

2022 WASHINGTON CROSS COUNTRY STATE CHAMPIONSHIPS – STATISTICAL ANALYSIS

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WASHINGTON STATE CROSS COUNTRY CHAMPIONS ARCHIVE

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Courtesy of therunnerwa.com





2022 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

2022 - From the 17 trophies in a row 2A **Sehome** boys' team, to the **B Covenant Christian** boys team qualifying for their first State meet ever, 2022 State meet brought together a number of interesting stories. Here are a few of them.

FIRST STATE APPEARANCES –

2022 – Two boys teams **B Garfield Palouse** and **B Covenant Christian** made their first trip to Pasco in 2022. No new girls teams debuted.

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

OUTSIDE LOOKING IN – There are 361 high schools in the state of Washington that have or have had XC teams (some are closed but still on record).

Since the first girls state meet in 1973, there have been 285 schools that have qualified a girls' team to State. That leaves 76 schools still looking for a trip to Pasco. The breakdown is as follows: 54 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 or have closed). 55 1A schools have qualified a girls' team and 10 have not (some of the 10 have closed). 59 2A schools have qualified a girls' team and 7 have not. 63 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 323 schools that have qualified a boys' team to State. That leaves 38 boys' teams still looking for a trip to Pasco. The breakdown is as follows: 73 B schools have qualified a boys' team and 26 have not (admittedly many B schools do not offer XC). 60 1A schools have qualified a boys' team and 5 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 27 schools who have never taken either team to state. 22 B schools, 2 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 2022

BOYS: In 2022, 8 of the top 10 and 21 of the top 44 teams made it to state.

- 54 – Bishop Blanchet** – 2 in a row
- 40 – Edmonds-Woodway** 1st since '20
- 37 – Columbia River** – 1st since 2019
- 36 – Gig Harbor** – 2 in a row
- 34 - Snohomish – last was 2021
- 34 – Olympia** – 6 in a row
- 33 – Mead** – 3 in a row
- 32 – Seattle Prep** – 2 in a row
- 31 – Tumwater** – 12 in a row
- 31 - North Central – last was 2021
- 31 - Nathan Hale – last was 2021

- 31 – Montesano** – 1st since 2018
- 31 - King’s – 2 in a row ends
- 30 - Puyallup – last was 2021
- 30 - Omak – last was 2017
- 30 – Kelso** – 1st since 2020
- 30 - Joel Ferris – last was 2016
- 29 – Saint George’s** – 2 in a row
- 29 - Riverside – last was 2020
- 29 - Renton – last was 2019
- 29 - Lakewood – last was 2020
- 29 – Curtis** – 2 in a row

- 28 – West Valley Yak.** – 8 in a row
- 28 – Tahoma** – 13 in a row
- 28 – Selah** – 8 in a row
- 28 – NW Chr. Colbert – last was 2020
- 28 - Lakeside Seattle – last was 2018
- 27 – Sehome** - 21 in a row
- 26 – Richland – last was 2017
- 26 – Capital – last was 2020
- 25 – La Center** – 2 in a row
- 25 – Bellevue – last was 2012
- 24 – Redmond – last was 2018

- 24 – O’Dea – last was 1999
- 24 – Ellensburg** – 1st since 2020
- 24 – Eisenhower – last was 2021
- 23 – Silas (Wilson) – last was 2017
- 23 – Issaquah** – 3 in a row
- 23 – Connell – last was 2020
- 23 – Burlington Edison – last was 2015
- 23 – Newport Bell. – 3 in a row ends
- 22 – Bellarmine Prep** – 1st since 2019
- 22 – Lakeside 9 mile** – 2 in a row
- 22 – West Valley Spo. - last was 20

GIRLS: In 2022, 5 of the top 10 and 20 of the top 40 made it to state.

- 41 – Bellarmine Prep** – 2 in a row
- 35 - Eisenhower – last was 2021
- 32 – Gig Harbor** – 2 in a row
- 31 - Riverside – last was 2016
- 30 - South Whidbey – last was 2020
- 30 – Snohomish** – 2 in a row
- 29 - Lakeside Seattle – last was 2014
- 29 – Capital** – 1st since 2019
- 28 – Tahoma** – 4 in a row
- 28 - Mount Baker – last was 2014

- 27 – Issaquah** – 3 in a row
- 26 - Tumwater – 9 in a row ends
- 26 – Olympia** – 1st since 2015
- 25 - King’s – 6 in a row ends
- 25 - Chelan – last was 2019
- 24 – West Valley Spo.** – 2 in a row
- 24 – Sehome** – 21 out of 22 years
- 24 - Redmond – last was 2019 title
- 24 – Columbia River** – 1st since 2014
- 24 – Bishop Blanchet** – 2 in a row

- 23 - South Kitsap – last was 2019
- 23 – Selah** – 2 in a row
- 23 - Mercer Island – last was 2015
- 22 - Edmonds Woodway 7 in a row ends
- 22 – Saint George’s** – 2 in a row
- 22 - Omak – last was 2015
- 22 – Mead** – 3 in a row
- 22 - Kelso – last was 2007
- 22 - Ephrata – last was 2015
- 21 – North Kitsap** – 2 in a row

- 21 - Montesano – last was 2014
- 21 - La Center – last was 2021
- 20 - Newport Bellevue – last was 2020
- 20 – Enumclaw** – 1st since 2015
- 20 - Cedarcrest/Tolt – last was 2021
- 20 – Camas** – 14 out of 15 years
- 20 – Bellingham** – 17 out of 18 years
- 19 – West Valley Yak.** – 3 in a row
- 19 - Lynden Christian – last was 2019
- 18 – Lakeside 9 mile** – 2 in a row

COMBINED: In 2022, 26 of the top 44 schools made it to state. 18 of the top 44 qualified both teams to State.

- 78 – Blanchet** – 54 boys, 24 girls
- 68 – Gig Harbor** – 36 boys, 32 girls
- 64 – Snohomish** – 34 boys, 30 girls
- 63 – Bellarmine Prep** – 22 boys, 41 girls
- 62 – Edmonds-Wood** – 40 boys, 22 girls
- 61 – Columbia River** – 37 boys, 24 girls
- 60 - Riverside – 29 boys, 31 girls
- 60 – Olympia** – 34 boys, 26 girls
- 59 - Eisenhower – 24 boys, 35 girls
- 57 – Tumwater** – 31 boys, 26 girls
- 57 - Lakeside Sea – 28 boys, 29 girls

- 56 – Tahoma** – 28 boys, 28 girls
- 56 - King’s – 31 boys, 25 girls
- 55 – Mead** – 33 boys, 22 girls
- 55 – Capital** – 26 boys, 29 girls
- 55 - Omak – 30 boys, 22 girls
- 52 – Montesano** – 31 boys, 21 girls
- 52 – Kelso** – 30 boys, 22 girls
- 51 – Selah** – 28 boys, 23 girls
- 51 – Sehome** – 27 boys, 24 girls
- 51 – Saint George’s** – 29 boys, 22 girls
- 50 - South Whidbey – 20 boys, 30 girls

- 50 – Issaquah** – 23 boys, 27 girls
- 49 – Seattle Prep** – 32 boys, 17 girls
- 49 - Mount Baker – 21 boys, 28 girls
- 48 - Redmond – 24 boys, 24 girls
- 47 – West Valley Yak** – 28 boys, 19 girls
- 46 – West Valley Sp.** – 22 boys, 24 girls
- 46 - Puyallup – 30 boys, 16 girls
- 46 – La Center** – 25 boys, 21 girls
- 45 – Curtis** – 29 boys, 16 girls
- 43 – South Kitsap – 20 boys, 22 girls
- 43 – Newport Bell. – 23 boys, 20 girls

- 43 – Lakewood – 29 boys, 14 girls
- 42 – Renton – 29 boys, 13 girls
- 42 – North Central – 31 boys, 11 girls
- 42 – Mercer Island – 19 boys, 23 girls
- 41 – Nathan Hale – 31 boys, 10 girls
- 41 – Ellensburg** – 24 boys, 17 girls
- 41 – Chelan – 16 boys, 25 girls
- 41 – Cedarcrest/Tolt – 21 boys, 20 girls
- 41 – Camas** – 21 boys, 20 girls
- 40 – Bellingham** – 20 boys, 20 girls
- 40 – Lakeside 9 mile** 22 boys, 18 girls

MOST BOYS STATE APPEARANCES BY DIVISION

Boys 4A

- 34 – Olympia** – 10 of 11 years
- 30 - Puyallup – last was 2021
- 30 - Joel Ferris – last was 2016
- 29 – Curtis** – 6 out of 7 years
- 28 – West Valley Yakima** - 8 in a row
- 28 – Tahoma** – 13 in a row
- 26 - Richland – last was 2017
- 24 - Redmond – last was 2018
- 24 - Eisenhower – 13 out of 16 years

- 23 - Newport Bellevue 3 in a row ends
- 23 – Issaquah** – 7 of 8 years
- 22 – Bellarmine Prep** – 1st since 2019
- 21 – Camas** – 13 out of 14 years
- 20 - South Kitsap – last was 2018
- 20 – Lewis & Clark** – 5 out of 6 years
- 20 - Henry Jackson – 20 of 27 years
- 19 - Mount Rainier – last was 2008
- 18 - University – last was 2015

- 18 – Kamiakin** – 13 out of 14 years
- 17 - Hazen – last was 2015
- 17 - Central Valley – last was 2020
- 14 – Lake Stevens** – 1st since 2020
- 14 - Kent-Meridian – last was 2009
- 12 - Eastmont – last was 2001
- 12 - Bothell – last was 2014
- 12 - Battle Ground – last was 2012
- 11 – Kamiak** – 4 in a row

- 10 – Glacier Peak – last was 2018
- 9 – Auburn – last was 2004
- 9 – Marysville Pillchuck – last was 2001
- 8 – Woodinville – last was 2020
- 8 – Mount Si – last was 2020
- 8 – Federal Way – last was 2010
- 8 – Rogers Puyallup** – 1st since 1993
- 8 – Skyview – last was 2020
- 8 – Cascade Everett – last was 2009

Boys 3A

- 54 – Bishop Blanchet** – 42 of 45 years
- 39 – Edmonds Woodway** – 8 of 9 years
- 36 – Gig Harbor** – 2 in a row
- 34 - Snohomish – 5 out of 7 years
- 33 – Mead** – 3 in a row
- 32 – Seattle Prep** – 2 in a row
- 31 - North Central – 17 out of 19 yrs.
- 31 - Nathan Hale – last was 2021
- 30 - Kelso – 2 out of 3 years
- 28 - Lakeside Seattle – last was 2018
- 26 - Capital – last was 2020

- 25 - Bellevue – last was 2012
- 24 - O’Dea – last was 1999
- 23 – Silas (Wilson) – last was 2017
- 22 – Cheney** – 1st since 2019
- 20 - Shorecrest – last was 2009
- 20 – Lakes** – 10 out of 13 years
- 20 - Interlake – last was 2019
- 20 – Central Kitsap** – 3 in a row
- 19 - Mercer Island – 2 in a row ends
- 18 - Mount Vernon – last was 1994
- 17 - Ballard – last was 2020

- 16 - Oak Harbor – last was 2021
- 16 – Garfield** – 1st since 2020
- 15 - Lynnwood – last was 1998
- 15 – Arlington** – 9 in a row
- 14 – Mt Spokane** – 2 in a row
- 13 - Stadium – 5 in a row ends
- 13 - Peninsula – last was 2019
- 13 - Everett – last was 2016
- 12 - Meadowdale – last was 2021
- 12 – Lincoln Seattle** – 2 out of 3 years
- 11 – Yelm** – 2 in a row

- 11 – Shorewood** – 1st since 2019
- 11 - North Thurston – last was 2021
- 11 - Auburn Riverside – last was 2019
- 10 - Ingraham – last was 2014
- 9 - Franklin – last was 2018
- 9 - Decatur – last was 2010
- 9 – Stanwood – last was 2000
- 9 – Roosevelt – last was 2006
- 9 – Kennewick – last was 1993
- 9 – Decatur – last was 2007
- 9 - Walla Walla – last was 1992

Boys 2A

- 37 – Columbia River** – 1st since 2019
- 31 – Tumwater** – 12 in a row
- 29 - Renton – last was 2019
- 29 - Lakewood – 1st since 2014
- 28 – Selah** – 8 in a row
- 27 – Sehome** – 21 in a row
- 24 – Ellensburg** – 9 out of 10 years
- 23 - Burlington Edison – last was 2015
- 22 - West Valley Spo. – last was 2021
- 21 - Lindbergh – last was 2019

- 21 - Cedarcrest – last was 2020
- 20 – Washougal** – 6 out of 7 years
- 20 – Bellingham** – 5 in a row
- 19 – Shelton** – 2 in a row
- 19 – Port Angeles** – 5 out of 7 years
- 18 – Steilacoom** – 7 in a row
- 18 - East Valley Spo. – last was 2017
- 16 – Ridgefield** – 8 in a row
- 16 - Pullman – 7 out of 9 years
- 16 – Ephrata** – 2 in a row

- 16 - East Valley Yakima – last was 2008
- 15 – Enumclaw** – 2 in a row
- 14 - Shadle Park – 1 since 1987
- 14 - Highline – last was 2004
- 14 - Franklin Pierce – last was 2014
- 13 - North Kitsap – 5 out of 7 years
- 13 - Mountlake Terrace – last was 2018
- 13 - Elma – last was 2007
- 12 - Sequim – last was 2017
- 12 - Prosser – last was 1993

- 12 - Mark Morris – last was 2015
- 11 – Kingston** – 7 out of 8 years
- 11 – Bremerton** – 1st since 1988
- 10 - Washington – last was 1997
- 10 – Squalicum** – 2 in a row
- 10 - Sammamish – last was 2018
- 9 - Clover Park – last was 1989
- 9 - Anacortes – last was 2020
- 9 - WF West – last was 2020
- 8 - Evergreen Seattle – last was 2015

Boys 1A

31 - **Montesano** – 1st since 2018
 31 - King's – 26 of 33 years
 30 - Omak – last was 2017
 29 - Riverside – last was 2020
 25 - **La Center** – 17 out of 19 years
 23 - Connell – last was 2020
 22 - **Port Townsend** – 2 in a row
 22 - **Lakeside 9 mile** – 16 of 19 years
 21 - Mount Baker – last was 2004

21 - Cashmere – last was 2019
 20 - South Whidbey – last was 2020
 19 - Charles Wright – last was 2020
 18 - **Meridian** – 2 in a row
 17 - Wapato – last was 2021
 17 - **Royal** – 16 out of 18 years
 17 - Castle Rock – last was 2004
 17 - **Bellevue Christian** – 3 in a row
 16 - Chelan – last was 2016

14 - Lynden Christian – last was 2017
 13 - White Salmon – 10 out of 12 yrs.
 13 - Rochester – last was 2006
 12 - Zillah – last was 2018
 12 - Medical Lake – 10 in a row ends
 12 - Colville – last was 2011
 11 - Vashon Island – last was 2002
 11 - **Northwest** – 10 in a row
 11 - Newport – last was 2007

11 - Freeman – last was 2009
 10 - **Klahowya** – 5 out of 6 years
 9 - Deer Park – last was 2016
 9 - Seattle Christian – last was 2014
 9 - Tenino - 1 since 2006
 9 - Naches Valley – last was 2003
 8 - Bear Creek – last was 2013
 8 - **Overlake** – 2 in a row
 7 - **Bush** – 2 in a row

Boys B

29 - **Saint George's** – 27 of 32 years
 28 - NW Chr. Colbert -12 of 15 years
 20 - Tonasket – last was 2019
 20 - NW Christian Lacey - last was 2019
 18 - Ilwaco – last was 2019
 17 - **Liberty Bell** – 12 out of 13 years

16 - Lake Roosevelt – last was 2014
 15 - Seattle Lutheran – last was 2007
 14 - White Pass Morton– last was 2021
 14 - Colfax – last was 2019
 13 - Toledo – last was 2014
 12 - Asotin – 11 in a row ends

12 - **Tri Cities Prep** – 1st since 2017
 11 - South Bend – last was 1974
 10 - Reardan – last was 2015
 10 - **Onalaska** – 1st since 2014
 10 - **Goldendale** – 6 out of 7 years
 9 - Crosspoint Academy -last was '17

9 - **Mosseyrock** – 1st since 2015
 9 - **Chewelah** - 2 in a row
 8 - **Brewster** – 2 in a row

MOST GIRLS STATE APPEARANCES BY DIVISION

Girls 4A

41 - **Bellarmine Prep** –24 of 26 years
 35 - Eisenhower – 12 of 14 years
 28 - **Tahoma** – 19 out of 20 years
 27 - **Issaquah** – 8 of 9 years
 26 - **Olympia** – 1st since 2015
 24 - Redmond – last was 2019
 23 - South Kitsap – last was 2019
 20 - Newport Bellevue – 1 since 2008
 20 - **Camas** – 14 of 15 years

19 - **West Valley Yak** – 3 in a row
 18 - **Central Valley** – 3 in a row
 17 - **Lewis & Clark** – 8 of 9 years
 17 - Hanford – last was 2018
 16 - Puyallup – last was 2021
 16 - **Curtis** – 1st since 2017
 15 - Federal Way – last was 1999
 14 - **Richland** – 1st since 2019
 13 - Mount Rainier – last was 2007

13 - Kamiakin – 9 of 13 years
 13 - **Eastlake** – 3 out of 4 years
 12 - Thomas Jefferson–last was 2019
 12 - Eastmont – last was 2001
 11 - Kentridge – 1 since 1996
 11 - Glacier Peak – last was 2019
 11 - Cascade Everett – last was 1996
 11 - Skyview – 6 in a row ends
 11 - Skyline – last was 2021

9 - University – last was 2012
 9 - **Rogers Puyallup** – 4 of 5 years
 8 - **Wenatchee** – 1st since 2019
 8 - Henry Jackson – last was 2018
 8 - Auburn – last was 2002
 7 - Hazen – last was 2016
 7 - Ferris – last was 2018
 7 - Kamiak – 1 since 2016
 7 - **Lake Stevens** – 4 in a row

Girls 3A

32 - **Gig Harbor** – 2 out of 3 years
 30 - **Snohomish** – 2 in a row
 29 - Lakeside Seattle – last was 2014
 29 - **Capital** – 1st since 2019
 24 - **Bishop Blanchet** – 5 of 7 years
 23 - Mercer Island – last was 2015
 22 - **Mead** – 3 in a row
 22 - Kelso – last was 2007
 22 - **Edmonds Woodway** – 7 in a row
 17 - **Seattle Prep** – 3 in a row

16 - Stanwood – last was 2021
 16 - **Peninsula** – 2 in a row
 14 - **Stadium** – 7 in a row
 14 - **Shorecrest** – 1st since 2017
 13 - Lynnwood – 1 point since 1999
 13 - **Holy Names Aca.** – 8 of 10 years
 13 - **Central Kitsap** – 11 of 12 years
 12 - Oak Harbor – 1 since 2013
 12 - **Cheney** – 1st since 2017
 11 - Shorewood – last was 2021

11 - North Central – last was 2020
 11 - **Mount Spokane** – 1st since 2014
 11 - Liberty Issaquah–11 of 13 years
 11 - Bellevue – last was 2015
 11 - **Arlington** – 5 in a row
 10 - Nathan Hale – last was 1990
 9 - Kennedy – last was 1991
 9 - Garfield – last was 2020
 9 - **Ballard** – 8 out of 9 years
 9 - **Bainbridge** – 3 in a row

8 - Prairie – last was 2020
 8 - **Mount Vernon** – 1st since 2009
 8 - Everett – last was 1987
 7 - Yelm – last was 2005
 7 - **Roosevelt** – 3 in a row
 7 - Lakes – last was 2020
 7 - **Lake Washington** – 3 in a row
 7 - Interlake – last was 2012
 7 - Eastside Catholic – last was 2019
 7 - Ingraham – last was 2019

Girls 2A

26 - Tumwater – 9 in a row ends
 24 - **West Valley Spo.** – 6 of 7 years
 24 - **Sehome** – 21 of 22 years
 24 - **Columbia River** – 1st since 2014
 23 - **Selah** – 7 out of 10 years
 22 - Ephrata – last was 2015
 21 - **North Kitsap** – 4 out of 5 years
 20 - **Enumclaw** – 1st since 2015

20 - Cedarcrest – 10 of 15 years
 20 - **Bellingham** – 17 out of 18 years
 17 - **Ellensburg** – 11 in a row
 16 - Lindbergh – last was 2016
 15 - **Washougal** – 6 out of 7 years
 15 - **Steilacoom** – 10 out of 11 years
 15 - Port Angeles – last was 2019
 14 - Lakewood – 1 since 2010

13 - Renton – last was 2014
 12 - **White River** – 9 in a row
 12 - **Anacortes** – 4 in a row
 11 - **Sequim** – 1st since 2016
 11 - **Ridgefield** – 6 out of 9 years
 11 - Pullman – 7 out of 9 years
 11 - **Hockinson** – 1st since 2019
 9 - **Kingston** – 2 out of 3

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

Girls 1A

31 - Riverside – last was 2016
 30 - South Whidbey – last was 2020
 28 - Mount Baker – last was 2014
 25 - King's – 21 of 23 years
 25 - Chelan – last was 2019
 22 - Omak – last was 2015
 21 - Montesano – last was 2014
 21 - La Center – 15 of 17 years
 19 - Lynden Christian – last was 2019

18 - Zillah – last was 2018
 18 - **Lakeside 9 mile** – 16 of 17 years
 15 - **Meridian** – 1st since 2018
 15 - Cashmere – last was 2019
 13 - **White Salmon** – 1st since 2019
 13 - Vashon Island – last was 2015
 13 - Deer Park – last was 2019
 12 - **Port Townsend** – 2 in a row
 12 - Bellevue Christian – last was 2010

11 - **Wapato** – 1st since 1994
 10 - **Royal** – 10 out of 11 years
 10 - Northwest – last was 2019
 10 - **Klahowya** – 7 out of 8 years
 9 - Tenino – last was 1993
 9 - Nooksack Valley – last was 2016
 9 - Newport – last was 1997
 9 - Hoquiam – last was 2012
 9 - Cle Elum Roselyn – last was 2010

9 - **Bush** – 5 in a row
 8 - **Medical Lake** – 3 in a row
 8 - Freeman – last was 2013
 8 - Colville – last was 2018
 7 - Cedar Park Chr. – last was 2012
 7 - **Bear Creek** – 1st since 2016
 7 - Annie Wright – last was 2001
 6 - **Seton Catholic** – 5 in a row

Girls B

22 - **Saint Georges** – 4 out of 6 years
 17 - White Pass Mor. – last was 2016
 17 - Northwest Chr. Lacey-last was '19
 16 - Asotin – 16 of 19 years
 13 - Ilwaco – last was 2019

12 - Seattle Lutheran – last was 1996
 11 - NW Chr. Colbert – last was 2017
 10 - **Liberty Bell** – 7 of 8 years
 9 - **Rainier** – 5 of 7 years
 9 - Ocosta – last was 2015

8 - Reardan – last was 2015
 8 - Lake Roosevelt – last was 2012
 8 - Carroll – last was 1985
 6 - Onalaska – last was 2010
 6 - Colfax – last was 2019

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

MOST COMBINED STATE APPEARANCES BY DIVISION

4A COMBINED

- 63 - Bellarmine Prep - 22 boys, 41 girls
- 60 - Olympia - 34 boys, 26 girls
- 59 - Eisenhower - 24 boys, 35 girls
- 56 - Tahoma - 28 boys, 28 girls
- 50 - Issaquah - 23 boys, 27 girls
- 48 - Redmond - 24 boys, 24 girls
- 47 - West Valley Yak - 28 boys, 19 girls
- 46 - Puyallup - 30 boys, 16 girls
- 45 - Curtis - 29 boys, 16 girls
- 43 - South Kitsap - 20 boys, 23 girls
- 43 - Newport - 23 boys, 20 girls
- 41 - Camas - 21 boys, 20 girls
- 40 - Richland - 27 boys, 13 girls
- 37 - Lewis & Clark - 20 boys, 17 girls
- 37 - Joel Ferris - 30 boys, 7 girls
- 35 - Central Valley - 17 boys, 18 girls
- 32 - Mt. Rainier - 19 boys, 13 girls
- 31 - Kamiakin - 18 boys, 13 girls
- 28 - Henry Jackson - 20 boys, 8 girls
- 27 - University - 18 boys, 9 girls
- 24 - Hazen - 17 boys, 7 girls
- 24 - Hanford - 7 boys, 17 girls
- 24 - Eastmont - 12 boys, 12 girls
- 23 - Federal Way - 8 boys, 15 girls
- 21 - Lake Stevens - 14 boys, 7 girls
- 21 - Glacier Peak - 10 boys, 11 girls
- 20 - Eastlake - 7 boys, 13 girls
- 19 - Skyview - 8 boys, 11 girls
- 19 - Cascade Eve. - 8 boys, 11 girls
- 18 - Kentridge - 7 boys, 11 girls
- 18 - Kamiak - 11 boys, 7 girls
- 17 - Skyline - 6 boys, 11 girls
- 17 - Rogers Puy. - 8 boys, 9 girls
- 17 - Auburn - 9 boys, 8 girls
- 17 - Battle Ground - 12 boys, 5 girls

3A COMBINED

- 78 - Bishop Blanchet - 54 boys, 24 girls
- 68 - Gig Harbor - 36 boys, 32 girls
- 64 - Snohomish - 34 boys, 30 girls
- 62 - Edmonds Woodway - 40 boys, 22 girls
- 57 - Lakeside Seattle - 28 boys, 29 girls
- 55 - Mead - 33 boys, 22 girls
- 55 - Capital - 26 boys, 29 girls
- 52 - Kelso - 30 boys, 22 girls
- 49 - Seattle Prep - 32 boys, 17 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
- 34 - Shorecrest - 20 boys, 14 girls
- 34 - Cheney - 22 boys, 12 girls
- 33 - Central Kitsap - 20 boys, 13 girls
- 29 - Peninsula - 13 boys, 16 girls
- 28 - Oak Harbor - 16 boys, 12 girls
- 28 - Lynnwood - 15 boys, 13 girls
- 27 - Woodrow Wilson - 23 boys, 4 girls
- 27 - Stadium - 13 boys, 14 girls
- 27 - Lakes - 20 boys, 7 girls
- 27 - Interlake - 20 boys, 7 girls
- 26 - Mount Vernon - 18 boys, 8 girls
- 26 - Ballard - 17 boys, 9 girls
- 26 - Arlington - 14 boys, 11 girls
- 25 - Stanwood - 9 boys, 16 girls
- 25 - Mt. Spokane - 14 boys, 11 girls
- 25 - Garfield - 16 boys, 9 girls
- 24 - O'Dea - 24 boys
- 22 - Shorewood - 11 boys, 11 girls
- 21 - Everett - 13 boys, 8 girls
- 18 - Liberty Issaquah - 7 boys, 11 girls
- 18 - Yelm - 11 boys, 7 girls
- 17 - Ingraham - 10 boys, 7 girls
- 16 - Bainbridge - 7 boys, 9 girls

2A COMBINED

- 61 - Columbia River - 37 boys, 24 girls
- 57 - Tumwater - 31 boys, 26 girls
- 51 - Selah - 28 boys, 23 girls
- 51 - Sehome - 27 boys, 24 girls
- 46 - West Valley Spo - 22 boys, 24 girls
- 43 - Lakewood - 29 boys, 14 girls
- 42 - Renton - 29 boys, 13 girls
- 41 - Ellensburg - 24 boys, 17 girls
- 41 - Cedarcrest/Tolt - 21 boys, 20 girls
- 40 - Bellingham - 20 boys, 20 girls
- 38 - Ephrata - 16 boys, 22 girls
- 37 - Lindbergh - 21 boys, 16 girls
- 35 - Washougal - 20 boys, 15 girls
- 35 - Enumclaw - 15 boys, 20 girls
- 34 - Port Angeles - 19 boys, 15 girls
- 34 - North Kitsap - 13 boys, 21 girls
- 33 - Steilacoom - 18 boys, 15 girls
- 27 - Ridgefield - 16 boys, 11 girls
- 27 - Pullman - 16 boys, 11 girls
- 27 - East Valley Spo - 18 boys, 9 girls
- 25 - Shelton - 19 boys, 6 girls
- 25 - Burlington Edison - 23 boys, 2 girls
- 23 - Sequim - 12 boys, 11 girls
- 21 - Highline - 14 boys, 7 girls
- 21 - East Valley Yak - 16 boys, 5 girls
- 21 - Anacortes - 9 boys, 12 girls
- 20 - Shadle Park - 14 boys, 6 girls
- 20 - Kingston - 11 boys, 9 girls
- 19 - Mountlake Terrace - 13 boys, 6 girls
- 19 - White River - 7 boys, 12 girls
- 18 - Squalicum - 10 boys, 8 girls
- 18 - Sammamish - 10 boys, 8 girls
- 17 - Franklin Pierce - 14 boys, 3 girls
- 15 - Hockinson - 4 boys, 11 girls

1A COMBINED

- 60 - Riverside - 29 boys, 31 girls
- 56 - King's - 31 boys, 25 girls
- 52 - Omak - 30 boys, 22 girls
- 52 - Montesano - 31 boys, 21 girls
- 50 - South Whidbey - 20 boys, 30 girls
- 49 - Mount Baker - 21 boys, 28 girls
- 46 - La Center - 25 boys, 21 girls
- 41 - Chelan - 16 boys, 25 girls
- 40 - Lakeside 9 mile - 22 boys, 18 girls
- 36 - Cashmere - 21 boys, 15 girls
- 34 - Port Townsend - 22 boys, 12 girls
- 33 - Meridian - 18 boys, 15 girls
- 33 - Lynden Chr. - 14 boys, 19 girls
- 30 - Zillah - 12 boys, 18 girls
- 29 - Bellevue Chr. - 17 boys, 12 girls
- 28 - Wapato - 17 boys, 11 girls
- 27 - Royal - 17 boys, 10 girls
- 27 - Connell - 23 boys, 4 girls
- 26 - White Salmon - 13 boys, 13 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
- 21 - Northwest - 11 boys, 10 girls
- 20 - Newport - 11 boys, 9 girls
- 20 - Medical Lake - 12 boys, 8 girls
- 20 - Klahowya - 10 boys, 10 girls
- 20 - Colville - 12 boys, 8 girls
- 19 - Freeman - 11 boys, 8 girls
- 18 - Tenino - 9 boys, 9 girls
- 18 - Tenino - 9 boys, 9 girls
- 16 - Bush - 7 boys, 9 girls

B COMBINED

- 51 - Saint George's - 29 boys, 22 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
- 27 - Liberty Bell - 17 boys, 10 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
- 16 - Onalaska - 10 boys, 6 girls
- 15 - Tri Cities Prep - 12 boys, 3 girls
- 15 - Ocosta - 6 boys, 9 girls
- 15 - Goldendale - 10 boys, 5 girls
- 15 - Carol - 7 boys, 8 girls



LONGEST STATE STREAKS EXTENDED

Longest current boys' streaks are -

- 2a Sehome** – 21 (2002-2022)
- 4A Tahoma** – 13 (2010-2022)
- 2A Tumwater** – 12 (2011-2022)
- 1A Northwest** – 10 (2013-2022)
- 3A Arlington** – 9 (2014-2022)
- 4A West Valley Yak.** – 8 (2015-2022)
- 2A Ridgefield.** – 8 (2015-2022)
- 2A Selah.** – 8 (2015-2022)

Longest current girls' streaks are -

- 2A Ellensburg** – 11 (2012-2022)
- 2A White River** – 9 (2014-2022)
- 3A Stadium** – 7 (2016-2022)
- 1A Klahowya** – 6 (2017-2022)

2022 brought down 4 major streaks. **B Asotin boys** – 11 (2011-2021), **1A Medical Lake boys** – 10 (2012-2021), **2A Tumwater girls** – 9 (2013-2021), **3A Edmonds Woodway girls** – 7 (2015-2021) all ended great years of making it to the show.

