11

2020 1A boys - South Whidbey 78, Medical Lake 81

Largest Margins of Victory by Division (listed in winning school's present division)

4A Boys-----

110 points – 1992 3A Mead 20, Richland 130
 90 – 1991 3A Mead 28, Redmond 118
 90 – 1974 2A Curtis 53, Cleveland 143
 85 – 1971 3A Richland 63, Ferris 148
 82 – 2013 4A Gig Harbor 37, Redmond 119
 79 – 1976 3A Mead 73, Nathan Hale 152
 75 – 1994 3A Mead 46, Richland 121
 72 – 1988 3A Mead 43, Ferris 115
 71 – 1993 3A Mead 31, Kennewick 102
 68 – 1998 4A University 48, Mead 116
 68 – 1990 3A Mead 43, University 111
 68 – 1989 3A Mead 41, University 109
 67 – 1965 3A Rogers (Spo.) 24, Garfield 91
 60 – 1985 3A Redmond 51, Sammamish 111
 53 – 1987 3A Eisenhower 105, North Cent. 158
 52 – 1996 3A Mead 34, University 86
 51 – 1968 2A Ferris 61, Snohomish 112
 47 – 1979 3A Kennewick 46, North Central 93
 46 – 2004 4A Joel Ferris 46, Mead 92
45 – 2021 4A Kamiakin 81, Issaquah 126
 44 – 2019 4A Camas 53, Tahoma 97
 41 – 1978 3A Kennewick 71, North Central 112
 41 – 2012 4A Central Valley 89, Eisenhower 130
 35 – 2016 4A Bellarmine Prep 70, C. Valley 105
 32 – 2009 4A Ferris 68, Henry Jackson 100

3A Boys-----

89 – 1991 2A Blanchet 60, Bellingham 149
 78 – 2016 3A North Central 61, Interlake 139
 74 – 2007 3A North Cent. 36, Seattle Prep 110
 74 – 1986 3A Blanchet 87, Lakes 161
 71 – 2009 3A North Central 47, Peninsula 118
 57 – 1966 3A Nathan Hale 34, Shorecrest 91
 56 – 2010 3A North Central 43, University 99
 55 – 1977 3A North Central 69, Mead 124
 50 – 2008 3A North Cent. 24, Seattle Prep 74
 50 – 1972 2A Seattle Prep 50, East Bremerton 100
 49 – 1973 2A Curtis 72, Pullman 131
 46 – 2015 3A North Central 75, Kamiakin 121
 46 – 2020 3A Arlington 41, Mead 87
 37 – 2018 3A Kamiakin 37, North Central 74
 37 – 2017 3A Kamiakin 55, Interlake 92
 37 – 2012 3A North Central 38, Kamiakin 75

2A Boys-----

57 – 2015 2A Sehome 55, Liberty Issaquah 112
 52 – 1967 1A Burlington Edison 71, East Valley Spokane 123
 49 – 1977 2A Selah 49, Glacier 98
 49 – 1968 1A WF West 99, Mead 148
 48 – 1978 2A Selah 69, Peninsula 117
 48 – 2020 2A Sehome 49, Anacortes 97
 38 – 2016 2A Sehome 97, Cedarcrest 135
 38 – 2001 2A Riverside 65, Naches 103
 30 – 2014 2A Sehome 52, Sequim 82
 28 – 2009 2A Burlington Edison 57, Sehome 85

1A Boys-----

95 – 1982 A/B Castle Rock 38, Tonasket 133
 87 – 1997 A/B Chelan 41, La Center 129
 78 – 1999 A/B King's 54, Liberty Bell 132
 68 – 1972 1A Omak 60, Montesano 128
 61 – 1991 1A Omak 47, Riverside 108
 56 – 2002 2A Naches 81, Ephrata 137
 53 – 2006 1A Lakeside 9 mile falls 45, King's 98
 52 – 2017 1A Medical Lake 78, Riverside 130
 50 – 2001 A/B King's 37, Liberty Bell 87
 42 – 2004 1A Charles Wright 31, Seattle Academy 73
 41 – 1984 A/B Cashmere 58, Montesano 99
 40 – 2013 1A Medical Lake 72, La Center 112

B Boys-----

76 – 2018 B NW Chr. Lacey 59, Pope John Paul 2 135
 59 – 2015 B NW Chr. Lacey 47, NW Chr. Colbert 106
46 – 2021 B Liberty Bell 50, Pope John Paul 2 96
 42 – 2007 B Saint George's 31, NW Christian Lacey 73
 37 – 2017 B NW Chr. Lacey 84, Liberty Bell 121
 35 – 1998 A/B Liberty Bell 68, Saint George's 103
 33 – 2013 B NW Chr. Colbert 68, Asotin 101
 33 – 2011 B Tri-Cities Prep 56, NW Christian Lacey 89
 28 – 2019 B NW Chr. Lacey 70, Pope John Paul 2 98
 26 – 2016 B NW Chr. Lacey 64, Liberty Bell 90
 25 – 2008 B NW Christian Lacey 52, Reardan 77
 23 – 2020 B Asotin 22, NW Chr. Colbert 45
 19 – 2012 B Tri-Cities Prep 53, NW Christian Colbert 72

4A Girls-----

70 – 2015 4A Camas 81, Lewis and Clark 151, Mt Si 151
 61 – 1991 3A Joel Ferris 45, University 106
 54 – 2003 4A Snohomish 31, Bellarmine Prep 85
 53 – 2012 4A Camas 50, Tahoma 103
 49 – 2000 3A Newport 77, Bishop Blanchet 126
 49 – 1977 3A Bellarmine 64, Shorecrest 113
 47 – 1999 3A Newport (Bell) 68, Eastmont 115
 44 – 1978 2A Olympia 91, Ferndale 135
 41 – 1992 3A University 79, Mead 120
40 – 2021 Eastlake 64, Lewis & Clark 104
 39 – 1986 3A Issaquah 86, Mead 125
 38 – 1997 4A South Kitsap 67, Eisenhower 105
 36 – 2020 4A Tahoma 36, Central Valley 72
 34 – 2005 4A Gig Harbor 73, Mt. Spokane 107
 27 – 2014 4A Camas 64, Issaquah 91
 26 – 2018 4A Glacier Peak 77, Lewis & Clark 103
 25 – 1999 4A Eisenhower 73, Marysville-Pilchuck 98
 24 – 2009 4A Eastlake 100, Tahoma 124

2A Girls-----

78 – 2012 2A Sehome 40, Bellingham 118
 63 – 2003 3A Squalicum 66, West Valley Yak 129
 62 – 1984 A/B Ephrata 44, Mount Baker 106
 57 – 2013 Sehome 31, Bellingham 88
 53 – 2004 2A East Valley Yak. 59, King's 112
 51 – 2006 3A Squalicum 80, Mount Spokane 131
 45 – 2020 2A Anacortes 38, Ellensburg 73
 44 – 1986 A/B Washougal 42, Lynden Chr. 86
 41 – 2015 2A Liberty Issaquah 75, Sehome 116
 35 – 2014 2A Sehome 50, Bellingham 85
 34 – 2010 2A Sehome 86, Cheney 120
 29 – 2000 A Mt Baker 52, Riverside 81
 28 – 2005 2A Riverside 110, Port Townsend 138

1A Girls-----

89 – 2004 A/B Zillah 58, Cedar Park Chr. 147
 56 – 2020 1A Seton Catholic 23, South Whidbey 79
 49 – 2003 1A King's 48, Warden 97
 47 – 1982 A/B Carroll 20, Mount Baker 67
 45 – 2002 A/B King's 45, Freeman 88
 42 – 1997 A/B Chelan 38, Saint George's 80
 37 – 1996 A/B Omak 53, Chelan 90
 37 – 1982 2A Lakeside 67, East Valley Spo. 104
 33 – 2013 1A Lakeside 51, Riverside 84
 33 – 2001 A King's 36, Wellpinit 69
 33 – 1998 2A Omak 38, Riverside 71
 31 – 2008 1A King's 49, La Center 80
31 – 2021 1A Seton Catholic 52, Medical Lake 83
 29 – 2006 1A King's 73, Chelan 102
 29 – 2005 1A Charles Wright 77, Zillah 106
 27 – 2009 1A King's 83, La Center 110
 27 – 2011 1A Lakeside 59, Riverside 86

3A Girls-----

113 – 2018 3A North Central 21, Kamiakin 134
 75 – 2012 3A Glacier Peak 66, Kamiakin 141
 72 – 2017 3A North Central 42, Edmonds Woodway 114
 66 – 2010 3A Glacier Peak 41, Shadle Park 107
 64 – 2019 3A North Central 20, Holy Names Aca. 84
 54 – 1988 2A Lynnwood 65, Edmonds 119
 51 – 2016 3A Holy Names Aca. 53, Edmonds Woodway 104
41 – 2021 3A Mead 114, Central Kitsap 155
 40 – 1975 3A Sealth 61, Edmonds 101
 28 – 1996 2A East Valley Spo 81, So Whidbey 109
 26 – 1997 3A East Valley Spo 58, Newport Bell 85
 26 – 2020 3A Seattle Prep 67, North Central 93

B Girls-----

64 – 2011 B NW Chr. Lacey 30, Reardan 94
 58 – 2009 B NW Chr. Lacey 28, White Pass 86
 51 – 1999 A/B Saint George's 31, Wahkiakum 82
 50 – 2013 B NW Chr. Lacey 45, Ocosta 95
 40 – 2016 B Liberty Bell 24, NW Chr. Lacey 64
 36 – 2018 B Liberty Bell 56, Asotin 92
 34 – 2012 B NW Chr. Lacey 40, St. John Endicott 74
 29 – 1998 A/B Saint George's 36, Chelan 65
 28 – 2017 B Liberty Bell 23, NW Chr. Lacey 58
 25 – 2000 B Saint George's 56, King's 81
 22 – 2010 B NW Chr. Lacey 44, NW Chr. Colbert 66
 22 – 2006 B NW Chr. Lacey 54, St. George's 76

GREATEST PERFORMANCES IN WASHINGTON CROSS COUNTRY STATE CHAMPIONSHIP HISTORY SINCE 1988

Considering the course, venue, and distance changes; it is too arguable to compare all courses. Since the change to a 5K course in 1997, course changes have been minimal (until 2018) but still allow for a comparison. Yes 2018 had a major course change to the harder but I will still compare the course as normal. Some years the weather made the course slow or fast, but I'll compare the course history as if it has been equal all along.

BEST BOYS TEAM PERFORMANCES SINCE 1997 (The 5K Years)

AVERAGE	ALL TIME TEAMS						
15:23.77	13 Gig Harbor 4A 1st **	15:56.0	19 North Central 3A 3 rd	16:05	10 Eisenhower 4A 1st	16:12	10 Auburn Riverside 4A3 rd
15:24.40	17 Kamiakin 3A 1st **	15:57.22	18 Kamiakin 3A 1st	16:05	01 Mead 4A 1ST	16:12.6	21 Kamiakin 1st
15:28.95	13 North Central 3A 1st	15:57.22	17 Camas 4A 4 th	16:05.94	13 Seattle Prep 3A 5 th	16:12.6	19 Arlington 3A 4 th
15:33.08	14 North Central 3A 1st	15:57.62	17 Interlake 3A 2 nd	16:06.02	14 Gig Harbor 4A 1st	16:12.80	17 Gig Harbor 3A 5 th
15:36	08 North Central 3A 1st	15:57.88	17 North Central 3A 3 rd	16:06.56	14 Tahoma 4A 3 rd	16:13	97 University 4A 1ST
15:36.1	19 Camas 4A 1st	15:58.90	18 Central Valley 4A 2 nd	16:06.7	15 Issaquah 4A 5 th	16:13.2	15 Central Kitsap 3A 5 th
15:39.7	19 Kamiakin 3A 1st	15:59.28	17 Bellarmine Prep 4A 3 rd	16:06.8	12 Nathan Hale 3A 3 rd	16:13.4	21 Bishop Blanchet 3A 1st
15:44.44	17 Central Valley 4A 2 nd	16:00.4	12 Kamiakin 3A 2 nd	16:06.82	13 Garfield 4A 4 th	16:13.4	12 Garfield 4A 6 th
15:45	09 North Central 3A 1st	16:00.50	18 Tahoma 4A 1st	16:08	08 Mead 4A 1st	16:13.67	13 Bellarmine Prep 4A 5 th
15:47.0	12 North Central 3A 1st	16:00.6	15 Eisenhower 4A 3 rd	16:08.38	14 Eisenhower 4A 2 nd	16:14	05 Joel Ferris 4A 1ST
15:47	10 North Central 3A 1st	16:00.8	11 Mt Spokane 3A 5 th	16:08.5	19 Henry Jackson 4A 5 th	16:14	10 University 3A 2 nd
15:47.30	14 Kamiakin 3A 2 nd	16:01.11	13 Redmond 4A 2 nd	16:08.60	17 Edmonds Wood. 3A 4 th	16:14.0	16 Central Valley 4A 2 nd
15:47.8	11 North Central 3A 1st	16:01.38	13 Mt Spokane 3A 4 th	16:09	03 Joel Ferris 4A 1ST	16:14.2	11 Henry Jackson 4A 3 rd
15:47.9	19 Bishop Blanchet 3A 2 nd	16:02	08 Seattle Prep 3A 2 nd	16:09.1	12 Gig Harbor 4A 3 rd	16:14.68	14 Sehome 2A 1st
15:48.4	15 Tahoma 4A 1st	16:02	10 Lewis & Clark 4A 2 nd	16:09.4	19 Olympia 4A 6 th	16:14.74	18 Redmond 4A 5 th
15:48.4	11 Gig Harbor 4A 1st	16:02.1	11 Wenatchee 4A 4 th	16:09.74	13 Central Valley 4A 3 rd	16:14.85	13 Tahoma 4A 6 th
15:48.5	15 North Central 3A 1st	16:02.62	18 Camas 4A 3 rd	16:10	08 Henry Jackson 4A 2 nd	16:15.0	12 Eisenhower 4A 2 nd
15:48.6	19 Lewis & Clark 4A 3 rd **	16:02.7	15 Joel Ferris 4A 4 th	16:10	08 Joel Ferris 4A 3 rd	16:15	03 Eisenhower 4A 2 ND
15:48.64	17 Lewis & Clark 4A 1st	16:03	04 Mead 4A 2 ND	16:10.16	17 Issaquah 4A 6 th	16:15	09 Issaquah 4A 3 rd
15:50	98 University 4A 1ST	16:03	04 Eisenhower 4A 3 RD	16:10.5	16 North Central 3A 1st	16:15.32	13 Eisenhower 4A 7 th
15:50.19	13 Kamiakin 3A 2 nd	16:03	09 Henry Jackson 4A 2 nd	16:10.84	14 Skyview 4A 4 th	16:15.4	15 Camas 4A 6 th
15:51.1	19 Tahoma 4A 2 nd	16:03.02	17 Eisenhower 4A 5 th	16:11	03 Mead 4A 3 RD	16:15.5	12 Sehome 2A 1st
15:51.36	13 Nathan Hale 3A 3 rd	16:03.1	11 Bellevue 3A 4 th	16:11	10 Joel Ferris 4A 4 th	16:15.9	12 Lewis & Clark 4A 4 th
15:52	04 Joel Ferris 4A 1ST	16:03.16	18 Lewis & Clark 4A 4 th	16:11	01 Mt. Spokane 4A 2 ND	16:16	09 Eisenhower 4A 4 th
15:52	09 Joel Ferris 4A 1st	16:03.3	12 Central Valley 4A 1st	16:11.2	15 Ballard 3A 6 th	16:17	02 Mead 4A 1ST
15:52.3	15 Bellarmine Prep 4A 2 nd	16:03.7	15 Sehome 2A 1st **	16:11.26	17 Tahoma 4A 7 th	16:33.04	17 Medical Lake 1A 1st **
15:53.8	11 Kamiakin 3A 3 rd	16:03.7	12 Seattle Prep 3A 4 th	16:11.5	15 Interlake 3A 4 th	16:49.80	14 NW Chr. Lacey B 1st **
15:54.0	11 Seattle Prep 3A 2 nd	16:04.0	16 Bellarmine Prep 4A 1st	16:12.0	12 Mt. Spokane 3A 5 th		
15:55.2	11 Eisenhower 4A 2 nd	16:04.0	15 Kamiakin 3A 2 nd	16:12.0	16 Eisenhower 4A 3 rd		
15:55.4	19 Central Valley 4A 4 th	16:04.2	15 Arlington 3A 3 rd	16:12	06 Joel Ferris 4A 1ST		

BEST BOYS TEAM PERFORMANCES BY DIVISION SINCE 1997

AVERAGE (top5) 4A TEAM

15:23.77	13 Gig Harbor 1st **	16:03	09 Henry Jackson 2 nd	16:12.0	16 Eisenhower 3 rd	16:17.62	14 Central Valley 5 th
15:36.1	19 Camas 1st	16:03.02	17 Eisenhower 5 th **	16:12	06 Joel Ferris 1ST	16:18	04 Auburn-Riverside 4 TH
15:44.44	17 Central Valley 2 nd **	16:03.16	18 Lewis & Clark 4 th	16:12	10 Auburn Riverside 3 rd	16:18.28	13 Henry Jackson 8 th **
15:48.4	15 Tahoma 1st	16:03.3	12 Central Valley 1st	16:12.6	21 Kamiakin 1st	16:18.6	15 Central Valley 9 th **
15:48.4	11 Gig Harbor 1st	16:04.0	16 Bellarmine Prep 1st	16:13	97 University 1ST	16:19	05 Mead 2 ND
15:48.6	19 Lewis & Clark 3 rd **	16:05	01 Mead 1ST	16:13.3	19 Mount Si 7 th	16:19	08 Redmond 4 th
15:48.64	17 Lewis & Clark 1st	16:05	10 Eisenhower 1st	16:13.4	12 Garfield 6 th	16:19.6	15 Lake Stevens 8 th
15:50	98 University 1ST	16:06.02	14 Gig Harbor 1st	16:13.67	13 Bellarmine Prep 5 th	16:20.2	12 Olympia 5 th
15:51.1	19 Tahoma 2 nd	16:06.56	14 Tahoma 3 rd	16:14.0	16 Central Valley 2 nd	16:20.4	19 Curtis 8 th
15:52	04 Joel Ferris 1ST	16:06.7	15 Issaquah 5 th	16:14	05 Joel Ferris 1ST	16:20.46	17 Glacier Peak 8 th
15:52	09 Joel Ferris 1st	16:06.82	13 Garfield 4 th	16:14.2	11 Henry Jackson 3 rd	16:20.46	14 Camas 6 th
15:52.3	15 Bellarmine Prep 2 nd	16:08	08 Mead 1st	16:14.74	18 Redmond 5 th	16:20.5	16 Joel Ferris 4 th
15:55.2	11 Eisenhower 2 nd	16:08.38	14 Eisenhower 2 nd	16:14.85	13 Tahoma 6 th	16:20.8	12 Henry Jackson 7 th
15:55.4	19 Central Valley 4 th **	16:08.5	19 Henry Jackson 5 th	16:15.0	12 Eisenhower 2 nd	16:20.93	14 University 7 th
15:57.22	17 Camas 4 th	16:09	03 Joel Ferris 1ST	16:15	03 Eisenhower 2 ND	16:21	98 Lewis & Clark 3 RD
15:58.90	18 Central Valley 2 nd	16:09.1	12 Gig Harbor 3 rd	16:15	09 Issaquah 3 rd	16:21	09 Auburn Riverside 6 th
15:59.28	17 Bellarmine Prep 3 rd	16:09.4	19 Olympia 6 th **	16:15.32	13 Eisenhower 7 th	16:22	06 Mead 2 nd
16:00.50	18 Tahoma 1st	16:09.74	13 Central Valley 3 rd	16:15.4	15 Camas 6 th	16:22	08 Skyline 5 th
16:00.6	15 Eisenhower 3 rd	16:10	08 Henry Jackson 2 nd	16:15.9	12 Lewis & Clark 4 th	16:23.0	15 Eastlake 10 th **
16:01.11	13 Redmond 2 nd	16:10	08 Joel Ferris 3 rd	16:16	09 Eisenhower 4 th	16:23	99 Mt. Spokane 2 ND
16:02	10 Lewis and Clark 2 nd	16:10.16	17 Issaquah 6 th	16:16	09 Lewis & Clark 5 th	16:23	99 Mead 3 RD
16:02.1	11 Wenatchee 4 th	16:10.84	14 Skyview 4 th	16:16.7	16 Camas 5 th	16:23	98 Joel Ferris 4 TH
16:02.62	18 Camas 3 rd	16:11	03 Mead 3 RD	16:16.9	15 University 7 th	16:23	09 Redmond 7 th
16:02.7	15 Joel Ferris 4 th	16:11	01 Mt. Spokane 2 ND	16:17	02 Mead 1ST	16:23.1	11 Central Valley 5 th
16:03	04 Mead 2 ND	16:11	10 Joel Ferris 4 th	16:17	98 Mead 2 ND	16:24	99 University 1ST
16:03	04 Eisenhower 3 RD	16:11.26	17 Tahoma 7 th **	16:17.42	18 Henry Jackson 6 th		

AVERAGE (top5) **3A BOYS**

15:24.40	17 Kamiakin 1st	16:04.0	15 Kamiakin 2 nd	16:24	09 Bellevue 3 rd	16:34.6	16 Interlake 2 nd
15:28.95	13 North Central 1st	16:04.2	15 Arlington 3 rd	16:24.26	18 Arlington 3 rd	16:34.70	14 Arlington 4 th
15:33.08	14 North Central 1st	16:05.94	13 Seattle Prep 5 th **	16:25	07 North Central 1ST	16:35	03 Seattle Prep 2 ND
15:36	08 North Central 1st	16:06.8	12 Nathan Hale 3 rd	16:25	09 Mt. Spokane 5 th	16:35.6	16 Edmonds Woodway 4 th
15:39.7	19 Kamiakin 1st	16:08.60	17 Edmonds Woodway 4 th	16:25.1	19 Interlake 5 th	16:35.78	18 Lakeside Sea. 5 th
15:45	09 North Central 1st	16:10.5	16 North Central 1st	16:25.7	15 Juanita 9 th **	<u>16:35.9</u>	<u>21 Gig Harbor 2nd</u>
15:47.0	12 North Central 1st	16:11.2	15 Ballard 3A 6 th **	16:26.20	18 Ed. Woodway 4 th	16:36.02	13 Columbia River 7 th
15:47.30	14 Kamiakin 2 nd **	16:11.5	15 Interlake 4 th	16:27	10 Bellevue 4 th	16:36.62	13 Shorewood 8 th
15:47	10 North Central 1st	16:12.0	12 Mt. Spokane 5 th	16:27.5	15 Glacier Peak 8 th	16:37	99 Eastmont 3 RD
15:47.8	11 North Central 1st	16:12.6	19 Arlington 4 th	16:28	98 West Valley Yak 1ST	16:37	09 Lindbergh 6 th
15:47.9	19 Bishop Blanchet 2 nd	16:12.80	17 Gig Harbor 5 th	16:28	09 Seattle Prep 4 th	16:38.64	17 Snohomish 11 th **
15:48.5	15 North Central 1st	16:13.2	15 Central Kitsap 5 th	16:28.74	17 Arlington 9 th	16:39	05 Sehome 1ST
15:50.19	13 Kamiakin 3A 2 nd	16:13.4	21 Bishop Blanchet 1st	16:29.26	17 Lakeside 10 th **	16:39.6	11 Camas 6 th
15:51.36	13 Nathan Hale 3A 3 rd **	16:14	10 University 2 nd	16:30	08 Mercer Island 5 th	16:39.3	15 Nathan Hale 10 th
15:53.8	11 Kamiakin 3 rd	16:16.56	18 North Central 2 nd	16:30	97 Capital 1ST	16:40.0	16 Ballard 5 th
15:54.0	11 Seattle Prep 2 nd	16:20	04 Bishop Blanchet 1ST	16:30	10 Kamiakin 5 th	16:40	06 Seattle Prep 2 ND
15:56.0	19 North Central 3 rd	16:20.76	13 Bishop Blanchet 6 th	16:30.75	14 Bishop Blanchet 3 rd	16:40	03 Skyline 3 RD
15:57.22	18 Kamiakin 1st	16:21	04 North Central 2 ND	16:31	04 Seattle Prep 4 TH	16:40	01 Bishop Blanchet 1ST
15:57.62	17 Interlake 2 nd	16:21	10 Seattle Prep 3 rd	16:31	99 Lakeside Seattle 1ST	16:40	98 O'Dea 5 TH
15:57.88	17 North Central 3 rd	16:21.22	17 Redmond 7 th **	16:31.2	12 Bellevue 6 th	16:40.30	17 Central Kitsap 12 th **
16:00.4	12 Kamiakin 2 nd	16:21.80	17 Bainbridge 8 th **	16:32	04 East Valley Spo. 3 RD	16:41	98 East Valley Spo. 4 TH
16:00.8	11 Mount Spokane 5 th	16:21.82	17 Ballard 6 th	16:33	03 West Valley Yak 1ST	16:41.4	19 Yelm 7 th
16:01.38	13 Mt Spokane 3A 4 th **	16:23	08 Lindbergh 4 th	16:33	98 Squalicum 2 ND	16:41.63	13 Liberty Issaquah 9 th
16:02	08 Seattle Prep 2 nd	16:23.3	15 Bainbridge 7 th	16:33	97 Seattle Prep 2 ND	16:42	99 Seattle Prep 2 ND
16:03.1	11 Bellevue 4 th	16:24	08 Bellevue 3 rd	16:33.7	19 Stadium 6 th	16:42.2	16 Gig Harbor 6 th
16:03.7	12 Seattle Prep 4 th	16:24	09 Peninsula 2 nd	16:33.7	16 Kamiakin 3 rd	16:44	06 North Central 1ST

AVERAGE (top5) **2A BOYS**

16:03.7	15 Sehome 1st **	16:32.8	15 Sequim 3 rd	16:46	99 South Whidbey 3 RD	16:52.5	12 Cheney 5 th
16:14.68	14 Sehome 1st	16:34	08 Burlington-Edison 2 nd	16:46	11 Cedarcrest 7 th	16:52.6	15 Cheney 7 th
16:15.5	12 Sehome 1st	16:36.2	19 Bellingham 4 th **	16:46.18	17 Cedarcrest 9 th **	16:52.7	19 Selah 9 th
16:19.4	10 Sehome 1st	16:37	99 East Valley (Yak) 2 nd	16:46.6	15 Cedarcrest 6 th	16:52.97	14 Lindbergh 5 th
16:19.9	19 Steilacoom 2 nd **	16:37.0	10 Mark Morris 4 th	16:46.6	10 Squalicum 5 th	16:53	98 Omak 2 nd
16:20.6	12 Squalicum 3 rd **	16:38.2	12 Deer Park 4 th	16:47	01 Riverside 1ST	16:53.4	11 Cheney 8 th
16:24.8	15 Liberty Issaquah 2 nd	16:39.16	14 East Valley Spo 4 th	16:47.4	15 Ridgefield 8 th **	16:54.26	13 Cheney 8 th
16:25	09 Burlington Edison 1 st	16:39.8	16 Sehome 1st	16:48	08 Cheney 4 th	16:54.3	10 Cedarcrest 6 th
16:25.18	17 Sehome 1st	16:40.36	17 Selah 5 th **	16:48.15	13 West Valley Yak 4 th	16:55	98 Lakeside (Spok) 1ST
16:25.9	11 Sehome 2 nd	16:40.82	17 Liberty Issaquah 4 th	16:48.22	17 Steilacoom 8 th	16:55	08 Riverside 5 th
16:26.7	12 Bellingham 2 nd	16:41	09 Squalicum 3 rd	16:48.38	18 Washougal 2 nd	16:55.3	11 Mark Morris 10 th **
16:27	08 Sehome 1st	16:41.90	17 Ellensburg 6 th **	16:48.42	13 Lindbergh 6 th	16:56.5	16 Liberty Issaquah 3 rd
16:27.1	19 Sehome 1st	16:42.0	15 Lindbergh 4 th	16:48.6	11 Selah 4 th	16:57.5	16 Ridgefield 5 th
16:27.5	14 Sequim 2 nd	16:42.3	19 Cheney 7 th **	<u>16:48.7</u>	<u>21 Selah 2nd</u>	16:58.0	12 Mark Morris 7 th
16:28.66	17 Pullman 2 nd	16:42.5	10 Bellingham 3 rd	16:49	08 Squalicum 3 rd	16:58	06 Burlington Edison 1ST
16:29	99 Omak 1ST	16:43.12	13 Cedarcrest 3 rd	16:49	09 Lakewood 4 th	16:58.70	13 Lakewood 9 th
16:30.6	19 Ellensburg 3 rd	16:43.2	19 Sedro Woolley 5 th	16:49.4	16 Cedarcrest 2 nd	16:59.1	16 Cheney 4 th
16:30.74	17 Bellingham 3 rd	16:43.3	18 Sehome 1st	16:50.08	14 Liberty Issaquah 3 rd	16:59.1	10 W F West 10 th
16:31	09 Sehome 2 nd	16:43.7	11 Squalicum 6 th	16:50.5	11 White River 11 th **	<u>16:59.7</u>	<u>21 Squalicum 1st</u>
16:31.1	11 Lindbergh 1st	16:44.21	13 East Valley Spo 7 th	16:50.8	11 Interlake 9 th	16:59.7	10 Ellensburg 9 th
16:31.2	11 Deer Park 3 rd	16:44.8	11 Ellensburg 5 th	16:51.12	18 Pullman 6 th	17:00	07 Sehome 2 ND
16:31.39	13 Sehome 1st	16:45.1	19 Columbia River 6 th	16:51.47	13 Sequim 5 th	17:02	07 Burlington Edison 1ST
16:31.67	13 Squalicum 2 nd	16:45.18	17 Ridgefield 7 th	16:52	97 Lakeside (Spok) 1ST		
16:32.7	10 Lindbergh 2 nd	16:45.4	15 Selah 5 th	16:52.0	10 Kingston 7 th		