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 2022, **3 major streaks extended**, 1 major streak 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) *

21 - Sehome boys (2002-2022)

- 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 – Tahoma boys (2010-2022)

- 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 – 2A Tumwater (2011-2022)

- 11 - Tri Cities Prep boys (2007-2017)
- 11 - Seattle Lutheran (1990-2000)
- 11 - Puyallup (1981-1991)
- 11 - Northwest Christian Colbert (2008-2018)
- 11 - Lakeside Seattle (1991-2001)
- 11 - Eisenhower boys (2007-2017)
- 11 - Burlington Edison (1962-1972)
- 11 – B Asotin (2011-2021)***

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

Girls – **1 major streak extended**; 0 major streaks ended in 2022.

- 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 – Ellensburg (2012-2022)**
- 11 – Eisenhower (2009-2019) *
- 11 – Bishop Blanchet girls (1990-2000)
- 10 - Snohomish (1999-2008)
- 10 - Riverside (2005-2014) *
- 10 – Liberty Issaquah girls (2010-2019)
- 10 - Lakeside 9 Mile (2006-2015)

* 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.

2022 Boys Gaps – and just like that, the record is broken again.

57-year gap, **4A Moses Lake** - 4 out of 7 of the first meets in the 60's then a bit of a dry spell. (1965-2022)

34-year gap, **2A Bremerton** had a 7-year streak (1968-1974) but only returned once since 1976. (1988-2022)

29-year gap, **4A Rogers Puyallup** – a consistent team of the 70's returns (1993-2022)

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

57 – 4A Moses Lake boys (1965-2022) and just like that it is beaten.

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 meet and returned the following year. That was 1960.

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 '65 then patiently waited 46 years.

46 - **B Morton boys** (1972-2018) found their way back to state in 2018

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

34 - 2A Bremerton had a 7-year streak (1968-1974) but (1988-2022)

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 - 4A Rogers Puyallup – a consistent team of the 70's returns (1993-2022)

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

2022 Girls – and again, the record is tied.

40-year gap, **B Coupeville** girls had a nice 2-year streak 1981-1982 then (1982-2022)

28-year gap, **1A Wapato** girls trophied in 1994 then went quiet (1994-2022)

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 Coupeville** girls (1982-2022) and we have a tie

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.

28 - **1A Wapato** girls trophied in 1994 then went quiet (1994-2022)

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 - 2022 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 64 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. *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.

ALL-TIME GREATEST BOYS' PROGRAMS

1) The legend is back. **3A Mead High School** (242 points+1) 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 33 appearances and has had 62 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) doesn't score. Yes, after 11 titles and 17 trophies in 18 years, this is something. 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 then added two more. 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. 54 of the last 64 State meets have had a boys team from **3A Bishop Blanchet** (185+7) 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 54 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 21 total trophies and placed 44 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 2022 as well as another title in 2021. Looks like the Braves have rebounded and are better than ever, adding to their legendary status.

4) One of the two major movers in the top 10 legends list, **2A Sehome** (179+7) won their 9th title in a row in 2020 but only a trophy in 2021 and 2022. Just 20 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 18 trophies in a row from 2005-2022. Now at 20 total trophies and 12 State titles, the Mariners are moving up the list rapidly. Sehome has only 27 appearances at state which makes their points and trophy ratio even more impressive. Not just quality teams, the Mariners have produced 6 individual State Champions and have run 39 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 10 of the last 12 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 look to be drifting into the teams of the past category.

6) 1996 was the first year that **1A Lakeside – 9 Mile Falls** (137+5) 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 22 of the last 27 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 17 trophies including 10 in a row (2004-2013). Lakeside's 22 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 24 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 9 years. However, they won three titles and another trophy in 5 of the 6 other years. Always in the race at State, Lakeside moved past Omak in 2021 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 Seattle Prep** (130+10) has won 4 team titles, each in a different decade (1966, 1972, 2000 and 2022). The Panthers have finished among the top 4 on 19 occasions to go along with 4 individual titles. They have placed 26 runners on the podium and qualified 32 teams to the show. From 1995-2013, Prep only missed out on state once. 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 9 years. 2022 brought the Panthers back to their glory days by racing to another title. Just when it looked like Prep was a faded legend, the Panthers are back and could be starting another streak. Even in the league of legends, things and change quickly, both good and bad.

9) **3A Gig Harbor** (128+3) qualified to State for the first time in 1980, and then missed out in 1981. In 35 of the next 41 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, 40 podium placers and 16 total team trophies. Just when Gig Harbor was moving up this list fast, they only scored 3 points from 2015-2020. However, back with a trophies in 2021 and 2022 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.

10) Counting the histories of both of its predecessor schools, **3A Edmonds-Woodway** (124+1) 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 40 State appearances rank second only to Blanchet, but after their 1995 trophy they only made four appearance between 1996-2013. Back to their old winning ways, the Warriors made 7 straight appearances with 3 trophies from 2014-2020. 2021 was an off year but 2022 brought another appearance. 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.

11) 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 the 3rd best team this century and moving up the lists quickly. However, 2020 brought their streak to an end and 2021 and 2022 were no better. The Navigators 6-year Championship streak (2014-2019) show their program has staying power and will likely return in 2023. Combine their team history with 5 individual titles and 34 runners on the podium. All of that, make them the highest ranked B school in history. Not bad for only 20 appearances.

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 blistering 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 38 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 32 years and won their 15th team trophy in 2021. 2022 brought the rare no show from the 6th ranked Knights. Competition has raised the bar and we'll see if King's can reach it in 2023.

13) B Saint George's (108+5) 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 look to be returning to their legendary past with trophies in 2021 and 2022. Saint George's have climbed the podium for 15 trophies in their 29 appearances. Add to that 3 team titles, 1 individual title and 28 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".

14) 4A Richland (105) returned in 2017 for the second time since 1995 but have no showed since. 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.

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) 2A 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, wining 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 54 BOYS TEAMS:

- | | |
|---|---|
| 17. 1A Riverside (89) 2 titles. 12 total trophies. 29 appearances. | 36. 1A Cashmere (62) 3-year drought and no trophies since 2004 |
| 18. B NW Christian Colbert (88) 36 podium placers, 12 trophies in 28 app. | 37. 2A Bellingham (61+10) 1 st team title, 9 th trophy in 20 appearances |
| 19. 4A Kamiakin (86+1) 4 titles, 10 trophies, 2 individual titles and 31 podiums. | 38. 4A Redmond (61) 24 appearances but a 4-year drought |
| 20. 2A Selah (85+3) 6 individual titles, 29 podium placers, 3 titles in 28 app. | 39. 2A Cedarcrest (59) 8 out of 12 years and 3 trophies |
| 21. 1A Montesano (83+1) 2 titles, 2 individual titles but 0 trophies since 1988 | 40. 4A Issaquah (58+10) 1 st team title, 7 th trophy in 23 rd appearance |
| 22. 3A Snohomish (82) 2 titles, 34 appearances but only 7 points since 2003 | 41. 4A Central Valley (58) 2 yr. drought after 10 in a row with 7 trophies |
| 23. 2A Columbia River (81+1) 37 appearances but only 1 trophy since 1983 | 42. 1A Mount Baker (57) 18-year drought and 3 points since 1992 |
| 24. 4A Tahoma (79+1) 13 in a row with 3 titles and 6 trophies | 43. B Tonasket (57) 20 appearances but only 1 trophy since 1982 |
| 25. 4A University (77) 3 titles, 9 trophies but only 3 appearances since 2001 | 44. B Chewelah (55+10) 4 th title and 7 th trophy in 9 th appearance. |
| 26. 4A Curtis (77+1) 4 titles, 29 appearances but only 6 since 1997 | 45. 2A Shadle Park (55) 1 appearance since 1987 |
| 27. 4A Lewis & Clark (77+3) 3 titles, 11 trophies in only 20 appearances | 46. 3A Shorecrest (54) 20 appearances but 0 since 2009 |
| 28. 2A West Valley-Spokane (72) 11 trophies but 1 appearance since 2007 | 47. 1A South Whidbey (53) 2 yr. drought after 1 st title in 20 appearances |
| 29. 2A East Valley-Yakima (71) 3 titles but 0 appearances since 2008 | 48. 2A Ephrata (52+1) 2 state titles but 2 points since 2005 |
| 30. B Liberty Bell (69+3) 2 titles, 9 trophies in only 17 appearances | 49. 3A Lakeside Seattle (52) only 6 appearances since 1999 title |
| 31. 1A Charles Wright (68) 3 titles, 5 individual titles in 19 appearances | 50. 1A Castle Rock (50) 17 appearances but only 2 since 1987 |
| 32. 1A Medical Lake (67) 9-year streak ends | 51. 2A Squalicum (47+5) 7 trophies in only 10 appearances |
| 33. 2A Lakewood (66) 3 app. since 2009 but had a 26 streak with 11 trophies | 52. 4A Newport Bellevue (47) 1 trophy since 1994 |
| 34. 4A West Valley Yakima (63+5) 9 out of 10 years, 28 total appearances | 53. 1A Chelan (45) 6 trophies in 16 appearances but only 1 this decade |
| 35. 3A Nathan Hale (63) 31 appearances but only 1 since 2015 | 54. 4A Bellarmine Prep (45+1) 11-year streak with 3 trophies ended in 2020 |

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

4A BOYS – Top 3 don't score, 5 of the top 10 scored and 9 of the top 20 made it to state in 2022

- | | | | | |
|-----------------------------------|----------------------------|-----------------------|----------------------------|---------------------|
| 1) Joel Ferris 162 | 20) Redmond 61 | 41) Camas 38 +1 | 62) Gonzaga Prep 14 | 83) Skyview 10 |
| 2) Richland 105 | 11) Central Valley 58 | 20) Mount Rainier 35 | 28) Skyline 14 | 38) Auburn 9 |
| 3) Eisenhower 100 | 11) Issaquah 58 +10 | 21) South Kitsap 24 | 30) <u>Eastlake 13+7</u> | 38) Mariner 9 |
| 4) Kamiakin 86 +1 | 13) Newport Bellevue 47 | 22) Kent-Meridian 22 | 30) Marysville Pilchuck 13 | 38) Inglemoor 9 |
| 5) Tahoma 79 +1 | 14) Bellarmine Prep 45+1 | 23) Hazen 21 | 30) Wenatchee 13 | 41) Woodinville 8 |
| 6) <u>Lewis & Clark 77 +3</u> | 15) Olympia 40 +1 | 24) Lake Stevens 18+1 | 33) Bothell 12 | 41) Federal Way 8 |
| 6) University 77 | 15) Henry Jackson 40 | 25) Eastmont 17 | 33) Mount Si 12 | 41) Rogers Puy. 8+1 |
| 6) Curtis 77 +1 | 17) Rogers-Spokane 39 | 26) Battle Ground 15 | 35) Kamiak 11 +1 | 41) Cascade Eve. 8 |
| 9) <u>West Valley-Yak 63 +5</u> | 18) Puyallup 38 | 26) Davis 15 | 36) Glacier Peak 10 | |

3A BOYS – Mead scores 1, 5 of the top 10 scored and 8 of the top 20 made it to state in 2022.

- | | | | | |
|----------------------------------|--------------------------------|-------------------------|--------------------------|------------------------|
| 1) Mead 242 +1 | 10) Lakeside-Seattle 52 | 19) Mount Vernon 35 | 28) Peninsula 25 | 36) Cleveland 14 |
| 2) North Central 202 | 11) Kennewick 43 | 20) Interlake 34 | 29) Central Kitsap 24 +1 | 38) Walla Walla 13 |
| 3) <u>Bishop Blanchet 185 +7</u> | 12) Capital 41 | 21) Kelso 32 +1 | 29) Ingraham 24 | 38) Stadium 13 |
| 4) Seattle Prep 130 +10 | 13) Cheney 39+1 | 21) Garfield 32+1 | 29) Oak Harbor 24 | 40) Lincoln Seattle 11 |
| 5) <u>Gig Harbor 128 +3</u> | 13) Lynnwood 39 | 23) Silas (Wilson) 31 | 32) Auburn Riverside 19 | 41) Shorewood 11+1 |
| 6) Edmonds-Woodway 124+1 | 13) Bellevue 39 | 24) Mercer Island 30 | 33) Meadowdale 18 | 41) Yelm 11+1 |
| 7) Snohomish 82 | 13) Arlington 39 +1 | 24) Lakes 30 +1 | 34) Ballard 17 | 41) North Thurston 11 |
| 8) Nathan Hale 63 | 17) <u>Mount Spokane 38 +5</u> | 26) O'Dea 27 | 34) Everett 17 | 44) Hudson's Bay 10 |
| 9) Shorecrest 54 | 18) Franklin 37 | 26) Liberty Issaquah 27 | 36) Shoreline 14 | |

2A BOYS – Sehome extends big lead; 4 of the top 10 scored and 10 of top 20 made it to state in 2022.

- | | | | | |
|-----------------------------|----------------------------|--------------------------|--------------------------|---------------------|
| 1) <u>Sehome 179 +7</u> | 10) Shadle Park 55 | 19) Port Angeles 27 +1 | 28) Evergreen Seattle 21 | 37) Elma 13 |
| 2) Burlington-Edison 93 | 11) Ephrata 52 +1 | 20) Anacortes 26 | 28) Enumclaw 21 +1 | 37) North Kitsap 13 |
| 3) <u>Selah 85 +3</u> | 12) <u>Squalicum 47 +5</u> | 20) Washougal 26 +1 | 30) W F West 20 | 39) Washington 12 |
| 4) Columbia River 81+1 | 13) Renton 42 | 22) Tye 25 | 31) Bremerton 17+1 | 39) Prosser 12 |
| 5) West Valley-Spokane 72 | 14) Lindbergh 40 | 23) Steilacoom 24 +1 | 32) Sammamish 16 | 41) Kingston 11+1 |
| 6) East Valley-Yakima 71 | 15) Tumwater 33 +1 | 23) Highline 24 | 32) Ridgefield 16 +1 | 41) Clarkston 11 |
| 7) Lakewood 66 | 16) East Valley Spokane 32 | 25) Shelton 23 +1 | 34) Centralia 15 | 43) Clover Park 9 |
| 8) Bellingham 61 +10 | 16) Ellensburg 32+1 | 25) Mountlake Terrace 23 | 35) Mark Morris 14 | |
| 8) Cedarcrest / Tolt 59 | 18) Pullman 28 | 27) Sequim 22 | 35) Franklin Pierce 14 | |

1A BOYS – Lakeside trophies to extend lead, 2 of top 10 and 5 of the top 20 made it to state in 2022.

- | | | | | |
|----------------------------------|-------------------------|----------------------------|--------------------------|------------------|
| 1) <u>Lakeside-9 mile 137 +5</u> | 10) South Whidbey 53 | 18) Naches 28 | 27) Bellevue Chr. 19 +1 | 36) Zillah 12 |
| 2) Omak 131 | 11) Castle Rock 50 | 20) Freeman 27 | 28) Nooksack Valley 18 | 37) Tenino 10 |
| 3) King's 115 | 12) Chelan 45 | 21) Royal 26 +1 | 29) Highland 16 | 39) Granger 9 |
| 4) Riverside 89 | 13) Colville 43 | 22) Wapato 25 +1 | 29) Klahowya 16+1 | 40) Overlake 8+1 |
| 5) Montesano 83+1 | 14) Port Townsend 37 +1 | 23) Seattle Academy 22 | 29) Lynden Chr. 16 | |
| 6) Charles Wright 68 | 14) La Center 37 +1 | 24) Rochester 21 | 32) Newport 15 | |
| 7) Medical Lake 67 | 16) Connell 36 | 25) <u>Northwest 21 +7</u> | 32) White Salmon 15 +1 | |
| 8) Cashmere 62 | 17) Deer Park 33 | 26) Bush 20 +10 | 34) Seattle Christian 13 | |
| 9) Mount Baker 57 | 18) Meridian 28 +1 | 26) Cascade Leaven 20+1 | 34) Vashon Island 13 | |

B BOYS – NW Chr. Lacey does not score, 4 of the top 10 scored and 5 of the top 20 made it to state in 2022.

- | | | | | |
|---------------------------------|---------------------------------|-------------------|---------------------------|-----------------------|
| 1) Northwest Chr. Lacey 122 | 8)Reardon 42 | 15) Republic 25 | 22) Goldendale 14 +1 | 29) Crosspoint Aca. 9 |
| 2) <u>Saint George's 108 +5</u> | 9) Asotin 39 | 16) Onalaska 18+1 | 23) Mosseyrock 13+1 | 29) Wilbur Creston 9 |
| 3) Northwest Chr. Colbert 88 | 10) Seattle Lutheran 38 | 16) White Pass 18 | 24) Davenport 12 +1 | 29) Lyle 9 |
| 4) <u>Liberty Bell 69 +3</u> | 11) <u>Pope John Paul 30 +7</u> | 18) Carroll 17 | 25) South Bend 11 | 32) Brewster 8+1 |
| 5) Tonasket 57 | 12) Lake Roosevelt 28 | 18) Toledo 17 | 25) Valley Christian 11+1 | |
| 6) Chewelah 55 +10 | 12) Ilwaco 28 | 20) Pomeroy 16 | 27) Odessa 10 | |
| 7) Tri Cities Prep 43+1 | 14) Colfax 27 | 21) Trout Lake 15 | 27) Mary Walker 10 | |

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

1959 – 10 – Shadle Park wins the inaugural State Championships.	1997 – 140 – Mead wins their 16 th trophy. Omak (111) wins their 14 th trophy.
1960 – 15 – Shadle Park wins their 2 nd trophy. Snohomish (11)	1998 – 147 – Mead wins their 17 th trophy. Omak (118) wins their 15 th trophy.
1961 – 18 – Shadle Park wins their 3 rd trophy. Snohomish (12)	1999 – 152 – Mead wins their 18 th trophy. Omak (128) wins their 7 th title.
1962 – 28 – Shadle Park is the 1 st team to win their 2 nd title. Snohomish (19) wins 2 nd trophy.	2000 – 162 – Mead is the 1 st team to win 11 titles. Omak (129) adds one.
1963 – 35 – Shadle Park wins 5 th trophy in a row. Snohomish (26) wins 3 rd trophy	2001 – 172 – Mead is the 1 st team to win 12 titles. Omak (129) won't score again until 2011.
1964 – 38 – Shadle Park wins 6 th trophy in a row. Snohomish (33) wins 4 th trophy	2002 – 182 – Mead is the 1 st team to win 13 titles. Bishop Blanchet (131) moves up 6 th title
1965 – 43 – Snohomish wins 2 nd title. Shadle Park (39) adds one	2003 – 187 – Mead wins 22 nd trophy. Bishop Blanchet (134) wins 16 th trophy.
1966 – 44 – Snohomish adds one. Shadle Park (40) adds one	2004 – 194 – Mead wins 17 th trophy in a row. Bishop Blanchet (144) wins 8 th title.
1967 – 45 – Snohomish adds one. Shadle Park (40) won't score again until 1975.	2005 – 201 – Mead wins their 24 th trophy. Bishop Blanchet (145) adds one.
1968 – 52 – Snohomish wins their 6 th trophy. Shadle Park (40)	2006 – 208 – Mead wins their 19 th trophy in a row. Bishop Blanchet (146) adds 1
1969 – 52 – Snohomish and Shadle Park (40) fail to score.	2007 – 218 – Mead is the 1 st team to win 14 titles. Bishop Blanchet (147) adds 1
1970 – 52 – Snohomish didn't score. Burlington Edison (44) wins their 6 th trophy.	2008 – 228 – Mead is the 1 st team to win 15 titles. Bishop Blanchet (148) adds 1
1971 – 53 – Snohomish adds one. Burlington Edison (45) adds one.	2009 – 228 – Mead shockingly fails to score. Joel Ferris (153) wins their 8 th title.
1972 – 54 – Snohomish and Burlington Edison (46) add one. Richland (45) 1 st team to win 3 titles	2010 – 228 – Mead doesn't score. Joel Ferris (156) wins their 22 nd trophy
1973 – 55 – Snohomish adds one. Richland (55) is the 1 st team to win 4 titles.	2011 – 228 – Mead doesn't score. Joel Ferris (156) doesn't score. Bishop Blanchet (152) adds one.
1974 – 65 – Richland is the 1 st team to win 5 titles. Snohomish (56) adds one.	2012 – 228 – Mead doesn't score. Joel Ferris (156) doesn't score. Bishop Blanchet (153) adds one. North Central (142) another title.
1975 – 65 – Richland ends streak of 5 titles in a row. Snohomish (57) adds one.	2013 – 228 – Mead doesn't score. Joel Ferris (156) doesn't score. Bishop Blanchet (154) adds one, North Central (152) another title
1976 – 66 – Richland and Snohomish (58) each add one.	2014 – 228 – Mead doesn't score. North Central (162) another title, Bishop Blanchet (159) trophies, Ferris (156) doesn't score
1977 – 66 – Richland didn't score. Snohomish (59), Curtis (59) wins 7 th trophy.	2015 – 228 – Mead doesn't score. North Central (172) another title, Bishop Blanchet (159) ends massive streak. Ferris (159) trophies
1978 – 66 – Richland didn't score. Curtis (60) adds one.	2016 – 228 – Mead doesn't score. North Central (182) another title, Ferris (162) another trophy, Blanchet (160) returns to score.
1979 – 67 – Richland and Curtis (61) each add one.	2017 – 228 – Mead doesn't score. North Central (187) another trophy, Ferris (162) doesn't score, Bishop Blanchet (160) doesn't score.
1980 – 67 – Richland and Curtis (61) both didn't score.	2018 – 229 – Mead 1 st score since 2008, North Central (194) another trophy, Ferris (162) doesn't score, Blanchet (161) returns to score.
1981 – 68 – Richland adds one. Joel Ferris (62) moves up with 3 rd title.	2019 – 229 – Mead doesn't score, North Central (199) another trophy, Blanchet (168) trophies, Ferris (162) doesn't score.
1982 – 69 – Richland adds one. Joel Ferris (62) didn'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
1983 – 74 – Richland wins their 9 th trophy. Joel Ferris (62) didn't score.	2021 - 241 - Mead trophies again, North Central (202) trophies , Bishop Blanchet (178) wins 4 th title, Sehome (172) only trophies
1984 – 79 – Richland wins their 10 th trophy. Joel Ferris (63) adds one.	2022 – 242 – Mead scores, North Central (202) doesn't score, Bishop Blanchet (185) trophies, Sehome (179) trophies.
1985 – 80 – Richland adds one. Joel Ferris (64) adds one.	
1986 – 81 – Richland adds one. Joel Ferris (64), Edmonds (64) wins 4 th title.	
1987 – 82 – Richland adds one. Edmonds (74) is the 2 nd team to win 5 titles.	
1988 – 84 – Edmonds is the 1 st team to win 6 titles. Richland (82) didn't score.	
1989 – 91 – Edmonds wins their 10 th trophy. Richland (82) didn't score.	
1990 – 101 – Edmonds Woodway is the 1 st 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 2 nd team to win their 6 th title.	
1993 – 103 – Mead is the 2 nd team to win 7 titles. Edmonds Woodway (102) doesn't score.	
1994 – 113 – Mead is the 1 st team to win 8 titles. Omak (104) wins their 6 th title.	
1995 – 123 – Mead is the 1 st team to win 9 titles. Edmonds Woodway (106) wins their 12 th trophy	
1996 – 133 – Mead is the 1 st team to win 10 titles. Omak (106) Edmonds Woodway (106)	

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 podiums
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 app.
Highline (20) – 3 trophies and 10 appearances
Evergreen Sea. (20) – 1 Title, 1 2nd place and 7 app.
STREAKING– to State Every Year - None
To State 9 Years– Hudson’s Bay, Snohomish, Mount Vernon, Burlington Edison, Highline and Bishop Blanchet

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

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

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

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

2020's

Sehome 2A (22)
Issaquah 4A (18)
Bishop Blanchet 3A (17)
Bellingham 2A (13)
Lakeside 9-mile 1A (15)
Chewelah B (15)
Tahoma 4A (14)
Pope John Paul 2 B (14)
Mead 3A (13)
Liberty Bell B (13)
Arlington 3A (12)

BEST BOYS DECADES:

- 1 - 10's Sehome (97 points)
- 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 all-time girls leader since 2021, **2A Sehome** (156+10 points) adds their 12th title. 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 21-year run has thrust the Mariners to the top of the legends. The Mariners have had 41 girls climb the podium and 4 have ran away with the individual title. With only 24 total appearances, 17 trophies and 12 titles, Sehome has an incredible success rate. The Mariners streak of 19 appearances was broken in 2020 but that was the covid season which was abnormal. 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 2022 to show that the covid year was just an anomaly.

2) Our former #1 is **1A Riverside** (139) did not score. 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 six 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 - 2022. 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** (130+1) participating. Since 1973, the Lions have only missed 8 years and have only missed 2 this century. That is a record 41 out of 50 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 3rd most trophies at a total of 17. In those 41 years of attending, the Lions have had 38 girls on the individual podium, 5 team titles and 5 individual titles. Bellarmine Prep's history is both quality, quantity and it is amazing that they are "only" 3rd on this list.

4) Prime example that cross country is a team sport is **B Saint George's** (127+5). 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 19 trophies in 22 appearances, 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 5 individual titles, placed 41 girls on the podium. They have been the best B girl's program for decades but watch out for Northwest Christian Lacey who is catching up fast.

4) Before 1980, **3A Gig Harbor** (127+7) 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 twelve other times and has placed 28 girls on the podium. 4 of those have won the individual title. The Tides only appeared twice between 2011-2020 but returned big the last two years winning their 15th and 16th trophies. 3A competition is at a peak and even legends need to bring their A game to even get a trophy.

6) 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 39 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 Knights went on a 6-year streak with 2 trophies to further their legacy. A tight group of #4-#9 on this list with 7 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.

7) After 16 years on top, **1A Mount Baker** (123) was dethroned in 2012 by Riverside and now faded to #7. 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 a nine-year drought and have only returned to State twice. Staying on top is never easy.

8) 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 a new 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 6 times (29 of 35 years). Eisenhower has won 2 individual titles and placed 34 runners on the podium. The Cadet's 11-year streak ended in 2020. Covid anomaly or hint of things to come? Another 2022 question.

9) 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 37 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 followed by their current 3-year drought. With the emergence of Pope John Paul 2 and Liberty Bell, the bar has risen. Stay tuned as we'll see if the Navigators can withstand the challenge or fade.