AVERAGE (top5) 1A BOYS

16:33.04	17 Medical Lake 1 st **	16:59	11 Lakeside 1 st	17:12.94	17 Zillah 6 th	17:23.9	12 La Center 6 th
16:33.56	14 Medical Lake 1 st	16:59.9	19 Cashmere 6 th	17:13.66	13 Northwest 8 th **	17:24	04 Seattle Academy 2 ND
16:42.45	14 Northwest 4 th **	17:00.8	10 Colville 2 nd	17:14	03 Charles Wright 1 ST	17:24	98 Cashmere 3 RD
16:43.5	19 Lakeside 1 st	17:01.09	13 La Center 2 nd	17:14.2	10 King's 4 th	17:24.64	18 Charles Wright Aca. 5 th
16:46	97 Chelan 1 ST	17:02	11 Colville 2 nd	17:15	06 Lakeside -9 Mile 1 ST	17:24.66	13 Charles Wright A. 7 th
16:46.16	14 King's 2 nd **	17:02	11 King's 3 rd	17:15.24	18 Lakeside 9 Mile 1 st	17:25	08 King's 3 rd
16:46.39	13 Medical Lake 1 st	17:02.7	19 South Whidbey 4 th	17:16	05 Seattle Academy 1 ST	17:26.6	15 King's 4 th
16:47.28	17 Meridian 3 rd **	17:03.4	12 Medical Lake 3 rd	17:16.0	16 Lakeside 9mile 5 th	17:26.9	15 Lakeside 9-mile 3 rd
16:48.24	17 Riverside 2 nd	17:03.81	13 Meridian 3 rd	17:16.4	16 Northwest 8 th	17:27.1	15 Northwest 9 th
16:48.4	16 Deer Park 1 st	17:04.6	16 Bush 3 rd	17:16.4	12 Lynden Christian 5 th	17:27.46	14 Cascade Leaven. 6 th
16:49.0	12 Charles Wright 1 st	17:04.84	13 Lakeside 9-mile 4 th	17:16.4	19 Northwest 9 th **	17:28	01 Liberty Bell 2 ND
16:49	04 Charles Wright 1 ST	17:05	08 Charles Wright 2 nd	17:16.5	19 Connell 8 th	17:28.4	10 Lynden Christian 6 th
16:50.6	19 Klahowya 2 nd	17:05.45	13 King's 5 th	17:18.04	18 Meridian 4 th	17:29.3	10 La Center 5 th
16:53.50	14 Riverside 3 rd	17:05.5	19 Charles Wright 7 th **	17:19	07 Royal 1 ST	17:29.40	17 Klahowya 11 th **
16:53.6	16 Medical Lake 2 nd	17:05.7	16 Riverside 4 th	17:19	09 Port Townsend 2 nd	17:30	98 Freeman 5 TH
16:54.9	15 Deer Park 1 st	17:07.4	16 Chelan 6 th **	17:20	05 Charles Wright 2 ND	17:31	07 Lakeside -9 Mile 2 ND
16:55.0	19 Medical Lake 3 rd	17:07.92	17 Lynden Chr. 7 th	17:20.00	18 Connell 3 rd	17:31	09 Nooksack Valley 1 st
16:55.6	19 Cascade Leav. 5 th **	17:08	99 King's 1 ST	17:20.22	17 Goldendale 10 th **	17:32	98 St. George's 2 nd
16:55.66	17 Charles Wright Aca. 5 th	17:08	98 Liberty Bell 1 ST	17:20.6	16 Meridian 7 th	17:33	03 King's 2 ND
16:57.5	10 Lakeside-9 Mile 1 st	17:08.1	12 King's 4 th	17:21.07	14 Meridian 5 th	17:36	02 King's 1 ST
16:57.6	12 Lakeside-9 Mile 2 nd	17:09.0	10 Charles Wright 3 rd	17:21.2	12 Blaine 8 th	17:37.3	21 Lakeside 9-mile 1st
16:59.00	17 Northwest 4 th	17:09.52	18 Cascade Leaven. 2 nd	17:21.77	13 Riverside 6 th		
16:59	01 King's 1 ST	17:10.7	15 Medical Lake 2 nd	17:21.80	17 Connell 9 th		
16:59	08 Lakeside-9 Mile 1 st	17:12	11 Charles Wright 4 th	17:21.88	17 Cashmere 8 th		

AVERAGE (top5) B BOYS

16:45.7	19 NW Chr. Lacey 1 st **	17:30.0	16 Liberty Bell 2 nd	17:52	06 Saint George's 1 ST	18:10	11 Republic 4 th
16:49.80	14 NW Chr. Lacey 1 st	17:30.3	19 Ilwaco 7 th **	17:52.36	17 Mt Vernon Chr. 6 th	18:10.5	15 Tri Cities Prep 4 th
16:53.2	15 NW Chr. Lacey 1 st	17:30.35	13 Tri Cities Prep 4 th	17:53.0	21 Pope John Paul 2 2 nd	18:10.5	15 Asotin 5 th
16:55.51	14 NW Chr. Colbert 2 nd **	17:32.08	17 Liberty Bell 2 nd	17:54.20	17 NW Chr. Colbert 7 th	18:10.67	14 St George's 6 th
17:04.8	19 Pope John Paul 2 2 nd	17:32.7	10 Republic 2 nd	17:55.61	13 Republic 7 th	18:11	04 NW Chr. Lacey 2 ND
17:07.46	18 NW Chr. Lacey 1 st	17:34.0	19 Brewster 5 th	17:56.0	16 Asotin 5 th	18:11.08	14 Republic 5 th
17:08.5	12 Tri-Cities Prep 1 st	17:39.1	12 Onalaska 3 rd	17:56	09 Republic 2 nd	18:12	08 Valley Chr. 5 th
17:08.76	13 NW Chr. Colbert 1 st	17:39.8	16 NW Chr. Colbert 4 th	17:57	11 Davenport 3 rd	18:12	11 Asotin 5 th
17:09.7	16 NW Chr. Lacey 1 st	17:40.28	17 Saint George's 3 rd	17:57.6	18 Asotin 3 rd	18:12.02	18 NW Chr. Colbert 5 th
17:10	11 Tri Cities Prep 1 st	17:40.4	19 Asotin 6 th **	17:57.6	15 Saint George's 3 rd	18:13	04 Reardan 1 ST
17:13.45	13 Asotin 2 nd	17:40.72	14 Liberty Bell 4 th	17:57.86	17 Tonasket 8 th	18:13.26	18 Cedar Tree Clas. Chr.8 th
17:17.44	17 NW Chr. Lacey 1 st	17:41	09 NW Chr. Lacey 1 st	17:59.8	15 Liberty Bell 6 th	18:13.82	18 Colfax 6 th
17:18.8	19 Trout Lake 3 rd **	17:43.4	10 Davenport 4 th	18:00.6	21 Chewelah 3 rd	18:14.7	12 Republic 6 th
17:21.8	15 NW Chr. Colbert 2 nd	17:43.98	18 Pope John Paul 2 2 nd	18:00.9	19 Life Chr. Aca. 10 th **	18:15.22	17 Mary Walker 9 th
17:24.18	13 NW Chr. Lacey 3 rd	17:44.2	16 Tonasket 3 rd	18:02.88	18 Manson 4 th	18:16	05 Reardan 1 ST
17:24.5	19 Manson 4 th **	17:45.00	13 Saint George's 6 th	18:03	06 Reardan 2 ND	18:16	05 Saint George's 2 ND
17:24.6	12 NW Chr. Colbert 2 nd	17:46.8	19 Liberty Bell 8 th **	18:04.1	21 St George's 4 th	18:16.3	19 Morton White Pass 14 th *
17:25.3	10 NW Chr. Lacey 3 rd	17:47	08 Reardan 2 nd	18:06	08 Republic 3 rd	18:16.47	14 Toledo 7 th
17:26.5	10 Tri Cities Prep 1 st	17:48.0	12 Asotin 4 th	18:06.0	19 Saint George's 11 th **	18:16.84	17 Ilwaco 10 th
17:27	11 NW Chr. Lacey 2 nd	17:49.1	10 Mt. Rainier Luth 5 th	18:07.3	19 Colfax 12 th **	18:17.9	19 Valley Christian 13 th **
17:27.88	14 Asotin 3 rd	17:50.08	17 Manson 5 th	18:08.82	18 Kalama 7 th	18:18	08 NW Chr. Colbert 4 th
17:27.9	21 Liberty Bell 1st	17:50.4	19 Davenport 9 th **	18:09.04	13 Reardan 8 th		
17:29	08 NW Chr. Lacey 1 st	17:51.00	17 Asotin 4 th	18:09.2	21 Asotin 5 th		
17:29.26	13 Liberty Bell 5 th **	17:52	07 Saint George's 1 ST	18:09.9	12 NW Chr. Lacey 5 th		

BEST INDIVIDUAL STATE PERFORMANCES SINCE 1997 - List all state champions historically

TIME ALL TIME RUNNERS

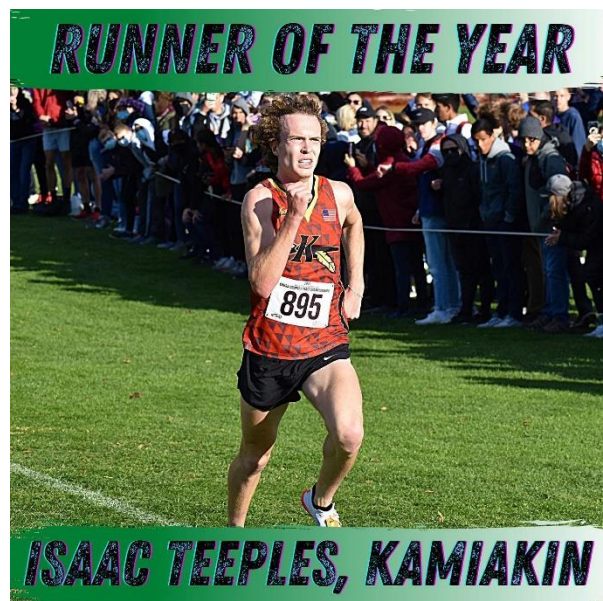
14:31.70	14 Tanner Anderson—North Central 3A 1 st	15:16.2	18 Joe Waskom 12 — Mount Si 4A 1 st	15:22.1	11 Keith Williams — No Central 3A 6 th
14:44.83	13 Tanner Anderson—North Central 3A 1 st	15:16.3	12 Wolfgang Beck — Gig Harbor 4A 2 nd	15:22.2	17 Sebastian Belkin — Bainbridge 3A 2 nd
14:45.16	13 Joe Hardy — Seattle Prep 3A 2 nd	15:16.4	17 Nate Pendleton — Eastlake 4A 4 th	15:22.21	13 Nicholas Hauger — Shadle Park 3A 6 th
14:46.65	14 John Dressel — Mt Spokane 3A 2 nd	15:16.6	17 Jonas Price — Eisenhower 4A 5 th	15:22.26	14 Charlie Barringer — Bothel 4A 2 nd
14:48.3	17 James Mwaura — Lincoln 3A 1 st	15:16.6	12 Poli Baltazar — Aberdeen 2A 2 nd	15:22.4	16 Tibebe Proctor — Northwest 1A 1 st
14:57.8	21 Isaac Teeples — Kamiakin 4A 1 st	15:16.9	10 Tyler King — Coupeville 1A 1 st	15:22.5	15 Nathan Pixler — Eastlake 4A 2 nd
14:58.4	11 Anthony Armstrong — Kamiakin 3A 1 st	15:17.10	21 Will Schneider —Bishop Blanchet 3A 1 st	15:22.7	19 Sam Geiger — Camas 4A 6 th
14:59.3	11 Nathan Weitz — Shadle Park 3A 2 nd	15:17.1	18 Jonas Price — Eisenhower 4A 2 nd	15:22.8	17 Dawson Besst — Tahoma 4A 7 th
15:00.4	21 Jamar Distel — Riverside 1A 1 st ****	15:17.89	13 Taylor Kai Wilmot —North Central 3A 4 th	15:23.0	17 Bradley Peloquin — Gig Harbor 3A 3 rd
15:02.0	15 Justin Janke — North Central 3A 1 st	15:17.97	13 Michael Williams — Richland 4A 4 th	15:23.1	16 Joe Waskom — Mt Si 4A 3 rd
15:02.3	12 Andrew Gardner — Mead 4A 1 st ****	15:18	99 Michael Kiter — Shadle Park 4A 1 ST	15:23.44	14 Miler Haller—Edmonds Woodway 3A 5 th
15:03.0	11 Jacob Smith — Wenatchee 4A 1 st	15:18	98 Ian Johnson — University 4A 1 ST	15:23.5	19 Cooper Laird — Inglemoor 4A 7 th
15:03.3	19 Will Smith — Lewis & Clark 4A 1 st	15:18	98 Sean Knapp — Gig Harbor 4A 2 ND	15:23.6	19 Eliason Kabasenché — Pullman 2A 1 st
15:05.36	13 John Dressel — Mount Spokane 3A 3 rd	15:18	08 Michael Miller — Mt.Rainier 3A 1 st	15:23.6	19 Jonas Price — Eisenhower 4A 8 th
15:05.9	11 Izaic Yorks — Lakes 3A 3 rd	15:18	08 Mack Young — Redmond 4A 1 st	15:23.90	13 Cameron Stanish — Garfield 4A 6 th
15:06	09 Shane Moskowitz —Cen Kitsap 4A 1 ST	15:18.0	19 Evan Jenkins — Camas 4A 4 th	15:24	04 Kelly Spady — Kamiak 4A 1 ST
15:06.37	13 Logan Carroll — Gig Harbor 4A 1 st	15:18.1	19 Isaac Teeples — Kamiakin 3a 1 st	15:24	04 Robbie Barany — Eisenhower 4A 2 ND
15:07.0	11 Andrew Gardner — Mead 4A 2 nd	15:18.4	12 Joe Hardy — Seattle Prep 3A 1 st	15:24	03 Evan Garber — Mead 4A 1 ST
15:09.0	10 Kenji Bierig —Lewis & Clark 4A 1 st	15:18.5	11 Korey Krotzer—Auburn Riverside 4A 4 th	15:24	03 David Kinsella — Inglemoor 4A 2 ND
15:09.28	13 Wolfgang Beck — Gig Harbor 4A 2 nd	15:18.8	17 Kenneth Rooks — College Place 1A 1 st	15:24.2	19 Shea Mattson — Selah 2A 2 nd
15:09.9	19 Jacob Easton — University 4A 2 nd	15:18.8	15 Nathan Beamer — Arlington 3A 2 nd	15:24.38	14 Briton Demars — Central Valley 4A 3 rd
15:10	98 Adam Tenforde — Hanford 3A 1 ST	15:18.9	11 Wolfgang Beck — Gig Harbor 4A 5 th	15:24.4	17 Jonah Franco — Kamiakin 3A 4 th
15:11.3	17 Ryan Kline — Central Valley 4A 1 st	15:19.0	16 Matthew Watkins—HenryJackson 4A 2 nd	15:24.4	19 Ethan Martin — Tahoma 4A 9 th
15:11.3	10 Nathan Weitz — Shadle Park 3A 1 st	15:20	09 Drew O'Donoghue-McDonald 3A 2 nd	15:24.4	10 Anthony Armstrong —Kamiakin 3A 3 rd
15:11.5	17 Daniel Maton — Camas 4A 2 nd	15:20.1	17 Wil Smith — Lewis and Clark 4A 6 th	15:24.4	11 Nicholas Boersma —Wenatchee 4A 6 th
15:11.7	19 Tyler Hunter — Central Valley 4A 3 rd	15:20.2	15 Peter Hogan — Bishop Blanchet 3A 3 rd	15:24.7	10 Jeff Bastian — Glacier Peak 3A 4 th
15:12.8	16 Yacine Guermali — Camas 4A 1 st	15:20.4	10 Vince Hamilton — No Central 3A 2 nd	15:24.9	12 Sumner Goodwin —Lewis & Clark 4A 4 th
15:13.00	14 Andrew Snyder — Kamiakin 3A 3 rd	15:21	08 Shane Moskowitz—Cent Kitsap 4A 2 nd	15:25.0	15 James Konugres — Ballard 3A 4 th
15:13.5	11 Santos Vargas — Eisenhower 4A 3 rd	15:21.18	13 Andrew Foerder — Nathan Hale 3A 5 th	15:25	03 Laef Barnes — Mead 4A 3 RD
15:13.6	12 Patrick Gibson — Squalicum 2A 1 st ****	15:21.2	19 Jonas Bears — Gonzaga Prep 4A 5 th	15:25	08 Andrew Kempel — North Central 2 nd
15:14.24	13 Tristan Peloquin — Gig Harbor 4A 3 rd	15:21.4	11 Joe Hardy — Seattle Prep 3A 4 th	15:25.5	19 Kai Gundlach — Bishop Blanchet 3a 2 nd
15:14.9	15 Jack Yearian — Bellarmine Prep 4A 1 st	15:21.5	18 Joseph Skoog 12 — Jackson 4A 3 rd	15:26.0	17 Cade Brown — Bellingham 2A 1 st
15:15	09 Ben Johnston — No Central 3A 1 st	15:21.6	12 Colby Gilbert — Skyview 4A 3 rd	15:26.4	18 Johan Correa 12 — Kennewick 3A 1 st
15:15.20	14 Aaron Roe — Henry Jackson 4A 1 st	15:21.8	11 Curtis King — Peninsula 3A 5 th	15:41.10	14 Chandler Teigen — Asotin B 1 st ****
15:15.39	14 John Rodeheffer — Oak Harbor 3A 4 th	15:22	09 Connor Peloquin —Gig Harbor 4A 2 nd		
15:15.8	17 AJ Chopra — Todd Beamer 4A 3 rd	15:22.02	13 Drew Schreiber — Eisenhower 4A 5 th		



BEST INDIVIDUAL STATE PERFORMANCES BY DIVISION SINCE 1997

4A BOYS

14:57.8	21 Isaac Teeples – Kamiakin 1 st	15:22.8	17 Dawson Best – Tahoma 7 th *	15:32	01 Chris Lukezic – Auburn 2 ND
15:02.3	12 Andrew Gardner – Mead 1 st	15:23.1	16 Joe Waskom – Mt Si 3 rd	15:32	09 Kenji Bierig – Lewis & Clark 4 th
15:03.0	11 Jacob Smith – Wenatchee 1 st	15:23.5	19 Cooper Laird – Inglemoor 7 th	15:32.2	10 Korey Krotzer – Aub Riverside 4 th
15:03.3	19 Will Smith – Lewis & Clark 1 st	15:23.6	19 Jonas Price – Eisenhower 8 th *	15:32.56	14 Brad Hodkinson – Snohomish 6 th
15:06	09 Shane Moskowitz – Cent Kitsap 1 ST	15:23.90	13 Cameron Stanish – Garfield 6 th	15:32.6	21 Ethan Coleman – Olympia 2 nd
15:06.37	13 Logan Carroll – Gig Harbor 1 st	15:24	04 Kelly Spady – Kamiak 1 ST	15:32.7	18 Ryan Kline 12 – Central Valley 5 th
15:07.0	11 Andrew Gardner – Mead 2 nd *	15:24	04 Robbie Barany – Eisenhower 2 ND	15:33	98 Tom Becker – Mt. Spokane 3 RD
15:09.0	10 Kenji Bierig – Lewis and Clark 1 st	15:24	03 Evan Garber – Mead 1 ST	15:33	09 Tyler King – Oak Harbor 5 th
15:09.28	13 Wolfgang Beck – Gig Harbor 2 nd	15:24	03 David Kinsella – Inglemoor 2 ND	15:33.1	17 Gabe Romney – Central Valley 12 th
15:09.9	19 Jacob Easton – University 2 nd	15:24.38	14 Briton Demars – Central Valley 3 rd	15:33.8	15 Kennan Schrag – Issaquah 5 th
15:11.3	17 Ryan Kline – Central Valley 1 st	15:24.4	19 Ethan Martin – Tahoma 9 th *	15:34.0	17 Turlan Morlan – Gonzaga Prep 13 th
15:11.5	17 Daniel Maton – Camas 2 nd	15:24.4	11 Nicholas Boersma – Wenatchee 6 th	15:34	08 Kevin Rosaaen – Wilson 6 th
15:11.7	19 Tyler Hunter – Central Valley 3 rd	15:24.9	12 Sumner Goodwin – Lewis & Clark 4 th	15:34.4	18 Luke Houser 12 – Woodinville 6 th
15:12.8	16 Yacine Guermali – Camas 1 st	15:25	03 Laef Barnes – Mead 3 RD	15:34.7	11 Colby Gilbert – Skyview 8 th
15:13.5	11 Santos Vargas – Eisenhower 3 rd *	15:25.1	19 Patrick North – Lewis & Clark 10 th *	15:34.7	18 Jacob Easton 11 – University 7 th
15:14.24	13 Tristan Peloquin – Gig Harbor 3 rd	15:25.6	18 Wil Smith 11 – Lewis & Clark 4 th	15:35	04 Charles Cummings – Eisenhower 3 RD
15:14.9	15 Jack Yearian – Bellarmine Prep 1st	15:25.6	17 Riley Moore – Richland 8 th	15:35.19	14 Chanse Gilbert – Skyview 7 th
15:15.20	14 Aaron Roe – Henry Jackson 1 st	15:25.9	15 Graeme Schroeder – Tahoma 3 rd	15:35.2	11 Alex Kimsey – Joel Ferris 9 th
15:15.8	17 AJ Chopra – Todd Beamer 3 rd	15:26.1	10 Andrew Gardner – Mead 2 nd	15:35.7	17 Evan Peters – Central Valley 14 th
15:16.2	18 Joe Waskom 12 – Mount Si 1 st	15:26.5	12 Jamie Coughlin – Garfield 5 th	15:35.7	12 Aaron Roe – Henry Jackson 6 th
15:16.3	12 Wolfgang Beck – Gig Harbor 2 nd	15:26.97	13 Peter Kesting – Olympia 7 th	15:36	02 Carl Moe – Auburn Riverside 1 ST
15:16.4	17 Nate Pendleton – Eastlake 4 th *	15:27	08 Julian Blake Cowan – Aub Riv. 3 rd	15:36.15	14 Graeme Schroeder – Tahoma 8 th
15:16.6	17 Jonas Price – Eisenhower 5 th *	15:27.3	17 Luke George – Issaquah 9 th	15:36.3	18 Marcus Sutrick 12–AuburnRiverside8 th
15:17.1	18 Jonas Price 11 – Eisenhower 2 nd	15:27.64	14 Tristan Peloquin – Gig Harbor 4 th	15:36.3	11 Jaziel Rodriguez – Eisenhower 10 th
15:17.97	13 Michael Williams – Richland 4 th	15:27.9	19 Jarred Barnes – Eastmont 11 th *	15:36.5	15 Ryan Gregory – Gig Harbor 6 th
15:18	99 Michael Kiter – Shadle Park 1 ST	15:28.09	13 Riley Campbell – Tahoma 8 th	15:37	01 Cameron Schwehr – Mt. Spokane 3 RD
15:18	98 Ian Johnson – University 1 ST	15:28.56	14 Cole Christman – Wenatchee 5 th	15:37	09 Mack Young – Redmond 6 th
15:18	98 Sean Knapp – Gig Harbor 2 ND	15:28.7	19 Ethan Coleman – Olympia 12 th *	15:37.1	19 Brian Martinez – Tahoma 15 th *
15:18	08 Mack Young – Redmond 1 st	15:28.8	15 Zak Kindl – Lewis and Clark 4 th	15:37.11	13 Peter Helman – Joel Ferris 11 th
15:18.0	19 Evan Jenkins – Camas 4 th	15:29	08 Andrew Gonzales – Southridge 4 th	15:37.2	11 Tristan Peloquin – Gig Harbor 11 th
15:18.5	11 Korey Krotzer – Aub Riverside 4 th	15:29.62	13 Mahmoud Moussa – Gig Harbor 9 th	15:37.5	11 Keegan Symmes – Skyline 12 th
15:18.9	11 Wolfgang Beck – Gig Harbor 5 th	15:29.7	11 Sumner Goodwin – Lewis & Clark 7 th	15:37.6	10 Alex Kimsey – Joel Ferris 5 th
15:19.0	16 Matthew Watkins – Henry Jackson 2 nd	15:29.30	03 Charles Cummings – Eisenhower 4 TH	15:37.7	17 Jacob Easton – University 15 th
15:20.1	17 Will Smith – Lewis and Clark 6 th *	15:30	01 Jesse Fayant – Mead 1 ST	15:37.7	11 Joel Estelle – Lewis & Clark 13 th
15:21	08 Shane Moskowitz – Cen Kitsap 2 nd	15:30.3	16 Amir Ado – Joel Ferris 4 th	15:37.9	19 Luc Utheza – Camas 16 th *
15:21.2	19 Jonas Bears – Gonzaga Prep 5 th	15:30.6	19 Caleb Lloyd – Mead 13 th *	15:37.9	18 Caleb Olson 12 – Hanford 9 th
15:21.5	18 Joseph Skoog 12 – Henry Jackson 3 rd	15:30.86	13 Miler Haller – Ed. Woodway 10 th	15:37.9	11 JP Wolpert – Walla Walla 14 th
15:21.6	12 Colby Gilbert – Skyview 3 rd	15:30.9	10 Aaron Nelson – Walla Walla 3 rd	15:38	04 Laef Barnes – Mead 4 TH
15:22	09 Conner Peloquin – Gig Harbor 2 nd	15:31	03 Justin Houck – Ferris 5 TH	15:38	01 Tyler Campbell – Auburn 4 TH
15:22.02	13 Drew Schreiber – Eisenhower 5 th	15:31	09 Adam Thorne – Ferris 3 rd	15:38	03 Jeff Helmer – Jackson 6 TH
15:22.26	14 Charlie Barringer – Bothel 2 nd	15:31.2	19 Brenden Charbeneau – Jackson 14 th *	15:39	07 Miles Unterreiner – Gig Harbor 1 ST
15:22.5	15 Nathan Pixler – Eastlake 2 nd	15:31.5	17 Joe Waskom – Mount Si 10 th	15:40	05 Jeff Helmer – Jackson 1 ST
15:22.7	19 Sam Geiger – Camas 6 th	15:31.8	17 Caleb Olson – Hanford 11 th		



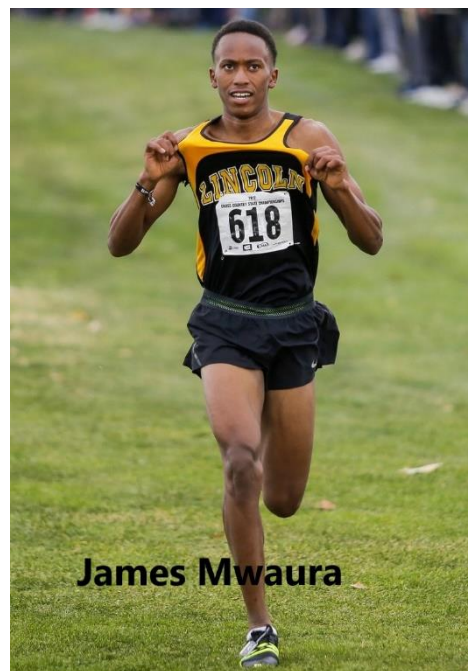
3A BOYS

14:31.70 14 Tanner Anderson – North Central 1st
14:44.83 13 Tanner Anderson – North Central 1st
 14:45.16 13 Joe Hardy – Seattle Prep 2nd *
 14:46.65 14 John Dressel – Mt Spokane 2nd
14:48.3 17 James Mwaura – Lincoln 1st
14:58.4 11 Anthony Armstrong – Kamiakin 1st
 14:59.3 11 Nathan Weitz – Shadle Park 2nd
15:02.0 15 Justin Janke – North Central 1st
 15:05.36 13 John Dressel – Mount Spokane 3rd *
 15:05.9 11 Izaic Yorks – Lakes 3rd
15:10 98 Adam Tenforde – Hanford 1st
15:11.3 10 Nathan Weitz – Shadle Park 1st
 15:13.00 14 Andrew Snyder – Kamiakin 3rd
15:15 09 Ben Johnston – North Central 1st
 15:15.39 14 John Rodeheffer – Oak Harbor 4th *
15:17.10 21 Will Schneider – Bishop Blanchet 1st
 15:17.89 13 Taylor Kai Wilmot – North Central 4th
15:18 08 Michael Miller – Mt. Rainier 1st
15:18.1 19 Isaac Teeples – Kamiakin 1st
15:18.4 12 Joe Hardy – Seattle Prep 1st
 15:18.8 15 Nathan Beamer – Arlington 2nd
 15:20 09 Drew O'Donahue McDonald Sea Prep 2nd
 15:20.2 15 Peter Hogan – Bishop Blanchet 3rd
 15:20.4 10 Vince Hamilton – North Central 2nd
 15:21.18 13 Andrew Foerder – Nathan Hale 5th *
 15:21.4 11 Joe Hardy – Seattle Prep 4th
 15:21.8 11 Curtis King – Peninsula 5th
 15:22.1 11 Keith Williams – North Central 6th *
 15:22.2 17 Sebastian Belkin – Bainbridge 2nd
 15:22.21 13 Nicholas Hauger – Shadle Park 6th
 15:23.0 17 Bradley Peloquin – Gig Harbor 3rd
 15:23.44 14 Miler Haller – Edmonds Woodway 5th
 15:24.4 10 Anthony Armstrong – Kamiakin 3rd
 15:24.4 17 Jonah Franco – Kamiakin 4th
 15:24.7 10 Jeff Bastian – Glacier Peak 4th
 15:25.0 15 James Konugres – Ballard 4th
 15:25 08 Andrew Kempel – North Central 2nd
 15:25.5 19 Kai Gundlach – Bishop Blanchet 2nd
 15:26.1 11 Hunter Johnson – Mt Spokane 7th *
15:26.4 18 Johan Correa 12 – Kennewick 1st

15:27.7 19 Stanford Smith – Kamiakin 3rd
 15:28.0 17 Ryan Child – Kamiakin 5th
 15:28 09 Chris Borg – Peninsula 3rd
 15:29 09 Alexander Avila – No Central 4th
 15:29.1 19 Isaac Morris – North Central 4th
 15:29.2 18 Sebastian Belkin 12 – Bainbridge 2nd
 15:29.2 15 Phillip Fishburn – Kamiakin 5th
 15:30 08 Jeff Howard – North Central 3rd
 15:30 09 Kyle Boe – Columbia River 5th
 15:30.5 17 Markus Taylor – North Central 6th
 15:30.9 19 Bryce Cerkowniak – Yelm 5th
 15:31 09 Casey Adams – North Central 4th
 15:31.1 12 John Dressel – Mt Spokane 2nd
 15:31.7 15 Sam Sjoberg – North Central 6th
15:32 06 Max O'Donahue McDonald Sea Prep 1st
 15:32 98 Javon Broderick – O'Dea 2nd
 15:32.3 15 Hayden Dressel – Mount Spokane 7th
15:32.9 16 James Mwaura – Lincoln 1st
 15:32.9 18 Ryan Child 12 – Kamiakin 3rd
 15:33.3 19 Nathan Carter – North Central 6th
 15:33.33 13 Max Leach – Nathan Hale 7th
 15:33.6 11 Kai Wilmot – North Central 8th *
15:34.1 21 Brandon Moore – Arlington 2nd
 15:34.2 17 Isaac Mohn – O'Dea 7th
 15:34.8 12 Tanner Anderson – No Central 3rd
 15:34.8 10 Casey Adams – North Central 5th
 15:35 98 Dustin Duke – Jackson 3rd
15:36 97 Dustin Duke – Jackson 1st
 15:36.07 14 Andy Reischling – Seattle Prep 6th
 15:36.42 13 Garrett Kraal – Kamiakin 8th
 15:37 09 Allan Schroeder – Mt. Spokane 7th
 15:37.00 14 Andrew Vandine – North Central 7th
 15:37.5 11 Jake Hombel – University 9th *
 15:37.64 14 Nathan Beamer – Arlington 8th
 15:38.0 15 James Mwaura – Lincoln 8th
 15:38.21 14 Stuart Smith – Nathan Hale 9th
 15:38.6 11 Keenan Piper – Seattle Prep 10th *
 15:38.6 17 Johan Correa – Kennewick 8th
 15:38.8 15 Cameron Carroll – Central Kitsap 9th
 15:38.94 13 Andrew Snyder – Kamiakin 9th