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** (102+1) 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 30 total appearances. A true team model, Snohomish has only 1 individual title and only 22 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 13 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) 4A **Issaquah** (101+7) 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 27 appearances with 13 trophies and 4 titles. 24 Eagles have climbed the podium and finally won their 1st individual title in 2019 and another in 2020. Oddly enough they did not appear as a team in 2019. A trophy in 2022 showed the Eagles are back. Great so see Issaquah returning to the represent their legacy and showing that any team can rebound.

15) 4A **Tahoma** (97+10) 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 13 trophies and 3 titles in 28 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 4 straight trophies including the 2020 virtual title and the 2022 title. The Bears are a team on the rise. How long can they keep up the momentum?

15) 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 12 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.

17) Out of the shadows of their boys team, 4A **Mead** girls (92+1) 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 24 runners on the podium makes an argument for pack running.

18) 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 20 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 8-year drought, Lakeside may be fading away or may rebound any year. All it takes is 5 girls and a dream.

19) 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 14 years.

Top 57 GIRLS' TEAMS:

- | | |
|---|---|
| 20. 4A Camas (84+1) 9 straight trophies ended in 2020 but moving up fast | 41. 2A Cedarcrest/Tolt (44) 11 out of 16 years with 3 trophies |
| 21. 1A Lakeside 9 Mile (83+10) 15 out of 19 years with 11 trophies | 42. B Asotin (44) streak of 15 in a row with 7 trophies from 2004-2018 |
| 22. 4A Glacier Peak (76) 3-year drought after 9 trophies from 2009-2018. | 43. B Carroll (43) closed since 1986 but still listed this high. Wow |
| 23. 2A Bellingham (74+1) 17 out of 19 years with 12 trophies but no titles | 44. 4A Olympia (43+1) ends a 6-year drought |
| 24. 2A Selah (69+1) 6 of 8 years with 2 trophies and a title | 45. 4A South Kitsap (42) 5 in a row with 1 trophy ends with 3-year drought |
| 25. 2A West Valley-Spokane (69+1) 6 out of 7yrs. With 3 trophies and a title. | 46. 4A Redmond (41) 2019 was 1 st title ever then 3-year drought |
| 26. 1A La Center (63) 21 of 25 with 9 trophies but no titles | 47. 4A Central Valley (41+1) 9 of 13 years with 3 trophies |
| 27. 4A Lewis & Clark (62+5) 9 out of 12 years with 6 trophies and 1 title. | 48. 3A Lynnwood (40) 3 titles but 1 pt. since 1999 |
| 28. 4A Eastlake (60+3) 3 titles, 8 trophies in 13 appearances | 49. 1A Zillah (39) 14-year streak with 3 trophies ends with 4-year drought |
| 29. 3A Bishop Blanchet (58+5) 9 trophies in 24 appearances but 0 titles. | 50. 1A Lynden Christian (39) 6 trophies but only 1 app. the last 7 years |
| 30. 2A East Valley-Spokane (57) 2 pts since their 1998 trophy | 51. 1A Montesano (38) 1 title, 3 trophies but on an 8-year drought |
| 31. B Liberty Bell (55+3) 6 trophies in 7 years including 3 titles | 52. 1A Cashmere (38) 1 title, 3 trophies but 6 points since 1989 |
| 32. 2A Ephrata (54) 7-year drought but have 2 titles in 22 appearances | 53. 2A Tumwater (38) 9 years in a row ends |
| 33. 3A North Central (53) 31 podiums placers, 5 individual titles, 4 titles | 54. 3A Seattle Prep (38+1) 1 title, 5 trophies in 17 appearances |
| 34. 2A Squalicum (53) 3 titles but 0 pts since 2008 trophy | 55. 2A Ellensburg (38+5) 15 of 16 yrs. with 1 title and 4 trophies |
| 35. 3A Mercer Island (48) 1 title but on a 6-year drought | 56. 3A Kamiakin (37) 9 out of 13 years with 5 trophies |
| 36. B White Pass-Morton (47) 6-year drought after 11-year streak | 57. B Seattle Lutheran (37) 4 trophies but 0 points since 1996 |
| 37. 4A Ferris (47) 1 appearance since their 1995 trophy | 58. 3A Capital (37+1) 28 of 34 years but only 2 trophies |
| 38. 2A Lakewood (47) 3 titles but 5 pts since 1998 | 59. 2A Anacortes (37+7) 1 title and 3 trophies in a row |
| 39. 4A West Valley Yakima (44+1) 7 of 11 years but no trophies since 2006. | 60. 3A Holy Names (37+1) 9 of 12 years with 3 trophies and 2 titles |
| 40. 1A Northwest (44) 2 titles, 7 trophies in 10 app but on 3-year drought | 61. 2A East Valley Yakima (36) 3 titles but 1 pt since 2005 trophy |



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

4A GIRLS – 2022 saw 6 of top 10 make it to state and 10 of the top 20 make it to state.

- | | | | | |
|-----------------------------------|------------------------------|----------------------------|-----------------------|----------------------|
| 1) Bellarmine Prep 130 pts +1 | 8) <u>Eastlake 60 +3</u> | 17) Richland 33+1 | 25) University 19 | 33) Rogers Puy. 9 +1 |
| 2) Eisenhower 122 | 10) Joel Ferris 47 | 18) Marysville-Pilchuck 26 | 25) Rogers Spokane 19 | 34) Henry Jackson 8 |
| 3) <u>Issaquah 101 +7</u> | 11) West Valley-Yakima 44 +1 | 18) Skyline 26 | 27) Eastmont 18 | 34) Auburn 8 |
| 4) Tahoma 97 +10 | 12) Olympia 43+1 | 20) Hanford 25 | 28) Puyallup 16 | 34) Wenatchee 8+1 |
| 5) Newport-Bellevue 87 | 12) South Kitsap 42 | 21) Thomas Jefferson 24 | 29) Mount Rainier 14 | 35) Lake Stevens 7+1 |
| 6) Camas 84 +1 | 14) Redmond 41 | 22) Cascade Everett 23 | 30) Mount Si 13 | |
| 7) Glacier Peak 76 | 14) Central Valley 41 +1 | 23) Federal Way 21 | 30) Skyview 13 | |
| 8) <u>Lewis & Clark 62 +5</u> | 16) Kamiakin 37 | 23) Curtis 21+1 | 32) Kentridge 11 | |

3A GIRLS – 2022 saw 5 of the top 10 made it to state and 11 of the top 20.

- | | | | | |
|---------------------------------|----------------------------------|--------------------------|--------------------------|---------------------|
| 1) <u>Gig Harbor 127 +7</u> | 10) Seattle Prep 38 +1 | 19) Everett 27 | 28) Nathan Hale 16 | 37) Meadowdale 12 |
| 2) Edmonds-Woodway 105 | 11) Capital 37+1 | 19) Shorewood 27 | 28) Eastside Catholic 16 | 37) Prairie 12 |
| 3) Snohomish 102 +1 | 11) Holy Names Aca. 37 +1 | 19) Mount Spokane 27+1 | 28) Oak Harbor 16 | 40) Arlington 11 +1 |
| 4) Mead 92 +1 | 13) Shorecrest 35 +1 | 22) Bellevue 26 | 31) Garfield 15 | 41) Chief Sealth 10 |
| 5) Lakeside-Seattle 91 | 14) Central Kitsap 30 +10 | 23) Kelso 24 | 32) Kennewick 14 | 42) Ferndale 9 |
| 6) <u>Bishop Blanchet 58 +5</u> | 14) Liberty Issaquah 30 | 24) Ballard 19+1 | 33) Interlake 13 | 42) Bainbridge 9+1 |
| 7) North Central 53 | 14) Stanwood 30 | 25) <u>Stadium 18 +3</u> | 33) Kennedy 13 | 43) Mt Vernon 8+1 |
| 8) Mercer Island 48 | 17) Cheney 29 +1 | 26) Walla Walla 17 | 33) Ingraham 13 | |
| 9) Lynnwood 40 | 18) Peninsula 28 +1 | 26) Shoreline 17 | 37) Silas (Wilson) 12 | |

2A GIRLS – In 2025, 5 of the top 10 made it to state and 10 of the top 20 made it to state.

- | | | | | |
|----------------------------|-----------------------------|--------------------------|----------------------|--------------------------|
| 1) Sehome 156 +10 | 8) Lakewood 47 | 15) Columbia River 30 +1 | 22) Port Angeles 19 | 29) Mountlake Terrace 12 |
| 2) Bellingham 74 +1 | 9) Cedarcrest / Tolt 44 | 16) North Kitsap 29 +1 | 23) Lindbergh 18 | 29) White River 12 +1 |
| 3) Selah 69 +1 | 10) <u>Ellensburg 38 +5</u> | 17) Shadle Park 27 | 23) Renton 18 | 31) Hockinson 11 +1 |
| 3) West Valley Spok. 69 +1 | 10) Tumwater 38 | 18) Enumclaw 24 +1 | 25) Ridgefield 17 +1 | 32) Highline 7 |
| 5) East Valley Spok. 57 | 12) <u>Anacortes 37 +7</u> | 18) Sammamish 24 | 26) Sequim 15 +1 | 33) Sedro Woolley 6 |
| 6) Ephrata 54 | 13) East Valley-Yakima 36 | 20) Pullman 23 | 26) Kingston 15 +1 | 33) Shelton 6 |
| 7) Squalicum 53 | 14) <u>Washougal 31 +3</u> | 21) Centralia 21 | 26) Steilacoom 15 +1 | |

1A GIRLS – In 2022, 1 of the top 10 made it to state and 4 of the top 20 made it to state.

- | | | | | |
|----------------------------------|--------------------------------|-------------------------------|------------------------|-------------------------------|
| 1) Riverside 139 | 9) Northwest 44 | 17) Seton Catholic 24 +1 | 25) Nooksack Valley 15 | 33) Granger 12 |
| 2) King's 124 | 10) Zillah 39 | 18) Meridian 22 +1 | 26) Klahowya 14 +1 | 34) Cascade Leav. 11 +1 |
| 3) Mount Baker 123 | 10) Lynden Christian 39 | 19) Charles Wright 20 | 27) White Salmon 13 +1 | 35) Royal 10 +1 |
| 4) South Whidbey 107 | 12) Montesano 38 | 20) Newport 19 | 27) Tenino 13 | 36) Hoquiam 9 |
| 5) Chelan 105 | 12) Cashmere 38 | 21) <u>Medical Lake 18 +5</u> | 27) Vashon Island 13 | 37) Highland 8 |
| 6) Omak 97 | 14) Deer Park 32 | 22) Freeman 17 | 27) Cedar Park Chr. 13 | 37) <u>Overlake 8 +7</u> |
| 7) Lakeside 9 Mile 83 +10 | 15) Bellevue Christian 31 | 22) Colville 17 | 27) Annie Wright 13 | 39) Bear Creek 7 +1 |
| 8) La Center 63 | 16) E. Jeff./Pt Townsend 30 +1 | 24) Bush 17 +1 | 27) Wapato 13 +1 | 40) <u>Naches Valley 7 +3</u> |

B GIRLS – S.G. trophies again. In 2021, 3 of the top 10 made it to state and 5 of the top 20 made it to state.

- | | | | | |
|---------------------------------|-----------------------------------|-----------------------------------|---------------------------|-------------------|
| 1) <u>Saint George's 127 +5</u> | 7) Seattle Lutheran 37 | 13) Ilwaco 21 | 18) Cle-Elum 10 | 25) Colfax 6 |
| 2) NW Christian-Lacey 119 | 8) Pope John Paul 2 31 +10 | 14) Warden 15 | 18) Mary Walker 10 | 25) Onalaska 6 |
| 3) <u>Liberty Bell 55 +3</u> | 9) NW Christian-Colbert 29 | 15) Rainier 13 +1 | 21) Wellpinit 9 | 25) Oroville 6 +1 |
| 4) White Pass 47 | 10) Pomeroy 28 | 16) St John Endicott 12 | 22) Wahkiakum 8 | |
| 5) Asotin 44 | 10) Ocosta 26 | 17) <u>Garfield Palouse 11 +7</u> | 22) Tonasket 8 | |
| 6) Carroll 43 still #6? | 12) Reardon 24 | 18) Lake Roosevelt 10 | 24) Trout Lake Glenwood 7 | |

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, Bellarmine Prep's** 17 pts.

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

1979 – 37 – **Bellarmine Prep** is the first team to win a 3rd title,
Selah rises to 32 points.

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

1981 – 40 – **Bellarmine 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.
Bellarmine Prep is 2nd with 40.

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

1984 – 50 – **Mount Baker** wins their 7th trophy. **Bellarmine Prep** (44) trophies.

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.

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 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 3rd title. **Omak** (80) moves up with 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** wins 16th trophy. **Eisenhower** (95) 12th trophy

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

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 4th title.

2011 – 121 – **Mount Baker** remains. **Riverside** (114) moves up with 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,
Bellarmine Prep (121) titles

2014 – 134 – **Riverside** trophies again. **Mount Baker** (123) scores,
Bellarmine Prep (122) scores.

2015 – 134 – **Riverside** doesn't score.
Bellarmine Prep (123) scores while **Mount Baker** (123) does not.

2016 – 139 – **Riverside** trophies, **Bellarmine Prep** (124) scores
 and **Mount Baker** (123) does not.

2017 – 139 – **Riverside** doesn't score, **Sehome** (130) Titles,
Bellarmine Prep (124) doesn't score and **Mount Baker** (123) no score.

2018 – 139 – **Riverside** doesn't score, **Sehome** (131) scores,
Bellarmine Prep (125) scores and **Mount Baker** (123) doesn't score

2019 – 139 **Riverside** doesn't score, **Sehome** (136) trophies,
Bellarmine Prep (126) scores, and **Mt Baker's** (123) last year in top 4?

2020 – 139 **Riverside** doesn't score, **Sehome** (136) doesn't score,
Bellarmine Prep (126) doesn't score, **King's** (123) trophies.

2021 – 146 **Sehome** titles to take the lead, **Riverside** (139) doesn't score,
Bellarmine Prep (129) trophies, **King's** (124) scores

2022 – 156 **Sehome** titles again, **Riverside** (139) doesn't score,
Bellarmine Prep (130) scores, **Gig Harbor** (127) and **St George's** (127)

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

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,

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)

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

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
Ocosta (22) – 1 title, 3 trophies
Redmond (22) – 1 title, 2 trophies
Streaking – to state every year.
NW Chr. Lacey, Sehome, Camas, Bellingham,
Liberty Iss., Eisenhower

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)

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

2020's –

Tahoma (25)
Anacortes (24)
Seton Catholic (21)
Sehome (20)
Pope John Paul 2 (20)
Central Kitsap (17)
Mead (16)
Seattle Prep (14)
Eastlake (13)
Ellensburg (13)
Medical Lake (13)
Gig Harbor (12)
Lewis & Clark (12)
Issaquah (11)
Lakeside 9-mile (11)

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

- 2022 brings a new leader as Sehome continues to roll out trophies. 7 of the top 15 didn't score in 2022.

- 1) **2A Sehome (335 +17)** - 51 State appearances, **24 titles**, 37 trophies, 10 individual titles, 80 podium placers
- 2) **3A Mead (334 points +2)** - 55 State appearances, 17 titles, **41 trophies, 12 individual titles**, 86 podium placers
- 3) **3A North Central (255)** - 42 State appearances, 16 titles, 30 trophies, 10 individual titles, **92 podium placers.**
- 3) **3A Gig Harbor (255 +10)** - 68 State appearances, 9 titles, 32 trophies, 8 individual titles, 68 podium placers
- 5) **3A Bishop Blanchet (243 +12) - 78 State appearances**, 9 titles, 30 trophies, 7 individual titles, 53 podium placers
- 6) **B Northwest Christian Lacey (242)** - 37 appearances, 17 titles, 28 trophies, 6 individual titles, 71 podium placers
- 7) **1A King's (239)** - 56 State appearances, 11 titles, 30 trophies, 8 individual titles, 77 podium placers
- 8) **B Saint George's (235 +10)** - 51 State appearances, 8 titles, 34 trophies, 6 individual titles, 69 podium placers
- 9) **3A Edmonds-Woodway (229 +1)** - 62 State appearances, 12 titles, 26 trophies, 2 individual titles, 57 podium placers
- 10) **1A Omak (228)** - 52 State appearances, 11 titles, 30 trophies, 4 individual titles, 57 podium placers
- 10) **1A Riverside (228)** - 60 appearances, 6 titles, 34 trophies, 2 individual titles, 50 podium placers
- 12) **4A Eisenhower (222)** - 59 appearances, 7 titles, 27 trophies, 2 individual titles, 66 podium placers
- 13) **1A Lakeside 9 Mile (220 +15)** - 40 appearance, 14 titles, 28 trophies, 1 individual title, 56 podium placers
- 14) **4A Joel Ferris (209)** - 37 State appearances, 10 titles, 30 trophies, 7 individual titles, 71 podium placers
- 15) **4A Snohomish (184 +1)** - 64 State appearances, 6 titles, 21 trophies, 3 individual titles, 49 podium placers.

TOP COMBINED PROGRAMS: 29 of the top 63 programs did not score in 2022

- | | | | |
|-------------------------------------|--------------------------------------|-----------------------------|-------------------------------|
| 16) Mount Baker 180 | 28) Bellingham 135 +11 | 40) Cedarcrest 103 | 52) Glacier Peak 86 |
| 17) Tahoma 176 +11 | 29) Newport-Bellevue 134 | 41) Redmond 102 | 53) <u>Medical Lake 85 +5</u> |
| 18) Bellarmine Prep 175 +2 | 30) <u>Liberty Bell 124 +6</u> | 42) <u>Squalicum 100 +5</u> | 54) Olympia 83 +2 |
| 19) Seattle Prep 168 +11 | 31) Kamiakin 123 +1 | 42) Cashmere 100 | 54) Asotin 83 |
| 20) South Whidbey 160 | 32) Camas 122 +2 | 42) La Center 100 +1 | 56) Shadle Park 82 |
| 21) <u>Issaquah 159 +17</u> | 33) Montesano 121+1 | 45) Central Valley 99 +1 | 57) Lynnwood 79 |
| 22) <u>Selah 154 +4</u> | 34) NW Chr. Colbert 117 | 46) Curtis 98 +2 | 57) Nathan Hale 79 |
| 23) Chelan 150 | 35) Lakewood 113 | 47) University 96 | 59) Mercer Island 78 |
| 24) Lakeside-Seattle 143 | 36) Columbia River 111+2 | 48) Burlington Edison 95 | 59) Capital 78+1 |
| 25) West Valley-Spo. 141 +1 | 37) <u>West Valley Yakima 107 +6</u> | 49) East Valley Spokane 89 | 61) Seattle Lutheran 75 |
| 26) <u>Lewis & Clark 139 +8</u> | 37) East Valley-Yakima 107 | 49) Shorecrest 89+1 | 62) <u>Eastlake 73 +10</u> |
| 27) Richland 138+1 | 39) Ephrata 106 +1 | 51) Charles Wright 88 | 63) Tumwater 71 +1 |

BEST COMBINED PROGRAMS BY DIVISION

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

4A COMBINED PROGRAMS – In 2022, 7 of the top 10 made it to state and 17 of the top 44 made it to state.

- | | | | | |
|------------------------------------|-----------------------------------|----------------------------|-------------------------|---------------------|
| 1) Eisenhower 222 | 10) Camas 122 +2 | 19) South Kitsap 66 | 28) Cascade Everett 31 | 37) Wenatchee 21+1 |
| 2) Joel Ferris 209 | 11) <u>West Valley-Yak 107 +6</u> | 20) Rogers Spokane 58 | 29) Federal Way 29 | 38) Gonzaga Prep 20 |
| 3) Tahoma 176 +11 | 12) Redmond 102 | 21) Puyallup 54 | 30) Hazen 28 | 39) Davis 19 |
| 4) Bellarmine Prep 175 +2 | 13) Central Valley 99 +1 | 22) Mount Rainier 49 | 31) Thomas Jefferson 26 | 40) Kamiak 18+1 |
| 5) <u>Issaquah 159 +17</u> | 14) Curtis 98 +2 | 23) Henry Jackson 48 | 31) Mount Si 26 +1 | 40) Kentridge 18 |
| 6) <u>Lewis & Clark 139 +8</u> | 15) University 96 | 24) Skyline 40 | 33) Lake Steven 25 +2 | 42) Auburn 17 |
| 7) Richland 138+1 | 16) Glacier Peak 86 | 25) Marysville-Pilchuck 39 | 34) Kent Meridian 24 | 42) Rogers Puy. 17 |
| 8) Newport-Bellevue 134 | 17) Olympia 83 +2 | 26) Eastmont 35 | 35) Skyview 23 | 44) Woodinville 14 |
| 9) Kamiakin 123 +1 | 18) <u>Eastlake 73 +10</u> | 27) Hanford 32 +1 | 36) Battle Ground 22 | |

3A COMBINED PROGRAMS – In 2022, 7 of the top 10 and 26 of the top 49 made it to state.

- | | | | | |
|-----------------------------------|----------------------------------|-----------------------|---------------------------|--------------------------|
| 1) Mead 334 +2 | 10) Nathan Hale 79 | 21) Peninsula 53 +1 | 31) Franklin 37 | 41) Auburn Riverside 23 |
| 2) North Central 255 | 12) Mercer Island 78 | 22) Arlington 50 +2 | 31) Ingraham 37 | 42) Prairie 18+1 |
| 2) <u>Gig Harbor 255 +10</u> | 12) Capital 78+1 | 23) Interlake 47 | 31) Holy Names Aca. 37 +1 | 42) Yelm 18+1 |
| 4) <u>Bishop Blanchet 243 +12</u> | 14) Cheney 68+2 | 23) Garfield 47+1 | 31) Lakes 37 +1 | 44) Eastside Catholic 17 |
| 5) Edmonds-Woodway 229 +1 | 15) Bellevue 65 | 25) Everett 44 | 35) Ballard 36+1 | 44) Sealth 17 |
| 6) Snohomish 184 +4 | 15) <u>Mount Spokane 65 +6</u> | 26) Silas (Wilson) 43 | 36) <u>Stadium 31 +3</u> | 44) Hudson's Bay 17 |
| 7) Seattle Prep 168 +11 | 17) Kennewick 57 | 26) Mount Vernon 43+1 | 36) Shoreline 31 | 47) Bainbridge 16+1 |
| 8) Lakeside-Seattle 143 | 17) Liberty Issaquah 57 | 28) Oak Harbor 40 | 38) Walla Walla 30 | 47) Roosevelt 16+1 |
| 9) Shorecrest 89+1 | 19) Kelso 56+1 | 29) Stanwood 39 | 38) Meadowdale 30 | 47) Lake Washington 16+1 |
| 10) Lynnwood 79 | 20) Central Kitsap 54 +11 | 30) Shorewood 38 +1 | 40) O'Dea 27 | |

2A COMBINED PROGRAMS – Only division with #1 team doubling 2nd place. In 2022, 7 of the top 10 made it to state and 11 of the top 20 made it to state.

- | | | | | |
|------------------------------|-----------------------------|----------------------------|--------------------------|------------------------|
| 1) Sehome 335 +17 | 10) <u>Squalicum 100 +5</u> | 19) <u>Washougal 57 +4</u> | 28) Mountlake Terrace 35 | 37) Bremerton 18+1 |
| 2) <u>Selah 154 +4</u> | 10) Burlington-Edison 95 | 20) Pullman 51 | 29) Ridgefield 33 +2 | 38) Franklin Pierce 17 |
| 3) West Valley Spok 141+1 | 12) East Valley Spokane 89 | 21) Port Angeles 46 +1 | 30) Highline 31 | 38) Mark Morris 17 |
| 4) Bellingham 135 +11 | 13) Shadle Park 82 | 22) <u>Enumclaw 45 +3</u> | 31) Shelton 29 +1 | 38) Washington 17 |
| 5) Lakewood 113 | 14) Tumwater 71 +1 | 23) North Kitsap 42 +1 | 32) Kingston 26 +2 | 41) Elma 15 |
| 6) Columbia River 111+2 | 15) <u>Ellensburg 70 +6</u> | 24) Sammamish 40 | 33) Tyee 25 | 42) Hockinson 15+1 |
| 7) East Valley Yakima 107 | 16) <u>Anacortes 63 +7</u> | 25) Steilacoom 39 +2 | 34) W.F. West 23 | 42) Prosser 14 |
| 8) Ephrata 106 +1 | 17) Renton 60 | 26) Sequim 37+1 | 35) Evergreen Seattle 22 | |
| 9) Cedarcrest/Tolt 103 | 18) Lindbergh 58 | 27) Centralia 36 | 36) White River 19 +1 | |

1A COMBINED PROGRAMS – In 2022, 2 of the top 10 and 6 of the top 20 scored.

- | | | | | |
|-----------------------------------|-------------------------------|-------------------------|--------------------------|---------------------------------|
| 1) King's 239 | 11) Charles Wright 88 | 20) Meridian 50 +2 | 31) Klahowya 30 +2 | 41) Cle Elum Roselyn 18 |
| 2) Omak 228 | 12) <u>Medical Lake 85 +5</u> | 22) Freeman 44 | 32) Seton Catholic 29 +1 | 42) <u>Cedar Park Chr. 17+3</u> |
| 2) Riverside 228 | 13) Port Townsend 67 +2 | 23) Connell 42 | 33) White Salmon 28 +1 | 43) <u>Overlake 16+8</u> |
| 4) <u>Lakeside 9 mile 220 +15</u> | 14) Deer Park 65 | 24) Wapato 38 +1 | 34) Vashon Island 26 | 44) Hoquiam 15 |
| 5) Mount Baker 180 | 15) <u>Northwest 65 +7</u> | 25) Bush 37 +11 | 34) Seattle Academy 26+1 | 44) Bear Creek 15+1 |
| 6) South Whidbey 160 | 16) Colville 60 | 26) Royal 36 +2 | 36) Highland 24 | 46) Annie Wright 13 |
| 7) Chelan 150 | 17) Castle Rock 55 | 27) <u>Naches 35 +3</u> | 36) Rochester 24 | |
| 8) Montesano 120 | 17) Lynden Christian 55 | 28) Newport 34 | 38) Tenino 23 | |
| 9) Cashmere 100 | 19) Zillah 51 | 29) Nooksack Valley 33 | 39) Granger 21 | |
| 10) La Center 100 +1 | 20) Bellevue Christian 50 +1 | 30) Cascade Leav. 31 +2 | 40) Seattle Chr. 19 | |

B COMBINED PROGRAMS – In 2022, 3 of the top 10 made it to state and 5 of the top 20 scored.

- | | | | | |
|----------------------------------|------------------------------------|----------------------------|---------------------------|-----------------------------------|
| 1) NW Chr. Lacey 242 | 8) Tonasket 65 | 15) Pomeroy 44 | 22) Toledo 20 | 28) Valley Christian 14+1 |
| 2) <u>Saint George's 235 +10</u> | 8) White Pass 65 | 16) Lake Roosevelt 38 | 22) Mary Walker 20 | 30) Mosseyrock 13+1 |
| 3) <u>Liberty Bell 124 +6</u> | 10) <u>Pope John Paul 2 61 +17</u> | 17) Ocosta 34 | 24) Goldendale 18 | 31) Wilbur Creston 12 |
| 4) NW Chr. Colbert 117 | 11) Carroll 60 | 18) Colfax 33 | 24) Warden 18 | 31) <u>Garfield Palouse 12 +8</u> |
| 5) Asotin 83 | 12) Chewelah 59 +10 | 19) Republic 27 | 26) St. John Endicott 17 | |
| 6) Seattle Lutheran 75 | 13) Ilwaco 49 | 20) Onalaska 23 | 27) Rainier 16 +1 | |
| 7) Reardon 66 | 14) Tri-Cities Prep 46+1 | 21) Trout Lake/Glenwood 22 | 28) Crosspoint Academy 14 | |

BEST COMBINED PROGRAMS BY DECADE:

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

BEST COMBINED PROGRAMS BY DECADE:**1970-1979**

77 points – 70's Selah
 53 – 70's Mount Baker
 52 – 70's Richland
 45 – 70's Curtis
 44 – 70's Montesano
 43 – 70's Bellarmine Prep
 38 – 70's North Central
 38 – 70's Edmonds Woodway
 37 – 70's Cedarcrest / Tolt
 37 – 70's Omak
 33 – 70's Nathan Hale
 33 – 70's Joel Ferris

1980-1989

123 –80's Edmonds Woodway
 65 – 80's Mead
 60 – 80's Mount Baker
 60 – 80's Issaquah
 57 – 80's Riverside
 53 – 80's Montesano
 53 – 80's Carroll
 51 – 80's Lakeside Seattle
 49 – 80's Gig Harbor
 47 – 80's Bishop Blanchet
 46 – 80's Joel Ferris
 46 – 80's West Valley Spo.

1990-1999

132 points – 90's Omak
 121 – 90's Mead
 101 – 90's St. George's
 78 – 90's Gig Harbor
 78 – 90's Chelan
 64 – 90's Bishop Blanchet
 61 – 90's Seattle Lutheran
 60 – 90's Lakewood
 58 – 90's Eisenhower
 58 – 90's University
 54 – 90's Lakeside Seattle
 52 – 90's East Valley Spo.
 51 – 90's South Whidbey
 49 – 90's Riverside

2000-2009

136 points – 00's King's
 96 – 00's Sehome
 91 – 00's NW Chr. Lacey
 82 – 00's St. George's
 78 – 00's Mead
 68 – 00's East Valley Yak.
 67 – 00's North Central
 66 – 00's Joel Ferris
 64 – 00's Squalicum
 63 – 00's Gig Harbor
 61 – 00's Seattle Prep
 57 – 00's Bishop Blanchett
 56 – 00's Riverside
 55 – 00's Lakeside 9 mile
 54 – 00's Charles Wright
 53 – 00's Snohomish
 50 – 00's Eisenhower

2010-2019

172 points - 10's Sehome
 151 - 10's NW Chr. Lacey
 117 - 10's North Central
 117 - 10's Lakeside 9 Mile
 99 - 10's Camas
 97 - 10's Kamiakin
 78 - 10's Tahoma
 77 - 10's Glacier Peak
 70 - 10's Bellingham
 63 - 10's Eisenhower
 62 - 10's Liberty Bell
 58 - 10's Riverside
 58 - 10's Lewis & Clark
 58 - 10's Asotin
 57 - 10's Medical Lake
 57 - 10's Bellarmine Prep
 55 - 10's Northwest
 55 - 10's Liberty Issaquah
 55 - 10's Deer Park
 54 - 10's King's

2020's

25 - Tahoma
 24 - Anacortes
 21 – Seton Catholic
 20 – Pope John Paul 2
 20 – Sehome
 17 – Central Kitsap
 16 – Mead
 14 – Seattle Prep
 13 – Eastlake
 13 – Ellensburg
 13 – Medical Lake
 12 – Lewis & Clark
 12 – Gig Harbor

MOST TEAM STATE TITLES

BOYS: 81 schools have won a boys team title – **Issaquah, Bush and Bellingham** won their first titles.

- | | | |
|---|---|--|
| 15 - Mead - last win was 2008 | 4 – Seattle Prep – 1st since 2000 | 3 - Mount Baker – last was 1986 |
| 12 - North Central – last was 2016 | 4 - Kamiakin – 4 in a row ends | 3 - East Valley Yakima – last was 2004 |
| 12 - Sehome – last was 2020 | 4 - Curtis – last was 1974 | 3 – Selah – last was 1970 |
| 9 - Bishop Blanchet – last was 2021 | 4 - King's – last was 2002 | 3 – Shadle Park – last was 1982 |
| 9 -Lakeside 9 Mile Falls – last was '21 | 4 - Burlington Edison – last was 2009 | 3 – University – last was 1999 |
| 8 - Joel Ferris – last was 2009 | 4 - Gig Harbor – last was 2014 | 3 – Saint George's – last was 2007 |
| 8 -Northwest Chr. Lacey–last was 2019 | 4 - Chewelah – 1st since 1996 | 3 – Medical Lake – last was 2017 |
| 7 - Edmonds-Woodway –last was 1990 | 3 - Tahoma – last was 2020 | 3 – Lewis & Clark – last was 2017 |
| 7 - Omak – last was 1999 | 3 - Tri-Cities Prep – last was 2012 | |
| 5 - Richland – last was 1974 | 3 - Charles Wright – last was 2012 | |

GIRLS: 74 schools have won a girls team title – **Central Kitsap** won their first title.

- | | | |
|--------------------------------------|--|--|
| 12 - Sehome – 2 in a row | 5 - Glacier Peak - last was 2018 | 3 – Pope John Paul 2 – 2 in a row |
| 9 - NW Chr. Lacey – last was 2014 | 5 – Lakeside 9 Mile – 1st since 2018 | 3 – Tahoma – 2 out of 3 years |
| 7 - King's – last won in 2009 | 4 - Camas – last was 2015 | 3 – Liberty Bell – last was 2018 |
| 5 - Bellarmine Prep – last was 2013 | 4 - Riverside – last was 2012 | 3 – West Valley Spo. – last was 2018 |
| 5 - Eisenhower – last was 2010 | 4 - Chelan – last was 1997 | 3 – Squalicum – last was 2006 |
| 5 - Edmonds-Woodway –last was 1987 | 4 - Snohomish – last was 2003 | 3 – Carroll – last was 1983 |
| 5 - Saint George's – last was 2000 | 4 - Omak – last was 1998 | 3 – Lakewood – last was 1994 |
| 5 - Mount Baker – last was 2001 | 4 - East Valley Spok – last was 1997 | 3 – Lynnwood – last was 1990 |
| 5 - Newport Bellevue – last was 2007 | 4 - Issaquah – last was 2016 | 3 – East Valley Yakima – last was 2004 |
| 5 - Gig Harbor – last was 2007 | 4 – North Central – last was 2019 | 3 – Eastlake – last was 2021 |

COMBINED PROGRAMS STATE TEAM TITLES: 109 schools have won a team title.

- | | | |
|--|--|---|
| 24 - Sehome – 12 boys, 12 girls | 6 - Riverside – 2 boys, 4 girls | 5 - Issaquah – 1 boys , 4 girls |
| 17 - NW Chr. Lacey – 8 boys, 9 girls | 6 - Snohomish – 2 boys, 4 girls | 4 - Chewelah – 4 boys , 0 girls |
| 17 - Mead – 15 boys, 2 girls | 6 - East Valley Yakima – 3 boys, 3 girls | 4 - East Valley Spok – 0 boys, 4 girls |
| 16 - North Central – 12 boys, 4 girls | 6 - Richland – 5 boys, 1 girl's | 4 - Lakewood – 1 boy, 3 girls |
| 14 - Lakeside 9 mile – 9 boys, 5 girls | 6 - Bellarmine Prep - 1 boys, 5 girls | 4 - Lakeside Seattle – 2 boys, 2 girls |
| 12 -Edmonds-Woodway–7 boys, 5 girls | 6 - Tahoma – 3 boys, 3 girls | 4 - Ephrata – 2 boys, 2 girls |
| 11 - Omak – 7 boys, 4 girls | 5 - Newport Bellevue – 0 boys, 5 girls | 4 - Shadle Park – 3 boys, 1 girl's |
| 11 - King's – 4 boys, 7 girls | 5 - Selah – 3 boys, 2 girls | 4 - Charles Wright – 3 boys, 1 girl's |
| 10 - Joel Ferris – 8 boys, 2 girls | 5 - Chelan – 1 boys, 4 girls | 4 - Curtis – 4 boys, 0 girls |
| 9 - Bishop Blanchet – 9 boys, 0 girls | 5 - Lynnwood – 2 boys, 3 girls | 4 - Burlington Edison – 4 boys, 0 girls |
| 9 - Gig Harbor – 3 boys, 6 girls | 5 - Liberty Bell – 2 boys, 3 girls | 4 - Lewis & Clark – 3 boys, 1 girl |
| 8 - Mount Baker – 3 boys, 5 girls | 5 - Glacier Peak – 0 boys, 5 girls | 4 - Squalicum – 1 boys, 3 girls |
| 8 - Saint George's – 3 boys, 5 girls | 5 - Camas – 1 boys, 4 girls | 4 - Kamiakin – 4 boys, 0 girls |
| 7 - Eisenhower – 2 boys, 5 girls | 5 - Seattle Prep – 4 boys , 1 girl | |

TEAM STATE TITLES BY DIVISION

4A BOYS – 15 4A schools have won a boys team title – 41 total titles.

- | | | |
|--|-------------------------------------|----------------------------|
| 8 – Joel Ferris – 1968, 1980, 1981, 2003, 2004, 2005, 2006, 2009 | 3 – University – 1997, 1998, 1999 | 1 – Redmond – 1985 |
| 5 – Richland – 1970, 1971, 1972, 1973, 1974 | 2 – Eisenhower – 1987, 2010 | 1 – Central Valley – 2012 |
| 4 – Curtis – 1965, 1971, 1973, 1974 | 2 – West Valley Yakima – 1998, 2003 | 1 – Issaquah - 2022 |
| 4 – Kamiakin – 2017, 2018, 2019, 2021 | 2 – Rogers Spokane – 1963, 1965 | |
| 3 – Tahoma – 2015, 2018, 2020 | 1 – Bellarmine Prep – 2016 | |
| 3 – Lewis & Clark – 1961, 1966, 2017 | 1 – Camas – 2019 | |

4A GIRLS – 19 4A schools have won a girls team title – 46 total titles.

- | | | |
|---|---|---------------------------------|
| 5 – Eisenhower 1989, 1994, 1999, 2000, 2010 | 3 – Tahoma – 2011, 2020, 2022 | 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 - Glacier Peak – 0 boys, 5 girls | 3 – Eastlake – 3 girls |
| 7 - Eisenhower – 2 boys, 5 girls | 5 - Camas – 1 boys, 4 girls | 3 – University – 3 boys |
| 6 - Richland – 5 boys, 1 girls | 5 - Issaquah – 1 boys , 4 girls | 3 – West Valley Yakima – 2 boys, 1 girls |
| 6 - Bellarmine Prep - 1 boys, 5 girls | 4 - Curtis – 4 boys, 0 girls | 3 – Rogers Spokane – 2 boys, 1 girls |
| 6 - Tahoma – 3 boys, 3 girls | 4 - Kamiakin – 4 boys | 2 – Central Valley – 1 boys, 1 girls |
| 5 - Newport Bellevue – 0 boys, 5 girls | 4 - Lewis & Clark – 3 boys, 1 girl | 2 – Redmond – 1 boys, 1 girls |

3A BOYS – 17 3A schools have won a boys team title – 68 total titles.
15 – Mead – 1976, 88, 89, 90, 91, 92, 93, 94, 95, 96, 00, 01, 02, 07, 08
12 – North Central – 1977, 06, 07, 08, 09, 10, 11, 12, 13, 14, 15, 16
9 – Bishop Blanchet – 1983, '84, '86, '91, '92, '01, 2002, 2004, 2021
7 – Edmonds Woodway – 1975, 1982, 1983, 1986, 1987, 1988, 1990
4 – Gig Harbor – 1995, 2011, 2013, 2014
4 – Seattle Prep – 1966, 1972, 2000, **2022**
2 – Snohomish – 1960, 1965
2 – Lakeside Seattle – 1980, 1999
2 – Lynnwood – 1993, 1994

2 – Shorecrest – 1984, 1985
2 – Kennewick – 1978, 1979
2 – Franklin – 1964, 1967
1 – Arlington - 2020
1 – Mercer Island – 1962
1 – Capital – 1997
1 – Nathan Hale – 1966
1 – Mount Vernon - 1969

3A GIRLS – 18 3A schools have won a girls team title – 37 total titles.
5 – Edmonds Woodway – 1976, 1983, 1984, 1985, 1987
5 – Gig Harbor – 1991, 2005, 2006, 2007
4 – North Central – 2001, 2017, 2018, 2019
4 – Snohomish – 1995, 1996, 2002, 2003
3 – Lynnwood – 1988, 1989, 1990
2 – Mead – 1988, 2021
2 – Lakeside Seattle – 1982, 1991
2 – Holy Names – 2014, 2016
1 – Shadle Park – 2009

1 – Mercer Island – 2008
1 – Seattle Prep - 2020
1 - Shorecrest – 1993
1 – Everett - 1981
1 – Shoreline - 1973
1 – Eastside Catholic - 1984
1 – Sealth – 1975
1 – Walla Walla – 1983
1 – Central Kitsap – 2022

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

5 - Seattle Prep – 4 boys, 1 girl
4 - Lakeside Seattle – 2 boys, 2 girls
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 – 17 2A schools have won a boys team title – 41 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
1 – Bellingham - 2022

2A GIRLS – 14 2A schools have won a girls team title – 38 total titles
12 – Sehome – 2002, 06, 07, 08, 09, 10, 12, 13, 14, 17, 21, **2022**
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 - 23 2A schools have won a team title.
24 - Sehome – 12 boys, **12 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 - 20 1A schools have won a boys team title – 48 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

1A GIRLS – 16 1A schools have won a girls team title – 41 total titles.

7 – King's – 2001, 2002, 2003, 2006, 2007, 2008, 2009
5 – Mount Baker – 1977, 1978, 1999, 2000, 2001
5 – Lakeside 9-mile falls – 2011, 2013, 2014, 2018, **2022**
4 – Omak – 1992, 1995, 1996, 1998
4 – Riverside – 1987, 2005, 2010, 2012
4 – Chelan – 1988, 1989, 1990, 1997
2 – Seton Catholic – 2020, 2021
2 – Northwest – 2015, 2016

1A COMBINED – 24 1A schools have won a team title.

14 - Lakeside 9-mile falls – 9 boys, 5 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

1 – Bush - 2022

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

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

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 – 28 total titles.

8 – Northwest Christian Lacey – 2008, 09, 2014, 2015, 2016, 2017, 2018, 2019
4 – Chewelah – 1992, 1995, 1996, **2022**
3 – Saint George's – 1993, 2006, 2007
3 – Tri Cities Prep – last was 2010, 2011, 2012
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 – 25 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

3 – Pope John Paul 2 – 2019, 2021, **2022**
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
4 – Chewelah – 4 boys
3 – Tri Cities Prep – 3 boys

3 – Carroll – 3 girls
3 – Pope John Paul 2 – 3 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 Bellarmino 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.

1st to 12 state titles: In 2022 **Sehome** became the 1st team to win 12 State Championships. That makes 12 titles in 21 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 but their girls win 2 in a row. B Pope John Paul 2 wins their 3 out of 4. The covid year was a challenge. No boys team that won a title in 2021 repeated.

BOYS

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

GIRLS

9 - NW Christian Lacey girls (2006-2014)	3 - Edmonds girls (1983-1985)
5 - Sehome girls (2006-2010)	3 - Gig Harbor girls (2005-2007)
4 - East Valley Spokane girls (1994-1997)	3 - Mount Baker girls (1999-2001)
4 - King's girls (2006-2009)	3 - Bellarmine Prep girls (1977-1979)
3 - North Central girls (2017-2019)	3 - Newport Bellevue girls (1998-2000)
3 - Liberty Bell girls (2016-2018)	3 - Chelan girls (1988-1990)
3 - Sehome girls (2012-2014)	3 - East Valley Yakima girls (2002-2004)
3 - Carroll girls (1981-1983)	3 - Lynnwood girls (1988-1990)
3 - King's girls (2001-2003)	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 2022, 6 of the top 10 trophied and 13 of the all-time top 48 trophies

28 - Mead – 2 in a row ends	12 - Northwest Christian Colbert – last was 2020	8 - Nathan Hale – last was 2013
25 - North Central – last was 2021	11 - West Valley-Spokane - last was 2006	8 - Snohomish – last was 2002
24 - Joel Ferris - last was 2016	11 - Lewis & Clark – 1 st since 2019	8 - Charles Wright – last was 2012
21 - Bishop Blanchet – 2 in a row	11 - Lakewood - last was 2009	8 - Curtis – last was 1992
20 - Sehome – 18 in a row	11 - Burlington Edison - last was 2009	8 - Cashmere – last was 2004
19 - Seattle Prep – 1 st since 2012	10 - Selah – 2 in a row	7 - Issaquah – 2 in a row
17 - Lakeside 9 Mile Falls – 4 of 5 years	10 - Montesano - last was 1988	7 - West Valley Yak. – 1 st since 2013
16 - Omak - last was 1999	10 - Kamiakin – last was 2021	7 - Chewelah – 2 in a row
16 - Gig Harbor – 2 in a row	9 - University – last was 2010	7 - Tonasket – last was 2016
15 - Saint George's – 2 in a row	9 - Columbia River – last was 2001	7 - Redmond – last was 2013
15 - King's – last was 2021	9 - East Valley Yakima – last was 2005	7 - Squalicum – 2 in row
14 - Northwest Christian Lacey – last was 2019	9 - Central Valley – 5 in row ends	7 - Ephrata – last was 2005
14 - Eisenhower – last was 2021	9 - Tahoma – 4 in a row ends	7 - Shadle Park – last was 1982
14 - Edmonds-Woodway – last was 2018	9 - Medical Lake – 3 in a row ends	7 - Cedarcrest (Tolt) – last was 2020
13 - Richland - last was 1995	9 - Liberty Bell – 2 in a row	7 - South Whidbey – last was 2020
12 - Riverside – last was 2017	9 - Bellingham – 4 in a row	7 - Castle Rock – last was 1983

GIRLS: In 2022, 3 of the top 10 trophied and 10 of the all-time top 35 trophied.

22 - Riverside – last was 2016	13 - Mead – 2 in a row ends	9 - LaCenter – last was 2021
19 - Saint George's – 2 in a row	13 - Lakeside Seattle - last was 2013	9 - Bishop Blanchet – 1 st since 2019
17 - Sehome – 2 in a row	13 - Issaquah – 2 out of 3 years	8 - White Pass Morton – last was 2012
17 - Mount Baker - last was 2002	13 - Eisenhower - last was 2010	8 - Selah – last was 2016
17 - Bellarmine Prep – last was 2021	13 - Chelan - last was 2009	8 - Eastlake – 3 of 4 years
16 - Gig Harbor – 2 in a row	12 - Edmonds Woodway – last was 2017	7 - West Valley Spo. – last was 2019
15 - King's – last was 2020	12 - Bellingham – last was 2020	7 - Squalicum – last was 2008
14 - South Whidbey – last was 2020	11 - Lewis & Clark – 2 in a row	7 - Liberty Bell – 2 in a row
14 - Omak - last was 2010	11 - Lakeside 9 mile – 1 st since 2019	7 - Asotin – last was 2018
14 - Northwest Christian Lacey – last was 2018	9 - Glacier Peak – last was 2018	7 - Northwest – last was 2018
13 - Tahoma – 4 in a row	9 - Newport Bellevue - last was 2007	7 - Mercer Island – last was 2008
13 - Snohomish – last was 2018	9 - Camas – last was 2019	

COMBINED: In 2022, 3 of the top 10 trophied and 14 of the all-time top 43 teams trophied. 8 of the top 43 won 2 trophies.

41 - Mead - 28 boys, 13 girls	22 - Tahoma – 9 boys, 13 girls	16 - Kamiakin – 10 boys, 6 girls
37 - Sehome - 20 boys, 17 girls	22 - Mount Baker - 5 boys, 17 girls	15 - Newport Bellevue – 6 boys, 9 girls
34 - Saint George's - 15 boys, 19 girls	21 - Lewis & Clark – 11 boys, 11 girls	15 - Lakewood - 11 boys, 4 girls
34 - Riverside - 12 boys, 22 girls	21 - South Whidbey - 7 boys, 14 girls	14 - Squalicum – 7 boys, 7 girls
32 - Gig Harbor - 16 boys, 16 girls	21 - Snohomish - 8 boys, 13 girls	14 - Central Valley – 9 boys, 5 girls
30 - Omak - 16 boys, 14 girls	21 - Bellingham – 9 boys, 12 girls	13 - West Valley Yak. – 7 boys, 6 girls
30 - North Central - 25 boys, 5 girls	21 - Bellarmine Prep - 4 boys, 17 girls	13 - Cedarcrest/Tolt – 7 boys, 6 girls
30 - King's - 15 boys, 15 girls	20 - Issaquah – 7 boys, 13 girls	13 - Camas – 4 boys, 9 girls
30 - Joel Ferris - 24 boys, 6 girls	19 - Chelan - 6 boys, 13 girls	13 - Asotin – 6 boys, 7 girls
30 - Bishop Blanchet - 21 boys, 8 girls	18 - West Valley Spokane - 11 boys, 7 girls	13 - Ephrata – 7 boys, 6 girls
28 - NW Christian Lacey - 14 boys, 14 girls	18 - Selah – 10 boys, 6 girls	13 - Cashmere – 8 boys, 5 girls
28 - Lakeside 9 mile – 17 boys, 11 girls	18 - Richland - 13 boys, 5 girls	13 - East Valley Yak – 9 boys, 4 girls
27 - Eisenhower - 14 boys, 13 girls	17 - Lakeside Seattle - 4 boys, 13 girls	13 - Montesano – 10 boys, 3 girls
26 - Edmonds-Woodway - 14 boys, 12 girls	16 - NW Chr. Colbert – 12 boys, 4 girls	
24 - Seattle Prep - 19 boys, 5 girls	16 - Liberty Bell – 9 boys, 7 girls	

TEAMS WITH MOST INDIVIDUAL STATE CHAMPIONS

BOYS

12 - Mead
6 - Joel Ferris
6 - Bishop Blanchet
6 - Selah
6 - 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
4 - Lakes
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

GIRLS

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

4 - King's
4 - Gig Harbor
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 - Seton Catholic
3 - East Valley Spokane
3 - Glacier Peak
3 - Freeman
3 - Goldendale

COMBINED

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

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

5 - East Valley Spokane – 2 boys, 3 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 - Asotin – 2 boys, 2 girls
4 - Anacortes – 1 boys, 3 girls
4 - Bellevue – 0 boys, 4 girls



TEAMS WITH MOST INDIVIDUAL PODIUM PLACES

Podium was top 12 until 2008, top 16 since. Top 20 for 3A in 2021-2022.

BOYS – In 2022, 7 of the top 10 got on the podium and 27 of the top 62.

62 - Mead +1	28 - Saint George's +3	23 - Nathan Hale	19 - Liberty Bell +2	16 - Colfax
61 - North Central	27 - Snohomish	23 - Columbia River	19 - Issaquah +3	15 - Tumwater
54 - Joel Ferris	27 - Port Townsend +2	22 - Richland	19 - East Valley Yakima	15 - Onalaska
44 - Bishop Blanchet +2	26 - West Valley Spokane +1	22 - Medical Lake +1	19 - Bellingham +3	15 - Lakewood
40 - Gig Harbor +2	26 - Seattle Prep +3	22 - Cedarcrest +1	18 - Shorecrest +1	15 - Evergreen Sea.
39 - Sehome +2	26 - Omak	22 - Asotin	18 - Colville	15 - Ellensburg
38 - King's +1	25 - Mount Spokane +4	21 - University	17 - Mount Baker	15 - Cheney
36 - Northwest Chr. Colbert	25 - Burlington Edison	20 - Tahoma +2	17 - Montesano	15 - Curtis
34 - Northwest Chr. Lacey +1	24 - Shadle Park	20 - Ilwaco	17 - Kennewick	15 - Anacortes
32 - Lewis & Clark +1	24 - Riverside	20 - Chelan	17 - Henry Jackson	15 - Tonasket
32 - Eisenhower	24 - Lakeside 9 Mile +1	20 - Cashmere	17 - Chewelah +3	
31 - Kamiakin +1	24 - Edmonds Woodway	19 - Rogers Spokane	16 - Lakes +2	
29 - Selah +1	24 - Charles Wright	19 - Northwest +2	16 - East Valley Spo.	

GIRLS – In 2022, 7 of the top 10 got to the podium and 25 of the top 48

41 - Saint George's +2	31 - Omak	23 - West Valley Spokane +1	18 - Northwest +1	16 - Colville +1
41 - Sehome +3	31 - North Central	23 - Selah	18 - Carroll	16 - Bellevue Christian
39 - King's +1	28 - NW Chr. Colbert +1	23 - Lewis & Clark +1	17 - Redmond	16 - Bellevue
38 - Bellarmine Prep +2	28 - Gig Harbor +2	22 - Snohomish +1	17 - Joel Ferris	15 - Seattle Prep
37 - Northwest Chr. Lacey +2	27 - Liberty Bell +1	21 - East Valley Spokane +2	17 - Holy Names Aca. +1	15 - Lynnwood
34 - Mount Baker	26 - South Whidbey	21 - Deer Park +1	17 - Glacier Peak	15 - LaCenter
34 - Eisenhower +1	26 - Riverside	21 - Camas +1	17 - Ephrata	15 - Kamiakin
33 - Edmonds Woodway	24 - Tahoma	20 - Anacortes +3	17 - Cedarcrest +1	15 - Cashmere
32 - Lakeside Seattle	24 - Mead +2	19 - Shadle Park	17 - Bellingham +1	
32 - Lakeside 9 Mile +1	24 - Issaquah +2	19 - Ellensburg +1	16 - West Valley Yakima	

COMBINED – In 2022, 8 of the top 10 made it to the podium and 33 of the top 54.

92 - North Central	57 - Edmonds Woodway	46 - Kamiakin +1	36 - Bellingham +4	32 - Shorecrest +1
86 - Mead +3	56 - Lakeside 9 Mile +2	44 - Tahoma +2	35 - Charles Wright	32 - Deer Park +1
80 - Sehome +5	55 - Lewis & Clark +2	44 - Lakeside Seattle	35 - Cashmere	32 - Columbia River
77 - King's +2	53 - Bishop Blanchet +3	43 - Shadle Park	35 - Asotin	31 - Redmond
71 - Northwest Chr. Lacey +3	52 - Selah +1	43 - Issaquah +7	35 - Anacortes +3	31 - Ilwaco
71 - Joel Ferris	51 - Mount Baker	41 - Seattle Prep +3	34 - Ellensburg +1	31 - Chelan
69 - Saint George's +5	50 - Riverside	40 - South Whidbey	34 - Colville +1	29 - University
68 - Gig Harbor +4	49 - West Valley Spokane +2	39 - Cedarcrest / Tolt +2	34 - Camas +1	29 - Ephrata
66 - Eisenhower +1	49 - Snohomish +1	37 - Port Townsend +2	33 - Richland	29 - Kennewick
64 - NW Chr. Colbert +1	47 - Bellarmine Prep +3	37 - Northwest +3	33 - Mt Spokane	29 - Lynnwood
57 - Omak	46 - Liberty Bell +3	37 - East Valley Spokane +2	33 - Burlington Edison	

TEAMS WITH MOST INDIVIDUAL PODIUM PLACERS BY DIVISION

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

54 - Joel Ferris	19 - Issaquah +4	10 - Kamiak	8 - Olympia	6 - Eastmont
32 - Lewis & Clark +1	17 - Henry Jackson	10 - Gonzaga Prep	8 - Mount Rainier	6 - Bothell
32 - Eisenhower	15 - Curtis	10 - Davis	8 - Hazen	6 - Kent Meridian
31 - Kamiakin +1	14 - Redmond	10 - West Valley Yakima +2	8 - Hanford	5 - Sunnyside
22 - Richland	14 - Central Valley	9 - Bellarmine Prep +1	8 - Eastlake +1	4 - Lake Stevens
21 - University	13 - Camas	8 - Wenatchee	7 - Puyallup	4 - Skyview
20 - Tahoma +2	11 - Mariner	8 - Skyline	7 - Battle Ground	4 - Woodinville
19 - Rogers Spokane	10 - Newport Bellevue	8 - Rogers Puyallup +1	6 - Mount Si	

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

62 - Mead +1	17 - Kennewick	11 - Oak Harbor	9 - Ingraham	6 - Lake Washington
61 - North Central	16 - Lakes +2	11 - Mercer Island +1	9 - Franklin	6 - Cleveland
44 - Bishop Blanchet +2	15 - Cheney +1	11 - Central Kitsap +1	9 - Auburn Riverside	6 - Capital
40 - Gig Harbor +2	14 - Lynnwood	11 - Bellevue	9 - Auburn Riverside	5 - Stadium
27 - Snohomish	14 - Arlington	11 - Ballard	8 - Shoreline	5 - Mountain View
26 - Seattle Prep +3	13 - O'Dea	11 - Bainbridge	8 - Meadowdale	5 - Eastside Catholic
25 - Mt Spokane +	13 - Garfield	10 - Silas (Wilson)	7 - Yelm	4 - Everett
24 - Edmonds Woodway	12 - Lakeside Seattle	9 - Walla Walla +1	7 - Liberty Issaquah	4 - Bethell
23 - Nathan Hale	12 - Kelso	9 - Peninsula +1	6 - Stanwood	4 - Decatur
18 - Shorecrest +1	12 - Interlake	9 - Mt Vernon	6 - Lincoln Tacoma	

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

39 - Sehome +2	19 - Bellingham +3	14 - Ridgefield	9 - Sammamish	6 - RA Long
29 - Selah +1	16 - East Valley Spokane	13 - Squalicum +1	8 - Mountlake Terrace	6 - Mark Morris
26 - West Valley Spok. +1	15 - Tumwater +1	13 - Renton	8 - Clover Park	6 - Archbishop Murphy
25 - Burlington Edison	15 - Lakewood	12 - Washougal +1	7 - White River	6 - Fife
24 - Shadle Park	15 - Evergreen Seattle	12 - Lindbergh	7 - Tyee	5 - Port Angeles
23 - Columbia River	15 - Ellensburg	12 - Ephrata +1	7 - Highline	5 - Sequim
22 - Cedarcrest (Tolt) +1	15 - Anacortes	11 - Shelton	6 - Aberdeen	5 - Clarkston
19 - East Valley Yakima	14 - Steilacoom +1	11 - Pullman	6 - Lynden	5 - WF West

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

38 - King's +1	20 - Cashmere	13 - Lynden Christian +1	8 - Seattle Academy	7 - Seattle Christian
27 - Port Townsend +2	19 - Northwest +2	12 - Wapato	8 - Klahowya	7 - Granite Falls
26 - Omak	18 - Colville	12 - Royal	8 - Hoquiam	7 - Cle Elum Roselynn
24 - Riverside	17 - Mount Baker	12 - Rochester	8 - Freeman +1	6 - Granger
24 - Lakeside 9 Mile Falls +1	17 - Montesano	11 - Deer Park	8 - Cascade Leavenworth	5 - White Salmon
24 - Charles Wright	14 - South Whidbey	10 - Newport	8 - Bush +2	5 - Cedar Park Chr +
22 - Medical Lake +1	14 - Castle Rock	9 - La Center	7 - Vashon Island	5 - Naches Valley
20 - Chelan	13 - Meridian	9 - Connell	7 - University Prep	5 - College Place

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

36 - NW Chr. Colbert	17 - Chewelah +4	13 - Davenport +2	9 - Toledo	6 - Kalama
34 - Northwest Chr. Lacey +1	16 - Colfax	12 - Republic	9 - Seattle Lutheran	6 - Adna
28 - Saint George's +3	15 - Tonasket	11 - Odessa	7 - Trout Lake	5 - Mosseyrock
22 - Asotin	15 - Onalaska	10 - Reardan	7 - Pomeroy	5 - Pope John Paul 2
20 - Ilwaco	13 - Tri-Cities Prep +1	9 - Goldendale	7 - Valley Christian	5 - Mt Vernon Chr
19 - Liberty Bell +2	13 - Lake Roosevelt	9 - Carroll	7 - Tacoma Baptist	5 - Mary Walker

Quality Over Quantity – individual success greater than team

Lewis & Clark boys' team has 3 individual titles, 32 podium placers and 3 team titles but only 77 points.