15:39 08 Ben Johnston – North Central 4th
 15:39.5 15 Henry Hayes – Garfield 10th
 15:39.6 19 Will Schneider 9 – Bishop Blanchet 7th
 15:39.79 14 Hayden Dressel – Mt Spokane 10th
 15:40 08 Leon Dean – North Central 5th
 15:40 09 Joel Ambo – Bellevue 8th
 15:40 09 Michael Williams – Bellevue 9th
 15:40.52 13 Cameron Glade – Kamiakin 10th
 15:40.58 13 John Rodeheffer – Oak Harbor 11th *
 15:41.0 17 Dante Paszkeicz – Interlake 9th
 15:41.9 19 Nicky DeMartino – Bishop Blanchet 8th
 15:42.0 19 Cayan Dibble – Bonney Lake 9th
 15:42 98 Mike Kamm – Interlake 4th
 15:42 08 Abraham Berhe – Ingraham 6th
 15:42 09 Steven Robinson – B Blanchet 10th
15:42.2 21 Luke Alfonso – Stadium 3rd
 15:42.4 12 Nicholas Hauger – Shadle Park 4th
 15:42.6 19 Daniel Lee – Rogers Spokane 10th
 15:42.73 13 Stuart Smith – Nathan Hale 12th *
 15:42.8 12 Spike Sievert – Bellevue 5th
 15:42.9 10 Aaron Elefson – Mercer Island 6th
 15:42.9 11 John Fowler – Bellevue 11th
 15:43 08 Drew O'Donahue McDonald Sea Prep 7th
 15:43 08 Charlie McDonald – Sea Prep 8th
 15:43.5 16 Hayden Dressel – Mt Spokane 2nd
 15:43.5 12 Andrew Foerder – Nathan Hale 6th
 15:43.99 14 Peter Hogan – Bishop Blanchet 11th
 15:44 98 Ben Koss – Capital 5th
 15:44.1 18 Deyago Peraza 12 – Ed. Woodway 5th
 15:44.3 15 Owen Buck – Ballard 11th
 15:44.43 14 Justin Janke – North Central 12th
 15:44.72 14 Jonathan Lafferty – Kamiakin 13th *
 15:44.95 13 Oliver Reed – North Central 13th
15:45 04 Sam Ahlbeck – Lindbergh 1st
15:50 01 Steve Mull – Bishop Blanchet 1st
15:51 03 Brian Govier – Mercer Island 1st
15:51 99 Peter Furia – Lakeside Sea 1st
15:54 05 Max ODonahue McDonald Sea Prep 1st

2014 Tanner Anderson – North Central



2A BOYS

15:13.6	12 Patrick Gibson – Squalicum 1st	15:44.1	15 Andrew Cooper – Liberty Issaquah 4 th	15:55.6	10 Nicholas Schippers –Kingston 4 th
15:16.6	12 Poli Baltazar – Aberdeen 2 nd *	15:44.1	15 Silas Griffith – Ridgefield 5 th	15:56.4	21 Daniel Barna – Columbia River 2nd
15:23.6	19 Eliason Kabasenche – Pullman 1st	15:44.7	18 Eliason Kabasenche 11 – Pullman 1st	15:57.3	15 Cade Brown – Bellingham 8 th
15:24.2	19 Shea Mattson – Selah 2 nd	15:45.1	11 Conner Johnsen – Sehome 5 th	15:57.80	13 Kirby Overman – Sehome 7 th
15:26.0	17 Cade Brown – Bellingham 1st	15:45.44	14 Skylar Ovnicek – West Valley Spo 6 th	15:58.0	10 Chase Bussing – Mark Morris 5 th
15:26.7	17 Grant Van Valkenburg – Cedarcrest 2 nd	15:45.6	19 Sawyer Dagan – Steilacoom 5 th	15:58.3	17 Josh Rauvola – Archbishop Murphy 4 th
15:27.30	14 Chad Stevens – East Valley Spo. 1st	15:45.6	11 Daniel Amann – Deer Park 6 th	15:58.4	10 Nate Starr – Mark Morris 6 th
15:28.8	11 Patrick Gibson – Squalicum 1st	15:45.8	15 Marques Chacon – Evergreen Sea. 6 th	15:58.4	11 Kody Gould – White River 8 th
15:29	99 Matt Harriman – Omak 1st	15:46.06	13 Scott Kopczynski – East Valley Spo. 4 th	15:58.7	19 Josiah Nobles – Steilacoom 10 th
15:29.72	13 Devon Grove – Lake Washington 1st	15:46.4	11 Jeffery Ott – Ellensburg 7 th *	15:58.9	11 Sean Eustis – Washougal 9 th
15:30.18	14 Aaron Brumbaugh – Mark Morris 2 nd	15:46.8	12 Reed Henderson – Sehome 7 th	15:59	99 Jake Haskins – Port Townsend 4 th
15:30.8	10 Scott Carlyle – Sehome 1st	15:47	09 Scott Carlyle – Sehome 1st	15:59.0	17 Tate Hutchins – Lynden 5 th
15:31.9	10 Dylan Croeni – Washougal 2 nd	15:47.6	16 Silas Griffith – Ridgefield 1st	15:59.2	11 Mitchell Montgomery–Cedarcrest 10 th
15:33.6	11 Poli Baltazar – Aberdeen 2 nd	15:47.9	12 Daniel Amann – Deer Park 8 th *	15:59.3	10 Dayde Collins – Deer Park 7 th
15:35.8	11 Marcus Dickson –White River 3 rd *	15:48.48	14 Dylan Holland – Anacortes 7 th	15:59.8	16 James Parker – Anacortes 3 rd
15:36.18	14 Scott Kopczynski – East Valley Spo. 3 rd	15:48.6	19 Cooperr Quigley – Selah 6 th	16:00.2	19 Noah Hasselblad – North Mason 11 th *
15:36.2	15 Dylan Holland – Anacortes 1st	15:48.8	18 Kyle Radosevich 12 – Ridgefield 2 nd	16:00.4	21 Hale Behan – Sammamish 3rd
15:36.8	15 Colton Johnsen – Sehome 2 nd	15:49.3	12 Isaac Stinchfield–Washougal 9 th *	16:00.7	12 Chris Fredlund – Squalicum 11 th
15:37.5	12 Conner Johnsen – Sehome 3 rd	15:49.69	13 Logan Orndorf – Cedarcrest 5 th	16:00.8	17 Zach Koivisto – Steilacoom 7 th
15:37.7	15 Riley Allsop – Sehome 3 rd	15:49.8	19 Hale Behan – Sammamish 7 th	16:00.9	18 Gabriel Dinnel 12 – Washougal 3 rd
15:38.16	13 Chad Stevens – East Valley Spokane 2 nd	15:49.82	14 Kirby Overman – Sehome 8 th	16:01	09 Tyler Williams – Burlington 3 rd
15:38.3	21 Cooper Quigley – Selah 1st	15:50.38	14 Marques Chacon – Evergreen Sea. 9 th	16:01.3	11 Reed Henderson – Sehome 11 th
15:38.9	19 Rafe Holz – Sedro Woolley 3 rd	15:51	06 Jake Riley – Sehome 1st	16:01.5	12 Scott Kopczynski–EValley Sp 12 th *
15:39	98 Matt Harriman – Omak 1st	15:51	99 Hendrick Kok – Lynden Christian 2 ND	16:01.7	11 Sam Giner – Interlake 12 th
15:39.26	13 Chris Fredlund – Squalicum 3 rd	15:52	09 Dakota Parker – W F West 2 nd	16:01.80	13 Ben Monk – Capital 8 th
15:39.7	12 Sean Eustis – Washougal 4 th *	15:52.1	15 Matthew Chacon – Evergreen Sea. 7 th	16:01.9	19 Caleb Schmotzer – Bellingham 12 th
15:40.4	12 Joe Charbonneau –Bellingham 5 th *	15:52.7	17 Reed Smith – Sehome 3 rd	16:02.0	12 Nehemiah Barrett–FranklinPierce 13 th *
15:40.65	14 Douglas Davis – Lakewood 4 th	15:52.8	12 Logan Orndorf – Cedarcrest 10 th *	16:02	07 Justin Rose – Colville 1st
15:40.7	12 Devon Grove–Lake Washington 6 th *	15:54	99 Ivan Bannon – Ilwaco 3 RD	16:02.08	14 Dustin Nading – RA Long 11 th
15:41.8	19 Bas Holland – Cheney 4 th	15:55.19	13 Endalkachew Abebaw – Lindbergh 6 th	16:02.43	13 Aaron Brumbaugh – Mark Morris 9 th
15:42.27	14 Nick Martin – Sammamish 5 th	15:55.2	19 Kolby Green – West Valley Spo 8 th	16:06	08 James Currell – Selah 1st
15:42.8	10 Conner Ballew –Arch. Murphy 3 rd	15:55.5	19 Patrick Adkisson – Ellensburg 9 th	16:16	04 Eric Burck – Ephrata 1st
15:43	01 Matt Owens –East Valley Yak 1st	15:55.6	16 Josh Rauvola – Archbishop Murphy 2 nd	16:18	97 Mike Witt – Lakesdie 9 Mile 1st
15:43	11 Dayde Collins – Deer Park 4 th	15:55.6	14 Steaven Zachman – Cheney 10 th		



2012 Poli Baltazar - Aberdeen



Eliason Kabasenche – Pullman



1A BOYS

15:00.4	21 Jamar Distel – Riverside 1 st	16:01.81	14 Tibebu Proctor – Northwest 6 th ***	16:14.9	15 Mereck Palazzo – Chelan 5 th
15:16.9	10 Tyler King – Coupeville 1 st	16:02.3	17 Kenny Barnes – Meridian 6 th	16:15	11 Biagia Pietroborgo – Colville 5 th
15:18.8	17 Kenneth Rooks – College Place 1 st	16:03.0	19 Isaac Cortes – Granite Falls 3 rd	16:15.5	17 Grant Avila – Deer Park 13 th ***
15:22.4	16 Tibebu Proctor – Northwest 1 st	16:03.9	10 Bereket Piatt – Port Townsend 5 th	16:15.97	13 Tibebu Proctor – Northwest 4 th
15:32.1	15 Tibebu Proctor – Northwest 1 st	16:04	97 Ned Miller – Darington 1 st	16:16	08 Max LeBerge – Charles Wright 5 th
15:35.7	17 Ben Shaw – Riverside 2 nd ***	16:04	11 Ruben Riordan – Charles Wright 3 rd	16:16.1	17 Brooks Dewaard – Lynden Chr. 14 th ***
15:37.40	14 Ryan Clarke – Port Townsend 1 st	16:05	11 Stephen Bottoms – Onalaska 4 th	16:16.16	14 Collin Magnusson – Meridian 7 th
15:38	03 Tom Wyatt – Charles Wright 1 st	16:05.7	17 Jared Donnell – Bellevue Chr. 7 th ***	16:17	06 Rigoberto Jimenez – Royal 1 st
15:41.55	14 Graham Peet – Northwest 2 nd	16:06.1	17 Mason Williams – Medical Lake 8 th ***	16:18	07 Humberto Jimenez – Royal 1 st
15:42.56	14 Andrew Ayers – King's 3 rd ***	16:07	97 Joey Hord – LaCenter 2 nd	16:18	07 Rigoberto Jimenez – Royal 2 nd
15:44	11 Hap Emmons – King's 1 st	16:07.3	19 Brayden Merrill – Lakeside 4 th	16:18.9	10 Stephen Bottoms – Onalaska 7 th
15:44.4	15 Tamire Proctor – Northwest 2 nd	16:07.9	12 Ruben Riordan – Charles Wright 3 rd	16:19	99 Jesse Klemish – Mary Walker 2 nd
15:47	98 John Russell – Freeman 1 st	16:08	99 Todd Arnold – Ocosta 1 st	16:19.5	18 Adam Briejer 11 – Charles Wr. Aca. 1 st
15:47.5	10 Todd Jackson – Elma 2 nd	16:09	04 Alex Crabill – Charles Wright 1 st	16:19.5	19 Dallin Price – Connell 6 th
15:50.0	12 Dillon Quintana – Mount Baker 1 st	16:09	98 Todd Arnold – Ocosta 3 rd	16:20.55	13 Ryan Clarke – Port Townsend 5 th
15:50.3	16 Ben Shaw – Riverside 2 nd	16:10	08 Bereket Piatt – Pt. Townsend 2 nd	16:20.7	19 Nathan Cantrell – Port Townsend 7 th
15:50.4	10 Habtamu Rubio – Port Townsend 3 rd	16:10	08 Alex Johnson – Seattle Aca 3 rd	16:20.9	16 Mason Williams – Medical Lake 6 th
15:50.6	19 Adam Briejer – Charles Wright 1 st	16:10	09 Bereket Piatt – Port Townsend 1 st	16:21.4	19 Nick LeBar – King's 8 th
15:50.78	13 Graham Peet – Northwest 1 st	16:10.3	17 Tyler Pena – Medical Lake 9 th ***	16:21.5	10 Ethan Tonnemaker – Royal 8 th
15:50.8	12 Tom Bradley – Blaine 2 nd	16:10.8	19 Landon Davies – Cascade Leav. 5 th	16:21.7	19 David Carrión – Seton Catholic 9 th
15:52.95	13 Andrew Ayers – King's 2 nd	16:10.8	12 Kyle Cole – Cedar Park Chr. 4 th	16:21.9	12 Andrew Ayers – King's 7 th
15:53.2	10 Hap Emmons – King's 4 th ***	16:11.5	17 Abbas Theophilus – Meridian 10 th ***	16:21.9	19 Chris Knight – Chelan 10 th
15:54.5	17 Eric Steiger – Lynden Chr. 3 rd	16:11.6	17 Dillon Rising – Goldendale 11 th ***	16:22	08 Seth Pierson – Cashmere 6 th
15:55	11 David Goldstone – Charles Wright 2 nd	16:12	01 Reid Carrel – Freeman 1 st	16:22.3	17 Nolan Chase – Connell 15 th ***
15:55.9	16 Mereck Palazzo – Chelan 3 rd	16:12	97 Ivan Bannon – Ilwaco 3 rd	16:22.3	19 Joseph Blanshan – LaCenter 11 th
15:56	08 Quinton Decker – Pt. Townsend 1 st	16:12.08	13 Ryan Coffman – Lakeside 3 rd	16:23	09 Habtamu Rubio – Port Townsend 2 nd
15:56.26	14 Domenic Rehm – Medical Lake 4 th	16:12.3	15 Ben Shaw – Riverside 3 rd	16:23.24	13 Collin Magnusson – Meridian 6 th
15:57.80	14 Tamire Proctor – Northwest 5 th ***	16:12.8	17 Ethan Widlansky – Bush 12 th ***	16:24.1	15 Mason Williams – Medical Lake 6 th
15:59	03 Steven Vandenburg – NW Chr Col 2 nd	16:13.7	10 Colton Hastings – Colville 6 th	16:24.2	19 Jaeden Ellis – Klahowya 12 th
15:59.6	16 Kenneth Rooks – College Place 4 th	16:13.7	15 Cody Bollum – Deer Park 4 th	16:24.3	10 Travis Hensley – Charles Wright 9 th
16:00.2	19 Rob McManus – Cashmere 2 nd	16:14	08 Josh Alexander – Lakeside Spo 4 th	16:24.5	16 Brooks DeWaard – Lynden Chr 7 th
16:00.7	17 Adam Briejer – Charles Wright 4 th	16:14.3	16 Cody Bollum – Deer Park 5 th	16:24.61	13 Domenic Rehm – Medical Lake 7 th
16:00.9	17 Tamire Proctor – Northwest 5 th	16:14.3	12 Graham Peet – Northwest 5 th	16:25	01 Adam Roe – King's 2 nd
16:01	98 Phil Olson – Tacomas Baptist 2 nd	16:14.7	12 Ryan Coffman – Lakeside 9-mile 6 th	16:26	02 Brandon Thompson – King's 1 st



B BOYS

15:41.10	14 Chandler Teigen – Asotin 1 st	16:28.8	15 Luke Bredeson – NW Chr Lacey 6 th	16:45.2	17 Garrett McSherry10–NW Chr. Lacey 9 th
15:44.6	15 Kenneth Rooks 10 – College Place 1 st	16:29.6	16 Austen Apperson 10 – Adna 4 th	16:45.53	14 Oren Cox – Bridgeport 7 th
15:48.3	12 Stephen Bottoms – Onalaska 1 st	16:30.9	21 Daniel Quintana – Ilwaco 1 st	16:45.6	19 Jonathan Sarmiento – Manson 12 th *
15:48.89	14 Luke Schilter – NW Chr. Lacey 2 nd *	16:31.3	18 Gavin Merritt 12 – Tekoa Rosalia 3 rd	16:46.3	15 Andrew Gannon – Bickleton 11 th
15:51.5	15 Luke Schilter – NW Chr. Lacey 2 nd	16:31.8	15 Oren Cox – Bridgeport 7 th	16:46.4	17 Kendall VanZanten – Mt Vernon Chr. 10 th
15:52.99	13 Chandler Teigen – Asotin 1 st	16:32.4	10 Jon Bennett – Republic 3 rd	16:46.6	17 Noah Phillips 10 – NW Chr. Lacey 11 th
15:55.8	19 Daniel Quintana – Ilwaco 1 st	16:32.5	17 August Albers 11–CedarTreeClass.Chr.4 th	16:46.7	10 Seth Deal –Waitsburg-Prescott 4 th
15:56.4	18 Austen Apperson 12 – Adna 1 st	16:33	11 Zack Speiker – Oroville 3 rd	16:46.7	15 Hunter Swanson – Tonasket 12 th
15:56.4	16 Luke Schilter – NW Chr. Lacey 1 st	16:33.93	14 Ben Klemmeck – Liberty Bell 4 th	16:47.1	16 Jarod Hulsizer – Kalama 7 th
15:59.0	17 Austen Apperson 11 – Adna 1 st	16:34.0	17 Jacoby Wieber – Tri Cities Prep 5 th	16:47.2	12 David Eisenhower–Riverside Chr. 4
15:59.8	19 Justin Peck – Trout Lake 2 nd	16:34.34	13 Hunter Olsen – Saint George's 3 rd	16:47.6	15 Tarell Manjarrez – White Swan 13 th *
16:05.8	19 Kobe Deutscher – Pope John Paul 2 3 rd *	16:34.4	17 Justin Peck – Trout Lake 6 th	16:48.9	19 Steiner Christensen – Life Chr. Aca. 14 th *
16:05.9	10 Justin Holden – NW Chr. Lacey 1 st	16:35.2	16 Jack Ammon – NW Chr. Colbert 5 th	16:50.01	13 Ben Klemmeck – Liberty Bell 7 th
16:06.4	10 Maxwell Choka – St. George's 2 nd	16:35.86	13 Jack Ammon – NW Chr. Colbert 4 th	16:50.2	19 Ryan Ransom – 3 Rivers Chr. 14 th
16:10.7	19 Noah Phillips – NW Chr. Lacey 4 th *	16:36.0	16 Thomas Weakland – Asotin 6 th	16:50.6	15 Nathan Hopkins – Davenport 14 th
16:12	08 Jeff Pope – Valley Chr. 1 st	16:36.9	21 Will Halpin – Liberty Bell 2 nd	16:50.7	21 Asher Ingram – NW Chr. Lacey 3 rd
16:12.5	19 Easton Pomrankey – Kettle Falls 5 th *	16:37	11 Nick Lumetta – TriCities Prep 4 th	16:51.1	11 Austin Telford – Davenport 7 th
16:12.7	19 Nicholas Marty – Toledo 6 th *	16:37.37	14 Alex Wallat – NW Chr. Colbert 5 th	16:51.2	11 Liam Daily – Liberty Bell 8 th
16:13.9	17 Tyler Shea – NW Chr. Colbert 2 nd	16:37.7	18 Addison Smee 10 – Kalama 4 th	16:51.3	19 Daniel Whiting – Ilwaco 15 th *
16:16.7	16 Daniel Ness – DeSales 2 nd	16:38	11 Stuart Smith –Seattle Waldorf 5 th	16:52	08 Scott Strang – Odessa 2 nd
16:17	11 Lucas Graham – NW Chr. Lacey 1 st	16:38.1	15 Tyler Shea – NW Chr. Colbert 8 th	16:52.5	21 Ciaran St. Hilaire – Tri Cities Prep 4 th
16:17.7	15 Jack Ammon – NW Chr. Colbert 3 rd	16:38.9	17 Russell DeVries – Mt Vernon Chr. 7 th	16:52.5	10 Lucas Graham – NW Chr. Lacey 5 th
16:18.31	13 Luke Schilter – NW Chr. Lacey 2 nd	16:39.1	19 Isaac Immel – Riverside Christian 10 th *	16:52.6	19 Winston Telford – Davenport 16 th *
16:21.3	18 Noah Phillips 11 – NW Chr. Lacey 2 nd	16:39.54	13 Thomas Weakland – Asotin 5 th	16:52.9	19 Ben Graham – NW Chr. Colbert 17 th *
16:22.6	19 Garrett McSherry –NW Chr. Lacey 7 th *	16:40	07 Matt Cronrath – Odessa 1 st	16:53	11 Cody Erickson–Liberty Spangle 9 th
16:22.7	15 Ben Klemmeck – Liberty Bell 4 th	16:40.1	17 Garrett Wilson – Tonasket 8 th	16:53.5	18 Kobe Deutscher 10–Pope John Paul 2 7 th
16:22.8	12 Chandler Teigen – Asotin 2 nd	16:40.8	15 Corban Phillips – NW Chr. Lacey 9 th	16:54.2	10 Ryan Zeller – Davenport 6 th
16:23.5	19 Connor Torgesen – Manson 8 th *	16:41	09 Justin Holden – NW Chr. Lacey 2 nd	16:54.20	13 Duncan Forsman – Republic 8 th
16:23.61	14 Jack Ammon – NW Chr. Colbert 3 rd	16:42	07 Jeff Pope – Valley Christian 2 nd	16:54.4	16 Eli Engledow – Asotin 8 th
16:24	11 Chase Teigen – Asotin 2 nd	16:42	11 Skyler Larson –TriCities Prep 6 th	16:54.9	10 Nick Lumetta – TriCities Prep 7 th
16:24.8	17 Zachary Wright – Onalaska 3 rd	16:42.23	14 Thomas Weakland – Asotin 6 th	16:55.1	12 Kelly Smith – Tri Cities Prep 5 th
16:25.0	15 Micah Henry – NW Chr. Colbert 5 th	16:43.2	15 Nathan Vanos – Saint George's 10 th	16:55.73	13 Seth Carns – 3 Rivers Chr. 9 th
16:25	09 Lucas Graham – NW Chr. Lacey 1 st	16:43.9	18 Garrett McSheffrey 11–NWChr.Lacey 5 th	17:01	06 Brad Serdar – Reardan 1 st
16:25.5	12 Skyler Larson –TriCities Prep 3 rd	16:44.5	18 August Albers 12–Cedar Tree Classical 6 th	17:03	04 Gabe Molinaro – NW Chr. Lacey 1 st
16:25.8	19 Cameron Nielsen – NW Chr. Lacey 9 th *	16:44.7	19 Addison Smee – Kalama 11 th *	17:06	05 Brad Serdar – Reardan 1 st
16:27.7	16 Tyler Shea – NW Chr Colbert 3 rd	16:44.74	13 Liam Daily – Liberty Bell 6 th		

2014 Chandler Teigen - Asotin

BEST GIRLS TEAM STATE PERFORMANCES SINCE 1997

AVERAGE (top 5) ALL TIME TEAMS

17:55.2	19 North Central 3A 1 st ***	19:08.20	17 Skyview 4A 4 th	19:20	05 Mt. Spokane 4A 2 ND
18:24.66	17 North Central 3A 1 st	19:08.6	11 Tahoma 4A 1 st	19:21.0	16 Edmonds Woodway 3A 2 nd
18:33.9	12 Camas 4A 1 st ***	19:08.6	11 Redmond 4A 3 rd	19:21	04 Snohomish 4A 3 RD
18:35.62	17 Lewis & Clark 4A 1 st	19:09.18	14 Holy Names Academy 3A 1 st	19:21	97 East Valley Spok 3A 1 ST
18:36.50	14 Camas 4A 1 st	19:09.7	16 Issaquah 4A 1 st	19:21	09 Eastlake 4A 1 st
18:40.96	13 Camas 4A 2 nd	19:11	09 Shadle Park 3A 1 st	19:21	09 Stanwood 4A 3 rd
18:42.8	10 Glacier Peak 3A 1 st	19:11.0	19 Holy Names Aca. 3A 2 nd	19:21.4	16 Lewis & Clark 4A 5 th
18:44.2	15 Camas 4A 1 st	19:12.1	15 Lewis and Clark 4A 2 nd	19:21.5	19 Glacier Peak 4A 6 th
18:44.24	17 Camas 4A 2 nd	19:12.4	15 Mount Si 4A 3 rd	19:21.9	16 Central Valley 4A 4 th
18:47.7	12 Glacier Peak 3A 1 st	19:13.4	11 Bellarmine Prep 4A2 nd	19:22	03 Bellarmine Prep 4A 2 ND
18:48.1	11 Glacier Peak 3A 2 nd	19:13.8	19 Eastlake 4A 4 th	19:22	09 Kingston 2A 2 nd
18:50.82	14 Issaquah 4A 2 nd	19:14	04 Gig Harbor 4A 2 ND	19:22	11 Sehome 2A 2 nd
18:53.47	13 Bellarmine Prep 4A 1 st	19:14.5	16 Camas 4A 2 nd	19:22.2	15 Kamiak 4A 5 th
18:55.3	19 Redmond 4A 1 st	19:15.1	15 Edmonds Woodway 3A 2 nd	19:22.28	13 Central Valley 4A 4 th
18:55.6	11 Camas 3A 1 st	19:15.8	15 Issaquah 4A 4 th	19:22.29	13 Glacier Peak 3A 1 st
18:56.64	17 Issaquah 4A 3 rd	19:16	08 Gig Harbor 4A 2 nd	19:22.7	21 Bellarmine Prep 4A 4 th
18:57.22	17 Edmonds Woodway 3A 2 nd	19:16	09 Glacier Peak 3A 2 nd	19:22.9	15 Eastlake 4A 6 th
18:58.47	14 Tahoma 4A 3 rd	19:16.2	10 Eastlake 4A 2 nd	19:23	99 Eisenhower 4A 1 ST
19:00.10	13 Sehome 2A 1 st ***	19:16.82	17 Tahoma 4A 5 th	19:23.07	14 Skyline 4A 4 th
19:01.8	19 Camas 4A 2 nd	19:17	05 Gig Harbor 4A 1 ST	19:23.38	18 Glacier Peak 4A 1 st
19:03.25	13 Lakeside Seattle 3A 2 nd	19:17.6	10 Eisenhower 4A 1 st	19:24	98 East Valley Spo 3A 2 ND
19:04	03 Snohomish 4A 1 ST	19:18.3	12 Bellarmine Prep 4A 3 rd	19:24.04	14 Montlake Terrace 3A 2 nd
19:05.0	19 Tahoma 4A 3 rd	19:18.8	19 Lewis & Clark 4A 5 th	19:25	98 Newport Bell 3A 1 ST
19:05.7	12 Tahoma 4A 2 nd	19:18.99	14 Sehome 2A 1 st	19:26.0	19 Bellingham 2A 1 st
19:06	04 Bellarmine Prep 4A 1 ST	19:19.0	12 Sehome 2A 1 st	19:27.9	15 Glacier Peak 3A 1 st
19:06.2	21 Eastlake 4A 1 st	19:19	11 Cheney 2A 1 st	19:28	08 Eastlake 4A 1 st
19:07.56	13 Tahoma 4A 3 rd	19:19.2	21 Lewis & Clark 4A 2 nd	19:37.94	13 Lakeside 9-mile 1A 1 st ***
19:08.2	16 Holy Names Academy 3A 1 st	19:19.6	10 Shadle Park 3A 2 nd	19:37.8	17 Liberty Bell B 1 st ***

BEST GIRLS TEAM STATE PERFORMANCES BY DIVISION SINCE 1997

AVERAGE (top 5) 4A TEAM

18:33.9	12 Camas 1 st	19:14.5	16 Camas 2 nd	19:25.72	14 Bellarmine Prep 5 th	19:35.14	18 Bellarmine Prep 6 th
18:35.62	17 Lewis & Clark 1 st	19:15.8	15 Issaquah 4 th	19:26.16	17 Lake Stevens 7 th	19:35.68	17 Gonzaga Prep 9 th *
18:36.50	14 Camas 1 st	19:16	08 Gig Harbor 2 nd	19:26.2	21 Tahoma 3 rd	19:36.32	14 Lewis & Clark 9 th
18:40.96	13 Camas 2 nd *	19:16.2	10 Eastlake 2 nd	19:26.8	16 Glacier Peak 3 rd	19:36.4	15 Central Valley 10 th
18:44.2	15 Camas 1 st	19:16.82	17 Tahoma 5 th *	19:27	09 Tahoma 2 nd	19:36.5	12 Richland 4 th
18:44.24	17 Camas 2 nd	19:17	05 Gig Harbor 1 ST	19:28	08 Eastlake 1 st	19:37	99 South Kitsap 3 RD
18:50.82	14 Issaquah 2 nd	19:17.6	10 Eisenhower 1 st	19:28	99 Marysville Pilchuck 2 nd	19:37	09 Bellarmine Prep 5 th
18:53.47	13 Bellarmine Prep 1 st	19:18.3	12 Bellarmine Prep 3 rd	19:28	09 Gig Harbor 4 th	19:37	09 Redmond 6 th
18:55.3	19 Redmond 1 st	19:18.8	19 Lewis & Clark 5 th	19:28.15	13 Eisenhower 7 th	19:37.2	21 Mount Si 6 th
18:56.64	17 Issaquah 3 rd *	19:19.2	21 Lewis & Clark 2 nd	19:28.25	14 Inglemoor 7 th	19:37.6	12 Eisenhower 5 th
18:58.47	14 Tahoma 3 rd	19:20	05 Mt. Spokane 2 ND	19:28.41	13 Central Kitsap 6 th	19:37.7	12 Redmond 7 th
19:01.8	19 Camas 2 nd	19:21	04 Snohomish 3 RD	19:28.5	10 Tahoma 3 rd	19:37.77	13 Gig Harbor 11 th *
19:04	03 Snohomish 1 ST	19:21	09 Eastlake 1 st	19:28.76	17 Eisenhower 8 th *	19:38	06 Gig Harbor 1 ST
19:05.0	19 Tahoma 3 rd	19:21	09 Stanwood 3 rd	19:28.86	18 Camas 3 rd	19:38.9	11 Henry Jackson 6 th
19:05.7	12 Tahoma 2 nd	19:21.4	16 Lewis & Clark 5 th	19:28.9	19 Richland 8 th	19:39	98 Shadle Park 2 ND
19:06	04 Bellarmine Prep 1 ST	19:21.5	19 Glacier Peak 6 th *	19:29	97 South Kitsap 1 ST	19:39.01	13 Skyline 10 th
19:06.2	21 Eastlake 1 st	19:21.9	16 Central Valley 4 th	19:29.26	17 South Kitsap 6 th	19:39.30	14 Central Valley 6 th
19:07.56	13 Tahoma 3 rd	19:22	03 Bellarmine Prep 2 ND	19:29.30	17 Skyline 10 th *	19:39.48	17 Emerald Ridge 11 th
19:08.20	17 Skyview 4 th *	19:22.2	15 Kamiak 5 th	19:29.3	11 Lewis and Clark 4 th	19:39.7	12 Snohomish 6 th
19:08.6	11 Tahoma 1 st	19:22.28	13 Central Valley 4 th	19:32.7	21 Issaquah 5 th	19:40.1	15 Mead 9 th
19:08.6	11 Redmond 3 rd	19:22.7	21 Bellarmine Prep 4 th	19:33.08	18 Lewis & Clark 2 nd	19:40.4	12 Roosevelt 8 th
19:09.7	16 Issaquah 4A 1 st	19:22.9	15 Eastlake 6 th	19:33.49	13 Snohomish 5 th	19:41	06 Thomas Jefferson 2 ND
19:12.1	15 Lewis and Clark 2 nd	19:23	99 Eisenhower 1 ST	19:33.8	21 Skyline 7 th	19:41	05 Thomas Jefferson 3 RD
19:12.4	15 Mount Si 3 rd	19:23.07	14 Skyline 4 th	19:33.9	15 Tahoma 7 th	19:41	02 Snohomish 1 ST
19:13.4	11 Bellarmine Prep 2 nd	19:23.38	18 Glacier Peak 1 st	19:34	01 North Central 1 ST		
19:13.8	19 Eastlake 4 th	19:25.1	11 Eisenhower 5 th	19:34.5	10 Stanwood 4 th		
19:14	04 Gig Harbor 2 ND	19:25.7	19 Bellarmine Prep 7 th *	19:34.6	15 Olympia 8 th		

AVERAGE (top 5) **3A GIRLS**

17:55.2	19 North Central 3A 1st ***
18:24.66	17 North Central 1st
18:36.74	18 North Central 1st
18:42.8	10 Glacier Peak 1st
18:47.7	12 Glacier Peak 1st
18:48.1	11 Glacier Peak 2 nd *
18:55.6	11 Camas 1st
18:57.22	17 Edmonds Woodway 2 nd
19:03.25	13 Lakeside Seattle 2 nd
19:08.2	16 Holy Names Aca 1st
19:09.18	14 Holy Names Aca 1st
19:11	09 Shadle Park 1st
19:11.0	19 Holy Names Aca. 2 nd
19:15.1	15 Edmonds Woodway 2 nd
19:16	09 Glacier Peak 2 nd
19:19.6	10 Shadle Park 2 nd
19:21.0	16 Edmonds Woodway 2 nd
19:21	97 East Valley (Spo) 1st
19:22.29	13 Glacier Peak 1st
19:24	98 East Valley (Spo) 2 nd
19:24.04	14 Mountlake Terrace 2 nd
19:24.99	13 Kamiakin 3 rd *
19:25	98 Newport Bellevue 1st
19:26.76	17 Kamiakin 5 th *
19:27.58	17 Eastside Catholic 6 th *
19:27.68	17 Garfield 4 th *
19:27.9	15 Glacier Peak 1st
19:27.98	17 Ballard 3 rd
19:28.94	14 Lakeside Seattle 6 th
19:29.4	11 Peninsula 3 rd

19:33.1	21 Mead 1st
19:33.4	11 Kamiakin 4 th
19:33.9	10 Kamiakin 4 th
19:34.56	13 Prairie 4 th
19:35.4	15 Garfield 4 th
19:35.5	15 Holy Names Aca 8 th
19:36.40	17 Snohomish 7 th *
19:36.5	15 Ballard 3 rd
19:37	08 Mercer Island 1st
19:37	97 Newport Bellevue 2 nd
19:38	99 Newport Bellevue 1st
19:37.82	17 Shorecrest 8 th *
19:38.8	19 Bishop Blanchet 3 rd
19:39	08 Seattle Prep 2 nd
19:39.4	12 Kamiakin 2 nd

19:39.82	17 Central Kitsap 9 th *
19:40.5	15 Bellevue 5 th
19:40.7	10 Peninsula 5 th
19:40.85	13 Liberty Issaquah 6 th
19:41	05 West Valley (Yak) 1st
19:41.8	10 Oak Harbor 3 rd
19:42.6	11 Prairie 5 th
19:44	08 Columbia River 5 th
19:44.20	17 Redmond 11 th *
19:44.8	19 Central Kitsap 4 th
19:45	98 Selah 3 rd
19:45	05 Squalicum 2 nd
19:45.2	15 Mountlake Terrace 6 th
19:46	08 Mt. Spokane 3 rd
19:46.1	16 Shorecrest 3 rd

19:47.50	17 Ingraham 10 th *
19:47.7	15 Kamiakin 7 th
19:47.8	21 Seattle Prep 4th
19:47.90	14 Glacier Peak 3 rd
19:48	02 Sehome 1st
19:48.5	12 Peninsula 3 rd
19:48.9	21 Gig Harbor 3rd
19:49.00	17 Stadium 12 th *
19:49	04 West Valley (Yak) 4 th
19:49.3	12 Prairie 4 th
19:49.8	11 Mercer Island 7 th
19:50	08 North Kitsap 4 th
19:50	04 Squalicum 1st
19:50.05	13 Mountlake Terrace 5 th
19:50.28	13 Peninsula 7 th
19:50.34	14 Ballard 4 th
19:50.4	21 Central Kitsap 2nd
19:51	98 Bishop Blanchet 4 th
19:51.4	11 Lakeside 6 th
19:51.59	14 Mount Spokane 5 th
19:51.81	13 Holy Names Aca 8 th
19:52	97 Bishop Blanchet 3 rd
19:52	02 Bellevue 2 nd
19:52	04 Bellevue 3 rd
19:52.28	18 Kamiakin 2 nd
19:52.80	13 Hanford 9 th
19:53	04 Newport Bellevue 2 nd
19:58	06 Squalicum 1st



2019

AVERAGE (top 5) **2A GIRLS**

19:00.10	13 Sehome 1st
19:18.99	14 Sehome 1st
19:19.0	12 Sehome 1st
19:19	11 Cheney 1st
19:22	09 Kingstons 2 nd *
19:22	11 Sehome 2 nd
19:26.0	19 Ellensburg 1st
19:34	08 Sehome 1st
19:36	10 Sehome 1st
19:38	08 Cedarcrest 2 nd
19:38.64	17 Bellingham 3 rd *
19:41	09 Sehome 1st
19:41.7	15 Liberty Issaquah 1st
19:42.2	21 Anacortes 2nd
19:44.73	14 Bellingham 2 nd
19:46	08 Sequim 4 th
19:47.0	19 Bellingham 2 nd
19:47	10 Cheney 2 nd
19:47	11 Interlake 3 rd
19:47.8	16 Selah 1st
19:48.0	16 Liberty Issaquah 2 nd
19:48.48	17 Sehome 1st
19:48.8	16 Pullman 4 th *
19:49	08 Squalicum 3 rd
19:50.7	16 Sehome 3 rd

19:51.13	13 Capital 3 rd
19:52.8	19 Sehome 3 rd
19:52.9	21 Sehome 1st
19:53.16	17 West Valley Spo 2 nd
19:53.52	14 Liberty Issaquah 3 rd
19:54.0	19 West Valley Spo 4 th
19:55	10 North Kitsap 5 th *
19:55.91	13 Bellingham 2 nd
19:57	10 Interlake 4 th
19:59	10 Bellingham 3 rd
19:59.12	17 Selah 5 th
19:59.7	15 Sehome 2 nd
20:00	98 Omak 1st
20:00.84	17 Ellensburg 4 th
20:01	01 Mount Baker 1st
20:01	10 Lindbergh 6 th *
20:01.6	16 Ellensburg 5 th
20:04	09 Cedarcrest 3 rd
20:05	99 Mount Baker 1st
20:05	10 Kingstons 7 th *
20:06	08 Deer Park 5 th
20:06.9	12 North Kitsap 4 th
20:07.2	15 Selah 3 rd
20:07.7	12 Capital 3 rd
20:08.80	17 Cheney 7 th

20:09	09 Cheney 4 th
20:09.26	13 Burlington Edison 5 th
20:09.3	12 Bellingham 2 nd
20:09.8	15 Anacortes 4 th
20:10.47	14 Pullman 4 th
20:11	11 Kingstons 7 th
20:13	11 Lindbergh 6 th
20:14.32	17 Cedarcrest 6 th
20:15.89	14 Sedro Woolley 6 th
20:16	11 Bellingham 4 th
20:17	11 North Kitsap 8 th *
20:17.6	12 Burlington Edison 5 th
20:18.79	14 Tumwater 5 th
20:19	11 Cedarcrest 5 th
20:19.2	16 Bellingham 6 th
20:21	97 Ephrata 1st
20:21	10 Lakewood 8 th
20:21.22	18 Bellingham 2 nd
20:21.8	15 Bellingham 7 th
20:22.86	17 Liberty Issaquah 8 th
20:23.47	13 Lindbergh 4 th
20:23.5	15 Ephrata 6 th
20:24	08 Riverside 6 th
20:26	07 Sehome 1st
20:26	04 East Valley Yakima 1st

20:26	99 Omak 2 nd
20:26	98 Riverside 2 nd
20:26	11 Mark Morris 9 th *
20:27	06 Sehome 1st
20:27.35	13 Tumwater 6 th
20:28.3	15 Pullman 5 th
20:28.72	17 Port Angeles 9 th
20:30.1	21 Washougal 3rd
20:31.02	13 West Valley Yak 7 th
20:31.57	14 Ephrata 7 th
20:32	10 Cedarcrest 9 th
20:32.74	18 Pullman 3 rd
20:33	02 East Valley Yakima 1st
20:33.4	12 Cedarcrest 6 th
20:34	98 Mount Baker 3 rd
20:34.1	15 Steilacoom 8 th
20:35.00	18 Ellensburg 5 th
20:35.0	19 Selah 5 th
20:35	07 Bellingham 2 nd
20:35.36	13 Ellensburg 8 th
20:36.8	16 West Valley Spo. 7 th
20:37	08 Kingstons 7 th
20:37.10	18 West Valley Spo. 1st
20:41	03 East Valley Yakima 1st

AVERAGE (top 5) **1A GIRLS**

19:37.94	13 Lakeside 9 mile falls 1st	20:30.70	18 LaCenter 3 rd	20:54.76	13 Meridian 7 th	21:14.4	12 Lynden Christian 7 th
19:44.4	16 Northwest 1st	20:32	98 Saint George's 1st	20:56.5	15 Lynden Christian 5 th	21:15.1	19 Goldendale 10 th
19:44.5	11 Lakeside 9 mile falls 1st	20:32.32	18 Northwest 4 th	20:58	01 King's 1st	21:16.00	14 Meridian 6 th
19:47.6	11 Northwest 3 rd *	20:33.0	12 King's 3 rd	20:58	10 King's 2 nd	21:16.5	16 Cascade Leav. 14 th *
19:50.2	15 Zillah 2 nd *	20:33.0	15 Lakeside 9 mile falls 4 th	20:58.01	14 Zillah 5 th	21:16.8	15 Royal 9 th
19:51.60	17 Colville 1st	20:33.3	19 King's 6 th	20:58.04	17 Okanogan 12 th *	21:18.05	14 Eatonville 7 th
19:53.04	14 Lakeside 9 mile falls 1st	20:36.61	13 Mount Baker 5 th	20:59.70	17 ColumbiaW.Salmon13 th *	21:19	10 University Prep 5 th
19:54.1	16 Deer Park 2 nd	20:37.2	19 Cashmere 5 th	21:00.04	17 Forks 11 th *	<u>21:19.4</u>	<u>21 Bush 4th</u>
19:54.4	21 Seton Catholic 1st	20:38.44	13 Northwest 4 th	<u>21:01.5</u>	<u>21 La Center 3rd</u>	21:20	08 Lakeside 9 mile falls 4 th
19:55.8	19 Lakeside 9-mile 2 nd	20:39.3	19 Seton Catholic 7 th *	21:01.6	19 South Whidbey 8 th	21:20	10 Lakeside 9 mile falls 4 th
19:56.70	17 Northwest 4 th *	20:39.4	16 La Center 4 th	21:02.2	16 Meridian 7 th	21:21	09 Lakeside 9 mile falls 4 th
19:59.16	13 Riverside 2 nd	20:39.46	17 Zillah 8 th *	21:02.56	13 South Whidbey 9 th	21:21.82	18 Klahowya 8 th
19:59.8	15 Northwest 1st	20:41.48	14 Riverside 4 th	21:02.6	15 Nooksack Valley 8 th	21:22.0	12 Medical Lake 8 th
20:00.46	17 La Center 2 nd	20:41.72	18 Colville 5 th	21:03.50	13 Lynden Christian 8 th	21:22.26	18 Charles Wright Aca 7 th
20:02.1	19 Deer Park 1st	20:41.72	17 Meridian 7 th	21:05	98 La Center 3 rd	21:23.86	18 Cashmere 9 th
20:05.6	11 Riverside 2 nd	20:42	10 Riverside 1st	21:05.1	15 La Center 7 th	21:25.97	14 Chelan 8 th
20:05.9	12 Riverside 1st	20:42.82	17 Cashmere 9 th *	21:06	10 Omak 3 rd	21:26	09 Chelan 3 rd
20:06.3	12 Lakeside 9 mile falls 2 nd	20:45	07 King's 1st	21:07	02 King's 1st	21:26.4	11 Nooksack Valley 7 th
20:07.54	17 Charles Wright Aca 3 rd	20:45	98 Chelan 2 nd	21:07.1	19 Northwest 9 th	21:27.71	13 La Center 12 th
20:09.7	19 LaCenter 3 rd	<u>20:47.0</u>	<u>21 Medical Lake 2nd</u>	21:09	06 King's 1st	21:28.3	16 Charles Wright Aca. 11 th
20:10.62	14 Northwest 2 nd	20:47.7	16 Zillah 5 th	21:09.0	15 Meridian 6 th	21:28.56	17 Klahoya 14 th
20:11.3	15 Deer Park 3 rd	20:48.19	14 Lynden Christian 3 rd	21:10	08 Chelan 3 rd	21:29.1	12 South Whidbey 9 th
20:11.6	11 King's 4 th	20:49	08 La Center 2 nd	21:10.12	18 Seton Catholic 6 th	21:31.1	19 Bush 11 th
20:17.72	18 King's 2 nd	20:50.0	16 Colville 6 th	21:11	07 La Center 2 nd	21:33.04	18 Meridian 10 th
20:19.16	18 Lakeside 9mile 1st	20:50.6	12 Northwest 5 th	21:11	09 La Center 2 nd	21:33.7	16 Royal 12 th
20:19.78	17 King's 6 th *	20:50.9	12 Meridian 4 th	21:11	09 Northwest 5 th	<u>21:33.9</u>	<u>21 Klahowya 5th</u>
20:20.82	17 Lakeside 5 th *	20:51	09 King's 1st	21:12	99 Saint George's 1ST	21:35	04 Cedar Park Chr. 2 nd
20:21.5	16 Riverside 3 rd	20:51.30	17 South Whidbey 10 th *	21:13.42	13 Medical Lake 10 th	21:35	98 Lynden Christian 4 th
20:23	08 King's 1st	20:51.5	11 Cedar Park Chr. 6 th	21:14	05 Charles Wright 1ST	21:35.8	16 Columbia W. Salmon10 th
20:29.43	13 King's 3 rd	20:53.72	13 Freeman 6 th	21:14	03 King's 1ST	21:37.46	14 King's 11 th
20:29.6	19 Klahowya 4 th	20:54	04 Zillah 1st	21:14	97 Chelan 1ST	21:49	00 Saint George's 1st
20:30.5	11 Cashmere 5 th	20:54.7	12 Cedar Park Chr. 6 th	21:14.4	16 Bear Creek 8 th		

AVERAGE (top 5) **B GIRLS**

19:37.8	17 Liberty Bell 1st	21:24.10	18 Asotin 2 nd	21:58.06	14 Ocota 5 th	22:34.14	17 Cedar Tree Classical 6 th
19:58.6	16 Liberty Bell 1st	21:24.4	15 Reardan 4 th *	22:00.7	19 Cedar Tree Class. Chr.5 th	22:35.0	15 Tri Cities Prep 8 th
20:02.80	14 Saint George's 2 nd *	21:36.2	16 NW Christian Colbert 3 rd	22:01.63	13 Asotin 4 th	22:37.9	10 Saint George's 5 th
20:12.57	14 NW Christian Lacey 1st	21:37.2	10 White Pass 3 rd	22:02.49	13 Reardan 5 th	22:38.1	10 Asotin 6 th
20:19	09 NW Christian Lacey 1st	21:38.0	16 Asotin 4 th	22:03	08 Asotin 2 nd	22:34.86	13 Morton White Pass 7 th
20:22.5	11 NW Christian Lacey 1st	21:39	07 Saint George's 2 nd	22:06.1	12 Morton White Pass 3 rd	22:40.26	18 Pope John Paul 2 8 th
20:25.14	17 NW Christian Lacey 2 nd	21:41.8	19 Saint George's 3 rd	22:07.20	13 Ocota 2 nd	22:43.0	11 Morton-White Pass 4 th
20:31.5	10 NW Christian Lacey 1st	21:43.1	12 St John Endicott 2 nd	<u>22:07.4</u>	<u>21 Garfield Palouse 4th</u>	22:45.62	18 Trout Lake 7 th
20:34.20	18 Liberty Bell 1st	21:46.38	17 Ilwaco 3 rd	22:08	08 Saint George's 3 rd	22:48.4	15 Morton White Pass 7 th
20:45.10	13 NW Christian Lacey 1st	21:46.70	13 St John Endicott 3 rd	22:08.1	19 Colfax 9 th *	22:48.5	11 Tri-Cities Prep 5 th
20:47.4	12 NW Christian Lacey 1st	21:46.9	19 Kettle Falls 4 th	22:11.26	17 Saint George's 4 th	22:49.0	12 NW Christian Colbert 5 th
20:52.5	16 NW Christian Lacey 2 nd	21:48.8	15 NW Chr. Colbert 6 th *	22:12.3	19 Garfield Palouse 10 th *	22:49	07 White Pass 3 rd
20:57.6	21 Pope John Paul 2 1st	21:49	09 White Pass 2 nd	22:13.1	10 Oroville 4 th	22:50.40	18 Colfax 6 th
21:02.4	15 Asotin 2 nd	21:50.5	19 NW Chr. Lacey 8 th *	22:18.30	18 NW Christian Lacey 4 th	22:51.62	18 Cedar Tree Classical 5 th
21:03.5	19 Pope John Paul 2 1st	21:51.38	14 Asotin 4 th	22:18.32	13 Tri Cities Prep 6 th	22:54.18	18 Ilwaco 9 th
21:04.9	10 NW Chr. Colbert 2 nd	21:51.7	19 Ilwaco 6 th	22:18.5	11 Reardan 2 nd	<u>22:56.6</u>	<u>21 Asotin 5th</u>
21:05.4	19 Liberty Bell 2 nd	21:52.0	15 Liberty Bell 5 th *	22:19	06 NW Christian Lacey 1st	23:04	06 Saint George's 2 nd
21:05.9	15 Ocota 1st	21:53.3	19 Trout Lake 7 th *	22:25.96	17 Asotin 5 th	23:05	09 Saint George's 4 th
21:11.43	14 Reardan 3 rd	21:53.36	18 Rainier 3 rd	22:27.1	16 Rainier 5 th	23:10	08 White Pass 4 th
<u>21:11.7</u>	<u>21 Liberty Bell 2nd</u>	21:54	09 NW Chr. Colbert 3 rd	22:30.8	19 Rainier 11 th *	23:10	09 Crosspoint Academy 5 th
21:14.8	15 NW Christian Lacey 3 rd *	21:55	08 NW Christian Lacey 1st	22:33.4	12 Ocota 4 th		
21:16	07 NW Christian Lacey 1st	<u>21:56.2</u>	<u>21 St. George's 3rd</u>	22:34.12	11 Asotin 3 rd		

BEST GIRLS INDIVIDUAL PERFORMANCES SINCE 1997

ALL TIME RUNNERS

17:01.10	13 Alexa Efraimson – Camas 4A 1 st ****	17:58	09 Anna Dailey – Garfield 4A 1 st	18:09.3	19 Geraldin Correa – Kennewick 3A 5 th
17:03.6	12 AmyEloise Neale–GlacierPeak 3A 1 st ****	17:58.16	13 RaynJoy Norton–BurlingtonEdison2A 1 st	18:09.7	15 Isabelle Olive – Garfield 3A 3 rd
17:10.6	11 Katie Knight – North Central 3A 1 st	17:58.2	12 Katie Bianchini – Glacier Peak 3A 3	18:10	98 Melaine Frostad – E Val Spok 3A 1 st
17:23.80	14 Lindsey Bradley – Richland 4A 1 st	17:58.5	21 Anna Callahan 10 – 4A Skyline 2 nd	18:10	05 Jessica Pixler – Eastlake 4A 2 nd
17:24.7	11 Jordan McPhee – Mt Rainer 4A 1 st	17:58.7	21 Jessica Frydenlund 11 –2A Anacortes 1 st	18:10.2	15 Rachel Blair – Camas 4A 4 th
17:26.2	19 Julia David Smith – Issaquah 4A 1 st	17:59.1	18 Allie Janke 10 – North Central 3A 1 st	18:10.7	10 Chandler Olson – Woodinville 4A 3 rd
17:26.8	19 Allie Janke – North Central 3A 1 st	17:59.3	17 Yukino Parle –Edmonds Woodway 3A 2 nd	18:10.9	12 Jordan McPhee – Mt Rainier 4A 2 nd
17:28.8	11 Amy-Eloise Neale–Glacier Peak 3A 2 nd	17:59.8	17 Emma Jenkins – Camas 4A 4 th	18:11.0	10 Minna Fields – Stanwood 4A 4 th
17:31.6	21 Macy Marquardt 12 – 3A Kennewick 1 st	18:00	08 Alyssa Andrews – Gig Harbor 4A 1 st	18:11.83	13 Amber Rose – Inglemoor 4A 5 th
17:31.8	10 Amy Eloise Neale–Glacier Peak 3A 1 st	18:00.6	19 Kate Simmons – Eastside Catholic 3A 4 th	18:11.9	19 Marie Taylor – North Central 3A 6 th
17:33.9	10 Maddie Meyers–Northwest 1A 1 st ****	18:01	09 Maddie Meyers – Northwest 1A 1 st	18:12.2	15 Katie Thronson – Lewis and Clark 4A 5 th
17:34.1	16 Taylor Roe – Lake Stevens 4A 1 st	18:01.06	14 Alexis Fuller – Union 4A 3 rd	18:12.64	13 Emily Pittis – Sehome 2A 2 nd
17:34.2	12 Alexa Efraimson – Camas 4A 1 st	18:01.3	17 Geneva Schlepp – Skyline 4A 5 th	18:13	06 Kenna Patrick - Thomas Jeff 4A 1 st
17:35.0	17 Katie Thronson – Lewis&Clark 4A 1 st	18:01.7	18 Julia David Smith 10 – Issaquah 4A 2 nd	18:13	09 Tansey Lystad – Juanita 3A 3 rd
17:35	05 Megan O'Reilly - Mt Spokane 4A 1 st	18:02.63	13 Sophie Cantine – Lakeside Sea. 3A 2 nd	18:13.05	13 Nicole Goecke – Prairie 3A 3 rd
17:36.1	18 Ella Borsheim 9 – Bellarmine Prep 4A 1 st	18:02.8	16 Kearan Nelson – Central Valley 3 rd	18:13.3	19 Katherine Forsberg – Bellevue 3A 7 th
17:37.6	17 Taylor Roe – Lake Stevens 4A 2 nd	18:03.1	17 Erica Siminon – Eisenhower 4A 6 th	18:14	03 Brie Felnagle - Bell Prep 4A 1 st
17:38.0	10 Katie Knight – No Central 3A 2 nd	18:03.1	10 Katie Bianchini – Glacier Peak 3A 3 rd	18:14.1	15 Sami Corman – Issaquah 4A 6 th
17:39.6	19 Alaina Stone – Colville 1a 1st	18:04.2	15 Hannah Waskom – Mount Si 4A 2 nd	18:14.9	16 Savanna Craig – Mountain View 3A 4 th
17:40.90	14 Andrea Masterson – Lakeside Sea. 3A 1 st	18:04.5	18 Amelia Pullen 12 – Washougal 2A 1 st	18:15.0	10 Erin Hegarty – Hanford 3A 4 th
17:41.7	19 Erinn Hill – North Central 3A 2 nd	18:05.1	21 Alexis Leone 10 – 1A Seton Catholic 1 st	18:15	11 Stephanie Rexus – Kamiakin 4A 4 th
17:44.0	16 Jordan Oakes – Holy Names Aca. 3A 1 st	18:05.2	16 Erin Mullins – Cascade Leav. 1A 1 st	18:15.1	15 Emma Jenkins – Camas 4A 7 th
17:44.4	10 Tansey Lystad – Inglemoor 4A 1 st	18:05.34	14 Emma Jenkins – Camas 4A 4 th	18:15.1	17 Macenna Hansen – Northwest 1A 2 nd
17:44.7	12 Katie Knight – No Central 3A 2 nd	18:05.7	15 Abby Smith – Lewis and Clark 4A 3 rd	18:15.3	15 Savanna Craig – Mountain View 4A 8 th
17:49.39	14 Amber Rose – Inglemoor 4A 2 nd	18:05.70	13 Alexis Fuller – Union 4A 3 rd	18:15.5	10 Baylee Mires – Mead 4A 5 th
17:50.2	10 Anastasia Kosykh – Eastlake 4A 2 nd	18:06	09 Ruby Roberts – Kingston 2A 1 st	18:15.8	15 Erin Mullins – Cascade Leav 1A 2 nd
17:50.8	19 Amelu Ruff – North Central 3A 3 rd	18:06.1	16 Sophia Cantine – Lakeside Seattle 3A 2 nd	18:16.0	18 Taylor Roe 12 – Lake Stevens 4A 3 rd
17:50.83	13 Andrea Masterson –Lakeside Sea. 3A 1 st	18:06.56	14 Jordan Oakes – Holy Names Aca. 3A 3 rd	18:16	06 Andrea Nelson - Shadle Park 4A 3 rd
17:51.0	21 Ella Borsheim 12 – 4A Bell. Prep 1 st	18:06.5	17 Annika Reiss – Bellingham 2A 2 nd	18:16	06 Nicole Cochran - Bell Prep 4A 3 rd
17:52.4	17 Breanna Glover – Tahoma 4A 3 rd	18:06.6	21 Sydney Collier 9 – 4A Skyline 2 nd *	18:16.1	11 Katie Bianchini–Glacier Peak 3A 5
17:52.9	17 Kristen Garcia–SedroWoolley2A 1 st ****	18:06.6	15 Alexis Redfield – Zillah 1A 1 st	18:16.4	19 Leah Homlgren – Ellensburg 2A 1 st
17:53	04 Brie Felnagle - Bell Prep 4A 1 st	18:06.9	17 Alyce Harlan – Nooksack Valley 1A 1 st	18:16.4	10 Priscilla Timmons – Skyview 4A 6 th
17:53.5	15 Jorkan Oakes – Holy Names Aca. 3A 1 st	18:06.95	13 Brenna Peloquin – Gig Harbor 4A 4 th	18:16.4	19 Leah Holmgren – Ellensburg 2A 1 st
17:53.7	16 Katie Thronson – Lewis & Clark 4A 2 nd	18:07.1	11 Alexis Fuller – Union 4A 2 nd	18:16.6	15 Kenna Clawson – Issaquah 4A 9 th
17:54.6	11 Maddie Meyers – Northwest 1A 1 st	18:07.1	17 Kate Jendrezak – Eastside Catholic 3A 3 rd	18:16.7	18 Naomi Smith 11 – King's 1A 1 st
17:55.3	17 Erinn Hill – North Central 3A 1 st	18:07.2	16 Camila David Smith – Interlake 3A 3 rd	18:16.72	14 Maizy Brewer – Skyline 4A 6 th
17:55.73	14 Sophie Cantine – Lakeside Seattle 3A 2 nd	18:07.4	21 Kayla Aalpoel 12 – 1A Meridian 2 nd *	18:16.8	12 Alexis Fuller – Union 4A 3 rd
17:55.9	11 Alexa Efraimson – Camas 3A 3 rd	18:07.69	14 Alissa Pudlitzke – Camas 4A 5 th	18:16.99	14 Brooke Kingma – Henry Jackson 4A 7 th
17:56.1	15 Taylor Roe – Kamiak 4A 1 st	18:08	09 Amy-Eloise Neal –Glacier Peak 3A 1 st	18:17	09 Minna Fields – Stanwood 4A 2 nd
17:56.57	13 Lindsey Bradley – Richland 4A 2 nd	18:08.8	15 Yukino Parle –Edmonds Woodway 3A 2 nd	18:17	11 Emily Pittis – Sehome 2A 1 st
17:57.5	19 Gabby Martin –Life Chr. Aca. B 1 st ****	18:09	09 Katie Knight – North Central 3A 2 nd		