Selah boys team has 6 individual titles, 29 podium placers and 3 team titles but only 85 points.

Quantity Over Quality – team success greater than individual

Lakeside 9 Mile boys team has 1 individual title, 24 podium placers but has 9 team titles and 137 points.

Seattle Prep boys' team has only 26 podium placers but has 130 points and 3 team titles.

GIRLS INDIVIDUAL PODIUM PLACES

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

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

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

33 - Edmonds Woodway	16 - Bellevue	12 - Kennewick	9 - Bishop Blanchet +1	7 - Meadowdale	5 - Shoreline
32 - Lakeside Seattle	15 - Seattle Prep	12 - Central Kitsap +2	8 - Roosevelt	7 - Auburn Riverside +1	5 - Everett
31 - North Central	15 - Lynnwood	11 - Interlake	8 - Mount Spokane	6 - Mountain View	5 - Hudson's Bay
28 - Gig Harbor +2	14 - Shorecrest	11 - Garfield	7 - Stanwood	6 - Lakes	4 - Bainbridge
24 - Mead +2	14 - Peninsula +1	9 - Shorewood	7 - Prairie	6 - Eastside Catholic	4 - Juanita
22 - Snohomish +1	13 - Capital	9 - Liberty Issaquah	7 - Oak Harbor	6 - Cheney	4 - Bonney Lake
17 - Holy Names Aca. +1	12 - Walla Walla	9 - Kelso	7 - Mercer Island	5 - Silas (Wilson)	4 - Monroe

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

41 - Sehome +3	17 - Ephrata	11 - Kingston	9 - Columbia River	5 - East Valley Yak.	4 - Clarkston
23 - West Valley Spo +1	17 - Cedarcrest / Tolt +1	11 - Hockinson	8 - Pullman	5 - Washington	4 - Woodland
23 - Selah	17 - Bellingham +1	10 - Washougal +2	8 - Burlington Edison	5 - Foster	4 - Quincy
21 - East Valley Spo +2	13 - North Kitsap	10 - Port Angeles	8 - Sequim	5 - Lynden	
20 - Anacortes +3	13 - Lakewood	10 - Orting	6 - Centralia	5 - Mountlake Terrace	
19 - Shadle Park	12 - Squalicum	9 - Tumwater	6 - Sedro Woolley	4 - Renton	
19 - Ellensburg +1	11 - Lindbergh	9 - Sammamish	6 - Enumclaw	4 - White River	

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

39 - King's +1	18 - Northwest +1	13 - Bush +1	9 - Cascade Leavenworth	7 - Klahowya +1	6 - Hoquiam
34 - Mount Baker	16 - Colville +1	12 - Vashon Island	8 - Meridian +1	7 - Cedar Park Christian	6 - Seattle Chr.
32 - Lakeside 9 Mile +1	16 - Bellevue Christian	11 - Montesano	8 - Lynden Christian	7 - Bear Creek	6 - Zillah
31 - Omak	15 - La Center	11 - Chelan	8 - Connell	6 - Zillah	6 - Forks
26 - South Whidbey	15 - Cashmere	11 - Charles Wright	8 - Annie Wright	6 - Seattle Chr.	5 - Medical Lake +
26 - Riverside	14 - Seton Catholic +1	10 - Port Townsend	7 - White Salmon	6 - Forks	5 - University Prep
21 - Deer Park +1	14 - Freeman +1	9 - Nooksack Valley	7 - Tenino	6 - Wapato +1	5 - Naches Valley +

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

41 - Saint George's +2	13 - White Pass Morton	7 - Valley Christian	6 - Lake Roosevelt	9 - Pope John Paul +4	4 - Coupeville
37 - Northwest Chr.	12 - Mosseyrock	7 - Tonasket	6 - Kettle Falls	5 - Pateros	4 - White Swan
Lacey +2	11 - Ilwaco	6 - Toledo	6 - Garfield Palouse +	5 - Naselle	4 - Wilbur Creston
28 - Northwest Chr.	13 - Asotin	6 - Seattle Lutheran	5 - Pateros	4 - Davenport	4 - Cedar Tree Class.
Colbert +1	10 - Colfax	6 - Reardan	5 - Oroville	4 - Republic	4 - Life Christian
27 - Liberty Bell +1	9 - Trout Lake Glenwood	6 - Rainier	5 - Ocosta	4 - Tacoma Baptist	4 - Toutle Lake
18 - Carroll	8 - St John Endicott	6 - Pomeroy	5 - Goldendale	4 - Mary Walker	4 - LaConner

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 28 podium placers but only 29 points and no team titles.

Quantity Over Quality

Riverside girls team has 0 individual titles and 26 podium placers but has 139 points, 4 titles and 22 trophies.

Snohomish girls team has 1 individual title and 22 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	29 - University	20 - Mount Rainier	14 - Wenatchee	8 - Kent Meridian
66 - Eisenhower +1	28 - Rogers Spokane	18 - Glacier Peak	14 - Skyview	8 - Sunnyside
55 - Lewis & Clark +2	27 - Central Valley +1	18 - Battle Ground	14 - Mount Si +1	7 - Auburn
47 - Bellarmine Prep +3	26 - West Valley Yakima +2	17 - Skyline +2	14 - Lake Stevens +1	7 - Cascade Everett
46 - Kamiakin +1	24 - Newport Bellevue	16 - Kamiak	14 - Hazen	7 – Woodinville
44 - Tahoma +2	24 - Curtis +1	16 - Hanford	13 - South Kitsap	6 – Federal Way
43 - Issaquah +7	23 - Davis	16 - Gonzaga Prep	13 - Rogers Puyallup +3	6 – Sumner
34 - Camas +1	21 - Henry Jackson +1	15 - Puyallup	13 - Mariner	6 – Moses Lake
33 - Richland	21 - Eastlake +2	15 - Eastmont	10 - Inglemoor	
31 - Redmond	20 - Olympia	15 - Bothell	9 - Marysville Pilchuck	

3A - Two 3A schools have not had an athlete on the state podium.

92 - North Central	29 - Kennewick	19 - Capital	13 - Stanwood	9 - Lake Washington
86 - Mead +3	27 - Bellevue	18 - Oak Harbor	13 - Shoreline	8 - Yelm
68 - Gig Harbor +4	25 - Nathan Hale	18 - Mercer Island +1	13 - O’Dea	8 - Hudson’s Bay
57 - Edmonds Woodway	24 - Garfield	17 - Holy Names Academy +1	12 - Shorewood	7 - Prairie
53 - Bishop Blanchet +3	23 - Peninsula +2	16 - Liberty Issaquah	12 - Franklin +1	7 - Bethell
49 - Snohomish +1	23 - Interlake	16 - Auburn Riverside +1	11 - Mountain View	7 – Decatur
44 - Lakeside Seattle	23 - Central Kitsap +3	15 - Silas (Wilson)	11 - Mount Vernon	7 – Stadium
41 - Seattle Prep +3	22 - Lakes +2	15 - Meadowdale	11 - Ingraham	7 – Lincoln Tacoma
33 - Mount Spokane +5	21 - Walla Walla +1	15 - Bainbridge +1	11 - Eastside Catholic	6 – Juanita
32 - Shorecrest +1	21 - Kelso	14 - Ballard	9 - Everett	6 - Cleveland
29 - Lynnwood	21 - Cheney +1	14 - Arlington	9 - Roosevelt	

2A – Four 2A schools have not had an athlete on the state podium.

80 - Sehome +5	29 - Ephrata +1	17 - Renton	11 - Lynden +1	8 - Highline
52 - Selah +1	28 - Lakewood	17 - Evergreen Seattle	9 - Centralia	8 - Clover Park
49 - West Valley Spokane +2	25 - Squalicum +1	15 - Port Angeles +1	9 - Washington	7 - WF West
43 - Shadle Park	24 - Tumwater +1	14 - Shelton	9 - R A Long	7 - Elma
39 - Cedarcrest Tolt +2	24 - East Valley Yakima	14 - North Kitsap	9 - Mark Morris	6 – Woodland
37 - East Valley Spokane +2	23 - Lindbergh	13 - Sequim	9 - Foster	6 – Grandview
36 - Bellingham +4	22 - Washougal +3	13 - Orting	9 - Enumclaw +1	6 – Franklin Pierce
35 - Anacortes +3	19 - Pullman	13 - Mountlake Terrace	9 - Clarkston	6 – Archbishop Murphy
34 - Ellensburg +1	18 - Sammamish	13 - Kingston +1	9 - Aberdeen	6 - Fife
33 - Burlington Edison	17 - Steilacoom +1	13 - Hockinson	8 - Tyee	
32 - Columbia River	17 - Ridgefield	11 - White River	8 - Sedro Woolley	

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

77 - King’s +2	34 - Colville +1	20 - Bellevue Christian	13 - Newport	10 - Cle Elum Roselyn
57 - Omak	32 - Deer Park +1	19 - Vashon Island	12 - University Prep	9 - Granger
56 - Lakeside 9 Mile Falls +2	31 - Chelan	18 - Wapato +1	12 - Royal	9 - Seattle Academy
51 - Mount Baker	28 - Montesano	18 - Seton Catholic +2	12 - Rochester	8 - Annie Wright
50 - Riverside	27 - Medical Lake +3	17 - Connell	12 - Nooksack Valley	8 - Zillah
40 - South Whidbey	24 - La Center	17 - Cascade Leavenworth	12 - Columbia White Salmon	8 - Bear Creek
37 - Port Townsend +2	22 - Freeman +2	15 - Klahowya +1	12 - Cedar Park Chr. +1	7 - Forks
37 - Northwest +3	21 - Meridian +1	14 - Hoquiam +1	10 - Tenino	6 - Blaine
35 - Charles Wright	21 - Lynden Christian +1	14 - Castle Rock	10 - Naches Valley +2	6 - Highland
35 - Cashmere	21 - Bush +3	13 - Seattle Christian	10 - Granite Falls	

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

71 - NW Chr. Lacey +3	19 - Lake Roosevelt	15 - Seattle Lutheran	8 - Garfield Palouse +	7 - White Swan
69 - Saint George’s +5	17 - White Pass Morton	14 - Valley Christian	8 - Coupeville	7 - Mt Vernon Chr.
64 - NW Chr. Colbert +1	17 - Onalaska	14 - Pope John Paul 2 +4	8 - Wilbur Creston	7 - Kalama
46 - Liberty Bell +3	17 - Mosseyrock	14 - Odessa	8 - Pateros	6 – Rainier
35 - Asotin	17 - Davenport +2	14 - Goldendale	8 - Cedar Tree Classical	6 – Naselle
31 - Ilwaco	16 - Trout Lake Glenwood	13 - Pomeroy	7 - Oroville	6 – Life Christian
27 - Carroll	16 - Republic	12 - St John Endicott	7 - Ocosta	6 – Mt Rainier Lutheran
26 - Colfax	16 - Reardan	11 - Tacoma Baptist	7 – South Bend	
22 - Tonasket	15 - Tri Cities Prep +1	9 - Kettle Falls	7 – Brewster	
20 - Chewelah +4	15 - Toledo	9 - Mary Walker	7 - Adna	

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
58 – Eastlake, 2022 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
70 – Central Kitsap, 2022, 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
47 – Pope John Paul 2, 2022 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
54 – Sehome, 2022, 2A
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
- 8 - Larry Weber (NW Chr. Lacey, Pope John Paul 2)
 - 2010, '11, '12, '13, '14, '19, '21, **2022**
- 7 - Mark Kerr (Sehome)
 - 2002, 2006, 2007, 2008, 2009, 2010, 2012
- 7 - Rod Wilcox (King's)
 - 2001, 2002, 2003, 2006, 2007, 2008, 2009
- 5 - Tom Campbell (Edmonds)
 - 1976, 1983, 1984, 1985, 1987
- 5 - Steve Olson (Lakeside - Spokane)
 - 2011, 2013, 2014, 2018, **2022**
- 5 - Kevin Ryan (Sehome)
 - 2013, 2014, 2017, 2021, **2022**
- 4 - Russ Brantner (Omak)
 - 1992, 1995, 1996, 1998
- 4 - Bill Kehoe (NW Christian)
 - 2006, 2007, 2008, 2009
- 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
- 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
- 3 - Jeff Brady (Tahoma)
 - 2011, 2020, **2022**

COMBINED TITLES BY COACH:

- 14 - Pat Tyson (Shorecrest, Mead) - 14 boys, 0 girls
- 14 - Jon Knight (North Central) - 11 boys, 3 girls
- 13 - Kevin Ryan (Sehome) - 8 boys, 5 girls
- 12 - Tom Campbell (Edmonds) - 7 boys, 5 girls
- 12 - Steve Olson (Lakeside-Spo) - 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
- 11 - Larry Weber (NW Chr. Lacey, PJP2) - 3 boys, 8 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
- 6 - Jeff Brady (Tahoma) - 3 boys, 3 girl
- 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 had 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)

2022 4A girls - Tahoma 116 (sixth 53), Issaquah 116 (sixth 122)

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

2022 B girls - Pope John Paul 2 47, Garfield Palouse 48

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
43 – 2022 4A Issaquah 58, Eastlake 101
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
38 – 2022 B Chewelah 83, Pope John Paul 2 121
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

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

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

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

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

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)

Top 5 Ave	ALL TIME TEAMS						
15:23.77	13 Gig Harbor 4A 1 st **	15:56.0	19 North Central 3A 3 rd	16:05	10 Eisenhower 4A 1 st	16:12	10 Auburn Riverside 4A3 rd
15:24.40	17 Kamiakin 3A 1 st **	15:57.22	18 Kamiakin 3A 1 st	16:05	01 Mead 4A 1 st	16:12.6	21 Kamiakin 1st
15:28.95	13 North Central 3A 1 st	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 1 st	15:57.62	17 Interlake 3A 2 nd	16:06.02	14 Gig Harbor 4A 1 st	16:12.80	17 Gig Harbor 3A 5 th
15:36	08 North Central 3A 1 st	15:57.88	17 North Central 3A 3 rd	16:06.56	14 Tahoma 4A 3 rd	16:13	97 University 4A 1 st
15:36.1	19 Camas 4A 1 st	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 1 st	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 1 st	16:00.50	18 Tahoma 4A 1 st	16:08	08 Mead 4A 1 st	16:13.67	13 Bellarmine Prep 4A 5 th
15:47.0	12 North Central 3A 1 st	16:00.6	15 Eisenhower 4A 3 rd	16:08.38	14 Eisenhower 4A 2 nd	16:14	05 Joel Ferris 4A 1 st
15:47	10 North Central 3A 1 st	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 1 st	16:01.38	13 Mt Spokane 3A 4 th	16:09	03 Joel Ferris 4A 1 st	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 1 st	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 1 st	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 1 st	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 1 st	16:03	04 Eisenhower 4A 3 rd	16:10.5	16 North Central 3A 1 st	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 1 st
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 1 st	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 1 st	16:03.3	12 Central Valley 4A 1 st	16:11.2	15 Ballard 3A 6 th	16:17	02 Mead 4A 1 st
15:52.3	15 Bellarmine Prep 4A 2 nd	16:03.7	15 Sehome 2A 1 st **	16:11.26	17 Tahoma 4A 7 th	16:33.04	17 Medical Lake 1A 1 st **
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 1 st **
15:54.0	11 Seattle Prep 3A 2 nd	16:04.0	16 Bellarmine Prep 4A 1 st	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 1 st		

BEST BOYS TEAM PERFORMANCES BY DIVISION SINCE 1997

AVERAGE (top5) 4A TEAM

15:23.77	13 Gig Harbor 1 st **	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 1 st	16:03.02	17 Eisenhower 5 th **	16:12	06 Joel Ferris 1 st	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 1 st	16:12.6	21 Kamiakin 1 st	16:18.6	15 Central Valley 9 th **
15:48.4	11 Gig Harbor 1 st	16:04.0	16 Bellarmine Prep 1 st	16:13	97 University 1 st	16:19	05 Mead 2 nd
15:48.6	19 Lewis & Clark 3 rd **	16:05	01 Mead 1 st	16:13.3	19 Mount Si 7 th	16:19	08 Redmond 4 th
15:48.64	17 Lewis & Clark 1 st	16:05	10 Eisenhower 1 st	16:13.4	12 Garfield 6 th	16:19.6	15 Lake Stevens 8 th
15:50	98 University 1 st	16:06.02	14 Gig Harbor 1 st	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 1 st	16:06.7	15 Issaquah 5 th	16:14	05 Joel Ferris 1 st	16:20.46	17 Glacier Peak 8 th
15:52	09 Joel Ferris 1 st	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 1 st	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 1 st	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 1 st	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 1 st	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 1 st
16:03	04 Eisenhower 3 rd	16:11.26	17 Tahoma 7 th **	16:17.42	18 Henry Jackson 6 th	16:25.3	22 Issaquah 1 st

AVERAGE (top5) **3A BOYS**

15:24.40	17 Kamiakin 1 st	16:05.94	13 Seattle Prep 5 th **	16:24.5	22 Mt Spokane 3 rd	16:35.6	16 Edmonds Woodway 4 th
15:28.95	13 North Central 1 st	16:06.8	12 Nathan Hale 3 rd	16:25	07 North Central 1 st	16:35.78	18 Lakeside Sea. 5 th
15:33.08	14 North Central 1 st	16:08.60	17 Edmonds Woodway 4 th	16:25	09 Mt. Spokane 5 th	16:35.9	21 Gig Harbor 2 nd
15:36	08 North Central 1 st	16:10.5	16 North Central 1 st	16:25.1	19 Interlake 5 th	16:36.02	13 Columbia River 7 th
15:39.7	19 Kamiakin 1 st	16:11.2	15 Ballard 3A 6 th **	16:25.7	15 Juanita 9 th **	16:36.62	13 Shorewood 8 th
15:45	09 North Central 1 st	16:11.5	15 Interlake 4 th	16:26.20	18 Ed. Woodway 4 th	16:37	99 Eastmont 3 rd
15:47.0	12 North Central 1 st	16:12.0	12 Mt. Spokane 5 th	16:27	10 Bellevue 4 th	16:37	09 Lindbergh 6 th
15:47.30	14 Kamiakin 2 nd **	16:12.6	19 Arlington 4 th	16:27.5	15 Glacier Peak 8 th	16:38.64	17 Snohomish 11 th **
15:47	10 North Central 1 st	16:12.80	17 Gig Harbor 5 th	16:28	98 West Valley Yak 1 st	16:39	05 Sehome 1 st
15:47.8	11 North Central 1 st	16:13.2	15 Central Kitsap 5 th	16:28	09 Seattle Prep 4 th	16:39.6	11 Camas 6 th
15:47.9	19 Bishop Blanchet 2 nd	16:13.4	21 Bishop Blanchet 1 st	16:28.74	17 Arlington 9 th	16:39.3	15 Nathan Hale 10 th
15:48.5	15 North Central 1 st	16:14	10 University 2 nd	16:29.26	17 Lakeside 10 th **	16:39.9	22 Lakes 5 th
15:50.19	13 Kamiakin 3A 2 nd	16:16.56	18 North Central 2 nd	16:30	08 Mercer Island 5 th	16:40.0	16 Ballard 5 th
15:51.36	13 Nathan Hale 3A 3 rd **	16:19.2	22 Seattle Prep 1 st	16:30	97 Capital 1 st	16:40	06 Seattle Prep 2 nd
15:53.8	11 Kamiakin 3 rd	16:20	04 Bishop Blanchet 1 st	16:30	10 Kamiakin 5 th	16:40	03 Skyline 3 rd
15:54.0	11 Seattle Prep 2 nd	16:20.76	13 Bishop Blanchet 6 th	16:30.75	14 Bishop Blanchet 3 rd	16:40	01 Bishop Blanchet 1 st
15:56.0	19 North Central 3 rd	16:21	04 North Central 2 nd	16:31	04 Seattle Prep 4 th	16:40	98 O'Dea 5 th
15:57.22	18 Kamiakin 1 st	16:21	10 Seattle Prep 3 rd	16:31	99 Lakeside Seattle 1 st	16:40.1	22 Gig Harbor 4 th
15:57.62	17 Interlake 2 nd	16:21.22	17 Redmond 7 th **	16:31.2	12 Bellevue 6 th	16:40.30	13 Central Kitsap 12 th **
15:57.88	17 North Central 3 rd	16:21.80	17 Bainbridge 8 th **	16:32	04 East Valley Spo. 3 rd	16:41	98 East Valley Spo. 4 th
16:00.4	12 Kamiakin 2 nd	16:21.82	17 Ballard 6 th	16:33	03 West Valley Yak 1 st	16:41.4	19 Yelm 7 th
16:00.8	11 Mount Spokane 5 th	16:23.0	22 Bishop Blanchet 2 nd	16:33	98 Squalicum 2 nd	16:41.63	13 Liberty Issaquah 9 th
16:01.38	13 Mt Spokane 3A 4 th **	16:23	08 Lindbergh 4 th	16:33	97 Seattle Prep 2 nd	16:42	99 Seattle Prep 2 nd
16:02	08 Seattle Prep 2 nd	16:23.3	15 Bainbridge 7 th	16:33.7	19 Stadium 6 th	16:42.2	16 Gig Harbor 6 th
16:03.1	11 Bellevue 4 th	16:24	08 Bellevue 3 rd	16:33.7	16 Kamiakin 3 rd	16:44	06 North Central 1 st
16:03.7	12 Seattle Prep 4 th	16:24	09 Peninsula 2 nd	16:34.6	16 Interlake 2 nd		
16:04.0	15 Kamiakin 2 nd	16:24	09 Bellevue 3 rd	16:34.70	14 Arlington 4 th		
16:04.2	15 Arlington 3 rd	16:24.26	18 Arlington 3 rd	16:35	03 Seattle Prep 2 nd		

AVERAGE (top5) **2A BOYS**

16:03.7	15 Sehome 1 st **	16:34	08 Burlington-Edison 2 nd	16:46	11 Cedarcrest 7 th	16:52.6	15 Cheney 7 th
16:14.68	14 Sehome 1 st	16:36.2	19 Bellingham 4 th **	16:46.18	17 Cedarcrest 9 th **	16:52.7	19 Selah 9 th
16:15.5	12 Sehome 1 st	16:37	99 East Valley (Yak) 2 nd	16:46.6	15 Cedarcrest 6 th	16:52.97	14 Lindbergh 5 th
16:19.4	10 Sehome 1 st	16:37.0	10 Mark Morris 4 th	16:46.6	10 Squalicum 5 th	16:53	98 Omak 2 nd
16:19.9	19 Steilacoom 2 nd **	16:38.2	12 Deer Park 4 th	16:47	01 Riverside 1 st	16:53.4	11 Cheney 8 th
16:20.6	12 Squalicum 3 rd **	16:39.16	14 East Valley Spo 4 th	16:47.4	15 Ridgefield 8 th **	16:54.26	13 Cheney 8 th
16:24.8	15 Liberty Issaquah 2 nd	16:39.8	16 Sehome 1 st	16:48	08 Cheney 4 th	16:54.3	10 Cedarcrest 6 th
16:25	09 Burlington Edison 1 st	16:40.36	17 Selah 5 th **	16:48.15	13 West Valley Yak 4 th	16:55	98 Lakeside (Spok) 1 st
16:25.18	17 Sehome 1 st	16:40.82	17 Liberty Issaquah 4 th	16:48.22	17 Steilacoom 8 th	16:55	08 Riverside 5 th
16:25.9	11 Sehome 2 nd	16:41	09 Squalicum 3 rd	16:48.38	18 Washougal 2 nd	16:55.3	11 Mark Morris 10 th **
16:26.7	12 Bellingham 2 nd	16:41.90	17 Ellensburg 6 th **	16:48.42	13 Lindbergh 6 th	16:56.3	22 Squalicum 3 rd
16:27	08 Sehome 1 st	16:42.0	15 Lindbergh 4 th	16:48.6	11 Selah 4 th	16:56.5	16 Liberty Issaquah 3 rd
16:27.1	19 Sehome 1 st	16:42.3	19 Cheney 7 th **	16:48.7	21 Selah 2 nd	16:57.5	16 Ridgefield 5 th
16:27.5	14 Sequim 2 nd	16:42.5	10 Bellingham 3 rd	16:49	08 Squalicum 3 rd	16:58.0	12 Mark Morris 7 th
16:28.66	17 Pullman 2 nd	16:43.12	13 Cedarcrest 3 rd	16:49	09 Lakewood 4 th	16:58	06 Burlington Edison 1 st
16:29	99 Omak 1 st	16:43.2	19 Sedro Woolley 5 th	16:49.4	22 Bellingham 1 st	16:58.70	13 Lakewood 9 th
16:30.6	19 Ellensburg 3 rd	16:43.3	18 Sehome 1 st	16:49.4	16 Cedarcrest 2 nd	16:59.1	16 Cheney 4 th
16:30.74	17 Bellingham 3 rd	16:43.7	11 Squalicum 6 th	16:50.08	14 Liberty Issaquah 3 rd	16:59.1	10 W F West 10 th
16:31	09 Sehome 2 nd	16:44.21	13 East Valley Spo 7 th	16:50.5	11 White River 11 th **	16:59.7	21 Squalicum 1 st
16:31.1	11 Lindbergh 1 st	16:44.8	11 Ellensburg 5 th	16:50.8	11 Interlake 9 th	16:59.7	10 Ellensburg 9 th
16:31.2	11 Deer Park 3 rd	16:45.1	22 Sehome 2 nd	16:51.12	18 Pullman 6 th	17:00	07 Sehome 2 nd
16:31.39	13 Sehome 1 st	16:45.1	19 Columbia River 6 th	16:51.47	13 Sequim 5 th	17:02	07 Burlington Edison 1 st
16:31.67	13 Squalicum 2 nd	16:45.18	17 Ridgefield 7 th	16:52	97 Lakeside (Spok) 1 st		
16:32.7	10 Lindbergh 2 nd	16:45.4	15 Selah 5 th	16:52.0	10 Kingston 7 th		
16:32.8	15 Sequim 3 rd	16:46	99 South Whidbey 3 rd	16:52.5	12 Cheney 5 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	17:25.4	22 Northwest 2 nd
16:47.28	17 Meridian 3 rd **	17:03.4	12 Medical Lake 3 rd	17:16.0	16 Lakeside 9mile 5 th	17:26.6	15 King's 4 th
16:48.24	17 Riverside 2 nd	17:03.81	13 Meridian 3 rd	17:16.4	16 Northwest 8 th	17:26.9	15 Lakeside 9-mile 3 rd
16:48.4	16 Deer Park 1 st	17:04.6	16 Bush 3 rd	17:16.4	12 Lynden Christian 5 th	17:27.1	15 Northwest 9 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 **	17:27.46	14 Cascade Leaven. 6 th
16:49	04 Charles Wright 1 ST	17:05	08 Charles Wright 2 nd	17:16.5	19 Connell 8 th	17:28	01 Liberty Bell 2 ND
16:50.6	19 Klahowya 2 nd	17:05.45	13 King's 5 th	17:18.04	18 Meridian 4 th	17:28.4	10 Lynden Christian 6 th
16:53.50	14 Riverside 3 rd	17:05.5	19 Charles Wright 7 th **	17:19	07 Royal 1 ST	17:29.3	10 La Center 5 th
16:53.6	16 Medical Lake 2 nd	17:05.7	16 Riverside 4 th	17:19	09 Port Townsend 2 nd	17:29.40	17 Klahowya 11 th **
16:54.9	15 Deer Park 1 st	17:07.4	16 Chelan 6 th **	17:20	05 Charles Wright 2 ND	17:30	98 Freeman 5 TH
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	07 Lakeside -9 Mile 2 ND
16:55.6	19 Cascade Leav. 5 th **	17:08	99 King's 1 ST	17:20.22	17 Goldendale 10 th **	17:31	09 Nooksack Valley 1 st
16:55.66	17 Charles Wright Aca. 5 th	17:08	98 Liberty Bell 1 ST	17:20.6	16 Meridian 7 th	17:32	98 St. George'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	17:33	03 King's 2 ND
16:57.6	12 Lakeside-9 Mile 2 nd	17:09.0	10 Charles Wright 3 rd	17:21.2	12 Blaine 8 th	17:36	02 King's 1 ST
16:59.00	17 Northwest 4 th	17:09.52	18 Cascade Leaven. 2 nd	17:21.77	13 Riverside 6 th	17:36.9	22 Bush 1 st
16:59	01 King's 1 ST	17:10.7	15 Medical Lake 2 nd	17:21.80	17 Connell 9 th	17:37.3	21 Lakeside 9-mile 1st
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	07 Saint George's 1 ST	18:09.9	12 NW Chr. Lacey 5 th
16:49.80	14 NW Chr. Lacey 1 st	17:30.3	19 Ilwaco 7 th **	17:52	06 Saint George's 1 ST	18:10	11 Republic 4 th
16:53.2	15 NW Chr. Lacey 1 st	17:30.35	13 Tri Cities Prep 4 th	17:52.36	17 Mt Vernon Chr. 6 th	18:10.5	15 Tri Cities Prep 4 th
16:55.51	14 NW Chr. Colbert 2 nd **	17:32.08	17 Liberty Bell 2 nd	17:53.0	21 Pope John Paul 2 2 nd	18:10.5	15 Asotin 5 th
17:04.8	19 Pope John Paul 2 2 nd	17:32.7	10 Republic 2 nd	17:54.20	17 NW Chr. Colbert 7 th	18:10.67	14 St George's 6 th
17:07.46	18 NW Chr. Lacey 1 st	17:34.0	19 Brewster 5 th	17:55.61	13 Republic 7 th	18:11	04 NW Chr. Lacey 2 ND
17:08.5	12 Tri-Cities Prep 1 st	17:39.1	12 Onalaska 3 rd	17:56.0	16 Asotin 5 th	18:11.08	14 Republic 5 th
17:08.76	13 NW Chr. Colbert 1 st	17:39.8	16 NW Chr. Colbert 4 th	17:56	09 Republic 2 nd	18:12	08 Valley Chr. 5 th
17:09.7	16 NW Chr. Lacey 1 st	17:40.28	17 Saint George's 3 rd	17:57	11 Davenport 3 rd	18:12	11 Asotin 5 th
17:10	11 Tri Cities Prep 1 st	17:40.4	19 Asotin 6 th **	17:57.6	18 Asotin 3 rd	18:12.02	18 NW Chr. Colbert 5 th
17:13.45	13 Asotin 2 nd	17:40.72	14 Liberty Bell 4 th	17:57.6	15 Saint George's 3 rd	18:13	04 Reardan 1 ST
17:17.44	17 NW Chr. Lacey 1 st	17:41	09 NW Chr. Lacey 1 st	17:57.86	17 Tonasket 8 th	18:13.26	18 Cedar Tree Clas. Chr. 8 th
17:18.8	19 Trout Lake 3 rd **	17:43.4	10 Davenport 4 th	17:59.8	15 Liberty Bell 6 th	18:13.82	18 Colfax 6 th
17:21.8	15 NW Chr. Colbert 2 nd	17:43.98	18 Pope John Paul 2 2 nd	18:00.6	21 Chewelah 3 rd	18:14.3	22 St George's 3 rd
17:24.18	13 NW Chr. Lacey 3 rd	17:44.2	16 Tonasket 3 rd	18:00.9	19 Life Chr. Aca. 10 th **	18:14.7	12 Republic 6 th
17:24.5	19 Manson 4 th **	17:45.00	13 Saint George's 6 th	18:02.88	18 Manson 4 th	18:15.22	17 Mary Walker 9 th
17:24.6	12 NW Chr. Colbert 2 nd	17:46.8	19 Liberty Bell 8 th **	18:03	06 Reardan 2 ND	18:15.3	22 Pope John Paul 2 2 nd
17:25.3	10 NW Chr. Lacey 3 rd	17:47	08 Reardan 2 nd	18:04.1	21 St George's 4 th	18:16	05 Reardan 1 ST
17:26.5	10 Tri Cities Prep 1 st	17:48.0	12 Asotin 4 th	18:06	08 Republic 3 rd	18:16	05 Saint George's 2 ND
17:27	11 NW Chr. Lacey 2 nd	17:48.3	22 Chewelah 1 st	18:06.0	19 Saint George's 11 th **	18:16.3	19 Morton White Pass 14 th **
17:27.88	14 Asotin 3 rd	17:49.1	10 Mt. Rainier Luth 5 th	18:07.3	19 Colfax 12 th **	18:16.47	14 Toledo 7 th
17:27.9	21 Liberty Bell 1st	17:50.08	17 Manson 5 th	18:08.82	18 Kalama 7 th	18:16.84	17 Ilwaco 10 th
17:29	08 NW Chr. Lacey 1 st	17:50.4	19 Davenport 9 th **	18:09.04	13 Reardan 8 th	18:17.9	19 Valley Christian 13 th **
17:29.26	13 Liberty Bell 5 th **	17:51.00	17 Asotin 4 th	18:09.2	21 Asotin 5 th	18:18	08 NW Chr. Colbert 4 th

BEST INDIVIDUAL STATE PERFORMANCES SINCE 1997 -

TIME ALL TIME RUNNERS

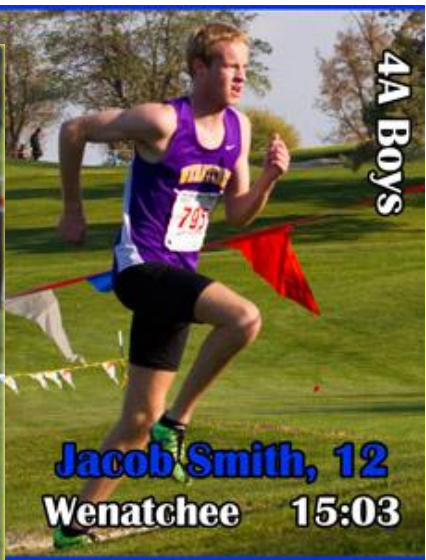
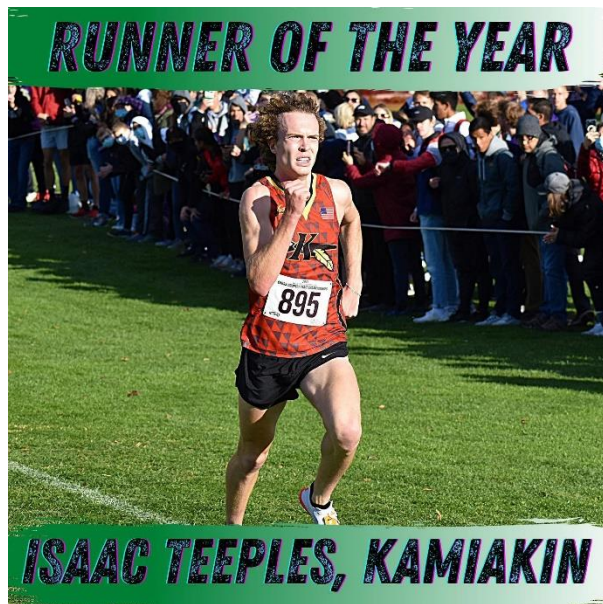
14:31.70	14 Tanner Anderson—North Central 3A 1 st	15:16.2	18 Joe Waskom 12 — Mount Si 4A 1 st	15:22.1	11 Keith Williams — No Central 3A 6 th
14:44.83	13 Tanner Anderson—North Central 3A 1 st	15:16.3	12 Wolfgang Beck — Gig Harbor 4A 2 nd	15:22.2	17 Sebastian Belkin — Bainbridge 3A 2 nd
14:45.16	13 Joe 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 Distell — 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 Kabasenche — 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 Corey 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 Guer mali — 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 Johnson — 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 1ST	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 1ST	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 1 st	15:25.6	17 Riley Moore – Richland 8 th	15:35.19	14 Chase 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 1ST
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	15:37.4	22 Conner Wirth 12 – Emerald Ridge 1st
15:18.9	11 Wolfgang Beck – Gig Harbor 5 th	15:29.7	11 Sumner Goodwin – Lewis & Clark 7 th	15:37.5	11 Keegan Symmes – Skyline 12 th
15:19.0	16 Matthew Watkins – Henry Jackson 2 nd	15:29.30	03 Charles Cummings – Eisenhower 4 TH	15:37.6	10 Alex Kimsey – Joel Ferris 5 th
15:20.1	17 Will Smith – Lewis and Clark 6 th *	15:30	01 Jesse Fayant – Mead 1ST	15:37.7	17 Jacob Easton – University 15 th
15:21	08 Shane Moskowitz – Cen Kitsap 2 nd	15:30.3	16 Amir Ado – Joel Ferris 4 th	15:37.7	11 Joel Estelle – Lewis & Clark 13 th
15:21.2	19 Jonas Bears – Gonzaga Prep 5 th	15:30.6	19 Caleb Lloyd – Mead 13 th *	15:37.9	19 Luc Utheza – Camas 16 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	18 Caleb Olson 12 – Hanford 9 th
15:21.6	12 Colby Gilbert – Skyview 3 rd	15:30.9	10 Aaron Nelson – Walla Walla 3 rd	15:37.9	11 JP Wolpert – Walla Walla 14 th
15:22	09 Conner Peloquin – Gig Harbor 2 nd	15:31	03 Justin Houck – Ferris 5 TH	15:38	04 Laef Barnes – Mead 4 TH
15:22.02	13 Drew Schreiber – Eisenhower 5 th	15:31	09 Adam Thorne – Ferris 3 rd	15:38	01 Tyler Campbell – Auburn 4 TH
15:22.26	14 Charlie Barringer – Bothel 2 nd	15:31.2	19 Brenden Charbeneau – Jackson 14 th *	15:38	03 Jeff Helmer – Jackson 6 TH
15:22.5	15 Nathan Pixler – Eastlake 2 nd	15:31.5	17 Joe Waskom – Mount Si 10 th	15:39	07 Miles Unterreiner – Gig Harbor 1ST
15:22.7	19 Sam Geiger – Camas 6 th	15:31.8	17 Caleb Olson – Hanford 11 th	15:40	05 Jeff Helmer – Jackson 1ST



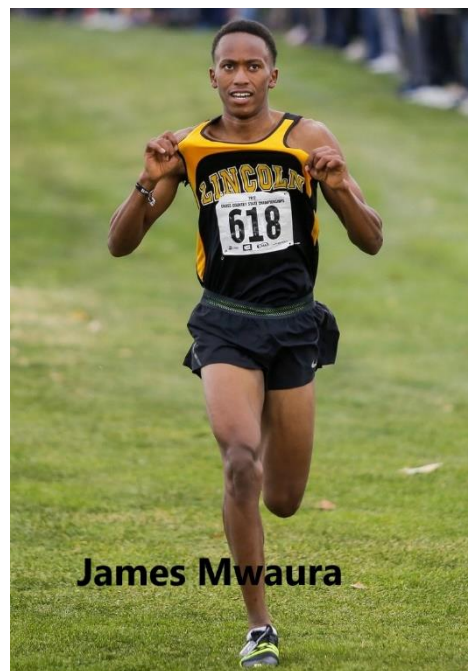
3A BOYS

- 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 09DrewO'DonahueMcDonald SeaPrep2nd
- 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
- 15:30.0 **22 Cruze Corvin 12 – Lakes 1st**
- 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 MaxO'DonahueMcDonald SeaPrep1st**
- 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
- 15:39.8 **22 Brody Hartley 12 – Walla Walla 2nd**
- 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 08DrewO'DonahueMcDonald SeaPrep7th
- 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 SeaPrep1st**

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	15:56.4	21 Daniel Barna – Columbia River 2 nd
15:16.6	12 Poli Baltazar – Aberdeen 2 nd *	15:44.1	15 Silas Griffith – Ridgefield 5 th	15:56.7	22 Sam Grice 11 – Washougal 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 3 rd
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
15:37.0	22 Zach Munson 12 – Sehome 1st	15:49.69	13 Logan Orndorf – Cedarcrest 5 th	16:00.8	17 Zach Koivisto – Steilacoom 7 th
15:37.5	12 Conner Johnsen – Sehome 3 rd	15:49.8	19 Hale Behan – Sammamish 7 th	16:00.9	18 Gabriel Dinnel 12 – Washougal 3 rd
15:37.7	15 Riley Allsop – Sehome 3 rd	15:49.82	14 Kirby Overman – Sehome 8 th	16:01	09 Tyler Williams – Burlington 3 rd
15:38.16	13 Chad Stevens – East Valley Spokane 2 nd	15:50.38	14 Marques Chacon – Evergreen Sea. 9 th	16:01.2	22 Jack Gladfelter 12 – Pt Angeles 3rd
15:38.3	21 Cooper Quigley – Selah 1st	15:51	06 Jake Riley – Sehome 1st	16:01.3	11 Reed Henderson – Sehome 11 th
15:38.9	19 Rafe Holz – Sedro Woolley 3 rd	15:51	99 Hendrick Kok – Lynden Christian 2 ND	16:01.5	12 Scott Kopczynski–EValley Sp 12 th *
15:39	98 Matt Harriman – Omak 1st	15:52	09 Dakota Parker – W F West 2 nd	16:01.7	11 Sam Giner – Interlake 12 th
15:39.26	13 Chris Fredlund – Squalicum 3 rd	15:52.1	15 Matthew Chacon – Evergreen Sea. 7 th	16:01.80	13 Ben Monk – Capital 8 th
15:39.7	12 Sean Eustis – Washougal 4 th *	15:52.7	17 Reed Smith – Sehome 3 rd	16:01.9	19 Caleb Schmotzer – Bellingham 12 th
15:40.4	12 Joe Charbonneau –Bellingham 5 th *	15:52.8	12 Logan Orndorf – Cedarcrest 10 th *	16:02.0	12 Nehemiah Barrett–FranklinPierce 13 th *
15:40.65	14 Douglas Davis – Lakewood 4 th	15:54	99 Ivan Bannon – Ilwaco 3 RD	16:02	07 Justin Rose – Colville 1st
15:40.7	12 Devon Grove–Lake Washington 6 th *	15:55.19	13 Endalkachew Abebaw – Lindbergh 6 th	16:02.08	14 Dustin Nading – RA Long 11 th
15:41.8	19 Bas Holland – Cheney 4 th	15:55.2	19 Kolby Green – West Valley Spo 8 th	16:02.43	13 Aaron Brumbaugh – Mark Morris 9 th
15:42.27	14 Nick Martin – Sammamish 5 th	15:55.5	19 Patrick Adkisson – Ellensburg 9 th	16:06	08 James Currell – Selah 1st
15:42.8	10 Conner Ballew –Arch. Murphy 3 rd	15:55.6	16 Josh Rauvola – Archbishop Murphy 2 nd	16:16	04 Eric Burck – Ephrata 1st
15:43	01 Matt Owens –East Valley Yak 1st	15:55.6	14 Steaven Zachman – Cheney 10 th	16:18	97 Mike Witt – Lakesdie 9 Mile 1st
15:43	11 Dayde Collins – Deer Park 4 th	15:55.6	10 Nicholas Schippers –Kingston 4 th		



2012 Poli Baltazar - Aberdeen



Eliason Kabasenche – Pullman



1A BOYS

15:00.4 **21 Jamar Distel – Riverside 1st**
 15:16.9 **10 Tyler King – Coupeville 1st**
 15:18.8 **17 Kenneth Rooks – College Place 1st**
 15:22.4 **16 Tibebu Proctor – Northwest 1st**
 15:32.1 **15 Tibebu Proctor – Northwest 1st**
 15:35.7 17 Ben Shaw – Riverside 2nd ***
 15:37.40 **14 Ryan Clarke – Port Townsend 1st**
 15:38 **03 Tom Wyatt – Charles Wright 1st**
 15:41.55 14 Graham Peet – Northwest 2nd
 15:42.56 14 Andrew Ayers – King’s 3rd ***
 15:44 **11 Hap Emmons – King’s 1st**
 15:44.4 15 Tamire Proctor – Northwest 2nd
 15:47 **98 John Russell – Freeman 1st**
 15:47.5 10 Todd Jackson – Elma 2nd
 15:50.0 **12 Dillon Quintana – Mount Baker 1st**
 15:50.3 16 Ben Shaw – Riverside 2nd
 15:50.4 10 Habtamu Rubio – Port Townsend 3rd
 15:50.6 **19 Adam Briejer – Charles Wright 1st**
 15:50.78 **13 Graham Peet – Northwest 1st**
 15:50.8 12 Tom Bradley – Blaine 2nd
 15:52.95 13 Andrew Ayers – King’s 2nd
 15:53.2 10 Hap Emmons – King’s 4th ***
 15:54.5 17 Eric Steiger – Lynden Chr. 3rd
 15:55 11 David Goldstone–Charles Wright 2nd
 15:55.9 16 Mereck Palazzo – Chelan 3rd
 15:56 **08 Quinton Decker – Pt. Townsend 1st**
 15:56.26 14 Domenic Rehm – Medical Lake 4th
 15:57.80 14 Tamire Proctor – Northwest 5th ***
 15:59 03 Steven Vandenburg – NW Chr Col 2ND
 15:59.6 16 Kenneth Rooks – College Place 4th
 16:00.2 19 Rob McManus – Cashmere 2nd
 16:00.7 17 Adam Briejer – Charles Wright 4th
 16:00.9 17 Tamire Proctor – Northwest 5th
 16:01.0 **22 Reid Headrick 12 – Medical Lake 1st**
 16:01 98 Phil Olson – Tacomas Baptist 2ND

16:01.81 14 Tibebu Proctor – Northwest 6th ***
 16:02.3 17 Kenny Barnes – Meridian 6th
 16:03.0 19 Isaac Cortes – Granite Falls 3rd
 16:03.9 10 Bereket Piatt – Port Townsend 5th
 16:04 **97 Ned Miller – Darington 1st**
 16:04 11 Ruben Riordan – Charles Wright 3rd
 16:05 11 Stephen Bottoms – Onalaska 4th
 16:05.7 17 Jared Donnell – Bellevue Chr. 7th ***
 16:06.1 17 Mason Williams – Medical Lake 8th ***
 16:07 97 Joey Hord – LaCenter 2ND
 16:07.3 19 Brayden Merrill – Lakeside 4th
 16:07.9 12 Ruben Riordan – Charles Wright 3rd
 16:08 **99 Todd Arnold – Ocosta 1st**
 16:09 **04 Alex Crabill – Charles Wright 1st**
 16:09 98 Todd Arnold – Ocosta 3RD
 16:10 08 Bereket Piatt – Pt.Townsend 2nd
 16:10 08 Alex Johnson – Seattle Aca 3rd
 16:10 **09 Bereket Piatt – Port Townsend 1st**
 16:10.3 17 Tyler Pena – Medical Lake 9th ***
 16:10.4 **22 Andrew Luce 12 – Lynden Chr. 2nd**
 16:10.8 19 Landon Davies – Cascade Leav. 5th
 16:10.8 12 Kyle Cole – Cedar Park Chr. 4th
 16:11.5 17 Abbas Theophilus – Meridian 10th ***
 16:11.6 17 Dillon Rising – Goldendale 11th ***
 16:12 **01 Reid Carrel – Freeman 1st**
 16:12 97 Ivan Bannon – Ilwaco 3RD
 16:12.08 13 Ryan Coffman – Lakeside 3rd
 16:12.3 15 Ben Shaw – Riverside 3rd
 16:12.8 17 Ethan Widlansky – Bush 12th ***
 16:13.7 10 Colton Hastings – Colville 6th
 16:13.7 15 Cody Bollum – Deer Park 4th
 16:14 08 Josh Alexander – Lakeside Spo 4th
 16:14.3 16 Cody Bollum – Deer Park 5th
 16:14.3 12 Graham Peet – Northwest 5th
 16:14.7 12 Ryan Coffman – Lakeside 9-mile 6th

16:14.9 15 Mereck Palazzo – Chelan 5th
 16:15 11 Biagia Pietroburgo – Colville 5th
 16:15.5 17 Grant Avila – Deer Park 13th ***
 16:15.97 13 Tibebu Proctor – Northwest 4th
 16:16 08 Max LeBerge – Charles Wright 5th
 16:16.1 17 Brooks Dewaard – Lynden Chr. 14th ***
 16:16.16 14 Collin Magnusson – Meridian 7th
 16:17 **06 Rigoberto Jimenez – Royal 1st**
 16:18 **07 Humberto Jimenez – Royal 1st**
 16:18 07 Rigoberto Jimenez – Royal 2ND
 16:18.9 10 Stephen Bottoms – Onalaska 7th
 16:19 99 Jesse Klemish – Mary Walker 2ND
 16:19.5 **18 Adam Briejer 11 – Charles Wr. Aca. 1st**
 16:19.5 19 Dallin Price – Connell 6th
 16:20.55 13 Ryan Clarke – Port Townsend 5th
 16:20.7 19 Nathan Cantrell – Port Townsend 7th
 16:20.9 16 Mason Williams – Medical Lake 6th
 16:21.2 **22 Stephan B-Harris 12 – Northwest 3rd**
 16:21.4 19 Nick LeBar – King’s 8th
 16:21.5 10 Ethan Tonnmaker – Royal 8th
 16:21.7 19 David Carrion – Seton Catholic 9th
 16:21.9 12 Andrew Ayers – King’s 7th
 16:21.9 19 Chris Knight – Chelan 10th
 16:22 08 Seth Pierson – Cashmere 6th
 16:22.3 17 Nolan Chase – Connell 15th ***
 16:22.3 19 Joseph Blanshan – LaCenter 11th
 16:23 09 Habtamu Rubio – Port Townsend 2nd
 16:23.24 13 Collin Magnusson – Meridian 6th
 16:24.1 15 Mason Williams – Medical Lake 6th
 16:24.2 19 Jaeden Ellis – Klahowya 12th
 16:24.3 10 Travis Hensley –Charles Wright 9th
 16:24.5 16 Brooks DeWaard – Lynden Chr 7th
 16:24.61 13 Domenic Rehm – Medical Lake 7th
 16:25 01 Adam Roe – King’s 2ND
 16:26 **02 Brandon Thompson – King’s 1st**



Jemar Distel - Riverside



**Tyler King, 12
Coupeville 15:16.9**



Tibebu Proctor

Northwest School

B BOYS

15:41.10	14 Chandler Teigen – Asotin 1 st	16:28.8	15 Luke Bredeson – NW Chr Lacey 6 th	16:45.53	14 Oren Cox – Bridgeport 7 th
15:44.6	15 Kenneth Rooks 10 – College Place 1 st	16:29.6	16 Austen Apperson 10 – Adna 4 th	16:45.6	19 Jonathan Sarmiento – Manson 12 th *
15:48.3	12 Stephen Bottoms – Onalaska 1 st	16:30.9	21 Daniel Quintana – Ilwaco 1 st	16:46.3	15 Andrew Gannon – Bickleton 11 th
15:48.89	14 Luke Schilter – NW Chr. Lacey 2 nd *	16:31.3	18 Gavin Merritt 12 – Tekoa Rosalia 3 rd	16:46.4	17 Kendall VanZanten – Mt Vernon Chr. 10 th
15:51.5	15 Luke Schilter – NW Chr. Lacey 2 nd	16:31.8	15 Oren Cox – Bridgeport 7 th	16:46.6	17 Noah Phillips 10 – NW Chr. Lacey 11 th
15:52.99	13 Chandler Teigen – Asotin 1 st	16:32.4	10 Jon Bennett – Republic 3 rd	16:46.7	10 Seth Deal – Waitsburg-Prescott 4 th
15:55.8	19 Daniel Quintana – Ilwaco 1 st	16:32.5	17 August Albers 11 – CedarTreeClass.Chr.4 th	16:46.7	15 Hunter Swanson – Tonasket 12 th
15:56.4	18 Austen Apperson 12 – Adna 1 st	16:33	11 Zack Speiker – Oroville 3 rd	16:47.1	16 Jarod Hulsizer – Kalama 7 th
15:56.4	16 Luke Schilter – NW Chr. Lacey 1 st	16:33.93	14 Ben Klemmeck – Liberty Bell 4 th	16:47.2	12 David Eisenhauer – Riverside Chr. 4
15:59.0	17 Austen Apperson 11 – Adna 1 st	16:34.0	17 Jacoby Wieber – Tri Cities Prep 5 th	16:47.6	15 Tarell Manjarrez – White Swan 13 th *
15:59.8	19 Justin Peck – Trout Lake 2 nd	16:34.34	13 Hunter Olsen – Saint George’s 3 rd	16:48.9	19 Steiner Christensen – Life Chr. Aca. 14 th *
16:05.8	19 Kobe Deutscher – Pope John Paul 2 3 rd *	16:34.4	17 Justin Peck – Trout Lake 6 th	16:50.0	22 Asher Ingram 12 – NW Chr. Lacey 2 nd
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 McSheffrey – 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	16:53.7	22 Ben Morales 11 – St. George’s 3 rd
16:23.5	19 Connor Torgesen – Manson 8 th *	16:41	09 Justin Holden – NW Chr. Lacey 2 nd	16:54.2	10 Ryan Zeller – Davenport 6 th
16:23.61	14 Jack Ammon – NW Chr. Colbert 3 rd	16:42	07 Jeff Pope – Valley Christian 2 nd	16:54.20	13 Duncan Forsman – Republic 8 th
16:24	11 Chase Teigen – Asotin 2 nd	16:42	11 Skyler Larson – TriCities Prep 6 th	16:54.4	16 Eli Engledow – Asotin 8 th
16:24.8	17 Zachary Wright – Onalaska 3 rd	16:42.23	14 Thomas Weakland – Asotin 6 th	16:54.9	10 Nick Lumetta – TriCities Prep 7 th
16:25.0	15 Micah Henry – NW Chr. Colbert 5 th	16:43.2	15 Nathan Vanos – Saint George’s 10 th	16:55.1	12 Kelly Smith – Tri Cities Prep 9 th
16:25	09 Lucas Graham – NW Chr. Lacey 1 st	16:43.9	18 Garrett McSheffrey 11 – NW Chr. Lacey 5 th	16:55.73	13 Seth Carns – 3 Rivers Chr. 9 th
16:25.5	12 Skyler Larson – TriCities Prep 3 rd	16:44.5	18 August Albers 12 – Cedar Tree Classical 6 th	17:01	06 Brad Serdar – Reardan 1 st
16:25.8	19 Cameron Nielsen – NW Chr. Lacey 9 th *	16:44.7	19 Addison Smee – Kalama 11 th *	17:03	04 Gabe Molinaro – NW Chr. Lacey 1 st
16:27.4	22 Ciaran St Hilaire 11 – Tri Cities Prep 1 st	16:44.74	13 Liam Daily – Liberty Bell 6 th	17:06	05 Brad Serdar – Reardan 1 st
16:27.7	16 Tyler Shea – NW Chr Colbert 3 rd	16:45.2	17 Garrett McSheffrey 10 – NW Chr. Lacey 9 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 ***	19:08.6	11 Tahoma 4A 1 st	19:21.0	16 Edmonds Woodway 3A 2 nd
18:24.66	17 North Central 3A 1 st	19:08.6	11 Redmond 4A 3 rd	19:21	04 Snohomish 4A 3 rd
18:33.9	12 Camas 4A 1 st ***	19:09.18	14 Holy Names Academy 3A 1 st	19:21	97 East Valley Spok 3A 1 st
18:35.62	17 Lewis & Clark 4A 1 st	19:09.7	16 Issaquah 4A 1 st	19:21	09 Eastlake 4A 1 st
18:36.50	14 Camas 4A 1 st	19:11	09 Shadle Park 3A 1 st	19:21	09 Stanwood 4A 3 rd
18:40.96	13 Camas 4A 2 nd	19:11.0	19 Holy Names Aca. 3A 2 nd	19:21.4	16 Lewis & Clark 4A 5 th
18:42.8	10 Glacier Peak 3A 1 st	19:12.1	15 Lewis and Clark 4A 2 nd	19:21.5	19 Glacier Peak 4A 6 th
18:44.2	15 Camas 4A 1 st	19:12.4	15 Mount Si 4A 3 rd	19:21.9	16 Central Valley 4A 4 th
18:44.24	17 Camas 4A 2 nd	19:13.4	11 Bellarmine Prep 4A2 nd	19:22	03 Bellarmine Prep 4A 2 nd
18:47.7	12 Glacier Peak 3A 1 st	19:13.8	19 Eastlake 4A 4 th	19:22	09 Kingston 2A 2 nd
18:48.1	11 Glacier Peak 3A 2 nd	19:14	04 Gig Harbor 4A 2 nd	19:22	11 Sehome 2A 2 nd
18:50.82	14 Issaquah 4A 2 nd	19:14.5	16 Camas 4A 2 nd	19:22.2	15 Kamiak 4A 5 th
18:53.47	13 Bellarmine Prep 4A 1 st	19:15.1	15 Edmonds Woodway 3A 2 nd	19:22.28	13 Central Valley 4A 4 th
18:55.3	19 Redmond 4A 1 st	19:15.8	15 Issaquah 4A 4 th	19:22.29	13 Glacier Peak 3A 1 st
18:55.6	11 Camas 3A 1 st	19:16	08 Gig Harbor 4A 2 nd	19:22.7	21 Bellarmine Prep 4A 4 th
18:56.64	17 Issaquah 4A 3 rd	19:16	09 Glacier Peak 3A 2 nd	19:22.9	15 Eastlake 4A 6 th
18:57.22	17 Edmonds Woodway 3A 2 nd	19:16.2	10 Eastlake 4A 2 nd	19:23	99 Eisenhower 4A 1 st
18:58.47	14 Tahoma 4A 3 rd	19:16.82	17 Tahoma 4A 5 th	19:23.07	14 Skyline 4A 4 th
19:00.10	13 Sehome 2A 1 st ***	19:17	05 Gig Harbor 4A 1 st	19:23.38	18 Glacier Peak 4A 1 st
19:01.8	19 Camas 4A 2 nd	19:17.5	22 Central Kitsap 3A 1 st	19:24	98 East Valley Spo 3A 2 nd
19:03.25	13 Lakeside Seattle 3A 2 nd	19:17.6	10 Eisenhower 4A 1 st	19:24.04	14 Montlake Terrace 3A 2 nd
19:04	03 Snohomish 4A 1 st	19:18.3	12 Bellarmine Prep 4A 3 rd	19:25	98 Newport Bell 3A 1 st
19:05.0	19 Tahoma 4A 3 rd	19:18.8	19 Lewis & Clark 4A 5 th	19:26.0	19 Bellingham 2A 1 st
19:05.7	12 Tahoma 4A 2 nd	19:18.99	14 Sehome 2A 1 st	19:27.9	15 Glacier Peak 3A 1 st
19:06	04 Bellarmine Prep 4A 1 st	19:19.0	12 Sehome 2A 1 st	19:28	08 Eastlake 4A 1 st
19:06.2	21 Eastlake 4A 1 st	19:19	11 Cheney 2A 1 st	19:37.94	13 Lakeside 9-mile 1A 1 st ***
19:07.56	13 Tahoma 4A 3 rd	19:19.2	21 Lewis & Clark 4A 2 nd	19:37.8	17 Liberty Bell B 1 st ***
19:08.2	16 Holy Names Academy 3A 1 st	19:19.6	10 Shadle Park 3A 2 nd		
19:08.20	17 Skyview 4A 4 th	19:20	05 Mt. Spokane 4A 2 nd		