BEST GIRLS INDIVIDUAL PERFORMANCES BY DIVISION SINCE 1997

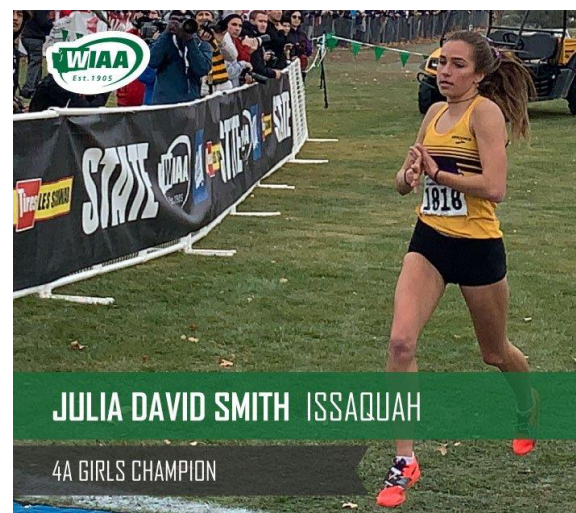
4A GIRLS

17:01.10	13 Alexa Efraimson – Camas 1 st	18:14.1	15 Sami Corman – Issaquah 6 th	18:27	04 Stephanie Sipes - Gig Harbor 2 ND
17:23.80	14 Lindsey Bradley – Richland 1 st	18:15.1	15 Emma Jenkins – Camas 7 th *	18:27	03 Stephanie Lenihan - Davis 2 ND
17:24.7	11 Jordan McPhee – Mount Rainier 1 st	18:15.3	15 Savanna Craig – Mountain View 8 th *	18:27.1	21 Audrey Thronson 12 – Lewis & Clark 4 th
17:26.2	19 Julia David Smith - Issaquah 1 st	18:15.5	10 Baylee Mires – Mead 5 th	18:27.19	13 Rose Christen – Central Kitsap 9 th
17:34.1	16 Taylor Roe 10 – Lake Stevens 1 st	18:16.0	18 Taylor Roe 12 – Lake Stevens 3 rd	18:27.3	17 Sami Corman – Issaquah 9 th
17:34.2	12 Alexa Efraimson – Camas 1 st	18:16	06 Andrea Nelson - Shadle Park 3 RD	18:27.4	17 Maggie Bauer – Curtis 10 th
17:35.0	17 Katie Thronson – Lewis & Clark 1 st	18:16	06 Nicole Cochran – Bell Prep 3 rd	18:27.8	16 Rachel Kastama – Puyallup 7 th
17:35	05 Megan O'Reilly - Mt Spokane 1 st	18:16.4	10 Priscilla Timmons – Skyview 6 th	18:27.87	13 Elise Tello – Eisenhower 10 th
17:36.1	18 Ella Borsheim 9 – Bellarmine Prep 1 st	18:16.6	15 Kenna Clawson – Issaquah 9 th *	18:27.90	13 Maizy Brewer – Skyline 11 th
17:37.6	17 Taylor Roe 11 – Lake Stevens 2 nd *	18:16.72	14 Maizy Brewer – Skyline 6 th	18:28	98 Kim Stone - Bethel 1 ST
17:44.4	10 Tansey Lystad – Inglesmoor 1 st	18:16.8	12 Alexis Fuller – Union 4A 3 rd	18:28.87	14 Sami Corman – Issaquah 13 th *
17:49.39	14 Amber Rose – Inglesmoor 2 nd	18:16.99	14 Brooke Kingma – Henry Jackson 7 th	18:29	01 Meredith Crane - Davis 2 nd
17:50.2	10 Anastasia Kosykh – Eastlake 2 nd	18:17	09 Minna Fields – Stanwood 2 nd	18:29.4	19 Samantha Williams – Skyview 5 th
17:51.0	21 Ella Borsheim 12 – Bellarmine Prep 1 st	18:17.1	16 Hannah Waskom – Mt Si 4 th	18:29.57	14 Pia Richards – Eastlake 14 th *
17:52.4	17 Breanna Glover – Tahoma 3 rd *	18:17.8	10 Lucy Cheadle – Roosevelt 7 th	18:29.9	10 Jasmine Johnson - Federal Way 8 th
17:53	04 Brie Feltnagle - Bell Prep 1 st	18:18.46	13 Alissa Pudlitzke – Camas 6 th	18:30.0	16 Ellen Burbank – Skyview 8 th
17:53.7	16 Katie Thronson – Lewis & Clark 2 nd	18:18.94	14 Kayla Contreras – Tahoma 8 th	18:30.1	15 Emily Wilson – Camas 13 th
17:56.1	15 Taylor Roe – Kamiak 1 st	18:19.6	15 Pia Richards – Eastlake 10 th *	18:30.4	19 Jasmin Muneton – Auburn Riverside 6 th
17:56.57	13 Lindsey Bradley – Richland 2 nd	18:19.9	15 Maizy Brewer – Skyline 11 th *	18:30.72	14 Hannah Waskom – Mount Si 15 th *
17:58	09 Anna Dailey – Garfield 1 st	18:20	08 Sandra Martinez – AC Davis 2 nd	18:31.3	10 Alison Keenan – Lewis & Clark 9 th
17:58.5	21 Anna Callahan 10 – Skyline 2 nd	18:20	01 Jessie McLaughlin - Olympia 1 ST	18:31.17	13 Isabelle Olive – Garfield 12 th
17:59.8	17 Emma Jenkins – Camas 4 th *	18:20.2	11 Chandler Olson – Woodinville 3 rd	18:31.4	17 Monserrat Lopez – Bothell 11 th
18:00	08 Alyssa Andrews – Gig Harbor 1 st	18:20.8	11 Alexia Martin – Kent Meridian 4 th	18:32	08 Sarah Lord – Redmond 3 rd
18:01.06	14 Alexis Fuller – Union 3 rd	18:21.33	14 Courtney Cox – Walla Walla 9 th	18:32	06 Kayla Evans - Bellarmine Prep 4 TH
18:01.3	17 Geneva Schlepp – Skyline 5 th *	18:21.7	16 Emma Jenkins – Camas 5 th	18:32	01 Laura Hodgson - North Central 3 RD
18:01.7	18 Julia David Smith 10 – Issaquah 2 nd	18:22.1	19 Natalie Ruzauskas – Richland 2 nd	18:32.09	14 Anisa Allaet – Joel Ferris 16 th *
18:02.8	16 Kearan Nelson – Central Valley 3 rd	18:22.2	19 Roz Slichko – Emerald Ridge 3 rd	18:32.1	19 Aayiana Fuller – University 7 th
18:03.1	17 Erica Siminon – Eisenhower 6 th *	18:22.4	16 Breanna Glover – Tahoma 6 th	18:32.2	17 Anna Skoog – Jackson 12 th
18:04.2	15 Hannah Waskom – Mount Si 2 nd	18:22.82	14 Delaney Tiernan – Tahoma 10 th	18:32.3	15 Kaili Keefe – West Valley Yak 15 th
18:05.34	14 Emma Jenkins – Camas 4 th	18:23.0	15 Abbie Steinhauer – Mariner 12 th *	18:32.3	15 Rachel Kastama – Puyallup 14 th
18:05.70	13 Alexis Fuller – Union 3 rd	18:23	05 Anna Layman - Central Valley 3 RD	18:32.4	16 Kenna Clawson – Issaquah 9 th
18:05.7	15 Abby Smith – Lewis and Clark 3 rd	18:23	99 Erin Krogel - Shadle Park 1 ST	18:32.8	16 Erica Siminon – Eisenhower 10 th
18:06.6	21 Sydney Collier 9 – Skyline 3 rd	18:23	09 Devin McMahon – Redmond 3 rd	18:33.1	11 Rachel Atwood – Aub Riverside 7 th
18:06.95	13 Brenna Peloquin – Gig Harbor 4 th	18:23.44	14 Emily Wilson – Camas 11 th	18:33.5	17 Ellen Burbank – Skyview 13 th
18:07.1	11 Alexis Fuller – Union 2 nd	18:24	05 Paige Pattilo – Bothell 4 TH	18:33.5	10 Rachel Atwood – Aub Riverside 10 th
18:07.69	14 Alissa Pudlitzke – Camas 5 th	18:24.28	14 Cayla Seligman – Issaquah 12 th	18:33.5	15 Rebecca Ledsham – Inglesmoor 16 th
18:10	05 Jessica Pixler - Eastlake 2 nd	18:24.4	17 Claire Dingus – University 7 th	18:33.8	17 Abby Smith – Lewis & Clark 14 th
18:10.2	15 Rachel Blair – Camas 4 th	18:24.52	13 Sofia Kane – Olympia 7 th	18:33.85	14 Katie Thronson – Lewis & Clark 17 th *
18:10.7	10 Chandler Olson – Woodinville 3 rd	18:25	09 Priscilla Timmons – Skyview 4 th	18:34.0	17 Katie Andrus – Richland 15 th
18:10.9	12 Jordan McPhee – Mt Rainier 2 nd	18:25.2	17 Kenna Clawson – Issaquah 8 th	18:34	99 Erin Deasy - Gig Harbor 2 ND
18:11.0	10 Minna Fields – Stanwood 4 th	18:25.6	11 Mayra Chavez – Eisenhower 6 th	18:34	97 Emily Hawkins - Joel Ferris 1 ST
18:11.83	13 Amber Rose – Inglesmoor 5 th	18:26	07 Andrea Nelson - Shadle Park 1 ST	18:34.04	13 Jordan McPhee – Mount Rainier 13 th
18:12.2	15 Katie Thronson – Lewis and Clark 5 th	18:26	02 Amber Nickelson - Lake Stevens 1 ST	18:34.70	14 Brenna Peloquin – Gig Harbor 18 th *
18:13	06 Kenna Patrick – T. Jefferson 1 st	18:26.28	13 Delaney Tiernan – Tahoma 8 th		
18:14	03 Brie Feltnagle - Bellarmine Prep 1 st	18:26.7	19 Aviry Stratton – Glacier Peak 4 th		

2013 Alexa Efraimson - Camas



2014 Lindsey Bradley - Richland



3A GIRLS

17:03.6 12 Amy-Eloise Neale – Glacier Peak 1st
17:10.6 11 Katie Knight – North Central 1st
17:26.8 19 Allie Janke – North Central 3A 1st
 17:28.8 11 Amy-Eloise Neale – Glacier Peak 2nd *
17:31.6 21 Macy Marquardt 12 – Kennewick 1st
17:31.8 10 Amy Eloise Neale – Glacier Peak 1st
 17:38.0 10 Katie Knight – North Central 2nd
17:40.90 14 Andrea Masterson – Lakeside Sea. 1st
 17:41.7 19 Erinn Hill – North Central 2nd
17:44.0 16 Jordan Oakes – Holy Names Aca. 1st
 17:44.7 12 Katie Knight – North Central 2nd
 17:50.8 19 Amelu Ruff – North Central 3rd
17:50.83 13 Andrea Masterson – Lakeside Sea. 1st
17:53.5 15 Jordan Oakes – Holy Names Aca. 1st
17:55.3 17 Erinn Hill – North Central 1st
 17:55.73 14 Sophie Cantine – Lakeside Seattle 2nd
 17:55.9 11 Alexa Efraimson – Camas 3rd *
 17:58.2 12 Katie Bianchini – Glacier Peak 3rd
17:59.1 18 Allie Janke 10 – North Central 1st
 17:59.3 17 Yukino Parle – Edmonds Woodway 2nd
 18:00.6 19 Kate Simmons – Eastside Catholic 4th *
 18:02.63 13 Sophie Cantine – Lakeside Seattle 2nd
 18:03.1 10 Katie Bianchini – Glacier Peak 3rd
 18:06.1 16 Sophia Cantine – Lakeside Seattle 2nd
 18:06.56 14 Jordan Oakes – Holy Names Aca. 3rd
 18:07.1 17 Kate Jendrezak – Eastside Catholic 3rd
 18:07.2 16 Camila David Smith – Interlake 3rd
18:08 09 Amy-Eloise Neale – Glacier Peak 1st
 18:08.8 15 Yukino Parle – Edmonds Woodway 2nd
 18:09 09 Katie Knight – North Central 2nd
 18:09.3 19 Geraldin Correa – Kennewick 5th *
 18:09.7 15 Isabelle Olive – Garfield 3rd
18:10 98 Melanie Frostad-East Valley Sp 1st
 18:11.9 19 Marie Taylor – North Central 6th *
 18:13 09 Tansey Lystad – Juanita 3rd
 18:13.05 13 Nicole Goecke – Prairie 3rd
 18:13.3 19 Katherine Forsberg – Bellevue 7th *
 18:14.9 16 Savanna Craig – Mountain View 4th
 18:15.0 10 Erin Hegarty – Hanford 4th

18:15 11 Stephanie Rexus – Kamiakin 4th
 18:16.1 11 Katie Bianchini – Glacier Peak 5th
 18:16.7 17 Olivia Meader Yetter – Edmonds W. 4th
 18:19.7 12 Megan Beauchene – Kamiakin 4th
 18:20.4 11 Katia Matora – Mercer Island 6th
 18:21 98 Megan Johnson – Seattle Prep 2nd
 18:23.0 19 Ellie Gard – Edmonds Woodway 8th *
 18:24.0 17 Stephanie Wroblewski – Edmonds W. 5th
 18:24.2 17 Mia Hill – North Central 6th
 18:24.2 17 Marie Taylor – North Central 7th
 18:24.2 17 Allie Janke – North Central 8th
 18:24.4 17 Maya Nichols – Central Kitsap 9th *
 18:24.6 10 Kendra Weitz – Shadle Park 5th
 18:24.9 19 Mia Hill – North Central 9th
18:25 08 Andrea Nelson – Shadle Park 1st
18:25 05 Michelle Schubert-W Valley Yakima 1st
 18:26.6 16 Erinn Hill – North Central 5th
 18:26.9 15 Olivia Meader Yetter – Edmonds W 4th
18:27 99 Megan Johnson - Seattle Prep 1st
 18:27 05 Stephanie Marcy – Sequim 2nd
 18:27.2 17 Ellie Erikson – Interlake 10th *
 18:28.6 12 Haley Suarez – Meadowdale 5th
18:29 01 Amanda Miller - Eastmont 1st
 18:29.4 21 Lily ODonoghue-McD. – Seattle Prep 2nd
 18:29.5 17 Kate Forsberg – Bellevue 11th *
 18:29.8 18 Geraldin Correa 11 – Kennewick 2nd
 18:29.9 16 Malia Pivec – Lynnwood 6th
 18:30 98 Melissa Frostad – E Valley Spo 3rd
 18:30.4 17 Geraldin Correa – Kennewick 12th *
 18:31 05 Kelsey Walker – Bellevue 3rd
 18:31.79 13 Brigitte Takeuchi – Liberty Issaquah 4th
 18:32 99 Jodee Adams-Moore-Newport Bell 2nd
 18:32 01 Anna Blue – Capital 4th
 18:33.8 19 Meri Dunford – Prairie 10th
 18:34.0 17 Molly Fischer – Central Kitsap 13th *
 18:34.1 18 Erinn Hill 11 – North Central 3rd
 18:34.3 15 Sophie Cantine – Lakeside Seattle 5th
 18:34.8 12 Andrea Masterson – Lakeside Sea 6th
 18:34.8 10 Katie Morris – Shadle Park 6th

18:34.9 17 Meri Dunford – Prairie 14th *
 18:35.0 19 Maya Nichols – Central Kitsap 11th
 18:35 08 Carey Parker – Seattle Prep 2nd
 18:35 98 Ray Rogers – Seattle Prep 2nd
 18:35.1 17 Isabel Schmidt – Garfield 15th *
 18:35.1 17 Chloe Connolly – Redmond 16th *
 18:35.62 14 Erin Ripple – Holy Names Academy 4th
 18:36 98 Jodee Adams-Moore-Newport Bell 5th
18:36 00 Jodee Adams-Moore-Newport Bell 1st
 18:36.1 17 McKinzi Teeple – Kamiakin 17th *
 18:36.38 14 Micaela Kostecka – Mt Spokane 5th
 18:36.7 15 Katherine Penner – Bellevue 6th
 18:36.8 19 Ellie Baxter – Snohomish 12th
 18:37 05 Bronwyn Crossman – Squalicum 4th
 18:37 09 Andrea Nelson – Shadle Park 4th
 18:37.9 17 Claire Cocales – Lake Washington 18th *
 18:38 09 Kendra Weitz – Shadle Park 5th
 18:38.1 16 Yukino Parle – Edmonds Woodway 7th
 18:38.2 17 Emily Phelps – Fort Vancouver 19th *
 18:38.5 19 Olivia Freeman – Bishop Blanchet 13th
 18:39 08 Lindsay Benster – Mercer Island 3rd
18:39 04 Michelle Schubert-West Valley-Yak 1st
 18:40 09 Allison Clark – Columbia River 6th
 18:40 99 Rose Wetzel – Bishop Blanchet 3rd
 18:40.73 14 Lauren Dunnell – Shadle Park 6th
 18:40.8 17 Claudia Harnett – Lakeside 20th *
 18:40.8 15 Malia Pivec – Lynnwood 7th
 18:40.88 14 Lauren Pierson – Capital 7th
18:41 97 Melaine Frostad -East Valley - Sp 1st
18:41 03 Isley Gonzalez - Sunnyside 1st
 18:41.26 13 Kaylee Sanchez – Kamiakin 5th
 18:41.33 14 Mikayla Pivec – Lynnwood 8th
 18:41.8 16 Olivia Meader Yetter – Edmonds W 8th
 18:42 08 Sarah Bobbe – Columbia River 4th
 18:42 09 Sarah Bobbe – Columbia River 7th
 18:42.8 16 Jane Barr – Roosevelt 9th
 18:43 97 Anna Blue – Capital 2nd
18:43 02 Marie Foushee - Bellevue 1st
18:44 06 Bronwyn Crossman - Squalicum 1



2A GIRLS

17:52.9 17 Kristen Garcia – Sedro Woolley 1st
17:58.16 13 RaynJoy Norton–Burlington Ed 1st
17:58.7 21 Jessica Frydenlund 11 – Anacortes 1st
18:02.8 10 Sarah Reiter – Lindbergh 1st
18:04.5 18 Amelia Pullen 12 – Washougal 1st
18:06 09 Ruby Roberts – Kingston 1st
 18:06.5 17 Annika Reiss 11 – Bellingham 2nd *
 18:12.64 13 Emily Pittis 11 – Sehome 2nd
18:16.4 19 Leah Holmgren – Ellensburg 1st
18:17 11 Emily Pittis 9 – Sehome 1st
18:17.7 12 Emily Pittis 10 – Sehome 1st
18:18.20 14 Emily Pittis 12 – Sehome 1st
18:18.7 21 Logan Hofstee 10 – East Valley Spo 2nd
 18:18.7 19 Livi Lackland Henry – Bellingham 2nd
 18:19 11 Reagan Colyer 11 – North Kitsap 2nd
18:22 01 Bobeya Krishnek - Mount Baker 1st
 18:23 11 Marina Roberts 12 – Kingston 3rd *
 18:25 11 Sanne Holland 11 – Cheney 4th *
18:25 08 Allison Cutting – Sequim 1st
 18:26 11 Brittany Gappa – Squalicum 5th *
 18:26.3 10 Marina Roberts – Kingston 2nd
 18:26.8 19 Allyson Peterson – Hockinson 3rd
18:28 06 Stephanie Marcy - Sequim 1st
18:28.9 15 Brittany Aquino – East Valley Spo 1st
 18:29.4 18 Annika Reiss 12 – Bellingham 2nd
 18:30.1 12 Sanne Holland – Cheney 2nd
 18:31.7 15 Annika Reiss – Bellingham 2nd
 18:32.0 13 Ellie Rowan Arnett – Sehome 3rd
18:33 04 Brittney Sanchez - Grandview 1st
 18:33 11 Sarah Reiter – Lindbergh 6th *
 18:34 08 Ruby Roberts – Kingston 2nd
 18:35.38 14 Kristen Garcia – Sedro Woolley 2nd
 18:36.3 17 Amelia Pullen – Washougal 3rd
18:36.4 21 Alauna Carstens 12 – Shelton 3rd
18:36.6 21 Kate Laurent 12 – Ellensburg 4th
 18:36.6 12 Brittany Aquino – E Valley Spo 3rd

18:37 11 Antoinette Tansley – Interlake 7th *
 18:38 09 Marina Roberts – Kingston 2nd
 18:38.45 13 McCall Skay – West Valley Spokane 4th
 18:38.7 19 Kate Laurent – Ellensburg 4th
18:39 07 Ruby Roberts - Kingston 1st
 18:41.2 19 Lauren Larson – Port Angeles 5th
18:41.3 16 Elyria Kabasenche – Pullman 1st
 18:42.42 14 Brittany Aquino – East Valley Spo 3rd
 18:42.8 16 Abby Johnson – Sehome 2nd
 18:43.45 13 Lauren Pierson – Capital 5th
 18:44 08 Caroline Austin – WF West 3rd
 18:45.1 12 Reagan Colyer – North Kitsap 4th
 18:45.9 10 Sanne Holland – Cheney 3rd
 18:46 08 Torin Shriver – Centralia 4th
 18:46.1 19 Riley Pyeatt – Sequim 6th
 18:47.26 13 Ruby Watson – Sehome 6th
 18:48.5 16 Uhuru Hashimoto – Ellensburg 3rd
 18:48.7 16 Annika Reiss – Bellingham 4th
 18:49 01 Kristen Rohde - Mount Baker 2nd
18:49 98 Staci Hunter - Ephrata 1st
 18:49 09 Sanne Holland – Cheney 3rd
18:50.0 21 Riley Pyeatt 12 – Sequim 5th
 18:51 11 Nikita Waghani – Interlake 8th *
 18:51.05 13 Brittany Aquino – East Valley Spo 7th
 18:51.4 12 Brittany Gappa – Squalicum 5th
 18:51.6 17 Molly Mattson – Selah 4th
 18:52 08 Shannon Porter – Hockinson 5th
 18:52.1 16 Leah Holmgren – Ellensburg 5th
 18:53 08 Mimi Krieger – Sehome 6th
 18:53 11 Yohana Salzano – Foster 9th *
18:54 03 Katrina Drennen - Orting 1st
 18:54.5 18 Leah Holmgren 11 – Ellensburg 3rd
 18:54.6 10 Reagan Colyer – North Kitsap 4th
 18:55 08 Marina Roberts – Kingston 7th
 18:55 06 Shannon Porter - Hockinson 2nd
 18:55 04 Hannah Granger – Port Townsend 2nd

18:55 11 Lauryn Wate – White River 10th *
 18:55.2 12 McCall Skay – West Valley Spo 3rd
 18:55.5 16 Courtney Gelmini – White River 6th
 18:55.6 19 Nicole Deherrera – Selah 7th
 18:56.5 19 Maryalice Mitchell – Washington 8th
 18:56.5 19 Sonja Blycker – Cedarcrest 9th
 18:56.9 12 RaynJoy Norton – Burlington Ed 7th
18:57 97 Staci Hunter - Ephrata 1st
 18:57.0 19 Olivia Bailon – Tumwater 10th
 18:57.0 19 Evelyn Buetow – Sehome 11th *
 18:57.2 10 Brittany Gappa – Squalicum 5th
 18:57.6 19 Stephanie Martz – Lindbergh 12th *
 19:00.5 10 Anna Patti – Lindbergh 6th
 19:01 06 Annie Moore – Sehome 3rd
 19:01.3 10 Cara Strodel – Cedarcrest 7th
19:02.0 21 Elle Thomas 10 – Washougal 6th
 19:02.0 10 Kathleen Ramsey – North Kitsap 8th
 19:02.8 15 Abby Johnson – Sehome 3rd
 19:03.1 17 Madison Zosa – North Kitsap 5th
 19:03.3 19 Anna Grabowski – Liberty Iss. 13th *
 19:04 09 Annie Moore – Sehome 4th
 19:04.2 18 Lauren Larson 10 – Port Angeles 4th
 19:05.1 16 Madeline Walker – Pullman 7th
 19:05.1 19 Isabela Alvarado – Wapato 14th
 19:05.19 14 McCall Skay – West Valley Spo. 4th
 19:06 08 Sophie Curl – Squalicum 8th
 19:06.5 17 Uhuru Hashimoto – Ellensburg 6th
 19:07 11 Melissa Starr – Mark Morris 11th
 19:08 98 Emily Turner - Omak 2nd
 19:08.0 10 Rose Bishop – Kingston 9th
 19:08 11 Anna Patti – Lindbergh 12th
 19:09 08 Annie Moore – Sehome 9th
19:09 02 Breanne Siebol-East Valley Yak 1st
19:11 99 Emily Turner - Omak 1st

2017 Kristen Garcia – Sedro Woolley



2013 RaynJoy Norton – Burlington Edison



1A GIRLS

17:33.9	10 Maddie Meyers – Northwest 1 st
17:39.6	19 Alaina Stone – Colville 1 st
17:54.6	11 Maddie Meyers – Northwest 1 st
18:01	09 Maddie Meyers – Northwest 1 st
18:05.1	21 Alexis Leone 10 – Seton Catholic 1 st
18:05.2	16 Erin Mullins – Cascade Leav. 1 st
18:06.6	15 Alexis Redfield – Zillah 1 st
18:06.9	17 Alyce Harlan – Nooksack Valley 1 st
18:07.4	21 Kayla Aalpoel 12 – Meridian 2 nd *
18:15.1	17 Macenna Hansen–Northwest 2 nd
18:15.8	15 Erin Mullins – Cascade Leav. 2 nd
18:16.7	18 Naomi Smith 11 – King's 1 st
18:20.9	17 Lizzy Shaw – Riverside 3 rd *
18:24.0	19 Naomi Smith – King's 2 nd
18:25.2	17 Andrea Markezich – Bear Creek 4 th *
18:27.3	18 Alaina Stone 11 – Colville 2 nd
18:30.0	17 Becky George – Deer Park 5 th *
18:30.8	16 Libby Michael – Deer Park 2 nd
18:31.1	17 Olivia Markezich – Bear Creek 6 th *
18:32.7	18 Olivia Markezich 12 – Bear Creek 3 rd
18:32.76	13 Erin Mullins – Cascade Leav. 1 st
18:37	11 Hazel Carr – Northwest 2 nd
18:37.2	15 Isa Meyers – Northwest 3 rd
18:37.37	13 Kacey Kemper – King's 2 nd
18:37.6	16 Isa Meyers – Northwest 3 rd
18:37.7	11 Jess Mildes – Riverside 3 rd
18:38.5	12 Sally Larson –Cedar Park Chr. 1 st
18:41.1	12 Hazel Carr – Northwest 2 nd
18:41.7	11 Kacey Kemper – King's 4 th
18:41.8	16 Macenna Hansen – Northwest 4 th
18:42.2	17 Naomi Smith – King's 7 th *
18:42.2	12 Kacey Kemper – King's 3 rd
18:42.80	14 Alexis Redfield – Zillah 1 st
18:42.9	15 Amy Jo Murphy – Nooksack Valley 4 th
18:44.40	14 Erin Mullins – Cascade Leav. 2 nd
18:46.6	17 Alaina Stone – Colville 8 th *
18:49.5	11 Sally Larson – Cedar Park Chr 5 th
18:50.5	19 Lara Carrion – Seton Catholic 3 rd
18:53	08 Maddie Meyers – Northwest 1 st
18:53.3	18 Lizzy Shaw 11 – Riverside 4 th
18:53.6	11 Lindy Jacobson – Lakeside 6 th
18:56.03	13 Rebecca Mildes – Riverside 3 rd
18:57.8	18 Andrea Markezich 12 – Bear Creek 5 th
18:59.5	19 Alyssa Becker – Klahowya 4 th
19:00	98 Laura Halverson - Freeman 1 st
19:00.9	19 Madelyn Buckley – Lakeside 5 th

19:01	04 Jane Larson - Cedar Park Chr 1 st
19:02.4	19 Kaia Swegler Richmond -S. Whidbey 6 th
19:03	03 Kysa Conrath - Odessa 1 st
19:05.1	11 McKenna Smith – King's 7 th
19:05.2	17 Kalen Johnson – Zillah 9 th *
19:05.8	19 Natasha Lewis – LaCenter 7 th
19:05.9	16 Lizzy Shaw – Riverside 5 th
19:05.9	19 Matise Mulch – Lakeside 8 th
19:07.0	19 Ellie Rising – Goldendale 9 th
19:08.4	12 Lindy Jacobson–Lakeside 9-mile 4 th
19:08.8	12 Gabrielle Rudolph – Montesano 5 th
19:09	03 Allison Ritchie - Seattle Chr 2 nd
19:09.23	14 Chelsea Tremblay – Lakeside 9mile 3 rd
19:09.7	17 Morgan Hall – Colville 10 th *
19:10.88	13 Audrey Western – University Prep 4 th
19:11.9	15 Moriah Duenich – Deer Park 5 th
19:11.99	13 Kelsie Nern – Mount Baker 5 th
19:12.1	15 Libby Michael – Deer Park 6 th
19:13.0	17 Natasha Lewis – La Center 11 th *
19:13.7	11 Angela Knishka – Cashmere 8 th
19:13.7	19 Sara Cordova – Seton Catholic 10 th
19:13.9	21 Matise Mulch 12 – Lakeside 9-mile 3 rd
19:14.00	13 Jessica Ircink – Lakeside 9-mile 6 th
19:14	04 Sadie Bjornsen - Liberty Bell 2 nd
19:15	06 Lizzie Jewson - Charles Wright 1 st
19:15.0	19 Lizzy Shaw – Riverside 11 th
19:15.51	14 Amy Jo Murphy – Nooksack Valley 4 th
19:16	07 Olivia Thomas - King's 1 st
19:16.0	17 Sydney Smith – Cashmere 12 th *
19:17.3	18 Kayla Aalpoel 9 – Meridian 6 th
19:19.2	15 Jenna Melanson – La Center 7 th
19:19.7	19 Kayla Aalpoel – Meridian 12 th
19:19.70	13 Lindy Jacobson – Lakeside 9-mile 7 th
19:19.9	21 Layne Lathrop 11 – Deer Park 4 th
19:20	98 Cassie Sloan - Columbia Burb 2 nd
19:20.2	18 Sydnee Dyer 10 – Seton Catholic 7 th
19:20.2	19 Sydney Smith – Cashmere 13 th *
19:20.26	14 Lindy Jacobson – Lakeside 9-mile 5 th
19:20.3	16 Olivia Markezich – Bear Creek 6 th
19:21.7	16 Morgan Hall – Colville 7 th
19:21.9	16 Kalen Johnson – Zillah 8 th
19:22	05 Jane Larson - Cedar Park Chr 1 st
19:23.1	19 Roselynn Martin – La Center 14 th *
19:23.3	10 Marissa Hielkema – Lynden Chr. 2 nd
19:23.4	19 Maya Ewing – Lynden Christian 15 th *
19:23.76	13 Hazel Carr – Northwest 8 th

19:23.91	13 Amy Murphy – Nooksack Valley 9 th
19:24.2	16 Natasha Lewis – La Center 9 th
19:24.3	21 Aliyah Yearian 10 – Pt. Town/ E. Jeff. 5 th
19:24.8	16 Sage Gibson – Seattle Chr. 10 th
19:25.3	16 Moriah Duenich – Deer Park 11 th
19:25.6	17 Brenna Sclair – Charles Wright 13 th
19:25.9	21 Sophia Inglin 9– King's 6 th
19:26.2	17Kaia SweglerRichmondS.Whidbey 14 th
19:26.5	12 Sofia Marikis – Lakeside 9-mile 6 th
19:26.7	12 Camille Moore – Bush 7 th
19:26.8	17 Isabella Mastras–Charles Wright 15 th
19:27.5	18 Rachel Newhard 10 – Klahowya 8 th
19:27.5	10 Jess Mildes – Riverside 3 rd
19:28.8	16 Alaina Stone – Colville 12 th
19:29.2	16 Elsa Longhurst – Freeman 13 th
19:29.52	13 Mikayla Shuler – Riverside 10 th
19:29.6	17 Anna Haddad – Annie Wright 16 th *
19:29.6	16 Ashlee VanDenTop – Meridian 14 th
19:30	99 Laura Halverson - Freeman 1 st
19:31	06 Olivia Thomas - King's 2 nd
19:31.1	18 Macenna Hansen 12 – Northwest 9 th
19:31.5	21 Lara Carrion 12 – Seton Catholic 7 th
19:31.88	14 Moriah Duenich – Deer Park 6 th
19:32.0	15 Olivia Markezich – Bear Creek 8 th
19:32	04 Chelsea Schilter - Toutle Lake 3 rd
19:32	03 Jane Larson - Cedar Park Chr 3 rd
19:32	01 Ashley Hadway - NW Chr Colbert 1 st
19:32.4	11 Kayleigh McCoy – Orting 9 th
19:32.9	17 Ela Nickels – Bush 17 th *
19:33.0	15 Mikayla Shuler – Lakeside 9mile 9 th
19:33.1	21 Sadie Meyring 9 – Lakeside 9-mile 8 th
19:33.4	11 Marissa Hielkema – Lynden Chr 10 th
19:33.6	19 Lexi Ladoux – Okanogan 16 th
19:33.7	17 Roselynn Martin – La Center 18 th *
19:33.8	18 Lara Carrion 9 – Seton Catholic 10 th
19:34	08 Olivia Thomas – King's 2 nd
19:34.2	15 Sage Gibson – Seattle Christian 10 th
19:34.6	17 Madelyn Buckley–Lakeside 9mile 19 th *
19:34.7	18 Roselynn Martin 11 – LaCenter 11 th
19:35.1	18 Anna Haddad 12 – Annie Wright 12 th
19:36.1	12 Mimi Meggison – Meridian 8 th
19:37	03 Jenny Knezovich - Reardan 4 th
19:37	09 Eliza Rice – Northwest 2 nd
19:37.1	18 Ela Nickels 12 – Bush 13 th
19:37.1	16 Ela Nickels – Bush 15 th
19:37.1	15 Kalen Johnson – Zillah 11 th
19:37.7	18 Madelyn Buckley11–Lakeside 9mile 14 th
19:40	97 Samantha Clarke - Saint George's 1 st
19:41	00 Laura Halverson - Freeman 1 st
19:44	02 Rachel Strand - King's 1 st