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	19:37.5	22 Issaquah 1 st
18:58.47	14 Tahoma 3 rd	19:20	05 Mt. Spokane 2 nd	19:28.41	13 Central Kitsap 6 th	19:37.6	12 Eisenhower 5 th
19:01.8	19 Camas 2 nd	19:21	04 Snohomish 3 rd	19:28.5	10 Tahoma 3 rd	19:37.7	12 Redmond 7 th
19:04	03 Snohomish 1 st	19:21	09 Eastlake 1 st	19:28.76	17 Eisenhower 8 th *	19:37.77	13 Gig Harbor 11 th *
19:05.0	19 Tahoma 3 rd	19:21	09 Stanwood 3 rd	19:28.86	18 Camas 3 rd	19:38	06 Gig Harbor 1 st
19:05.7	12 Tahoma 2 nd	19:21.4	16 Lewis & Clark 5 th	19:28.9	19 Richland 8 th	19:38.9	11 Henry Jackson 6 th
19:06	04 Bellarmine Prep 1 st	19:21.5	19 Glacier Peak 6 th *	19:29	97 South Kitsap 1 st	19:39	98 Shadle Park 2 nd
19:06.2	21 Eastlake 1 st	19:21.9	16 Central Valley 4 th	19:29.26	17 South Kitsap 6 th	19:39.01	13 Skyline 10 th
19:07.56	13 Tahoma 3 rd	19:22	03 Bellarmine Prep 2 nd	19:29.30	17 Skyline 10 th *	19:39.30	14 Central Valley 6 th
19:08.20	17 Skyview 4 th *	19:22.2	15 Kamiak 5 th	19:29.3	11 Lewis and Clark 4 th	19:39.48	17 Emerald Ridge 11 th
19:08.6	11 Tahoma 1 st	19:22.28	13 Central Valley 4 th	19:32.7	21 Issaquah 5 th	19:39.7	12 Snohomish 6 th
19:08.6	11 Redmond 3 rd	19:22.7	21 Bellarmine Prep 4 th	19:33.08	18 Lewis & Clark 2 nd	19:40.1	15 Mead 9 th
19:09.7	16 Issaquah 4A 1 st	19:22.9	15 Eastlake 6 th	19:33.49	13 Snohomish 5 th	19:40.4	12 Roosevelt 8 th
19:12.1	15 Lewis and Clark 2 nd	19:23	99 Eisenhower 1 st	19:33.8	21 Skyline 7 th	19:41	06 Thomas Jefferson 2 nd
19:12.4	15 Mount Si 3 rd	19:23.07	14 Skyline 4 th	19:33.9	15 Tahoma 7 th	19:41	05 Thomas Jefferson 3 rd
19:13.4	11 Bellarmine Prep 2 nd	19:23.38	18 Glacier Peak 1 st	19:34	01 North Central 1 st	19:41	02 Snohomish 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 2nd *
 18:55.6 11 Camas 1st
 18:57.22 17 Edmonds Woodway 2nd
 19:03.25 13 Lakeside Seattle 2nd
 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. 2nd
 19:15.1 15 Edmonds Woodway 2nd
 19:16 09 Glacier Peak 2nd
 19:17.5 22 Central Kitsap 1st
 19:19.6 10 Shadle Park 2nd
 19:21.0 16 Edmonds Woodway 2nd
 19:21 97 East Valley (Spo) 1st
 19:22.29 13 Glacier Peak 1st
 19:24 98 East Valley (Spo) 2nd
 19:24.04 14 Montlake Terrace 2nd
 19:24.99 13 Kamiakin 3rd *
 19:25 98 Newport Bellevue 1st
 19:26.76 17 Kamiakin 5th *
 19:27.3 22 Gig Harbor 2nd
 19:27.58 17 Eastside Catholic 6th *
 19:27.68 17 Garfield 4th *
 19:27.9 15 Glacier Peak 1st
 19:27.98 17 Ballard 3rd

19:28.94 14 Lakeside Seattle 6th
 19:29.4 11 Peninsula 3rd
 19:33.1 21 Mead 1st
 19:33.4 11 Kamiakin 4th
 19:33.9 10 Kamiakin 4th
 19:34.56 13 Prairie 4th
 19:35.4 15 Garfield 4th
 19:35.5 15 Holy Names Aca 8th
 19:36.40 17 Snohomish 7th *
 19:36.5 15 Ballard 3rd
 19:37 08 Mercer Island 1st
 19:37 97 Newport Bellevue 2nd
 19:38 99 Newport Bellevue 1st
 19:37.82 17 Shorecrest 8th *
 19:38.8 19 Bishop Blanchet 3rd
 19:39 08 Seattle Prep 2nd
 19:39.4 12 Kamiakin 2nd

19:39.82 17 Central Kitsap 9th *
 19:40.5 15 Bellevue 5th
 19:40.7 10 Peninsula 5th
 19:40.85 13 Liberty Issaquah 6th
 19:41 05 West Valley (Yak) 1st
 19:41.8 10 Oak Harbor 3rd
 19:42.6 11 Prairie 5th
 19:44 08 Columbia River 5th
 19:44.20 17 Redmond 11th *
 19:44.8 19 Central Kitsap 4th
 19:45 98 Selah 3rd
 19:45 05 Squalicum 2nd
 19:45.2 15 Mountlake Terrace 6th
 19:45.9 22 Bishop Blanchet 3rd
 19:46 08 Mt. Spokane 3rd
 19:46.1 16 Shorecrest 3rd
 19:47.50 17 Ingraham 10th *

19:47.7 15 Kamiakin 7th
 19:47.8 21 Seattle Prep 4th
 19:47.90 14 Glacier Peak 3rd
 19:48 02 Sehome 1st
 19:48.5 12 Peninsula 3rd
 19:48.9 21 Gig Harbor 3rd
 19:49.00 17 Stadium 12th *
 19:49 04 West Valley (Yak) 4th
 19:49.3 12 Prairie 4th
 19:49.8 11 Mercer Island 7th
 19:50 08 North Kitsap 4th
 19:50 04 Squalicum 1st
 19:50.05 13 Mountlake Terrace 5th
 19:50.28 13 Peninsula 7th
 19:50.34 14 Ballard 4th
 19:50.4 21 Central Kitsap 2nd
 19:51 98 Bishop Blanchet 4th
 19:51.4 11 Lakeside 6th
 19:51.59 14 Mount Spokane 5th
 19:51.81 13 Holy Names Aca 8th
 19:52 97 Bishop Blanchet 3rd
 19:52 02 Bellevue 2nd
 19:52 04 Bellevue 3rd
 19:52.28 18 Kamiakin 2nd
 19:52.80 13 Hanford 9th
 19:53 04 Newport Bellevue 2nd
 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 Kingston 2nd *
 19:22 11 Sehome 2nd
 19:26.0 19 Ellensburg 1st
 19:34 08 Sehome 1st
 19:36 10 Sehome 1st
 19:38 08 Cedarcrest 2nd
 19:38.64 17 Bellingham 3rd *
 19:41 09 Sehome 1st
 19:41.7 15 Liberty Issaquah 1st
 19:42.2 21 Anacortes 2nd
 19:42.4 22 Anacortes 2nd
 19:44.73 14 Bellingham 2nd
 19:46 08 Sequim 4th
 19:47.0 19 Bellingham 2nd
 19:47 10 Cheney 2nd
 19:47 11 Interlake 3rd
 19:47.8 16 Selah 1st
 19:48.0 16 Liberty Issaquah 2nd
 19:48.48 17 Sehome 1st
 19:48.8 16 Pullman 4th *
 19:49 08 Squalicum 3rd
 19:50.7 16 Sehome 3rd

19:51.13 13 Capital 3rd
 19:52.3 22 Sehome 1st
 19:52.8 19 Sehome 3rd
 19:52.9 21 Sehome 1st
 19:53.16 17 West Valley Spo 2nd
 19:53.52 14 Liberty Issaquah 3rd
 19:54.0 19 West Valley Spo 4th
 19:55 10 North Kitsap 5th *
 19:55.91 13 Bellingham 2nd
 19:57 10 Interlake 4th
 19:59 10 Bellingham 3rd
 19:59.12 17 Selah 5th
 19:59.7 15 Sehome 2nd
 20:00 98 Omak 1st
 20:00.84 17 Ellensburg 4th
 20:01 01 Mount Baker 1st
 20:01 10 Lindbergh 6th *
 20:01.6 16 Ellensburg 5th
 20:04 09 Cedarcrest 3rd
 20:05 99 Mount Baker 1st
 20:05 10 Kingston 7th *
 20:06 08 Deer Park 5th
 20:06.9 12 North Kitsap 4th
 20:07.2 15 Selah 3rd
 20:07.7 12 Capital 3rd
 20:08.80 17 Cheney 7th

20:09 09 Cheney 4th
 20:09.26 13 Burlington Edison 5th
 20:09.3 12 Bellingham 2nd
 20:09.8 15 Anacortes 4th
 20:10.47 14 Pullman 4th
 20:11 11 Kingston 7th
 20:13 11 Lindbergh 6th
 20:14.32 17 Cedarcrest 6th
 20:15.89 14 Sedro Woolley 6th
 20:16 11 Bellingham 4th
 20:17 11 North Kitsap 8th *
 20:17.6 12 Burlington Edison 5th
 20:18.79 14 Tumwater 5th
 20:19 11 Cedarcrest 5th
 20:19.2 16 Bellingham 6th
 20:21 97 Ephrata 1st
 20:21 10 Lakewood 8th
 20:21.22 18 Bellingham 2nd
 20:21.8 15 Bellingham 7th
 20:22.86 17 Liberty Issaquah 8th
 20:23.47 13 Lindbergh 4th
 20:23.5 15 Ephrata 6th
 20:24 08 Riverside 6th
 20:26 07 Sehome 1st
 20:26 04 East Valley Yakima 1st
 20:26 99 Omak 2nd

20:26 98 Riverside 2nd
 20:26 11 Mark Morris 9th *
 20:27 06 Sehome 1st
 20:27.35 13 Tumwater 6th
 20:28.3 15 Pullman 5th
 20:28.72 17 Port Angeles 9th
 20:30.1 21 Washougal 3rd
 20:31.02 13 West Valley Yak 7th
 20:31.5 22 Ellensburg 3rd
 20:31.57 14 Ephrata 7th
 20:32 10 Cedarcrest 9th
 20:32.74 18 Pullman 3rd
 20:33 02 East Valley Yakima 1st
 20:33.4 12 Cedarcrest 6th
 20:34 98 Mount Baker 3rd
 20:34.1 15 Steilacoom 8th
 20:35.00 18 Ellensburg 5th
 20:35.0 19 Selah 5th
 20:35 07 Bellingham 2nd
 20:35.36 13 Ellensburg 8th
 20:36.8 16 West Valley Spo. 7th
 20:37 08 Kingston 7th
 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 1 st	20:32	98 Saint George's 1 st	20:56.5	15 Lynden Christian 5 th	21:14.4	12 Lynden Christian 7 th
19:44.4	16 Northwest 1 st	20:32.32	18 Northwest 4 th	20:58	01 King's 1 st	21:15.1	19 Goldendale 10 th
19:44.5	11 Lakeside 9-mile falls 1 st	20:33.0	12 King's 3 rd	20:58	10 King's 2 nd	21:16.00	14 Meridian 6 th
19:47.6	11 Northwest 3 rd *	20:33.0	15 Lakeside 9-mile falls 4 th	20:58.01	14 Zillah 5 th	21:16.5	16 Cascade Leav. 14 th *
19:50.2	15 Zillah 2 nd *	20:33.3	19 King's 6 th	20:58.04	17 Okanogan 12 th *	21:16.8	15 Royal 9 th
19:51.60	17 Colville 1 st	20:36.61	13 Mount Baker 5 th	20:59.4	22 Medical Lake 3 rd	21:18.05	14 Eatonville 7 th
19:53.04	14 Lakeside 9-mile falls 1 st	20:37.2	19 Cashmere 5 th	20:59.70	17 ColumbiaW.Salmon13 th *	21:18.8	22 Naches Valley 4 th
19:54.1	16 Deer Park 2 nd	20:38.44	13 Northwest 4 th	21:00.04	17 Forks 11 th *	21:19	10 University Prep 5 th
19:54.4	21 Seton Catholic 1 st	20:39.3	19 Seton Catholic 7 th *	21:01.5	21 La Center 3 rd	21:19.4	21 Bush 4 th
19:55.8	19 Lakeside 9-mile 2 nd	20:39.4	16 La Center 4 th	21:01.6	19 South Whidbey 8 th	21:20	08 Lakeside 9-mile falls 4 th
19:56.70	17 Northwest 4 th *	20:39.46	17 Zillah 8 th *	21:01.9	22 Overlake 2 nd	21:20	10 Lakeside 9-mile falls 4 th
19:59.16	13 Riverside 2 nd	20:41.48	14 Riverside 4 th	21:02.2	16 Meridian 7 th	21:21	09 Lakeside 9-mile falls 4 th
19:59.8	15 Northwest 1 st	20:41.72	18 Colville 5 th	21:02.56	13 South Whidbey 9 th	21:21.82	18 Klahowya 8 th
20:00.46	17 La Center 2 nd	20:41.72	17 Meridian 7 th	21:02.6	15 Nooksack Valley 8 th	21:22.0	12 Medical Lake 8 th
20:02.1	19 Deer Park 1 st	20:42	10 Riverside 1 st	21:03.50	13 Lynden Christian 8 th	21:22.26	18 Charles Wright Aca 7 th
20:05.6	11 Riverside 2 nd	20:42.82	17 Cashmere 9 th *	21:05	98 La Center 3 rd	21:23.86	18 Cashmere 9 th
20:05.9	12 Riverside 1 st	20:45	07 King's 1 st	21:05.1	15 La Center 7 th	21:25.97	14 Chelan 8 th
20:06.3	12 Lakeside 9-mile falls 2 nd	20:45	98 Chelan 2 nd	21:06	10 Omak 3 rd	21:26	09 Chelan 3 rd
20:07.54	17 Charles Wright Aca 3 rd	20:47.0	21 Medical Lake 2 nd	21:07	02 King's 1 st	21:26.4	11 Nooksack Valley 7 th
20:09.7	19 LaCenter 3 rd	20:47.1	22 Lakeside 9-mile 1 st	21:07.1	19 Northwest 9 th	21:27.71	13 La Center 12 th
20:10.62	14 Northwest 2 nd	20:47.7	16 Zillah 5 th	21:09	06 King's 1 st	21:28.3	16 Charles Wright Aca. 11 th
20:11.3	15 Deer Park 3 rd	20:48.19	14 Lynden Christian 3 rd	21:09.0	15 Meridian 6 th	21:28.56	17 Klahoya 14 th
20:11.6	11 King's 4 th	20:49	08 La Center 2 nd	21:10	08 Chelan 3 rd	21:29.1	12 South Whidbey 9 th
20:17.72	18 King's 2 nd	20:50.0	16 Colville 6 th	21:10.12	18 Seton Catholic 6 th	21:31.1	19 Bush 11 th
20:19.16	18 Lakeside 9-mile 1 st	20:50.6	12 Northwest 5 th	21:11	07 La Center 2 nd	21:33.04	18 Meridian 10 th
20:19.78	17 King's 6 th *	20:50.9	12 Meridian 4 th	21:11	09 La Center 2 nd	21:33.7	16 Royal 12 th
20:20.82	17 Lakeside 5 th *	20:51	09 King's 1 st	21:11	09 Northwest 5 th	21:33.9	21 Klahowya 5 th
20:21.5	16 Riverside 3 rd	20:51.30	17 South Whidbey 10 th *	21:12	99 Saint George's 1 st	21:35	04 Cedar Park Chr. 2 nd
20:23	08 King's 1 st	20:51.5	11 Cedar Park Chr. 6 th	21:13.42	13 Medical Lake 10 th	21:35	98 Lynden Christian 4 th
20:29.43	13 King's 3 rd	20:53.72	13 Freeman 6 th	21:14	05 Charles Wright 1 st	21:35.8	16 Columbia W. Salmon10 th
20:29.6	19 Klahowya 4 th	20:54	04 Zillah 1 st	21:14	03 King's 1 st	21:37.46	14 King's 11 th
20:30.5	11 Cashmere 5 th	20:54.7	12 Cedar Park Chr. 6 th	21:14	97 Chelan 1 st	21:49	00 Saint George's 1 st
20:30.70	18 LaCenter 3 rd	20:54.76	13 Meridian 7 th	21:14.4	16 Bear Creek 8 th		

AVERAGE (top 5) **B GIRLS**

19:37.8	17 Liberty Bell 1 st	21:24.4	15 Reardan 4 th *	22:01.63	13 Asotin 4 th	22:34.14	17 Cedar Tree Classical 6 th
19:58.6	16 Liberty Bell 1 st	21:36.2	16 NW Christian Colbert 3 rd	22:02.49	13 Reardan 5 th	22:35.0	15 Tri Cities Prep 8 th
20:02.80	14 Saint George's 2 nd *	21:37.2	10 White Pass 3 rd	22:03	08 Asotin 2 nd	22:37.9	10 Saint George's 5 th
20:12.57	14 NW Christian Lacey 1 st	21:38.0	16 Asotin 4 th	22:06.1	12 Morton White Pass 3 rd	22:38.1	10 Asotin 6 th
20:19	09 NW Christian Lacey 1 st	21:39	07 Saint George's 2 nd	22:06.6	22 Garfield-Palouse 2 nd	22:34.86	13 Morton White Pass 7 th
20:22.5	11 NW Christian Lacey 1 st	21:41.8	19 Saint George's 3 rd	22:07.20	13 Ocosta 2 nd	22:40.26	18 Pope John Paul 2 8 th
20:25.14	17 NW Christian Lacey 2 nd	21:43.1	12 St John Endicott 2 nd	22:07.4	21 Garfield Palouse 4 th	22:43.0	11 Morton-White Pass 4 th
20:31.5	10 NW Christian Lacey 1 st	21:46.38	17 Ilwaco 3 rd	22:08	08 Saint George's 3 rd	22:45.62	18 Trout Lake 7 th
20:34.20	18 Liberty Bell 1 st	21:46.70	13 St John Endicott 3 rd	22:08.1	19 Colfax 9 th *	22:48.4	15 Morton White Pass 7 th
20:45.10	13 NW Christian Lacey 1 st	21:46.9	19 Kettle Falls 4 th	22:09.9	22 Saint George's 3 rd	22:48.5	11 Tri-Cities Prep 5 th
20:47.4	12 NW Christian Lacey 1 st	21:48.8	15 NW Chr. Colbert 6 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	21:49	09 White Pass 2 nd	22:11.4	22 Pope John Paul 2 1 st	22:49	07 White Pass 3 rd
20:57.6	21 Pope John Paul 2 1 st	21:50.5	19 NW Chr. Lacey 8 th *	22:12.3	19 Garfield Palouse 10 th *	22:50.40	18 Colfax 6 th
21:02.4	15 Asotin 2 nd	21:51.38	14 Asotin 4 th	22:13.1	10 Oroville 4 th	22:51.62	18 Cedar Tree Classical 5 th
21:03.5	19 Pope John Paul 2 1 st	21:51.7	19 Ilwaco 6 th	22:18.30	18 NW Christian Lacey 4 th	22:54.18	18 Ilwaco 9 th
21:04.9	10 NW Chr. Colbert 2 nd	21:52.0	15 Liberty Bell 5 th *	22:18.32	13 Tri Cities Prep 6 th	22:56.6	21 Asotin 5 th
21:05.4	19 Liberty Bell 2 nd	21:53.3	19 Trout Lake 7 th *	22:18.5	11 Reardan 2 nd	23:04	06 Saint George's 2 nd
21:05.9	15 Ocosta 1 st	21:53.36	18 Rainier 3 rd	22:19	06 NW Christian Lacey 1 st	23:05	09 Saint George's 4 th
21:11.43	14 Reardan 3 rd	21:54	09 NW Chr. Colbert 3 rd	22:25.96	17 Asotin 5 th	23:10	08 White Pass 4 th
21:11.7	21 Liberty Bell 2 nd	21:55	08 NW Christian Lacey 1 st	22:27.1	16 Rainier 5 th	23:10	09 Crosspoint Academy 5 th
21:14.8	15 NW Christian Lacey 3 rd *	21:56.2	21 St. George's 3 rd	22:30.8	19 Rainier 11 th *		
21:16	07 NW Christian Lacey 1 st	21:58.06	14 Ocosta 5 th	22:33.4	12 Ocosta 4 th		
21:24.10	18 Asotin 2 nd	22:00.7	19 Cedar Tree Class. Chr.5 th	22:34.12	11 Asotin 3 rd		

BEST GIRLS INDIVIDUAL PERFORMANCES SINCE 1997

TIME ALL TIME RUNNERS

17:01.10	13 Alexa Efraimson – Camas 4A 1 st ****	17:58.16	13 RaynJoy Norton–BurlingtonEdison2A 1 st	18:09.3	19 Geraldin Correa – Kennewick 3A 5 th
17:03.6	12 AmyEloise Neale–GlacierPeak 3A 1 st ****	17:58.2	12 Katie Bianchini –Glacier Peak 3A 3	18:09.7	15 Isabelle Olive – Garfield 3A 3 rd
17:10.6	11 Katie Knight – North Central 3A 1 st	17:58.5	21 Anna Callahan 10 – 4A Skyline 2 nd	18:10	98 Melaine Frostad – E Val Spok 3A 1 st T
17:23.80	14 Lindsey Bradley – Richland 4A 1 st	17:58.7	21 Jessica Frydenlund 11 –2A Anacortes 1 st	18:10	05 Jessica Pixler - Eastlake 4A 2 ND
17:24.7	11 Jordan McPhee – Mt Rainer 4A 1 st	17:59.1	18 Allie Janke 10 – North Central 3A 1 st	18:10.2	15 Rachel Blair – Camas 4A 4 th
17:26.2	19 Julia David Smith - Issaquah 4A 1 st	17:59.3	17 Yukino Parle –Edmonds Woodway 3A 2 nd	18:10.7	10 Chandler Olson – Woodinville 4A 3 rd
17:26.8	19 Allie Janke – North Central 3A 1 st	17:59.8	17 Emma Jenkins – Camas 4A 4 th	18:10.9	12 Jordan McPhee – Mt Rainier 4A 2 nd
17:28.8	11 Amy-Eloise Neale–Glacier Peak 3A 2 nd	18:00	08 Alyssa Andrews – Gig Harbor 4A 1 st	18:11.0	10 Minna Fields – Stanwood 4A 4 th
17:31.6	21 Macy Marquardt 12 – 3A Kennewick 1 st	18:00.6	22 Logan Hofstee11 –East Valley Spo. 2A 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	18:03.5	22 Anna Callahan 11 – Skyline 4A 1 st	18:14.9	16 Savanna Craig – Mountain View 3A 4 th
17:40.90	14 Andrea Masterson – Lakeside Sea. 3A 1 st	18:04.2	15 Hannah Waskom – Mount Si 4A 2 nd	18:15.0	10 Erin Hegarty – Hanford 3A 4 th
17:41.7	19 Erinn Hill – North Central 3A 2 nd	18:04.5	18 Amelia Pullen 12 – Washougal 2A 1 st	18:15	11 Stephanie Rexus – Kamiakin 4A 4 th
17:44.0	16 Jordan Oakes – Holy Names Aca. 3A 1 st	18:05.1	21 Alexis Leone 10 – 1A Seton Catholic 1 st	18:15.1	15 Emma Jenkins – Camas 4A 7 th
17:44.4	10 Tansey Lystad – Inglemoor 4A 1 st	18:05.2	16 Erin Mullins – Cascade Leav. 1A 1 st	18:15.1	17 Macenna Hansen – Northwest 1A 2 nd
17:44.7	12 Katie Knight – No Central 3A 2 nd	18:05.34	14 Emma Jenkins – Camas 4A 4 th	18:15.3	15 Savanna Craig – Mountain View 4A 8 th
17:49.39	14 Amber Rose – Inglemoor 4A 2 nd	18:05.7	15 Abby Smith – Lewis and Clark 4A 3 rd	18:15.5	10 Baylee Mires – Mead 4A 5 th
17:50.2	10 Anastasia Kosykh – Eastlake 4A 2 nd	18:05.70	13 Alexis Fuller – Union 4A 3 rd	18:15.8	15 Erin Mullins – Cascade Leav 1A 2 nd
17:50.8	19 Amelu Ruff – North Central 3A 3 rd	18:06	09 Ruby Roberts – Kingston 2A 1 st	18:16.0	18 Taylor Roe 12 – Lake Stevens 4A 3 rd
17:50.83	13 Andrea Masterson –Lakeside Sea. 3A 1 st	18:06.1	16 Sophia Cantine – Lakeside Seattle 3A 2 nd	18:16	06 Andrea Nelson - Shadle Park 4A 3 RD
17:51.0	21 Ella Borsheim 12 – 4A Bell. Prep 1 st	18:06.56	14 Jordan Oakes – Holy Names Aca. 3A 3 rd	18:16	06 Nicole Cochran - Bell Prep 4A 3 RD
17:52.4	17 Breanna Glover – Tahoma 4A 3 rd	18:06.5	17 Annika Reiss – Bellingham 2A 2 nd	18:16.1	11 Katie Bianchini–Glacier Peak 3A 5
17:52.9	17 Kristen Garcia–SedroWoolley2A 1 st ****	18:06.6	21 Sydney Collier 9 – 4A Skyline 3 rd	18:16.4	19 Leah Homlgren – Ellensburg 2A 1 st
17:53	04 Brie Felnagle - Bell Prep 4A 1 st	18:06.6	15 Alexis Redfield – Zillah 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	18:06.9	17 Alyce Harlan – Nooksack Valley 1A 1 st	18:16.4	19 Leah Holmgren – Ellensburg 2A 1 st
17:53.7	16 Katie Thronson – Lewis & Clark 4A 2 nd	18:06.95	13 Brenna Peloquin – Gig Harbor 4A 4 th	18:16.6	15 Kenna Clawson – Issaquah 4A 9 th
17:54.6	11 Maddie Meyers – Northwest 1A 1 st	18:07.1	11 Alexis Fuller – Union 4A 2 nd	18:16.7	18 Naomi Smith 11 – King’s 1A 1 st
17:55.3	17 Erinn Hill – North Central 3A 1 st	18:07.1	17 Kate Jendrezak – Eastside Catholic 3A 3 rd	18:16.72	14 Maizy Brewer – Skyline 4A 6 th
17:55.73	14 Sophie Cantine – Lakeside Seattle 3A 2 nd	18:07.2	16 Camila David Smith – Interlake 3A 3 rd	18:16.8	12 Alexis Fuller – Union 4A 3 rd
17:55.9	11 Alexa Efraimson – Camas 3A 3 rd	18:07.4	21 Kayla Aalpoel 12 – 1A Meridian 2 nd *	18:16.99	14 Brooke Kingma – Henry Jackson 4A 7 th
17:56.1	15 Taylor Roe – Kamiak 4A 1 st	18:07.69	14 Alissa Pudlitzke – Camas 4A 5 th	18:17	09 Minna Fields – Stanwood 4A 2 nd
17:56.57	13 Lindsey Bradley – Richland 4A 2 nd	18:08	09 Amy-Eloise Neal –Glacier Peak 3A 1 st	18:17	11 Emily Pittis – Sehome 2A 1 st
17:57.5	19 Gabby Martin –Life Chr. Aca. B 1 st ****	18:08.8	15 Yukino Parle –Edmonds Woodway 3A 2 nd		
17:58	09 Anna Dailey – Garfield 4A 1 st	18:09	09 Katie Knight – North Central 3A 2 nd		