Right - NAOMI SMITH AND ALAINA STONE
Below – KAYLA AALPOEL AND ALEXIS LEONE



B GIRLS

17:57.5	19 Gabby Martin – Life Christian Aca. 1st *
18:20.41	13 Sierra Speiker – Oroville 1st
18:25.40	14 Tracy Melville – Lind Ritzville 1st
18:27.4	18 Novie McCabe 11 – Liberty Bell 1st
18:30.2	17 Novie McCabe 10 – Liberty Bell 1st
18:35.25	14 Madison Ward – Saint George's 2 nd *
18:36.0	21 Chloe Overberg 12 – Asotin 1st
18:36	09 Morgan Willson – Colfax 1st
18:36	11 Morgan Willson – Colfax 1st
18:38.42	14 Marika Morelan – Saint George's 3 rd *
18:44.8	10 Sierra Speiker – Oroville 1st
18:51.9	16 Novie McCabe 9 – Liberty Bell 1st
18:57.7	10 Morgan Willson – Colfax 2 nd
18:58.4	12 Sierra Speiker – Oroville 1st
19:01.42	13 Madison Ward – Saint George's 2 nd
19:06.4	17 Gretta Scholz – Liberty Bell 2 nd
19:08.6	12 Anna Henry – NW Chr. Colbert 2 nd
19:10.02	14 Kiersten Kimminau – NW Chr Lacey 4 th *
19:11.9	15 Madison Ward – Saint George's 1st
19:14	07 Joscelyn Minton – NW Chr Lacey 1st
19:15.2	15 Marika Morelan – Saint George's 2 nd
19:16.2	18 Gabby Martin 9 – Life Chr. Academy 2 nd
19:18	08 Neola Putnam – T Lake/Glenwood 1st
19:18.2	10 Anna Henry – NW Chr Colbert 3 rd
19:19.4	17 Hannah Funkhouser – Trout Lake 3 rd
19:20	06 Lisa Vandenburg-NW Chr Colbert 1st
19:20.4	16 Madison Ward – St George's 2 nd
19:20.6	10 Nicole Anderson – White Pass 4 th
19:23	09 Mikel Elliott – White Pass 2 nd
19:23.35	13 Kiersten Kimminau – NW Chr Lacey 3 rd
19:24.6	19 Anais Mills – Garfield Palouse 2 nd
19:24.82	14 Harley Strobe – Reardan 5 th *
19:25	11 Sierra Speiker – Oroville 2 nd *
19:28.39	14 Shania Graham – Republic 6 th *
19:28.4	16 Gretta Scholz – Liberty Bell 3 rd
19:29.2	18 Rosalie Fish 12 – Muckleshoot Tribal 3 rd
19:30.4	16 Ellie Summers – NW Christian Lacey 4 th
19:30.6	17 Ellie Summers – NW Christian Lacey 4 th
19:32	07 Lisa Vandenburg-NW Chr Colbert 2 nd
19:32.4	15 Ellie Summers – NW Chr Lacey 3 rd
19:32.64	13 Anna Brooks – NW Chr Lacey 4 th
19:33.0	19 Gretta Scholz – Liberty Bell 3 rd

19:35.5	10 Catie Arrigoni – Oroville 5 th
19:36	11 Elizabeth Weber – NW Chr-Lacey 3 rd
19:37	08 Kate Reidy – Saint George's 2 nd
19:37.8	10 Joanna Sowers – NW Chr. Lacey 6 th
19:40.4	21 Leki Albright – Liberty Bell 2 nd
19:41	09 Elizabeth Weber –NW Chr. Lacey 3 rd
19:41.1	16 Megan McSheffrey – NW Chr. Lacey 5 th
19:41.5	16 Emily Adams – Waitsburg Prescott 6 th
19:42	08 Lisa Vandenburg – NW Chr. Colb 3 rd
19:43.71	14 Anna Brooks – NW Chr Lacey 7 th *
19:45	06 Joscelyn Minton - NW Chr Lacey 2 nd
19:46	11 Hailey Bredeson – NW Chr-Lacey 4 th
19:46.1	15 Emily Adams – Waitsburg Prescott 4 th
19:46.4	17 Jora Gleason – St George's 5 th
19:48.58	13 Harley Strobe Reardan 5 th
19:48.67	14 Lucy Eggleston – Asotin 8 th *
19:48.7	15 Athena Milani – Liberty Bell 5 th
19:49.0	15 Shania Graham – Republic Curlew 6 th
19:50.1	21 Madison Ingram 9 – NW Chr Lacey 3 rd
19:50.2	18 Elaina Hansen 12 – Rainier 4 th
19:51.22	13 Alicia Herrera – Mossyrock 6 th
19:52.1	10 Hailey Bredeson –NW Chr. Lacey 7 th
19:53.2	19 Mya Edwards – Kettle Falls 4 th
19:54	08 Mikel Elliott – White Pass 4 th
19:54.87	14 Heidi Hennings – Lind Ritzville 9 th *
19:55	06 Neola Putnam - Glenwood 3 RD
19:55	07 Mikel Elliott - White Pass 3 RD
19:55.8	17 Ella Kuzyk – Liberty Bell 6 th
19:56.33	13 Lucy Eggleston – Asotin 7 th
19:57.25	13 Shania Graham – Republic 8 th
19:57.4	12 Hailey Bredeson –NW Chr. Lacey 3 rd
19:57.6	15 Carmen Eggleston – Asotin 7 th
19:58.64	13 Jordan Porubek – St John Endicott 9 th
19:58.90	14 Megan McSheffrey – NW Chr Lacey 10 th *
19:59.6	21 Josie McLaughlin 9 – St George's 4 th
20:00	09 Christina Anderson–NW Chr. Colb 4 th
20:00	09 Hailey Bredeson–NW Chr. Lacey 5 th
20:01.3	21 Clare Kondrat – Pope John Paul 2 5 th
20:02.5	18 Chloe Overberg 9 – Asotin 5 th
20:03.7	19 Suzie Johnson – Cedar Tree Class. Chr. 5 th
20:05	09 Joanna Sowers – NW Chr. Lacey 6 th

2013 Sierra Speiker – Oroville

1988 – 1996 SUN WILLOWS LISTS (The 3-mile years)

While it is tempting to compare previous courses, it is far too debatable.

However, we must not forget about the early years of Sun Willows 3.0-mile history.

BEST BOYS TEAM PERFORMANCES 1988-1996**Boys 3.0 miles**

14:56	93 Mead 3A 1 ST	15:26	88 Joel Ferris 3A 2 ND	15:46	94 Richland 3A 2 ND
15:06	88 Mead 3A 1 ST	15:31	95 Gig Harbor 2A 1 ST	15:47	88 Colville 2A 2 ND
15:09	90 Mead 3A 1 ST	15:33	91 Bishop Blanchet 2A 1 ST	15:49	95 Lynnwood 2A 3 RD
15:09	89 Mead 3A 1 ST	15:34	90 West Valley Spo 2A 2 ND	15:51	95 West Valley Spo 2A 2 ND
15:11	92 Mead 3A 1 ST	15:35	90 Bellingham 2A 3 RD	15:51	90 Gig Harbor 2A 4 TH
15:14	91 Mead 3A 1 ST	15:39	93 Kennewick 3A 2 ND	15:52	93 Gig Harbor 2A 2 ND
15:17	95 Joel Ferris 3A 2 ND	15:39	94 Lynnwood 2A 1 ST	15:53	96 University 3A 2 ND
15:19	90 Edmonds Wood 2A 1 ST	15:40	88 Edmonds 2A 1 ST	15:54	89 University 3A 2 ND
15:21	96 Mead 3A 1 ST	15:43	93 Lynnwood 2A 1 ST	15:55	92 Richland 3A 2 ND
15:21	94 Mead 3A 1 ST	15:44	94 Gig Harbor 2A 2 ND	15:55	91 Shorecrest 2A 4 TH
15:22	95 Mead 3A 1 ST	15:44	96 East Valley Yak 2A 1 ST		
15:25	90 University 3A 2 ND	15:45	91 Redmond 3A 2 ND		

BEST BOYS TEAM PERFORMANCES BY DIVISION 1988-1996**3A Boys 3.0 miles**

14:56	93 Mead 1 ST	15:17	95 Joel Ferris 2 ND	15:39	93 Kennewick 2 ND
15:06	88 Mead 1 ST	15:21	96 Mead 1 ST	15:45	91 Redmond 2 ND
15:09	90 Mead 1 ST	15:21	94 Mead 1 ST	15:46	94 Richland 2 ND
15:09	89 Mead 1 ST	15:22	95 Mead 1 ST	15:53	96 University 2 ND
15:11	92 Mead 1 ST	15:25	90 University 2 ND	15:54	89 University 2 ND
15:14	91 Mead 1 ST	15:26	88 Joel Ferris 2 ND	15:55	92 Richland 2 ND

2A Boys 3.0 miles

15:19	90 Edmonds Woodway 1 ST	15:44	96 East Valley Yak 1 ST	15:58	91 Cheney 3 RD
15:31	95 Gig Harbor 1 ST	15:47	88 Colville 2 ND	15:58	95 West Valley Yak 4 TH
15:33	91 Bishop Blanchet 1 ST	15:49	95 Lynnwood 3 RD	16:01	96 Capital 2 ND
15:34	90 West Valley Spo. 2 ND	15:51	95 West Valley Spo. 2 ND	16:02	89 Cheney 1 ST
15:35	90 Bellingham 3 RD	15:51	90 Gig Harbor 4 TH	16:06	89 Edmonds 3 RD
15:39	94 Lynnwood 1 ST	15:52	93 Gig Harbor 2 ND	16:06	88 Tumwater 4 TH
15:40	88 Edmonds 1 ST	15:55	91 Shorecrest 4 TH	16:07	92 Bishop Blanchet 1 ST
15:43	93 Lynnwood 1 ST	15:56	88 Gig Harbor 3 RD	16:08	89 West Valley Yak 2 ND
15:44	94 Gig Harbor 2 ND	15:57	91 Bellingham 2 ND	16:11	92 Gig Harbor 2 ND

1A Boys 3.0 miles

15:56	90 Omak 1 ST	16:12	95 Chelan 2 ND	16:21	94 Omak 1 ST
15:56	91 Omak 1 ST	16:12	96 Chelan 2 ND	16:22	93 Chewelah 3 RD
15:58	90 Lake Roosevelt 2 ND	16:14	89 Lakewood 1 ST	16:23	89 Omak 2 ND
15:58	95 Chewelah 1 ST	16:16	93 Riverside 2 ND	16:33	92 Chewelah 1 ST
16:06	96 Chewelah 1 ST	16:18	90 Colfax 3 RD	16:37	94 King's 2 ND
16:07	88 Ephrata 1 ST	16:19	93 Omak 1 ST	16:40	92 Omak 2 ND
16:09	88 Lakewood 2 ND	16:21	91 Riverside 2 ND		

B Boys 3.0 miles

16:43	91 Saint George's 2 ND	17:15	93 Saint George's 1 ST	17:29	94 Northwest Christian 1 ST
16:52	91 Pomeroy 1 ST	17:16	94 Saint George's 2 ND	17:32	93 Seattle Lutheran 2 ND
17:04	91 Trout Lake 3 RD	17:19	94 Mary Walker 3 RD	17:34	92 Trout Lake 4 TH
17:06	92 Seattle Lutheran 1 ST	17:26	92 Saint George's 2 ND	17:39	92 Wilbur Creston 3 RD

BEST BOYS INDIVIDUAL PERFORMANCES 1988-1996

BOYS 3.0M

14:10	93 Matthew Davis - Mead 3A 1 ST	14:40	96 Isaac Hawkins - Joel Ferris 3A 1 ST
14:28	88 Chris Lewis - Mead 3A 1 ST	14:40	92 Matthew Davis - Mead 3A 1 ST
14:29	89 Greg Kuntz - Mead 3A 1 ST	14:41	95 Isaac Hawkins - Joel Ferris 3A 1 ST
14:32	90 David Gurry - Blanchet 3A 1 ST	14:43	88 Andy Harris - Eisenhower 3A 4 TH
14:36	90 Ty Whitten - University 3A 2 ND	14:44	91 Aaron Taylor - Shelton 2A 1 ST
14:36	88 Don Higgins - Wilson 3A 2 ND	14:45	88 Andy Maris - White River 2A 1 ST
14:36	90 Andy Heily - Eastside Catholic 2A 1 ST	14:46	93 Micah Davis - Mead 3A 2 ND
14:37	88 Stuart Burnham - Joel Ferris 3A 3 RD	14:48	93 Rob Aubrey - Mead 3A 3 RD
14:37	90 Richard Brown - Tumwater 2A 2 ND	14:48	88 Erin Scroggins - Mountain View 3A 5 TH
14:38	90 Nick Pavach - Blanchet 3A 3 RD	14:49	91 Matthew Davis - Mead 3A 1 ST
14:38	89 David Gurry - Blanchet 3A 2 ND		

BEST BOYS INDIVIDUAL PERFORMANCES BY DIVISION 1988-1996

3A BOYS 3.0M

14:10	93 Matthew Davis - Mead 1 ST	14:46	93 Micah Davis - Mead 2 ND
14:28	88 Chris Lewis - Mead 1 ST	14:48	93 Rob Aubrey - Mead 3 RD
14:29	89 Greg Kuntz - Mead 1 ST	14:48	88 Erin Scroggins - Mountain View 5 TH
14:32	90 David Gurry - Blanchet 1 ST	14:49	91 Matthew David - Mead 1 ST
14:36	90 Ty Whitten - University 2 ND	14:52	94 Micah Davis - Mead 1 ST
14:36	88 Don Higgins - Wilson 2 ND	14:54	89 Nathan Davis - Mead 3 RD
14:37	88 Stuart Burnham - Joel Ferris 3 RD	14:55	96 Joey Corr - Eastlake 2 ND
14:38	90 Nick Pavach - Blanchet 3 RD	14:56	95 Paul Harkins - Joel Ferris 2 ND
14:38	89 David Gurry - Blanchet 2 ND	14:56	90 Yukon Dagenhart - Mead 4 TH
14:40	96 Isaac Hawkins - Joel Ferris 1 ST	14:57	94 Jon Hedengren - Richland 2 ND
14:40	92 Matthew David - Mead 1 ST	14:57	90 Troy Gallant - Marysville Pilchuck 5 TH
14:41	95 Isaac Hawkins - Joel Ferris 1 ST	14:58	90 Stephen Barbieri - Gonzaga Prep 6 TH
14:43	88 Andy Harris - Eisenhower 4 TH		

2A BOYS 3.0M

14:36	90 Andy Heily - Eastside Catholic 1 ST	14:55	88 Erik Gibson - Cleveland 4 TH
14:37	90 Richard Brown - Tumwater 2 ND	14:56	89 Andy Maris - White River 1 ST
14:44	91 Aaron Taylor - Shelton 1 ST	14:57	90 Aaron Taylor - Shelton 6 TH
14:45	88 Andy Maris - White River 1 ST	15:00	88 Jason Monhollen - Stanwood 5 TH
14:50	90 Sam Alexander - Bellingham 3 RD	15:01	96 Dustin Duke - Jackson 1 ST
14:51	88 Brett Allsop - Sehome 2 ND	15:03	91 Michael Galeana - Hoquiam 3 RD
14:51	90 Kien Tseng - Edmonds Woodway 4 TH	15:03	95 Cary Stidham - Nathan Hale 2 ND
14:51	91 Aaron Davis - East Valley Spokane 2 ND	15:04	95 Matt Pearson - O'Dea 3 RD
14:54	90 Erik Gibson - Cleveland 5 TH	15:05	88 Mark Lacey - Clarkston 6 TH
14:54	95 Geoff Perry - Gig Harbor 1 ST	15:05	90 Donovan Shanahan - Cheney 7 TH
14:55	88 Buck Stewart - Yelm 3 RD	15:05	91 Jon Cluett - Lakeside Seattle 4 TH

1A BOYS 3.0M

14:57	88 Brent Hooper - Montesano 1 ST	15:21	89 Brent Hooper - Montesano 2 ND
15:00	88 Kienan Slate - Colfax 2 ND	15:21	95 Christian Laugen - Saint George's 1 ST
15:00	96 Ross Jorgusen - Toledo 1 ST	15:21	96 Hector Rodriguez - Chelan 3 RD
15:06	90 Brent Hooper - Montesano 1 ST	15:22	90 Mac Lavier - Lakewood 2 ND
15:08	96 Justin Murray - Lakewood 2 ND	15:23	93 Joe Atkinson - Port Townsend 3 RD
15:10	93 Andy Davis - Cashmere 1 ST	15:24	96 Kevin Smith - Ridgefield 4 TH
15:12	95 Jim Reed - Ridgefield 1 ST	15:25	93 Will Woodward - King's 4 TH
15:15	89 Shad James - Omak 1 ST	15:25	95 Ross Jorgusen - Toledo 2 ND
15:17	91 Jason Odem - King's 1 ST	15:25	95 Justin Murray - Lakewood 3 RD
15:18	93 Jon Murray - Lakewood 2 ND	15:26	88 Erick Goldman - University Prep 4 TH
15:19	88 Paul Talbot - Rochester 3 RD	15:26	93 Derek Churck - Onalaska 5 TH
15:20	91 Ernie Ammons - Ilwaco 2 ND	15:26	95 David Yarnell - Chewelah 4 TH

B BOYS 3.0M

14:57	93 Tim Briggs - Davenport 1 ST	16:00	93 Chamberlain Franklin - Bush 2 ND
15:01	92 Tim Briggs - Davenport 1 ST	16:11	92 Bobby Mathews - Seattle Lutheran 3 RD
15:31	91 Tim Briggs - Davenport 1 ST	16:11	93 Christian Laugen - Saint George's 3 RD
15:38	91 James Johnson - Saint George's 2 ND	16:14	92 Bill Persons - St. John Endicott 4 TH
15:41	91 Daniel Noyes - University Prep 3 RD	16:16	94 Christian Laugen - Saint George's 1 ST
15:41	92 James Johnson - Saint George's 2 ND	16:17	92 Mario Lopez - Trout Lake 5 TH
15:56	91 Bobby Mathews - Seattle Lutheran 4 TH	16:23	91 Wendall Cass - Pomeroy 6 TH
15:57	91 Bill Hagan - St. John Endicott 5 TH	16:23	91 Les Mangis - Mary Walker 7 TH

BEST GIRLS TEAM PERFORMANCES 1988-1996**Girls 3.0 miles**

18:01	90 Rogers-Spok 3A 1 ST	18:34	94 Mead 3A 2 ND	18:53	90 Lynnwood 2A 1 ST
18:01	91 Joel Ferris 3A 1 ST	18:35	91 University 3A 2 ND	18:53	96 South Whidbey 2A 2 ND
18:14	88 Eisenhower 3A 2 ND	18:36	91 Lakeside Seattle 2A1 ST	18:54	95 South Whidbey 2A 2 ND
18:17	90 Eisenhower 3A 3 RD	18:43	96 Snohomish 3A 1 ST	18:54	96 Eisenhower 3A 3 RD
18:18	90 Joel Ferris 3A 2 ND	18:44	93 Richland 3A 1 ST	18:57	90 Gig Harbor 2A 2 ND
18:18	95 Snohomish 3A 1 ST	18:45	88 Lynnwood 2A 1 ST	18:57	91 Bishop Blanchet 2A 2 ND
18:22	95 Eisenhower 3A 2 ND	18:48	96 Mead 3A 2 ND	18:58	93 Shorecrest 2A 1 ST
18:22	95 Joel Ferris 3A 3 RD	18:49	96 East Valley Spok 2A1 ST	18:59	93 Gig Harbor 2A 2 ND
18:26	88 Mead 3A 1 ST	18:50	93 Mead 3A 2 ND		
18:27	94 Eisenhower 3A 1 ST	18:52	95 East Valley Spok2A1 ST		

BEST GIRLS TEAM PERFORMANCES BY DIVISION 1988-1996**3A Girls 3.0 miles**

18:01	91 Joel Ferris 1 ST	18:22	95 Joel Ferris 3 RD	18:48	96 Mead 2 ND
18:01	90 Rogers-Spokane 1 ST	18:26	88 Mead 1 ST	18:50	93 Mead 2 ND
18:14	88 Eisenhower 2 ND	18:27	94 Eisenhower 1 ST	18:54	96 Eisenhower 3 RD
18:17	90 Eisenhower 3 RD	18:34	94 Mead 2 ND	19:13	92 University 1 ST
18:18	95 Snohomish 1 ST	18:35	91 University 2 ND	19:17	92 Mead 2 ND
18:18	90 Joel Ferris 2 ND	18:43	96 Snohomish 1 ST	19:22	89 Eisenhower 1 ST
18:22	95 Eisenhower 2 ND	18:44	93 Richland 1 ST	19:29	89 Issaquah 2 ND

2A Girls 3.0 miles

18:36	91 Lakeside Seattle 1 ST	18:57	91 Bishop Blanchet 2 ND	19:08	93 Lakeside Seattle 3 RD
18:45	88 Lynnwood 1 ST	18:58	93 Shorecrest 1 ST	19:15	88 Edmonds 2 ND
18:49	96 East Valley Spokane 1 ST	18:59	93 Gig Harbor 2 ND	19:15	89 Lynnwood 1 ST
18:52	95 East Valley Spokane 1 ST	19:00	90 West Valley Yakima 3 RD	19:21	91 West Valley Yakima 4 TH
18:53	90 Lynnwood 1 ST	19:03	94 East Valley Spokane 1 ST	19:24	91 Gig Harbor 3 RD
18:53	96 South Whidbey 2 ND	19:04	94 South Whidbey 2 ND	19:43	92 Lakeside Seattle 2 ND
18:54	95 South Whidbey 2 ND	19:06	88 Lakeside Seattle 3 RD	19:49	89 Lakeside Seattle 2 ND
18:57	90 Gig Harbor 2 ND	19:07	95 Gig Harbor 3 RD	19:51	92 Gig Harbor 1 ST

1A Girls 3.0 miles

19:03	93 Lakewood 1 ST	19:43	96 Omak 1 ST	19:59	88 Riverside 2 ND
19:10	93 Omak 2 ND	19:48	88 Chelan 1 ST	20:06	93 Tonasket 3 RD
19:22	90 Chelan 1 ST	19:48	92 Omak 1 ST	20:10	89 Chelan 1 ST
19:35	90 South Whidbey 2 ND	19:49	95 Omak 1 ST	20:12	92 Lakewood 2 ND
19:38	91 South Whidbey 2 ND	19:51	94 Omak 2 ND	20:16	89 Riverside 2 ND
19:38	94 Lakewood 1 ST	19:54	96 Chelan 2 ND		
19:40	91 Lakewood 1 ST	19:55	95 Mount Baker 2 ND		

B Girls 3.0 miles

20:25	94 Saint George's 1 ST
20:39	93 Saint George's 1 ST
21:02	91 Pomeroy 1 ST
21:09	91 Seattle Lutheran 2 ND
21:21	93 Seattle Lutheran 2 ND
21:22	92 Seattle Lutheran 1 ST
21:56	92 Saint George's 2 ND
22:19	94 Mary Walker 2 ND

BEST GIRLS INDIVIDUAL PERFORMANCES 1988-1996**GIRLS 3.0M**

16:55	91 Heidi VanBorkulo - Bishop Blanchet 2A 1 ST	17:24	91 Sarna Renfro - Bellarmine Prep 3A 2 ND
16:55	90 Sarah Schwald - Rogers-Spokane 3A 1 ST	17:24	88 Carrie Moller - Rogers-Spokane 3A 3 RD
16:59	93 Sarna Renfro - Bellarmine Prep 3A 1 ST	17:25	90 Mea Caviezel - Joel Ferris 3A 4 TH
17:04	88 Robin Bryson - Eisenhower 3A 1 ST	17:26	91 Diandra Simon - Joel Ferris 3A 3 RD
17:06	90 Robin Bryson - Eisenhower 3A 2 ND	17:26	88 Carissa Seward - Goldendale 1A 1 ST
17:17	91 Kim Schmolka - South Kitsap 3A 1 ST	17:31	90 Barb Richardson - Waterville 1A 1 ST
17:17	91 Suzanna Matsen - Lakeside-Seattle 2A 2 ND	17:32	95 Laura Snipes - Snohomish 3A 1 ST
17:18	88 Lisa Dressel - Rogers-Spokane 3A 2 ND	17:33	96 Kim Stone - Bethel 3A 1 ST
17:19	93 Jessica Fry - Rogers-Spokane 3A 2 ND	17:33	92 Sarna Renfro - Bellarmine Prep 3A 1 ST
17:19	96 Ann Ramsey - Lakeside-Seattle 2A 1 ST	17:33	91 Colleen Nicoulin - Interlake 3A 4 TH
17:21	90 Jessica Fry - Rogers-Spokane 3A 3 RD	17:33	90 Joline Stachelii - Bellarmine Prep 3A 5 TH
17:22	88 Helene Wilburn - Lakeside-Sea 2A 1 ST		

BEST GIRLS INDIVIDUAL PERFORMANCES BY DIVISION 1988-1996**3A GIRLS 3.0M**

16:55	90 Sarah Schwald - Rogers-Spokane 1 ST	17:32	95 Laura Snipes - Snohomish 1 ST
16:59	93 Sarna Renfro - Bellarmine Prep 1 ST	17:33	96 Kim Stone - Bethel 1 ST
17:04	88 Robin Bryson - Eisenhower 1 ST	17:33	92 Sarna Renfro - Bellarmine Prep 1 ST
17:06	90 Robin Bryson - Eisenhower 2 ND	17:33	91 Colleen Nicoulin - Interlake 4 TH
17:17	91 Kim Schmolka - South Kitsap 1 ST	17:33	90 Joline Stachelii - Bellarmine Prep 5 TH
17:18	88 Lisa Dressel - Rogers-Spokane 2 ND	17:36	88 Kristin Wellman - Shadle Park 4 TH
17:19	93 Jessica Fry - Rogers-Spokane 2 ND	17:39	96 Kate Bradshaw - Issaquah 2 ND
17:21	90 Jessica Fry - Rogers-Spokane 3 RD	17:40	95 Tammi Green - Kelso 2 ND
17:24	91 Sarna Renfro - Bellarmine Prep 2 ND	17:40	91 Emily Johnson - University 5 TH
17:24	88 Carrie Moller - Rogers-Spokane 3 RD	17:40	88 Melanie Kosin - Eisenhower 5 TH
17:25	90 Mea Caviezel - Joel Ferris 4 TH	17:41	94 Aleah Thome - Eisenhower 1 ST
17:26	91 Diandra Simon - Joel Ferris 3 RD	17:41	90 Sarna Renfro - Decatur 6 TH

2A GIRLS 3.0M

16:55	91 Heidi VanBorkulo - Bishop Blanchet 1 ST	17:47	96 Megan Johnson - Seattle Prep 2 ND
17:17	91 Suzanna Matsen - Lakeside-Seattle 2 ND	17:48	90 Kristen Fargher - Gig Harbor 2 ND
17:19	96 Ann Ramsey - Lakeside-Seattle 1 ST	17:48	94 Jeannette Zimmer - Cheney 1 ST
17:22	88 Helene Wilburn - Lakeside-Seattle 1 ST	17:49	90 Jennifer Davis - Bremerton 3 RD
17:40	91 Christine Dehlendorf - Lakeside-Sea 3 RD	17:50	91 Joelle Brayton - Stanwood 5 TH
17:42	90 Suzanna Matsen - Lakeside-Seattle 1 ST	17:54	88 Erika Klein - Edmonds 3 RD
17:43	91 Jenny Campbell - Highline 4 TH	17:56	88 Casi Montoya - Eastmont 4 TH
17:43	92 Suzanna Matsen - Lakeside-Seattle 1 ST	17:57	91 Gilia Angell - Shorecrest 6 TH
17:46	95 Ann Ramsey - Lakeside-Seattle 1 ST	17:58	95 Anna Blue - Capital 2 ND

1A GIRLS 3.0M

17:26	88 Carissa Seward - Goldendale 1 ST	18:31	96 Katie Park - Mount Baker 1 ST
17:31	90 Barb Richardson - Waterville 1 ST	18:32	89 Jessica Brathovd - Tenino 2 ND
17:59	93 Mathea Kok - Bellevue Chr. 1 ST	18:32	93 Amy King - King's 3 RD
18:07	88 Stacey Brown - Omak 2 ND	18:32	93 Elena Gonzalez - Cashmere 4 TH
18:15	89 Robyn Slate - Colfax 1 ST	18:34	91 Amy Molina - Chelan 3 RD
18:19	90 Rachel Rieke - Cascade-Leavenworth 2 ND	18:35	88 Kelly Charbonneau - Valley Chr. 4 TH
18:24	90 Kelley Marsh - South Whidbey 3 RD	18:35	93 Megan Hendrickson - Lakewood 5 TH
18:24	91 Tanya Robinson - Tenino 1 ST	18:36	93 Danielle Bradshaw - Liberty Bell 6 TH
18:27	91 Kelley Marsh - South Whidbey 2 ND	18:37	89 Kelly Charbonneau - Valley Chr. 3 RD
18:30	88 Vesta Coufal - Chewelah 3 RD	18:38	88 Robyn Slate - Colfax 5 TH
18:31	93 Marie VanBrunt - Omak 2 ND	18:39	95 Amy King - King's 1 ST

B GIRLS 3.0M

19:21	91 Kelly Charbonneau - Northwest Chr. 1 ST	19:44	94 Melissa Harbill - Saint George's 2 ND
19:38	92 Kymi Quackenbush - Christian Faith 1 ST	19:52	92 Stacie Marriott - Davenport 4 TH
19:38	92 Angela Pearson - Trout Lake 2 ND	19:56	93 Chrissy Peterson - Saint George's 1 ST
19:42	91 Kymi Quackenbush - Christian Faith 2 ND	19:58	91 Kathy Fuchs - Pomeroy 3 RD
19:42	92 Angela Melville - Mary Walker 3 RD	19:58	93 Debra Emerson - Pomeroy 2 ND
19:44	94 Eddie Deniro - Saint George's 1 ST		

Washington State Cross Country Champions Archive

Sun Willows Golf Course – 1987-1996 = 3.0miles, 1997-present = 5K (*2020 Virtual State Meet on track)

BOYS TEAM CHAMPIONS

Year – Ave top 5 – Team - Coach

4A TEAM CHAMPIONS

2020	16:16.24*	Tahoma – Jeff Brady
2019	15:36.1	Camas – Laurie Porter
2018	16:00.50	Tahoma – Jeff Brady
2017	15:48.64	Lewis & Clark – Michael Lee
2016	16:04.0	Bellarmine Prep – Matt Ellis
2015	15:48.4	Tahoma – Jeff Brady
2014	16:06.02	Gig Harbor 1 st
2013	15:23.77	Gig Harbor 1 st
2012	16:03.3	Central Valley 1 st
2011	15:48.4	Gig Harbor 1 st
2010	16:05	Eisenhower – Phil English
2009	15:52	Joel Ferris – Mike Hadway
2008	16:08	Mead – Steve Kiesel
2007	16:44	Mead – Steve Kiesel
2006	16:12	Joel Ferris – Mike Hadway
2005	16:14	Joel Ferris – Mike Hadway
2004	15:52	Joel Ferris – Mike Hadway
2003	16:09	Joel Ferris – Mike Hadway
2002	16:17	Mead – Pat Tyson
2001	16:05	Mead – Pat Tyson
2000	16:40	Mead – Pat Tyson
1999	16:24	University – Bob Bobero
1998	15:50	University – Bob Bobero
1997	16:13	University – Bob Bobero

BOYS INDIVIDUAL CHAMPIONS

4A BOYS

2020	14:39.2*	Ethan Coleman 11 – Olympia 1 st
2019	15:03.3	Will Smith – Lewis & Clark 1 st
2018	15:16.2	Joe Waskom 12 – Mount Si 1 st
2017	15:11.3	Ryan Kline – Central Valley 1 st
2016	15:12.8	Yacine Guermali – Camas 1 st
2015	15:14.9	Jack Yearian – Bellarmine Prep 1 st
2014	15:15.2	Aaron Roe – Henry Jackson 1 st
2013	15:06.3	Logan Carroll – Gig Harbor 1 st
2012	15:02.3	Andrew Gardner – Mead 1 st
2011	15:03.0	Jacob Smith – Wenatchee 1 st
2010	15:09.0	Kenji Bierig – Lewis and Clark 1 st
2009	15:06	Shane Moskowitz – Cent Kitsap 1 ST
2008	15:18	Mack Young – Redmond 1 st
2007	15:39	Miles Unterreiner 12 – Gig Harbor 1 ST
2006	15:44	Cameron Quackenbush 12 – Ferris 1 st
2005	15:40	Jeff Helmer – Jackson 1 ST
2004	15:24	Kelly Spady 12 – Kamiak 1 ST
2003	15:24	Evan Garber 12 – Mead 1 ST
2002	15:36	Carl Moe 12 – Auburn Riverside 1 ST
2001	15:30	Jesse Fayant 12 – Mead 1 ST
2000	15:55	Michael Kiter 12 – Shadle Park 1 st
1999	15:18	Michael Kiter 11 – Shadle Park 1 ST
1998	15:18	Ian Johnson 12 – University 1 ST
1997	15:47.8	Tom Becker 11 – Mt. Spokane 1 st

3A BOYS

2020	15:53.36*	Arlington – Jon Murray
2019	15:39.7	Kamiakin – Matt Rexus
2018	15:57.22	Kamiakin – Matt Rexus
2017	15:24.40	Kamiakin – Matt Rexus
2016	16:10.5	North Central – Jon Knight
2015	15:48.5	North Central – Jon Knight
2014	15:33.08	North Central – Jon Knight
2013	15:28.95	North Central – Jon Knight
2012	15:47.0	North Central – Jon Knight
2011	15:47.8	North Central – Jon Knight
2010	15:47	North Central – Jon Knight
2009	15:45	North Central – Jon Knight
2008	15:36	North Central – Jon Knight
2007	16:25	North Central – Jon Knight
2006	16:44	North Central – Jon Knight
2005	16:39	Sehome – Mark Kerr, Kevin Ryan
2004	16:20	Bishop Blanchet – John O’Leary
2003	16:33	West Valley Yak – Robert Allen
2002	16:53	Bishop Blanchet – Leo Genest
2001	16:40	Bishop Blanchet – Leo Genest
2000	17:10	Seattle Prep –Robertson, Niggemeyer
1999	16:31	Lakeside Seattle – Tom Pardee
1998	16:28	West Valley Yak. – Bob Allen
1997	16:30	Capital – Jerry Miller

1996	Mead – Pat Tyson
1995	Mead – Pat Tyson
1994	Mead – Pat Tyson
1993	Mead – Pat Tyson
1992	Mead – Pat Tyson
1991	Mead – Pat Tyson
1990	Mead – Pat Tyson
1989	Mead – Pat Tyson
1988	Mead – Pat Tyson

3A BOYS

2020	15:17.9*	Cruise Corvin 10 – Lakes 1 st
2019	15:18.1	Isaac Teeple – Kamiakin 1 st
2018	15:26.4	Johan Correa 12 – Kennewick 1 st
2017	14:48.3	James Mwaura – Lincoln 1 st
2016	15:32.9	James Mwaura – Lincoln 1 st
2015	15:02.0	Justin Janke – North Central 1 st
2014	14:31.7	Tanner Anderson – North Central 1 st
2013	14:44.8	Tanner Anderson – North Central 1 st
2012	15:18.4	Joe Hardy – Seattle Prep 1 st
2011	14:58.4	Anthony Armstrong – Kamiakin 1 st
2010	15:11.3	Nathan Weitz – Shadle Park 1 st
2009	15:15	Ben Johnston – North Central 1 st
2008	15:18	Michael Miller – Mt. Rainier 1 st
2007	16:01	Ryan Prentice 12 – Mount Rainier 1 st
2006	15:32	Max O’Donahue McDonald 12 SeaPrep 1 ST
2005	15:54	Max O’Donahue McDonald 11 SeaPrep 1 ST
2004	15:45	Sam Ahlbeck 12 – Lindbergh 1 ST
2003	15:51	Brian Govier 11 – Mercer Island 1 ST
2002	16:01	Alex Grant 12 – Sehome 1 st
2001	15:50	Steve Mull 12 – Bishop Blanchet 1 ST
2000	16:24	Mike Heidt 12 – Selah 1 st
1999	15:51	Peter Furia 12 – Lakeside Sea 1 ST
1998	15:10	Adam Tenforde 12 – Hanford 1 ST
1997	15:35.1	Dustin Duke 11 – Henry Jackson 1 ST

1996	14:39.1	Isaac Hawkins 12 – Joel Ferris 1 st
1995	14:40.4	Isaac Hawkins 11 – Joel Ferris 1 st
1994	14:51.4	Micah Davis 12 – Mead 1 st
1993	14:09.3	Matt Davis 12 – Mead 1 st
1992	14:39.5	Matt Davis 11 – Mead 1 st
1991	14:48.7	Matt Davis 10 – Mead 1 st
1990	14:32.2	David Gurry 12 – Blanchet 1 st
1989	14:29.0	Greg Kuntz 12 – Mead 1 st
1988	14:27.3	Chris Lewis – Mead 1 st

2A BOYS

2020	16:06.0*	Sehome – Kevin Ryan
2019	16:27.1	Sehome – Kevin Ryan
2018	16:43.3	Sehome – Kevin Ryan
2017	16:25.18	Sehome – Kevin Ryan
2016	16:39.8	Sehome – Kevin Ryan
2015	16:03.7	Sehome – Kevin Ryan
2014	16:14.68	Sehome – Kevin Ryan
2013	16:31.39	Sehome – Kevin Ryan
2012	16:15.5	Sehome – Mark Kerr
2011	16:31.1	Lindbergh 1 st
2010	16:19.4	Sehome – Mark Kerr
2009	16:25	Burlington Edison – Sue Wright
2008	16:27	Sehome – Mark Kerr
2007	17:02	Burlington Edison – Sue Wright
2006	16:58	Burlington Edison – Sue Wright
2005	17:17	Colville – Dean Fischer
2004	17:19	East Valley Yakima – Pete Steiner
2003	17:30	Cashmere – John Durheim
2002	17:17	Naches – Rick Maib
2001	16:47	Riverside – Bill Kemp
2000	17:20	East Valley Yakima – Pete Steiner
1999	16:29	Omak – Russ Brantner
1998	16:55	Lakeside, Spokane – Matt Sullivan
1997	16:52	Lakeside, Spokane – Matt Sullivan

1996		East Valley Yakima – Pete Steiner
1995		Gig Harbor – Joel Wingard
1994		Lynnwood – Ernie Goshorn
1993		Lynnwood – Ernie Goshorn
1992		Blanchet – Leo Genest
1991		Blanchet – Leo Genest
1990		Edmonds Woodway – Tom Campbell
1989		Cheney – Jay Martin
1988		Edmonds – Tom Campbell

1A BOYS

2020	17:05.48*	South Whidbey – Doug Fulton
2019	16:43.5	Lakeside -9 Mile – Steve Olson
2018	17:15.24	Lakeside -9 Mile – Steve Olson
2017	16:33.04	Medical Lake – Gene Blankenship
2016	16:48.4	Deer Park – Greg Chapman
2015	16:54.9	Deer Park – Greg Chapman
2014	16:33.56	Medical Lake – Gene Blankenship
2013	16:46.39	Medical Lake – Gene Blankenship
2012	16:49.0	Charles Wright – Ryan Johnson
2011	16:59	Lakeside -9 Mile – Steve Olson
2010	16:57.5	Lakeside -9 Mile – Steve Olson
2009	17:31	Nooksack Valley 1 st
2008	16:59	Lakeside -9 Mile – Steve Olson
2007	17:19	Royal – Ben Orth
2006	17:15	Lakeside -9 Mile – Steve Olson
2005	17:16	Seattle Academy – Pieter Salverda
2004	16:49	Charles Wright – Drew Wartenburg
2003	17:14	Charles Wright – Drew Wartenburg
2002	17:36	King's – Rod Wilcox
2001	16:59	King's – Rod Wilcox
2000	17:44	King's – Rod Wilcox
1999	17:08	King's – Rod Wilcox
1998	17:08	Liberty Bell – Cliff Johnston
1997	16:46	Chelan – Mark Anderson

1996		Chewelah – Dan Stone
1995		Chewelah – Dan Stone
1994		Omak – Russ Brantner
1993		Omak – Russ Brantner
1992		Chewelah – Dan Stone
1991		Omak – Russ Brantner
1990		Omak – Russ Brantner
1989		Lakewood – Mike Evans
1988		Ephrata – Don McFarland

2A BOYS

2020	15:08.0*	Sawyer Dagan 12 – Steilacoom 1 st
2019	15:23.6	Eliason Kabasenche 12 – Pullman 1 st
2018	15:44.7	Eliason Kabasenche 11 – Pullman 1 st
2017	15:26.0	Cade Brown – Bellingham 1 st
2016	15:47.6	Silas Griffith – Ridgefield 1 st
2015	15:36.2	Dylan Holland – Anacortes 1 st
2014	15:27.3	Chad Stevens – East Valley Spo. 1 st
2013	15:29.7	Devon Grove – Lake Washington 1 st
2012	15:13.6	Patrick Gibson – Squalicum 1 st
2011	15:28.8	Patrick Gibson – Squalicum 1 st
2010	15:30.8	Scott Carlyle 12 – Sehome 1 st
2009	15:47	Scott Carlyle 11 – Sehome 1 st
2008	16:06	James Currell – Selah 1 st
2007	16:02	Justin Rose 12 – Colville 1 ST
2006	15:51	Jake Riley 12 – Sehome 1 ST
2005	16:27	Tyler Rapp 12 – Lakewood 1 st
2004	16:16	Eric Burck 12 – Ephrata 1 ST
2003	16:22	Michael Dols 11 – Chelan 1 st
2002	16:23	Ryan Thomas 12 – Lakewood 1 st
2001	15:43	Matt Owens 12 –East Valley Yak 1 ST
2000	16:25	Matt Owens 11 – East Valley Yak. 1 st
1999	15:29	Matt Harriman 12 – Omak 1 ST
1998	15:39	Matt Harriman 11 – Omak 1 ST
1997	16:17.4	Mike Witt 12 – Lakeside 9 Mile 1 st

1996	15:00.3	Dustin Duke 10 – Henry Jackson 1 st
1995	14:54.0	Geoff Perry 12 – Gig Harbor 1 st
1994	15:08.4	Dan Gonzalez 12 – Bishop Blanchet 1 st
1993	15:08.7	Joey Johnson 11 – Lynnwood 1 st
1992	15:09.7	Michael Galeana 12 – Hoquiam 1 st
1991	14:43.4	Aaron Taylor 12 – Shelton 1 st
1990	14:36	Andy Heily 12 – Eastside Catholic 1 st
1989	14:55.1	Andy Maris 12 – White River 1 st
1988	14:44	Andy Maris 11 – White River 1 st

1A BOYS

2020	15:12.3*	Jamar Distel 11 – Riverside 1 st
2019	15:50.6	Adam Briejer12 – Charles Wright 1 st
2018	16:19.5	Adam Briejer 11 – Charles Wr. Aca. 1 st
2017	15:18.8	Kenneth Rooks 12 – College Place 1 st
2016	15:22.4	Tibebu Proctor 12 – Northwest 1 st
2015	15:32.1	Tibebu Proctor 11 – Northwest 1 st
2014	15:37.4	Ryan Clarke 12 – Port Townsend 1 st
2013	15:50.7	Graham Peet 11 – Northwest 1 st
2012	15:50.0	Dillon Quintana 12 – Mount Baker 1 st
2011	15:44	Hap Emmons 12 – King's 1 st
2010	15:16.9	Tyler King 12 – Coupeville 1 st
2009	16:10	Bereket Piatt 11 – Port Townsend 1 st
2008	15:56	Quinton Decker 12 – Pt. Townsend 1 st
2007	16:18	Humberto Jimenez 12 – Royal 1 ST
2006	16:17	Rigoberto Jimenez 11 – Royal 1 ST
2005	16:36	Peter Browne 12 – Charles Wright 1 st
2004	16:09	Alex Crabill 11 – Charles Wright 1 ST
2003	15:38	Tom Wyatt 12 – Charles Wright 1 st
2002	16:26	Brandon Thompson 12 – King's 1 ST
2001	16:12	Reid Carrel 12 – Freeman 1 ST
2000	16:47	Adam Roe 11 – King's 1 st
1999	16:08	Todd Arnold 12 – Ocosta 1 ST
1998	15:47	John Russell 12 – Freeman 1 ST
1997	16:04.6	Ned Miller 11 – Darrington 1 ST

1996	14:59.6	Ross Jorgusen 12 – Toledo 1 st
1995	15:11.4	Jim Reed 11 – Ridgefield 1 st
1994	15:35.7	Hector Rodriguez 9 – Chelan 1 st
1993	15:09.1	Andy Davis 12 – Cashmere 1 st
1992	15:30.2	Ernie Ammons 12 – Ilwaco 1 st
1991	15:16.9	Jason Odem 12 – King's 1 st
1990	15:06	Brent Hooper 12 – Montesano 1 st
1989	15:14.4	Shad James 12 – Omak 1 st
1988	14:56.6	Brent Hooper 10 – Montesano 1 st

B BOYS

2020	18:03.0*	Asotin – Tim Gundy
2019	16:45.7	NW Chr. Lacey – Mike Michael
2018	17:07.46	NW Chr. Lacey – Mike Michael
2017	17:17.44	NW Chr. Lacey – Mike Michael
2016	17:09.7	NW Chr. Lacey – Larry Weber
2015	16:53.2	NW Chr. Lacey – Larry Weber
2014	16:49.80	NW Chr. Lacey – Larry Weber
2013	17:08.76	NW Chr. Colbert 1 st
2012	17:08.5	Tri-Cities Prep – Scott Larson
2011	17:10	Tri-Cities Prep – Scott Larson
2010	17:26.5	Tri-Cities Prep – Scott Larson
2009	17:41	NW Chr. Lacey – Bill Kehoe
2008	17:29	NW Chr. Lacey – Bill Kehoe
2007	17:52	Saint George's – Josh Hayes
2006	17:52	Saint George's – Josh Hayes
2005	18:16	Reardan – Marty Dewalt
2004	18:13	Reardan – Marty Dewalt
<hr/>		
1994		NW. Christian Colbert – Rod Holman
1993		Saint George's – Marty Jessett
1992		Seattle Lutheran – Bob Matthews
1991		Pomeroy – Fred Knebel

B BOYS

2020	15:49.8*	Daniel Quintana 11 – Ilwaco 1 st
2019	15:55.8	Daniel Quintana – Ilwaco 1 st
2018	15:56.4	Austen Apperson 12 – Adna 1 st
2017	15:59.0	Austen Apperson 11 – Adna 1 st
2016	15:56.4	Luke Schilter – NW Chr. Lacey 1 st
2015	15:44.6	Kenneth Rooks 10 – College Place 1 st
2014	15:41.10	Chandler Teigen – Asotin 1 st
2013	15:52.99	Chandler Teigen – Asotin 1 st
2012	15:48.3	Stephen Bottoms – Onalaska 1 st
2011	16:17	Lucas Graham – NW Chr. Lacey 1 st
2010	16:05.9	Justin Holden – NW Chr. Lacey 1 st
2009	16:25	Lucas Graham – NW Chr. Lacey 1 st
2008	16:12	Jeff Pope – Valley Chr. 1 st
2007	16:40	Matt Cronrath 12 – Odessa 1 st
2006	17:01	Brad Serdar 12 – Reardan 1 st
2005	17:06	Brad Serdar 11 – Reardan 1 st
2004	17:03	Gabe Molinaro 12 – NW Chr. Lacey 1 st
<hr/>		
1994	16:15.6	Christian Laugen 11 – Saint George's 1 st
1993	14:56.1	Tim Briggs 12 – Davenport 1 st
1992	15:00.3	Tim Briggs 11 – Davenport 1 st
1991	15:30.7	Tim Briggs 10 – Davenport 1 st

Hangman Valley Golf Course, Spokane 3.0 miles**Boys Team Champions**

3A		
1983	Blanchet 88 pts – coach Leo Genest	
1984	Blanchet 54 pts – coach Leo Genest	
1985	Redmond 51 pts – coach Jim Zatloukal	
2A		
1983	Edmonds 93 pts – coach Tom Campbell	
1984	Shorecrest 54 pts – coach Pat Tyson	
1985	Shorecrest 103 pts – coach Pat Tyson	
AB		
1983	Riverside 57 pts – coach Bill Kemp	
1984	Cashmere 58 pts – coach Gary Carlton	
1985	Carroll 92 pts – coach Phil English	

Boys Individual Champions

3A		
1983	15:24.4	Brent Felt – Blanchet
1984	15:22.9	Vince Firlotte - Blanchett
1985	15:31.3	Stormy Shouman - Redmond
2A		
1983	15:34.0	Eric Hruschka – Lynnwood
1984	15:32.2	John Hogan – Gig Harbor
1985	16:02	Pat Haller - Lynnwood
AB		
1983	15:49.2	Robert Price – Carroll
1984	15:25.9	Robert Price – Carroll
1985	16:41	Robert Price – Carroll

Fort Worden, Port Townsend – 3.0 miles**Boys Team Champions**

3A		
1986	Blanchet 87 pts – coach Leo Genest	
1987	Eisenhower 105 pts – coach Phil English	
2A		
1986	Edmonds 79 pts – coach Tom Campbell	
1987	Edmonds 71 pts – coach Tom Campbell	
AB		
1986	Mount Baker 69 pts – coach Jim Freeman	
1987	Ephrata 64 pts – coach Don McFarland	

Boys Individual Champions

3A		
1986	14:40	Stormy Shouman – Redmond
1987	14:37	Chris Lewis - Mead
2A		
1986	14:37.9	Pat Haller – Lynnwood
1987	15:08	Brett Allsop - Sehome
AB		
1986	15:24	Shawn Anderson – Cashmere
1987	15:24	Greg Metcalf - Ephrata

First Official State Championships – Evergreen High School, Seattle**Boys Team Champions****2A**

1969 Renton 65 pts – coach Barry Savage

1970 Richland 81 pts – coach Max Jensen

1A

1969 Mount Vernon 100 pts – coach Darrell Pearson

1970 Columbia River 125 pts – coach Lee Cave

New Divisions**3A**

1971 Richland 63 pts – coach Max Jensen

1972 Richland 100 pts – coach Max Jensen

1973 Richland 129 pts – coach Max Jensen

1974 Richland 108 pts – coach Mike Hepper

1975 Edmonds 86 pts – coach Tom Campbell

1976 Mead 73 pts – coach Duane Hartman

1977 North Central 69 pts – coach Len Long

1978 Kennewick 71 pts – coach Dave Rockstrom

1979 Kennewick 46 pts – coach Dave Rockstrom

1980 Ferris 67 pts – coach Herm Caviness

2A

1971 Curtis 117 pts – coach Bert Wells

1972 Seattle Prep 50 pts – coach Thomas Sullivan

1973 Curtis 72 pts – coach Bert Wells

1974 Curtis 53 pts – coach Bert Wells

1975 Tyee 108 pts – coach Bob Gunther

1976 Tyee 43 pts – coach Bob Gunther

1977 Selah 49 pts – coach Wayne Worby

1978 Selah 69 pts – coach Wayne Worby

1979 Selah 47 pts – coach Wayne Worby

1980 Lakeside Seattle 90 pts – coach Hugh Tower

1A

1971 Omak 118 pts – coach Russ Brantner

1972 Omak 60 pts – coach Russ Brantner

1973 Mount Baker 77 pts – coach Jim Freeman

1974 Montesano 97 pts – coach Dave Denny

1975 Mount Baker 63 pts – coach Jim Freeman

1976 Tolt 101 pts – coach Bob Summers

1977 Tonasket 59 pts – coach Gary Jorgenson

1978 Tolt 78 pts – coach Bob Summers

1979 Colfax 117 pts – coach Chuck Carroll

1980 Montesano 80 pts – coach Bruce Hooper

New Divisions**3A-2A**

1981 Ferris 87 pts – coach Herm Caviness

1A-B

1981 Port Townsend 73 pts – coach Ken Brink

New Divisions**3A**

1982 Shadle Park 55 pts – coach Vern Page

2A

1982 Edmonds 56 pts – coach Tom Campbell

AB

1982 Castle Rock 38 pts – coach Gary Swanson

Boys Individual Champions**2A**

1969 12:19.1 Randy James – Ferris 2.5 miles

1970 12:19.6 Dan Winger – Nathan Hale 2.5 miles

1A

1969 12:22.6 Keith Anderson – Battle Ground 2.5 miles

1970 12:31.2 Bryon Alwood – Mariner 2.5 miles

3A

1971 12:22 Shane Sorey – Lewis & Clark 2.5 miles

1972 12:01.5 Reed Mayer – Snohomish 2.5 miles

1973 12:12.1 Sheldon Davis – Snohomish 2.5 miles

1974 12:11.9 Paul DuCharme – Lincoln Tacoma 2.5 miles

1975 12:29.8 Scott Conley – Shadle Park 2.5 miles

1976 12:09 Jay Bendewald – Mead 2.5 miles

1977 12:11.7 Jim Ojala – Columbia River 2.5 miles

1978 15:23.2 Dave Barnett – Aberdeen 3.0 miles

1979 14:54 Mike Pyeatt – Issaquah 3.0 miles

1980 15:18 Jim Coombes – North Central 3.0 miles

2A

1971 12:38.9 Bryan Alwood – Mariner 2.5 miles

1972 12:09.7 Jeff Parietti – Seattle Prep 2.5 miles

1973 12:38.2 Doug Seebeck – Sunnyside 2.5 miles

1974 12:36.4 Bruce Greene – RA Long 2.5 miles

1975 12:54 Pete Vernie – Ellensburg 2.5 miles

1976 12:18 Chip Pierce – Selah 2.5 miles

1977 12:00 Chip Pierce – Selah 2.5 miles

1978 15:13.8 Jerry Maris – White River 3.0 miles

1979 15:02 Mike Blackmore – Prosser 3.0 miles

1980 15:24 Shawn Bernier – Selah 3.0 miles

1A

1971 12:35 Greg Gibson – Connell 2.5 miles

1972 12:21.7 Clary Reinsma – Watson Groen 2.5 miles

1973 12:53.7 David Kobes – Granger 2.5 miles

1974 12:41.6 John Pryor – Lake Roosevelt 2.5 miles

1975 12:41 Chris Villani – Mount Baker 2.5 miles

1976 12:30 Chris Villani – Mount Baker 2.5 miles

1977 12:37.4 Steve Olson – Colfax 2.5 miles

1978 15:51.5 Mike McGlade – NW Chr. Colbert 3.0 miles

1979 15:15 Mike McGlade – NW Chr. Colbert 3.0 miles

1980 15:46 Joe Shannon – Carroll 3.0 miles

3A-2A

1981 15:19 Curt Corvin – Lakes 3.0 miles

1A-B

1981 16:16 Greg Vandenberg – Stevenson 3.0 miles

3A

1982 15:03 Curt Corvin – Lakes 3.0 miles

2A

1982 14:57.8 Karl VanCalcar – Edmonds 3.0 miles

AB

1982 15:48.3 Randall Jones – Goldendale 3.0 miles

University of Washington Invitational – Green Lake**Boys Team Champions**

1959 Shadle Park 98 points - coach Jim Berry
1960 Snohomish 59 pts – coach Keith Gilbertson
1961 Lewis & Clark 53 pts – coach Art Frey

New Divisions**2A – schools over 1700**

1962 Shadle Park 37 pts – coach Jim Berry
1963 Rogers Spokane 23 pts – coach Tracy Walters
1964 Franklin 27 pts – coach Frank Ahern

1A – schools under 1700

1962 Mercer Island 35 pts – coach Mel Light
1963 Evergreen Seattle 30 pts – coach Chuck Brigham
1964 Columbia River 43 pts – coach Lee Cave

New Divisions**3A – schools over 1800**

1965 Rogers Spokane 24 pts – coach Tracy Walters
1966 Nathan Hale 34 pts – coach Brock Hogle

2A – schools between 1000-1800

1965 Snohomish 29 pts – coach Keith Gilbertson
1966 Lewis & Clark 45 pts – coach Art Frey

1A – school under 1000

1965 Curtis 31 pts – coach Bert Wells
1966 Seattle Prep 46 pts - coach Thomas Sullivan
Wapato 46 pts – coach John Chaplin

New Divisions**2A**

1967 Franklin 144 pts – coach Frank Ahern
1968 Ferris 61 pts – coach Tony Dolphin

1A

1967 Burlington Edison 71 pts – coach Tom Whan
1968 WF West 99 pts – coach Dick Snyder

Boys Individual Champions

1959 10:23.1 Frank Knott – Mead 2.0miles
1960 10:24.1 Paul Schlicke – Gonzaga Prep 2.0 miles
1961 11:25 Jerry Leonard – Lewis & Clark 2.3 miles

2A

1962 11:06 Gerry Lindgren – Rogers Spokane 2.3 miles
1963 10:47.5 Gerry Lindgren – Rogers Spokane 2.3 miles
1964 10:44.7 Dale Robertson – Shadle Park 2.3 miles

1A

1962 11:44.3 Bart Barto – Mercer Island 2.3miles
1963 11:27.5 Roscoe Divine – Columbia River 2.3 miles
1964 10:50.9 Roscoe Divine – Columbia River 2.3 miles

3A

1965 11:05.4 Herman Atkins – Garfield 2.3 miles
1966 10:59.7 Bill Koss – Shorecrest 2.3 miles

2A

1965 10:52.2 Rick Riley – Ferris 2.3 miles
1966 11:03.2 Pete Whitford – Central Valley 2.3 miles

1A

1965 11:29.3 Dave McCallum – East Valley Spokane 2.3 miles
1966 11:21.0 Don Bullock – Lyle 2.3 miles

2A

1967 11:08.6 Wes Smylie – Clover Park 2.3 miles
1968 14:03.1 Randy James – Ferris 3.0 miles

1A

1967 11:38.5 Don Wright – Tahoma 2.3 miles
1968 14:41.7 Keith Anderson – Battle Ground 3.0 miles

Sun Willows Golf Course, Pasco – 3.0 miles from 1988-1996, 5K from 1997 to present

Year – Average of team top 5 - Team

GIRLS TEAM CHAMPIONS4A TEAM

2020	18:42.12*	Tahoma – Jeff Brady
2019	18:55.3	Redmond – Pete Whitmore
2018	19:23.38	Glacier Peak – Dan Parker
2017	18:35.62	Lewis & Clark – Kevin Swaim
2016	19:09.7	Issaquah 4A 1 st
2015	18:44.2	Camas 1 st
2014	18:36.50	Camas 1 st
2013	18:53.47	Bellarmine Prep – Matt Ellis
2012	18:33.9	Camas 1 st
2011	19:08.6	Tahoma – Jeff Brady
2010	19:17.6	Eisenhower – Phil English
2009	19:21	Eastlake 1 st
2008	19:28	Eastlake 1 st
2007	19:44	Gig Harbor – Patty Ley
2006	19:38	Gig Harbor – Patty Ley
2005	19:17	Gig Harbor – Patty Ley
2004	19:06	Bellarmine Prep – Matt Ellis
2003	19:04	Snohomish – Dan Parker
2002	19:41	Snohomish – Dan Parker
2001	19:34	North Central – Jan Janke
2000	20:12	Eisenhower – Phil English
1999	19:23	Eisenhower – Phil English
1998	19:48	Marysville Pilchuck – Julie Coburn
1997	19:29	South Kitsap – Ed Santos

4A GIRLS

2020	16:55.1*	Julia David Smith 12 – Issaquah 1 st
2019	17:26.2	Julia David Smith 11 - Issaquah 1 st
2018	17:36.1	Ella Borsheim 9 – Bellarmine Prep 1 st
2017	17:35.0	Katie Thronson – Lewis & Clark 1 st
2016	17:34.1	Taylor Roe 10 – Lake Stevens 1 st
2015	17:56.1	Taylor Roe 9 – Kamiak 1 st
2014	17:23.8	Lindsey Bradley – Richland 1 st
2013	17:01.1	Alexa Efraimson – Camas 1 st
2012	17:34.2	Alexa Efraimson – Camas 1 st
2011	17:24.7	Jordan McPhee – Mount Rainer 1 st
2010	17:44.4	Tansey Lystad – Inglemoor 1 st
2009	17:58	Anna Dailey – Garfield 1 st
2008	18:00	Alyssa Andrews – Gig Harbor 1 st
2007	18:26	Andrea Nelson - Shadle Park 1 st
2006	18:13	Kenna Patrick 12 – Thomas Jefferson 1 st
2005	17:35	Megan O'Reilly 12 - Mt Spokane 1 st
2004	17:53	Brie Felnagle 12 - Bell Prep 1 st
2003	18:14	Brie Felnagle 11 - Bellarmine Prep 1 st
2002	18:26	Amber Nickelson 11 - Lake Stevens 1 st
2001	18:20	Jessie McLaughlin 12 - Olympia 1 st
2000	19:07	Brandi McCoy 11 – Richland 1 st
1999	18:23	Erin Krogel 12 - Shadle Park 1 st
1998	18:28	Kim Stone 12 - Bethel 1 st
1997	18:34.9	Emily Hawkins 12 - Joel Ferris 1 st

3A GIRLS

2020	19:18.36*	Seattle Prep – Ben Sauvage
2019	17:55.2	North Central – Jon Knight
2018	18:36.74	North Central – Jon Knight
2017	18:24.66	North Central – Jon Knight
2016	19:08.2	Holy Names Aca 1 st
2015	19:27.9	Glacier Peak – Dan Parker
2014	19:09.18	Holy Names Aca 1 st
2013	19:22.29	Glacier Peak – Dan Parker
2012	18:47.7	Glacier Peak – Dan Parker
2011	18:55.6	Camas 1 st
2010	18:42.8	Glacier Peak – Dan Parker
2009	19:11	Shadle Park 1 st
2008	19:37	Mercer Island 1 st
2007	20:08	Newport Bell. – Caryn Heffernan
2006	19:58	Squalicum – Tim Irvin
2005	19:41	West Valley, Yakima – Bob Allen
2004	19:50	Squalicum – Tim Irvin
2003	20:03	Squalicum – Tim Irvin
2002	19:48	Sehome – Mark Kerr
2001	20:10	Skyline – Brendan Hyland
2000	20:28	Newport Bellevue – Mitch and Mindy Leffler
1999	19:38	Newport Bellevue – Mitch and Mindy Leffler
1998	19:25	Newport Bellevue – Mitch and Mindy Leffler
1997	19:21	East Valley Spokane – Nick Lazanis

1996		Snohomish – Dan Parker
1995		Snohomish – Dan Parker
1994		Eisenhower – Phil English
1993		Richland – Mike Mills
1992		University – Steve Llewellyn
1991		Ferris – Wayne Gilman
1990		Rogers Spokane – Ron Challenger
1989		Eisenhower – Phil English
1988		Mead – Wes Player

3A GIRLS

2020	16:42.1*	Allie Janke 12 – North Central 1st
2019	17:26.8	Allie Janke 11 – North Central 1st
2018	17:59.1	Allie Janke 10 – North Central 1st
2017	17:55.3	Erinn Hill – North Central 1st
2016	17:44.0	Jordan Oakes – Holy Names Aca. 1st
2015	17:53.5	Jordan Oakes – Holy Names Aca. 1st
2014	17:40.9	Andrea Masterson – Lakeside Sea. 1st
2013	17:50.8	Andrea Masterson – Lakeside Sea. 1st
2012	17:03.6	Amy-Eloise Neale –Glacier Peak 1st
2011	17:10.6	Katie Knight – North Central 1st
2010	17:31.8	Amy Eloise Neale –Glacier Peak 1st
2009	18:08	Amy-Eloise Neale –Glacier Peak 1st
2008	18:25	Andrea Nelson – Shadle Park 1st
2007	18:46	Bronwyn Crossman 12 – Squalicum 1 st
2006	18:44	Bronwyn Crossman 11 - Squalicum 1st
2005	18:25	Michelle Schubert 12 - W Valley Yakima 1st
2004	18:39	Michelle Schubert 11 - West Valley-Yak 1 st
2003	18:41	Isley Gonzalez 12 - Sunnyside 1ST
2002	18:43	Marie Foushee 12 - Bellevue 1ST
2001	18:29	Amanda Miller 10 - Eastmont 1 st
2000	18:36	Jodee Adams-Moore 12- Newport Bell 1 st
1999	18:27	Megan Johnson 12 - Seattle Prep 1st
1998	18:10	Melanie Frostad 10 - East Valley Spokane 1 st
1997	18:41.0	Melaine Frostad 9 - East Valley Spokane 1 st

1996	17:32.5	Kim Stone 10 – Bethel 1 st
1995	17:31.3	Laura Snipes 10 – Snohomish 1 st
1994	17:40.9	Aleah Thome 11 – Eisenhower 1 st
1993	16:58.9	Sarna Renfro 12 – Bellarmine Prep 1 st
1992	17:32.5	Sarna Renfro 11 – Bellarmine Prep 1 st
1991	17:16.3	Kim Schmoka 10 – South Kitsap 1 st
1990	16:55	Sarah Schwald 12 – Rogers Spokane 1 st
1989	17:43.7	Kristin Wellman 12 – Shadle Park 1 st
1988	17:03.5	Robin Bryson 10 – Eisenhower 1 st

2A GIRLS

2020	19:42.48*	Anacortes – Brad Templeton
2019	19:26.0	Ellensburg – Jeff Hashimoto
2018	20:37.10	West Valley Spo. – John Moir
2017	19:48.48	Sehome – Kevin Ryan
2016	19:47.8	Selah 1 st
2015	19:41.7	Liberty Issaquah 1 st
2014	19:18.99	Sehome – Kevin Ryan
2013	19:00.10	Sehome – Kevin Ryan
2012	19:19.0	Sehome – Mark Kerr, Kevin Ryan
2011	19:19	Cheney 1 st
2010	19:36	Sehome – Mark Kerr, Kevin Ryan
2009	19:41	Sehome – Mark Kerr, Kevin Ryan
2008	19:34	Sehome – Mark Kerr, Kevin Ryan
2007	20:26	Sehome – Mark Kerr, Kevin Ryan
2006	20:27	Sehome – Mark Kerr, Kevin Ryan
2005	20:52.8	Riverside – Bill Kemp
2004	20:26	East Valley Yakima – Pete Steiner
2003	20:41	East Valley Yakima – Pete Steiner
2002	20:33	East Valley Yakima – Pete Steiner
2001	20:01	Mount Baker – Dominic Urbano
2000	21:00	Mount Baker – Dominic Urbano
1999	20:05	Mount Baker – Dominic Urbano
1998	20:00	Omak – Russ Brantner
1997	20:21	Ephrata – Don McFarland

1996		East Valley Spokane – Nick Lazanis
1995		East Valley Spokane – Nick Lazanis
1994		East Valley Spokane – Nick Lazanis
1993		Shorecrest – Lane Loland
1992		Gig Harbor – Joel Wingard
1991		Lakeside Seattle – Tim Pardee
1990		Lynnwood – Ernie Goshorn
1989		Lynnwood – Ernie Goshorn
1988		Lynnwood – Ernie Goshorn

1A GIRLS

2020	19:14.0*	Seton Catholic – Jaysun Pyatt
2019	20:02.1	Deer Park – Ken Mulvania
2018	20:19.16	Lakeside 9-mile falls – Steve Olson
2017	19:51.60	Colville – Dean Fischer
2016	19:44.4	Northwest – Joe Bisignano
2015	19:59.8	Northwest – Joe Bisignano
2014	19:53.04	Lakeside 9-mile falls – Steve Olson
2013	19:37.94	Lakeside 9-mile falls – Steve Olson
2012	20:05.9	Riverside 1 st
2011	19:44.5	Lakeside 9-mile falls – Steve Olson
2010	20:42	Riverside 1 st
2009	20:51	King's – Rod Wilcox, Tressa Berg
2008	20:23	King's – Rod Wilcox, Tressa Berg
2007	20:45	King's – Rod Wilcox, Tressa Berg
2006	21:09	King's – Rod Wilcox, Tressa Berg
2005	21:14	Charles Wright – Drew Wartenburg
2004	20:54	Zillah – Ken Johnson
2003	21:14	King's – Rod Wilcox, Tressa Berg
2002	21:07	King's – Rod Wilcox, Tressa Berg
2001	20:58	King's – Rod Wilcox, Tressa Berg
2000	21:49	Saint George's – Ross Thomas
1999	21:12	Saint George's – Ross Thomas
1998	20:32	Saint George's – Ross Thomas
1997	21:14	Chelan – John Rutter, Mark Anderson

1996		Omak – Russ Brantner
1995		Omak – Russ Brantner
1994		Lakewood – Mike Evans
1993		Lakewood – Mike Evans
1992		Omak – Russ Brantner
1991		Lakewood – Mike Evans
1990		Chelan – Mark Anderson
1989		Chelan – Mark Anderson
1988		Chelan – Mark Anderson

2A GIRLS

2020	18:25.3*	Jessica Frydenlund 10 – Anacortes 1 st
2019	18:16.4	Leah Holmgren – Ellensburg 1 st
2018	18:04.5	Amelia Pullen 12 – Washougal 1 st
2017	17:52.9	Kristen Garcia – Sedro Woolley 1 st
2016	18:41.3	Elyria Kabasenche – Pullman 1 st
2015	18:28.9	Brittany Aquino – East Valley Spo 1 st
2014	18:18.2	Emily Pittis 12 – Sehome 1 st
2013	17:58.1	RaynJoy Norton – Burlington Edison 1 st
2012	18:17.7	Emily Pittis 10 – Sehome 1 st
2011	18:17	Emily Pittis 9 – Sehome 1 st
2010	18:02.8	Sarah Reiter – Lindbergh 1 st
2009	18:06	Ruby Roberts – Kingston 1 st
2008	18:25	Allison Cutting – Sequim 1 st
2007	18:39	Ruby Roberts – Kingston 1 st
2006	18:28	Stephanie Marcy 12 – Sequim 1 st
2005	19:24.0	Sarah Porter 11 – Hockinson 1 st
2004	18:33	Brittney Sanchez 10 – Grandview 1 st
2003	18:54	Katrina Drennen 9 – Orting 1 st
2002	19:09	Breanne Siebol 12 – East Valley Yak 1 st
2001	18:22	Bobeya Krishnek 12 – Mount Baker 1 st
2000	19:42	Tara Ward 9 – Woodland 1 st
1999	19:11	Emily Turner 10 – Omak 1 st
1998	18:49	Staci Hunter 10 – Ephrata 1 st
1997	18:56.4	Staci Hunter 9 – Ephrata 1 st

1996	17:18.6	Ann Ramsey 12 – Lakeside Seattle 1 st
1995	17:45.6	Ann Ramsey 11 – Lakeside Seattle 1 st
1994	17:47.5	Jeannette Zimmer 9 – Cheney 1 st
1993	18:00.3	Jessica Riehle 9 – West Valley Spokane 1 st
1992	17:42.6	Suzanna Matsen 12 – Lakeside Seattle 1 st
1991	16:54.9	Heidi VanBurkulo 12 – Blanchet 1 st
1990	17:42	Suzanna Matsen 10 – Lakeside Seattle 1 st
1989	18:24.4	Stephanie Malnack 11 – Lynnwood 1 st
1988	17:21.7	Helene Wilburn 12 – Lakeside Seattle 1 st

1A GIRLS

2020	18:25.7*	Lara Carrion 11 – Seton Catholic 1 st
2019	17:39.6	Alaina Stone 12 – Colville 1 st
2018	18:16.7	Naomi Smith 11 – King's 1 st
2017	18:06.9	Alyce Harlan 12 – Nooksack Valley 1 st
2016	18:05.2	Erin Mullins 12 – Cascade Leav. 1 st
2015	18:06.6	Alexis Redfield – Zillah 1 st
2014	18:42.80	Alexis Redfield – Zillah 1 st
2013	18:32.76	Erin Mullins 12 – Cascade Leav. 1 st
2012	18:38.5	Sally Larson – Cedar Park Chr. 1 st
2011	17:54.6	Maddie Meyers 12 – Northwest 1 st
2010	17:33.9	Maddie Meyers 11 – Northwest 1 st
2009	18:01	Maddie Meyers 10 – Northwest 1 st
2008	18:53	Maddie Meyers 9 – Northwest 1 st
2007	19:16	Olivia Thomas 11 – King's 1 st
2006	19:15	Lizzie Jewson 12 – Charles Wright 1 st
2005	19:22	Jane Larson 12 – Cedar Park Chr 1 st
2004	19:01	Jane Larson 11 – Cedar Park Chr 1 st
2003	19:03	Kysa Conrath 10 – Odessa 1 st
2002	19:44	Rachel Strand 12 – King's 1 st
2001	19:32	Ashley Hadway 12 – NW Chr Colbert 1 st
2000	19:41	Laura Halverson 12 – Freeman 1 st
1999	19:30	Laura Halverson 11 – Freeman 1 st
1998	19:00	Laura Halverson 10 – Freeman 1 st
1997	19:39.1	Samantha Clarke 9 – Saint George's 1 st

1996	18:30.1	Katie Park 12 – Mount Baker 1 st
1995	18:38.5	Amy King 11 – King's 1 st
1994	18:41.6	Erica Garrison 11 – Ocosta 1 st
1993	17:58.8	Mathea Kok 12 – Bellevue Christian 1 st
1992	18:47.9	Mathea Kok 11 – Bellevue Christian 1 st
1991	18:23.1	Tanya Robinson 10 – Tenino 1 st
1990	17:31	Barbara Richarson 12 – Waterville Mansfield 1 st
1989	18:15	Robyn Slate 12 – Colfax 1 st
1988	17:25.4	Carissa Seward 11 – Goldendale 1 st

B GIRLS – 1995-2005 combined with “A”.

2020		No complete teams
2019	21:03.5	Pope John Paul 2 – Larry Weber
2018	20:34.20	Liberty Bell – Erik Brooks
2017	19:37.8	Liberty Bell – Erik Brooks
2016	19:58.6	Liberty Bell – Erik Brooks
2015	21:05.9	Ocosta 1 st
2014	20:12.57	NW Christian Lacey – Larry Weber
2013	20:45.10	NW Christian Lacey – Larry Weber
2012	20:47.4	NW Christian Lacey – Larry Weber
2011	20:22.5	NW Christian Lacey – Larry Weber
2010	20:31.5	NW Christian Lacey – Larry Weber
2009	20:19	NW Christian Lacey – Bill Kehoe
2008	21:55	NW Christian Lacey – Bill Kehoe
2007	21:16	NW Christian Lacey – Bill Kehoe
2006	22:19	NW Christian Lacey – Bill Kehoe

1994		Saint George’s – Marty Jessett
1993		Saint George’s – Marty Jessett
1992		Seattle Lutheran – Bob Mathews
1991		Pomeroy – Fred Knebel

B GIRLS

2020	17:57.6*	Chloe Overberg – Asotin 1 st
2019	17:57.5	Gabby Martin – Life Christian Aca. 1 st *
2018	18:27.4	Novie McCabe 11 – Liberty Bell 1 st
2017	18:30.2	Novie McCabe 10 – Liberty Bell 1 st
2016	18:51.9	Novie McCabe 9 – Liberty Bell 1 st
2015	19:11.9	Madison Ward – Saint George’s 1 st
2014	18:25.40	Tracy Melville – Lind Ritzville 1 st
2013	18:20.41	Sierra Speiker 12 – Oroville 1 st
2012	18:58.4	Sierra Speiker 11– Oroville 1 st
2011	18:36	Morgan Willson – 12 Colfax 1 st
2010	18:44.8	Sierra Speiker 9 – Oroville 1 st
2009	18:36	Morgan Willson 10 – Colfax 1 st
2008	19:18	Neola Putnam – T Lake/Glenwood 1 st
2007	19:14	Joscelyn Minton - NW Chr Lacey 1 st
2006	19:20	Lisa Vandenburg-NW Chr Colbert 1 st

1994	19:43.5	Edie DeNiro 12 – Saint George’s 1 st
1993	19:55.7	Chrissy Peterson 11 – Saint George’s 1 st
1992	19:37.1	Kymi Quackenbush 11 – Christian Faith 1 st
1991	19:20.8	Kelly Charbonneau 12 – NW Chr. Lacey 1 st

Fort Worden, Port Townsend**Girls Team Champions****3A Girls Teams**

1987	Issaquah – Ken Ruud
1986	Issaquah – Ken Ruud

2A Girls Teams

1987	Edmonds – Tom Campbell
1986	West Valley Spo. – Jim McLachlan

1A Girls Teams

1987	Riverside – Bill Kemp
1986	Washougal – John Oyala

Girls Individual Champions**3A Girls Individuals**

1987	17:21	Jennifer Robertson – Rogers Puy. 1 st – 3 miles
1986	17:16.2	Joy Lamb – Lewis & Clark 1 st – 3 miles

2A Girls Individuals

1987	18:15	Erika Klein – Edmonds 1 st – 3 miles
1986	17:44.0	Amy Duryee – West Valley Spo. 1 st – 3 miles

1A Girls Individuals

1987	17:04	Carissa Seward – Goldendale 1 st – 3 miles
1986	17:40	Carissa Seward – Goldendale 1 st – 3 miles

Hangman Valley Golf Course, Spokane**Girls Team Champions****3A Girls Teams**

1985	Issaquah – Ken Ruud
1984	Eastside Catholic – Don Kiehn

2A Girls Teams

1985	Edmonds – Tom Campbell
1984	Edmonds – Tom Campbell

1A Girls Teams

1985	Cashmere – Gary Carlton
1984	Ephrata – Don McFarland

Girls Individual Champions**3A Girls Individuals**

1985	18:47	Brigid Sterling – Roosevelt 1 st – 3 miles
1984	18:20.2	Randi Taruscio – Walla Walla 1 st – 3 miles

2A Girls Individuals

1985	19:44	Tricia Hepton – West Valley Spo. 1 st – 3 miles
1984	18:23.8	Carolyn Gilbert – Kelso 1 st – 3 miles

1A Girls Individuals

1985	19:51	Natasha Bamberger – Coupeville 1 st – 3 miles
1984	18:32.6	Heather Maple – Tonasket 1 st – 3 miles

Evergreen High School, Seattle

Girls Team Champions

3A Girls Teams

1983	Walla Walla – Ron Hunnington
1982	Central Valley – Bill Berg
1981	Everett – Harlan Jackson
1980	Ferris – Dennis Driskill
1979	Bellarmine – Sam Ring
1978	Bellarmine – Sam Ring
1977	Bellarmine – Sam Ring

2A Girls Teams

1983	Edmonds – Tom Campbell
1982	Lakeside Sea. – Hugh Tower
1981	combined with 3a
1980	Gig Harbor – Joel Wingard
1979	Centralia – Ron Smith
1978	Olympia – Larry Neilson
1977	West Valley Spo. – Jim McLachlan

1A Girls Teams

1983	Carroll – Phil English
1982	Carroll – Phil English
1981	Carroll – Phil English
1980	Montesano – Al Heynsten
1979	Langley (S. Whidbey) – Carl Westling
1978	Mount Baker – Jim Freeman
1977	Mount Baker – Jim Freeman

1976 Edmonds – Tom Campbell

Girls Individual Champions

3A Girls Individuals

1983	18:13.3	Chris Slentz – Lewis & Clark 1 st – 3 miles
1982	16:50.1	Patty Matava 12 – Bellevue 1 st – 3 miles
1981	17:30	Patty Matava 11 – Bellevue 1 st – 3 miles
1980	16:58	Patty Matava 10 – Bellevue 1 st – 3 miles
1979	11:32	Lisa Mitchell - Sammamish 1 st – 2 miles
1978	11:50	Sheila Kaskie – Lakes 1 st – 2 miles
1977	12:00.0	Sheila Kaskie – Lakes 1 st – 2 miles

2A Girls Individuals

1983	18:15.2	Genevieve Pfueller – Sehome 1 st – 3 miles
1982	17:13.9	Patty Ley 12 – Gig Harbor 1 st – 3 miles
1981	combined with 3a	
1980	18:19	Patty Ley 10 – Gig Harbor 1 st – 3 miles
1979	12:15	Wendy Schmitt – Centralia 1 st – 2 miles
1978	12:23	Judy Weitz – West Valley Spo. 1 st – 2 miles
1977	12:27.5	Jeni Trosel – Acacortes 1 st – 2 miles

1A Girls Individuals

1983	18:40.7	Heather Maple – Tonasket 1 st – 3 miles
1982	17:51.4	Kris Vickers 12 – Carroll 1 st – 3 miles
1981	19:17	Kathy Rouleau 11 – Carroll 1 st – 3 miles
1980	18:09.7	Lisa Braun – Cashmere 1 st – 3 miles
1979	12:21.5	Shaunne Howe – Montesano 1 st – 2 miles
1978	12:23	Cathy Torrens – White Salmon 1 st – 2 miles
1977	12:47.4	Donna Darhoud – Vashon 1 st – 2 miles

1976 12:14 Pam Happy – Meadowdale 1st – 2 miles

First Official State Championships – Lake Sammamish State Park, Issaquah

Girls Team Champions

1975	Sealth – Rusty Bowen
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Girls Individual Champions

1975	11:45	Molly O'Neil – Everett 1 st – 2 miles
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Granger Jaycees Girls State Championships – Granger High School

2A Team

1974	Newport Bellevue – Larry Hitchcock
1973	Shoreline – James Kreise

1A Team

1974	Selah – Linda Smith
1973	Bellevue Christian – Pauline Stickney

2A Girls

1974	8:29	Doris Lahti – Battle Ground 1 st – 1.5 miles
1973	8:18.9	Lou Allison – Sehome 1 st - 1.5 miles

1A Girls

1974	8:26.6	Becky Wick – Bellevue Chr. 1 st – 1.5 miles
1973	8:51.0	Denise Mueller – Selah 1 st - 1.5 miles

BEST TEAMS BY DECADE (BASED ON AVERAGE TIMES AND CHAMPIONSHIPS)

BEST BOYS TEAMS BY DECADE

THE 2010'S

NORTH CENTRAL – COACH JON KNIGHT – 7 TITLES – 2013 AVE = 15:28
KAMIAKIN – COACH MATT REXUS – 3 TITLES - 2017 AVE = 15:24
GIG HARBOR – COACH ? – 3 TITLES – 2013 AVE = 15:23
TAHOMA – COACH JEFF BRADY – 2 TITLES – 2011 AVE = 15:48
SEHOME – COACH MARK KERR, KEVIN RYAN – 9 TITLES – 2015 AVE = 16:03
LAKESIDE 9-MILE FALLS – COACH STEVE OLSON – 4 TITLES – 2019 AVE = 16:43
MEDICAL LAKE – COACH GENE BLANKENSHIP – 3 TITLES – 2014 AVE = 16:33
NORTHWEST CHRISTIAN LACEY – COACH MIKE MICHAEL, LARRY WEBBER – 6 TITLES - 2019 AVE = 16:45
TRI CITIES PREP – COACH SCOTT LARSON – 3 TITLES
DEER PARK – COACH GREG CHAPMAN – 2 TITLES

THE 2000'S

JOEL FERRIS – COACH MIKE HADWAY – 5 TITLES – 2009 AVE = 15:52
MEAD – COACH PAT TYSON, STEVE KIESEL – 5 TITLES – 2001 AVE = 16:01
NORTH CENTRAL – COACH JON KNIGHT – 4 TITLES – 2008 AVE = 15:36
BISHOP BLANCHET – COACH LEO GENEST, JOHN O'LEARY – 3 TITLES – 2004 AVE = 16:20
SEHOME – COACH MARK KERR, KEVIN RYAN – 2 TITLES – 2008 AVE = 16:27
BURLINGTON EDISON – COACH SUE WRIGHT – 3 TITLES – 2009 AVE = 16:25
EAST VALLEY YAKIMA – COACH PETE STEINER – 2 TITLES
KING'S – COACH ROD WILCOX – 3 TITLES – 2001 AVE = 16:59
CHARLES WRIGHT ACADEMY – COACH DREW WARTENBURG – 2 TITLES – 2004 AVE = 16:49

THE 1990'S

MEAD – COACH PAT TYSON – 7 TITLES
UNIVERSITY – COACH BOB BOBERO – 3 TITLES
OMAK – COACH RUSS BRANTNER – 5 TITLES
CHEWELAH – COACH DAN STONE – 3 TITLES
LAKESIDE 9-MILE FALLS – COACH MATT SULLIVAN – 2 TITLES
LYNNWOOD – COACH ERNIE GOSHORN – 2 TITLES
BLANCHET – COACH LEO GENEST – 2 TITLES

THE 1980'S

EDMONDS – COACH TOM CAMPBELL – 5 TITLES
SHORECREST – COACH PAT TYSON – 2 TITLES
BLANCHET – COACH LEO GENEST – 2 TITLES
EPHRATA – COACH DON MCFARLAND – 2 TITLES
MEAD – COACH PAT TYSON – 2 TITLES

THE 1970'S

RICHLAND – COACH MAX JENSEN – 5 TITLES
CURTIS – COACH BERT WELLS – 3 TITLES
SELAH – COACH WAYNE WORBY – 2 TITLES
TYEE – COACH BOB GUNTHER – 2 TITLES
OMAK – COACH RUSS BRANTNER – 2 TITLES
KENNEWICK – COACH DAVE ROCKSTROM – 2 TITLES
TOLT – COACH BOB SUMMERS – 2 TITLES
MOUNT BAKER – COACH JIM FREEMAN – 2 TITLES

THE 1960'S

SHADLE PARK – COACH JIM BERRY (2 TITLES)
ROGERS SPOKANE – COACH TRACY WALTERS (2 TITLES)
SNOHOMISH – COACH KEITH GILBERTSON (2 TITLES)
FRANKLIN – COACH FRANK AHERN (2 TITLES)
LEWIS & CLARK – COACH ART FREY (2 TITLES)

BEST GIRLS TEAMS BY DECADE

THE 2010'S

GLACIER PEAK – COACH DAN PARKER (5 TITLES)
NORTHWEST CHRISTIAN LACEY – COACH LARRY WEBER (5 TITLES)
SEHOME – COACH MARK KERR, KEVIN RYAN (5 TITLES)
LAKESIDE 9-MILE FALLS – COACH STEVE OLSON (4 TITLES)
CAMAS – (4 TITLES AND 2ND FASTEST AVERAGE OF THE DECADE)
LIBERTY BELL – COACH ERIK BROOKS (3 TITLES)
NORTH CENTRAL – COACH JON KNIGHT (3 TITLES AND FASTEST AVERAGE OF THE DECADE)

THE 2000'S

KING'S – COACH ROD WILCOX (7 TITLES)
SEHOME – MARK KERR, KEVIN RYAN (5 TITLES)
NORTHWEST CHRISTIAN LACEY – COACH BILL KEHOE (4 TITLES)
EAST VALLEY YAKIMA – COACH PETE STEINER (3 TITLES)
GIG HARBOR – COACH PATTY LEY (3 TITLES)
SQUALICUM – COACH TIM IRVIN (3 TITLES)
SNOHOMISH – COACH DAN PARKER (2 TITLES AND FASTEST AVERAGE OF THE DECADE)

THE 1990'S

EAST VALLEY SPOKANE – COACH NICK LAZANIS (4 TITLES)
LAKEWOOD – COACH MIKE EVANS (3 TITLES)
OMAK – COACH RUSS BRANTNER (4 TITLES)
SAINT GEORGE'S – COACH ROSS THOMAS (4 TITLES)

THE 1980'S

CARROLL – COACH PHIL ENGLISH (3 TITLES)
EDMONDS – COACH TOM CAMBELL (4 TITLES)
ISSAQUAH – COACH KEN RUUD (3 TITLES)

THE 1970'S

BELLARMINE – COACH SAM RING
MOUNT BAKER – COACH JIM FREEMAN

A SUBJECTIVE LIST OF THE BEST XC RUNNERS OF EACH DECADE (BASED ON TIMES AND CHAMPIONSHIPS)

BEST BOYS BY DECADE

THE 2010'S

JAMES MWAURA – LINCOLN 2-Time champion
TANNER ANDERSON – NORTH CENTRAL 2-Time champion
ANTHONY ARMSTRONG – KAMIAKIN – 14:58 5K
ANDREW GARDNER – MEAD – 15:02 5K
JUSTIN JANKE – NORTH CENTRAL – 15:02 5K
ELIASON KABASENCHE – PULLMAN – 15:23 - 2-Time champion
PATRICK GIBSON – SQUALICUM – 15:13 5K - 2-Time champion
ADAM BRIEJER – CHARLES WRIGHT ACADEMY 2-Time champion
TIBEBU PROCTOR – NORTHWEST – 15:22 5K - 2-Time champion
TYLER KING – COUPEVILLE – 15:16
AUSTEN APPERSON – ADNA – 15:56 - 2-Time champion
CHANDLER TEIGEN – ASOTIN – 15:41 - 2-Time champion

THE 2000'S

MAX O'DONAHUE MCDONALD – SEATTLE PREP – 15:32 5K - 2-Time champion
MATT OWENS – EAST VALLEY YAKIMA – 15:43 5K - 2-Time champion
SCOTT CARLYLE – SEHOME – 15:30 5K - 2-Time champion
SHANE MOSKOWITZ – CENTRAL KITSAP – 15:06 5K – Fastest 5k of the decade.
BEN JOHNSTON – NORTH CENTRAL – 15:15 5K – 2nd fastest 5k of the decade.
HUBERTO AND RIGOBERTO JIMENEZ – 16:18 5k – Brothers place 1st & 2nd two years in a row.

THE 1990'S – 3.0 MILE AND 5K

MATT DAVIS – MEAD – 14:09 3.0M – Fastest 3.0m of the decade - 3-Time champion
ISAAC HAWKINS – JOEL FERRIS – 14:39 3.0M - 2-Time champion
DUSTIN DUKE – HENRY JACKSON – 15:35 5K - 2-Time champion
TIM BRIGGS – DAVENPORT – 14:45 3.0M - 3-Time champion
MATT HARRIMAN – OMAK – 15:29 5k - 2-Time champion
MICHAEL KITER – SHADLE PARK – 15:18 5K - 2-Time champion
ADAM TENFORDE – HANFORD – 15:10 5K – Fastest 5k of the decade
GREG KUNTZ – MEAD – 14:29 3.0M – 2nd fastest 3.0m of the decade.

THE 1980'S – ALL 3.0M

CURT CORVIN – LAKES – 15:03 3M - 2-Time champion
KARL VANCALCAR – EDMONDS – 14:57 3M – Fastest 3.0m at Evergreen High School.
ROBERT PRICE – CARROLL – 15:25 3.0M - 3-Time champion
STORMY SHOUMAN – REDMOND – 14:40 3.0M - 2-Time champion
PAT HALLER – LYNNWOOD – 14:37 3.0M – co-fastest 3m at Fort Worden - 2-Time champion
CHRIS LEWIS – MEAD – 14:27 3m – co-fastest 3m Fort Worden & fastest 3m Sun Willows of decade - 2-Time champion
VINCE FIRLOTTE – BLANCHET – 15:22 3M – Fastest time at Hangman Valley
ANDY MARIS – WHITE RIVER – 14:44 3.0M - 2-Time champion
BRENT HOOPER – MONTESANO – 14:56 3.0M - 2-Time champion

THE 1970'S – 2.5 miles and 3.0 miles

BRYAN ALWOOD – MARINER – 12:31 2.5m - 2-Time champion
CHRIS VILLANI – MOUNT BAKER – 12:30 2.5M - 2-Time champion
MIKE MCGLADE – NORTHWEST CHRISTIAN COLBERT – 15:15 3.0m - 2-Time champion
CHIP PIERCE – SELAH – 12:00 2.5M – Fastest 2.5m of the decade - 2-Time champion
MIKE PYEATT – ISSAQUAH – 14:54 3.0m – Fastest 3.0m of the decade

THE 1960'S – various distances but mainly 2.3m.

GERRY LINDGREN – ROGERS SPOKANE -10:47 2.3M – 2 Time champion
ROSCOE DEVINE – COLUMBIA RIVER – 10:50 2.3M – 2-Time champion
DALE ROBERTSON – SHADLE PARK – 10:44 2.3M – Fastest 2.3m of the decade
RANDY JAMES – FERRIS – 2-Time champion
KEITH ANDERSON – BATTLE GROUND - 2-Time champion

BEST GIRLS BY DECADE

THE 2010'S – AN AMAZING DECADE

ALEXA EFRAIMSON – CAMAS – 17:01 – 2-Time champion
TAYLOR ROE – KAMIAK & LAKE STEVENS – 17:34 – 2-Time champion
ALLIE JANKE – NORTH CENTRAL – 17:26 – 2 Time champion
AMY ELOISE NEALE – GLACIER PEAK – 17:03 – 3 Time champion
KATIE KNIGHT – NORTH CENTRAL – 17:10 – 1 Title but beat Neale
JORDAN OAKES – HOLY NAMES ACADEMY – 17:44 – 2-Time champion
ANDREA MASTERSON – LAKESIDE SEATTLE – 17:40 – 2-Time champion
MADDIE MEYERS – NORTHWEST – 17:33 – 4-Time champion

THE 2000'S

BRIE FELNAGLE – BELLARMINE PREP – 17:53 5k – 2-Time champion
MEGAN O'REILLY – MOUNT SPOKANE – 17:35 5k – fastest time of the decade
BRONWYN CROSSMAN – SQUALICUM – 2-Time champion
MICHELLE SCHUBERT – WEST VALEY YAKIMA – 2-Time champion
RUBY ROBERTS – KINGSTON – 2-Time champion
JANE LARSON – CEDAR PARK CHRISTIAN – 2-Time champion

THE 1990'S

MELANIE FROSTAD – EAST VALLEY SPOKANE – 18:10 5k – 2-Time champion
SARNA RENFRO – BELLARMINE PREP – 16:58 3M – 2-Time champion
STACI HUNTER – EPHRATA – 2-Time champion
ANN RAMSEY – LAKESIDE SEATTLE – 17:18 3M – 2-Time champion
SUZANNA MATSEN – LAKESIDE SEATTLE – 17:42 3M – 2-Time champion
MATHEA KOK – BELLEVUE CHRISTIAN – 17:58 3M – 2-Time champion
LAURA HALVORSON – FREEMAN – 3-Time champion

THE 1980'S

Patty Matava – Bellevue – 16:50 3m – 3-time champion (fastest 3m of the decade)
Patty Ley – Gig Harbor – 17:13 3m - 2-time champion (lost to Patty Matava her junior year)
Carissa Seward – Goldendale – 17:04 3m – 3-time champion

THE 1970'S

Lou Allison – Sehome – 8:19 – fastest 1.5m of the decade
Lisa Mitchell – Sammamish – 11:32 - fastest 2m of the decade

Any additions, corrections, suggestions, or questions?

Rod Wilcox - King's XC

rwilcox@kingsschools.org