BEST GIRLS INDIVIDUAL PERFORMANCES BY DIVISION SINCE 1997

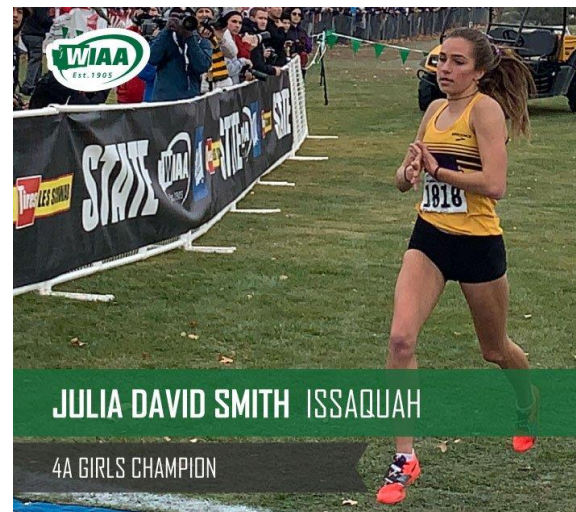
4A GIRLS

17:01.10	13 Alexa Efraimson – Camas 1st	18:14	03 Brie Felnagle - Bellarmine Prep 1st	18:26.28	13 Delaney Tiernan – Tahoma 8 th
17:23.80	14 Lindsey Bradley – Richland 1st	18:14.1	15 Sami Corman – Issaquah 6 th	18:26.7	19 Aviry Stratton – Glacier Peak 4 th
17:24.7	11 Jordan McPhee – Mount Rainier 1st	18:15.1	15 Emma Jenkins – Camas 7 th *	18:27	04 Stephanie Sipes - Gig Harbor 2 ND
17:26.2	19 Julia David Smith - Issaquah 1st	18:15.3	15 Savanna Craig – Mountain View 8 th *	18:27	03 Stephanie Lenihan - Davis 2 ND
17:34.1	16 Taylor Roe 10 – Lake Stevens 1st	18:15.5	10 Baylee Mires – Mead 5 th	18:27.1	21 Audrey Thronson 12 – Lewis & Clark 4 th
17:34.2	12 Alexa Efraimson – Camas 1st	18:16.0	18 Taylor Roe 12 – Lake Stevens 3 rd	18:27.19	13 Rose Christen – Central Kitsap 9 th
17:35.0	17 Katie Thronson – Lewis & Clark 1st	18:16	06 Andrea Nelson - Shadle Park 3 RD	18:27.3	17 Sami Corman – Issaquah 9 th
17:35	05 Megan O'Reilly - Mt Spokane 1st	18:16	06 Nicole Cochran - Bell Prep 3 rd	18:27.4	17 Maggie Bauer – Curtis 10 th
17:36.1	18 Ella Borsheim 9 – Bellarmine Prep 1st	18:16.4	10 Priscilla Timmons – Skyview 6 th	18:27.8	16 Rachel Kastama – Puyallup 7 th
17:37.6	17 Taylor Roe 11 – Lake Stevens 2 nd *	18:16.6	15 Kenna Clawson – Issaquah 9 th *	18:27.87	13 Elise Tello – Eisenhower 10 th
17:44.4	10 Tansey Lystad – Inglemoor 1st	18:16.72	14 Maizy Brewer – Skyline 6 th	18:27.90	13 Maizy Brewer – Skyline 11 th
17:49.39	14 Amber Rose – Inglemoor 2 nd	18:16.8	12 Alexis Fuller – Union 4A 3 rd	18:28	98 Kim Stone - Bethel 1ST
17:50.2	10 Anastasia Kosykh – Eastlake 2 nd	18:16.99	14 Brooke Kingma – Henry Jackson 7 th	18:28.87	14 Sami Corman – Issaquah 13 th *
17:51.0	21 Ella Borsheim 12 – Bellarmine Prep 1st	18:17	09 Minna Fields – Stanwood 2 nd	18:29	01 Meredith Crane - Davis 2 nd
17:52.4	17 Breanna Glover – Tahoma 3 rd *	18:17.1	16 Hannah Waskom – Mt Si 4 th	18:29.4	19 Samantha Williams – Skyview 5 th
17:53	04 Brie Felnagle - Bell Prep 1st	18:17.8	10 Lucy Cheadle – Roosevelt 7 th	18:29.57	14 Pia Richards – Eastlake 14 th *
17:53.7	16 Katie Thronson – Lewis & Clark 2 nd	18:18.46	13 Alissa Pudlitzke – Camas 6 th	18:29.9	10 Jasmine Johnson - Federal Way 8 th
17:56.1	15 Taylor Roe – Kamiak 1st	18:18.94	14 Kayla Contreras – Tahoma 8 th	18:30.0	16 Ellen Burbank – Skyview 8 th
17:56.57	13 Lindsey Bradley – Richland 2 nd	18:19.6	15 Pia Richards – Eastlake 10 th *	18:30.1	15 Emily Wilson – Camas 13 th
17:58	09 Anna Dailey – Garfield 1st	18:19.9	15 Maizy Brewer – Skyline 11 th *	18:30.4	19 Jasmin Muneton – Auburn Riverside 6 th
17:58.5	21 Anna Callahan 10 – Skyline 2 nd	18:20	08 Sandra Martinez – AC Davis 2 nd	18:30.72	14 Hannah Waskom – Mount Si 15 th *
17:59.8	17 Emma Jenkins – Camas 4 th *	18:20	01 Jessie McLaughlin - Olympia 1ST	18:31.3	10 Alison Keenan – Lewis & Clark 9 th
18:00	08 Alyssa Andrews – Gig Harbor 1st	18:20.2	11 Chandler Olson – Woodinville 3 rd	18:31.17	13 Isabelle Olive – Garfield 12 th
18:01.06	14 Alexis Fuller – Union 3 rd	18:20.8	11 Alexia Martin – Kent Meridian 4 th	18:31.4	17 Monserrat Lopez – Bothell 11 th
18:01.3	17 Geneva Schlepp – Skyline 5 th *	18:21.33	14 Courtney Cox – Walla Walla 9 th	18:32	08 Sarah Lord – Redmond 3 rd
18:01.7	18 Julia David Smith 10 – Issaquah 2 nd	18:21.7	16 Emma Jenkins – Camas 5 th	18:32	06 Kayla Evans - Bellarmine Prep 4 TH
18:02.8	16 Kearan Nelson – Central Valley 3 rd	18:22.1	19 Natalie Ruzauskas – Richland 2 nd	18:32	01 Laura Hodgson - North Central 3 RD
18:03.1	17 Erica Siminon – Eisenhower 6 th *	18:22.2	19 Roz Slichko – Emerald Ridge 3 rd	18:32.09	14 Anisa Allaet – Joel Ferris 16 th *
18:03.5	22 Anna Callahan 11 – Skyline 1st	18:22.4	16 Breanna Glover – Tahoma 6 th	18:32.1	19 Aayiana Fuller – University 7 th
18:04.2	15 Hannah Waskom – Mount Si 2 nd	18:22.82	14 Delaney Tiernan – Tahoma 10 th	18:32.2	17 Anna Skoog – Jackson 12 th
18:05.34	14 Emma Jenkins – Camas 4 th	18:23.0	15 Abbie Steinhauer – Mariner 12 th *	18:32.3	15 Kaili Keefe – West Valley Yak 15 th
18:05.70	13 Alexis Fuller – Union 3 rd	18:23	05 Anna Layman - Central Valley 3 RD	18:32.3	15 Rachel Kastama – Puyallup 14 th
18:05.7	15 Abby Smith – Lewis and Clark 3 rd	18:23	99 Erin Krogel - Shadle Park 1ST	18:32.4	16 Kenna Clawson – Issaquah 9 th
18:06.6	21 Sydney Collier 9 – Skyline 3 rd	18:23	09 Devin McMahon – Redmond 3 rd	18:32.8	16 Erica Siminon – Eisenhower 10 th
18:06.95	13 Brenna Peloquin – Gig Harbor 4 th	18:23.44	14 Emily Wilson – Camas 11 th	18:32.8	16 Erica Siminon – Eisenhower 10 th
18:07.1	11 Alexis Fuller – Union 2 nd	18:24	05 Paige Pattilo – Bothell 4 TH	18:33.1	11 Rachel Atwood – Aub Riverside 7 th
18:07.69	14 Alissa Pudlitzke – Camas 5 th	18:24.28	14 Cayla Seligman – Issaquah 12 th	18:33.5	22 Rebecca O'Keefe 11 – Skyline 3rd
18:10	05 Jessica Pixler - Eastlake 2 nd	18:24.3	22 Eliza White 11 – Curtis 2nd	18:33.5	17 Ellen Burbank – Skyview 13 th
18:10.2	15 Rachel Blair – Camas 4 th	18:24.4	17 Claire Dingus – University 7 th	18:33.5	10 Rachel Atwood – Aub Riverside 10 th
18:10.7	10 Chandler Olson – Woodinville 3 rd	18:24.52	13 Sofia Kane – Olympia 7 th	18:33.5	15 Rebecca Ledsham – Inglemoor 16 th
18:10.9	12 Jordan McPhee – Mt Rainier 2 nd	18:25	09 Priscilla Timmons – Skyview 4 th	18:33.8	17 Abby Smith – Lewis & Clark 14 th
18:11.0	10 Minna Fields – Stanwood 4 th	18:25.2	17 Kenna Clawson – Issaquah 8 th	18:33.85	14 Katie Thronson – Lewis & Clark 17 th *
18:11.83	13 Amber Rose – Inglemoor 5 th	18:25.6	11 Mayra Chavez – Eisenhower 6 th	18:34.0	17 Katie Andrus – Richland 15 th
18:12.2	15 Katie Thronson – Lewis and Clark 5 th	18:26	07 Andrea Nelson - Shadle Park 1ST	18:34	99 Erin Deasy - Gig Harbor 2 ND
18:13	06 Kenna Patrick – T. Jefferson 1st	18:26	02 Amber Nickelson - Lake Stevens 1ST	18:34	97 Emily Hawkins - Joel Ferris 1ST
				18:34.70	14 Brenna Peloquin – Gig Harbor 18 th *

2013 Alexa Efraimson - Camas



2014 Lindsey Bradley - Richland

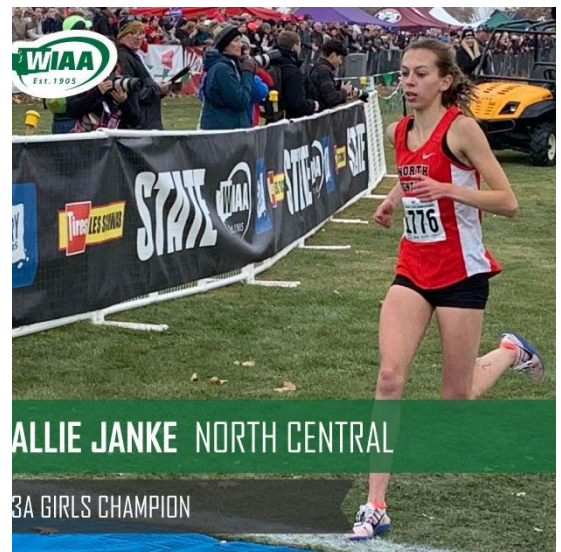


3A GIRLS

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 **22 Clare Herring 10 – Central Kitsap 2nd**
 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 Brigette 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
 18:41.4 **22 Lily LaPorte 10 – Bishop Blanchet 3rd**
 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	18:36.6	12 Brittany Aquino – E Valley Spo 3 rd	18:55	11 Lauryn Wate – White River 10 th *
17:58.16	13 RaynJoy Norton–Burlington Ed 1st	18:37	11 Antoinette Tansley – Interlake 7 th *	18:55.2	12 McCall Skay – West Valley Spok 3 rd
17:58.7	22 Jessica Frydenlund 11 – Anacortes 1st	18:38	09 Marina Roberts – Kingston 2 nd	<u>18:55.5</u>	<u>22 Sydney Boothby 12 – Washougal 3rd</u>
<u>18:00.6</u>	<u>22 Logan Hofstee 11 – East Val. Spo. 1st</u>	18:38.45	13 McCall Skay – West Valley Spokane 4 th	18:55.5	16 Courtney Gelmini – White River 6 th
18:02.8	10 Sarah Reiter – Lindbergh 1st	18:38.7	19 Kate Laurent – Ellensburg 4 th	18:55.6	19 Nicole Deherrera – Selah 7 th
18:04.5	18 Amelia Pullen 12 – Washougal 1st	18:39	07 Ruby Roberts - Kingston 1st	18:56.5	19 Maryalice Mitchell – Washington 8 th
18:06	09 Ruby Roberts – Kingston 1st	18:41.2	19 Lauren Larson – Port Angeles 5 th	18:56.5	19 Sonja Blycker – Cedarcrest 9 th
18:06.5	17 Annika Reiss 11 – Bellingham 2 nd *	18:41.3	16 Elyria Kabasenche – Pullman 1st	18:56.9	12 RaynJoy Norton – Burlington Ed 7 th
18:12.64	13 Emily Pittis 11 – Sehome 2 nd	18:42.42	14 Brittany Aquino – East Valley Spo 3 rd	18:57	97 Staci Hunter - Ephrata 1st
18:16.4	19 Leah Holmgren – Ellensburg 1st	18:42.8	16 Abby Johnson – Sehome 2 nd	18:57.0	19 Olivia Bailon – Tumwater 10 th
18:17	11 Emily Pittis 9 – Sehome 1st	18:43.45	13 Lauren Pierson – Capital 5 th	18:57.0	19 Evelyn Buetow – Sehome 11 th *
18:17.7	12 Emily Pittis 10 – Sehome 1st	18:44	08 Caroline Austin – WF West 3 rd	18:57.2	10 Brittany Gappa – Squalicum 5 th
18:18.20	14 Emily Pittis 12 – Sehome 1st	18:45.1	12 Reagan Colyer – North Kitsap 4 th	18:57.6	19 Stephanie Martz – Lindburgh 12 th *
18:18.7	21 Logan Hofstee 10 – East Valley Spo 2 nd	18:45.9	10 Sanne Holland – Cheney 3 rd	19:00.5	10 Anna Patti – Lindbergh 6 th
18:18.7	19 Livi Lackland Henry – Bellingham 2 nd	18:46	08 Torin Shriver – Centralia 4 th	19:01	06 Annie Moore – Sehome 3 rd
18:19	11 Reagan Colyer 11 – North Kitsap 2 nd	18:46.1	19 Riley Pyeatt – Sequim 6 th	19:01.3	10 Cara Strodel – Cedarcrest 7 th
18:22	01 Bobeya Krishnek - Mount Baker 1st	18:47.26	13 Ruby Watson – Sehome 6 th	19:02.0	21 Elle Thomas 10 – Washougal 6 th
18:23	11 Marina Roberts 12 – Kingston 3 rd *	18:48.5	16 Uhuru Hashimoto – Ellensburg 3 rd	19:02.0	10 Kathleen Ramsey – North Kitsap 8 th
18:23.8	<u>22 Jessica Frydenlund 12 – Anacortes 2nd</u>	18:48.7	16 Annika Reiss – Bellingham 4 th	19:02.8	15 Abby Johnson – Sehome 3 rd
18:25	11 Sanne Holland 11 – Cheney 4 th *	18:49	01 Kristen Rohde – Mount Baker 2 nd	19:03.1	17 Madison Zosa – North Kitsap 5 th
18:25	08 Allison Cutting – Sequim 1st	18:49	98 Staci Hunter - Ephrata 1st	19:03.3	19 Anna Grabowski – Liberty Iss. 13 th *
18:26	11 Brittany Gappa – Squalicum 5 th *	18:49	09 Sanne Holland – Cheney 3 rd	19:04	09 Annie Moore – Sehome 4 th
18:26.3	10 Marina Roberts – Kingston 2 nd	18:50.0	21 Riley Pyeatt 12 – Sequim 5 th	19:04.2	18 Lauren Larson 10 – Port Angeles 4 th
18:26.8	19 Allyson Peterson – Hockinson 3 rd	18:51	11 Nikita Waghani – Interlake 8 th *	19:05.1	16 Madeline Walker – Pullman 7 th
18:28	06 Stephanie Marcy - Sequim 1st	18:51.05	13 Brittany Aquino – East Valley Spo 7 th	19:05.1	19 Isabela Alvarado – Wapato 14 th
18:28.9	15 Brittany Aquino – East Valley Spo 1st	18:51.4	12 Brittany Gappa – Squalicum 5 th	19:05.19	14 McCall Skay – West Valley Spo. 4 th
18:29.4	18 Annika Reiss 12 – Bellingham 2 nd	18:51.6	17 Molly Mattson – Selah 4 th	19:06	08 Sophie Curl – Squalicum 8 th
18:30.1	12 Sanne Holland – Cheney 2 nd	18:52	08 Shannon Porter – Hockinson 5 th	19:06.5	17 Uhuru Hashimoto – Ellensburg 6 th
18:31.7	15 Annika Reiss – Bellingham 2 nd	18:52.1	16 Leah Holmgren – Ellensburg 5 th	19:07	11 Melissa Starr – Mark Morris 11 th
18:32.0	13 Ellie Rowan Arnett – Sehome 3 rd	18:53	08 Mimi Krieger – Sehome 6 th	19:08	98 Emily Turner - Omak 2 nd
18:33	04 Brittney Sanchez - Grandview 1st	18:53	11 Yohana Salzano – Foster 9 th *	19:08.0	10 Rose Bishop – Kingston 9 th
18:33	11 Sarah Reiter – Lindbergh 6 th *	18:54	03 Katrina Drennen - Orting 1st	19:08	11 Anna Patti – Lindbergh 12 th
18:34	08 Ruby Roberts – Kingston 2 nd	18:54.5	18 Leah Holmgren 11 – Ellensburg 3 rd	19:09	08 Annie Moore – Sehome 9 th
18:35.38	14 Kristen Garcia – Sedro Woolley 2 nd	18:54.6	10 Reagan Colyer – North Kitsap 4 th	19:09	02 Breanne Siebol-East Valley Yak 1st
18:36.3	17 Amelia Pullen – Washougal 3 rd	18:55	08 Marina Roberts – Kingston 7 th	19:11	99 Emily Turner - Omak 1st
18:36.4	21 Alauna Carstens 12 – Shelton 3 rd	18:55	06 Shannon Porter – Hockinson 2 nd		
18:36.6	21 Kate Laurent 12 – Ellensburg 4 th	18:55	04 Hannah Granger - Port Townsend 2 nd		

2017 Kristen Garcia – Sedro Woolley / 2013 RaynJoy Norton – Burlington Edison / 2022 Logan Hofstee – East Valley Spokane



1A GIRLS

17:33.9 **10 Maddie Meyers – Northwest 1st**
 17:39.6 **19 Alaina Stone – Colville 1st**
 17:54.6 **11 Maddie Meyers – Northwest 1st**
 18:01 **09 Maddie Meyers – Northwest 1st**
 18:05.1 **21 Alexis Leone 10 – Seton Catholic 1st**
 18:05.2 **16 Erin Mullins – Cascade Leav. 1st**
 18:06.6 **15 Alexis Redfield – Zillah 1st**
 18:06.9 **17 Alyce Harlan – Nooksack Valley 1st**
 18:07.4 21 Kayla Aalpoel 12 – Meridian 2nd *
 18:15.1 17 Macenna Hansen–Northwest 2nd
 18:15.8 15 Erin Mullins – Cascade Leav. 2nd
 18:16.7 **18 Naomi Smith 11 – King’s 1st**
 18:20.9 17 Lizzy Shaw – Riverside 3rd *
 18:22.3 **22 Alexis Leone 11 – Seton Cath. 1st**
 18:24.0 19 Naomi Smith – King’s 2nd
 18:25.2 17 Andrea Markezich – Bear Creek 4th *
 18:27.3 18 Alaina Stone 11 – Colville 2nd
 18:30.0 17 Becky George – Deer Park 5th *
 18:30.8 16 Libby Michael – Deer Park 2nd
 18:31.1 17 Olivia Markezich – Bear Creek 6th *
 18:32.7 18 Olivia Markezich 12 – Bear Creek 3rd
 18:32.76 **13 Erin Mullins – Cascade Leav. 1st**
 18:37 11 Hazel Carr – Northwest 2nd
 18:37.2 15 Isa Meyers – Northwest 3rd
 18:37.37 13 Kacey Kemper – King’s 2nd
 18:37.6 16 Isa Meyers – Northwest 3rd
 18:37.7 11 Jess Mildes – Riverside 3rd
 18:38.5 **12 Sally Larson – Cedar Park Chr. 1st**
 18:41.1 12 Hazel Carr – Northwest 2nd
 18:41.7 11 Kacey Kemper – King’s 4th
 18:41.8 16 Macenna Hansen – Northwest 4th
 18:42.2 17 Naomi Smith – King’s 7th *
 18:42.2 12 Kacey Kemper – King’s 3rd
 18:42.80 **14 Alexis Redfield – Zillah 1st**
 18:42.9 15 Amy Jo Murphy – Nooksack Valley 4th
 18:44.40 14 Erin Mullins – Cascade Leav. 2nd
 18:46.6 17 Alaina Stone – Colville 8th *
 18:49.5 11 Sally Larson – Cedar Park Chr 5th
 18:50.5 19 Lara Carrion – Seton Catholic 3rd
 18:53 **08 Maddie Meyers – Northwest 1st**
 18:53.3 18 Lizzy Shaw 11 – Riverside 4th
 18:53.6 11 Lindy Jacobson – Lakeside 6th
 18:56.03 13 Rebecca Mildes – Riverside 3rd
 18:57.8 18 Andrea Markezich 12 – Bear Creek 5th
 18:58.9 **22 Sadie Meyring 10 – Lakeside 9-mile 2nd**
 18:59.5 19 Alyssa Becker – Klahowya 4th

19:00 **98 Laura Halverson - Freeman 1st**
 19:00.9 19 Madelyn Buckley – Lakeside 5th
 19:01 **04 Jane Larson - Cedar Park Chr 1st**
 19:02.4 19 Kaia Swegler Richmond -S. Whidbey 6th
 19:02.8 22 Natalie Oathout 10 – Klahowya 3rd
 19:03 **03 Kysa Conrath - Odessa 1st**
 19:04.0 **22 Diana Camargo 12 – Wapato 4th**
 19:05.1 11 McKenna Smith – King’s 7th
 19:05.2 17 Kalen Johnson – Zillah 9th *
 19:05.8 19 Natasha Lewis – LaCenter 7th
 19:05.9 16 Lizzy Shaw – Riverside 5th
 19:05.9 19 Matise Mulch – Lakeside 8th
 19:07.0 19 Ellie Rising – Goldendale 9th
 19:08.4 12 Lindy Jacobson–Lakeside 9-mile 4th
 19:08.8 12 Gabrielle Rudolph – Montesano 5th
 19:09 03 Allison Ritchie - Seattle Chr 2nd
 19:09.23 14 Chelsea Tremblay – Lakeside 9mile 3rd
 19:09.7 17 Morgan Hall – Colville 10th *
 19:10.4 **22 Kayla Ramsey 12 – Medical Lake 5th**
 19:10.88 13 Audrey Western – University Prep 4th
 19:11.9 15 Moriah Duenich – Deer Park 5th
 19:11.99 13 Kelsie Nern – Mount Baker 5th
 19:12.1 15 Libby Michael – Deer Park 6th
 19:13.0 17 Natasha Lewis – La Center 11th *
 19:13.7 11 Angela Knishka – Cashmere 8th
 19:13.7 19 Sara Cordova – Seton Catholic 10th
 19:13.9 21 Matise Mulch 12 – Lakeside 9-mile 3rd
 19:14.00 13 Jessica Ircink – Lakeside 9-mile 6th
 19:14 04 Sadie Bjornsen - Liberty Bell 2nd
 19:15 **06 Lizzie Jewson - Charles Wright 1st**
 19:15.0 19 Lizzy Shaw – Riverside 11th
 19:15.51 14 Amy Jo Murphy – Nooksack Valley 4th
 19:16 **07 Olivia Thomas - King’s 1st**
 19:16.0 17 Sydney Smith – Cashmere 12th *
 19:17.3 18 Kayla Aalpoel 9 – Meridian 6th
 19:19.2 15 Jenna Melanson – La Center 7th
 19:19.7 19 Kayla Aalpoel – Meridian 12th
 19:19.70 13 Lindy Jacobson – Lakeside 9-mile 7th
 19:19.9 21 Layne Lathrop 11 – Deer Park 4th
 19:20 98 Cassie Sloan - Columbia Burb 2nd
 19:20.2 18 Sydnee Dyer 10 – Seton Catholic 7th
 19:20.2 19 Sydney Smith – Cashmere 13th *
 19:20.26 14 Lindy Jacobson – Lakeside 9-mile 5th
 19:20.3 16 Olivia Markezich – Bear Creek 6th
 19:21.7 16 Morgan Hall – Colville 7th
 19:21.9 16 Kalen Johnson – Zillah 8th

19:22 **05 Jane Larson - Cedar Park Chr 1st**
 19:23.1 19 Roselynn Martin – La Center 14th *
 19:23.3 10 Marissa Hielkema – Lynden Chr. 2nd
 19:23.4 19 Maya Ewing – Lynden Christian 15th *
 19:23.76 13 Hazel Carr – Northwest 8th
 19:23.91 13 Amy Murphy – Nooksack Valley 9th
 19:24.2 16 Natasha Lewis – La Center 9th
 19:24.3 21 Aliyah Yearian 10 – Pt. Town/ E. Jeff. 5th
 19:24.8 16 Sage Gibson – Seattle Chr. 10th
 19:25.3 16 Moriah Duenich – Deer Park 11th
 19:25.6 17 Brenna Sclair – Charles Wright 13th
 19:25.9 21 Sophia Inglin 9 – King’s 6th
 19:26.2 17 Kaia SweglerRichmond-S.Whidbey 14th
 19:26.5 12 Sofia Marikis – Lakeside 9-mile 6th
 19:26.7 12 Camille Moore – Bush 7th
 19:26.8 17 Isabella Mastras–Charles Wright 15th
 19:27.5 18 Rachel Newhard 10 – Klahowya 8th
 19:27.5 10 Jess Mildes – Riverside 3rd
 19:28.8 16 Alaina Stone – Colville 12th
 19:29.2 16 Elsa Longhurst – Freeman 13th
 19:29.52 13 Mikayla Shuler – Riverside 10th
 19:29.6 17 Anna Haddad – Annie Wright 16th *
 19:29.6 16 Ashlee VanDenTop – Meridian 14th
 19:30 **99 Laura Halverson - Freeman 1st**
 19:31 06 Olivia Thomas - King’s 2nd
 19:31.1 18 Macenna Hansen 12 – Northwest 9th
 19:31.5 21 Lara Carrion 12 – Seton Catholic 7th
 19:31.88 14 Moriah Duenich – Deer Park 6th
 19:32.0 15 Olivia Markezich – Bear Creek 8th
 19:32 04 Chelsea Schilter - Toutle Lake 3rd
 19:32 03 Jane Larson - Cedar Park Chr 3rd
 19:32 **01 Ashley Hadway - NW Chr Colbert 1st**
 19:32.4 11 Kayleigh McCoy – Orting 9th
 19:32.9 17 Ela Nickels – Bush 17th *
 19:33.0 15 Mikayla Shuler – Lakeside 9mile 9th
 19:33.1 21 Sadie Meyring 9 – Lakeside 9-mile 8th
 19:33.4 11 Marissa Hielkema – Lynden Chr 10th
 19:33.6 19 Lexi Ladoux – Okanogan 16th
 19:33.7 17 Roselynn Martin – La Center 18th *
 19:33.8 18 Lara Carrion 9 – Seton Catholic 10th
 19:34 08 Olivia Thomas – King’s 2nd
 19:34.2 15 Sage Gibson – Seattle Christian 10th
 19:34.6 17 Madelyn Buckley–Lakeside 9mile 19th *
 19:34.7 18 Roselynn Martin 11 – LaCenter 11th
 19:35.1 18 Anna Haddad 12 – Annie Wright 12th
 19:36.1 12 Mimi Meggison – Meridian 8th
 19:37 03 Jenny Knezovich - Reardan 4th
 19:37 09 Eliza Rice – Northwest 2nd
 19:40 **97 Samantha Clarke - Saint George's 1st**
 19:41 **00 Laura Halverson - Freeman 1st**
 19:44 **02 Rachel Strand - King's 1st**



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 2nd *
 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 3rd *
 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 2nd
 18:58.4 **12 Sierra Speiker – Oroville 1st**
 19:01.42 13 Madison Ward – Saint George’s 2nd
 19:06.4 17 Gretta Scholz – Liberty Bell 2nd
 19:08.6 12 Anna Henry – NW Chr. Colbert 2nd
 19:10.02 14 Kiersten Kimminau – NW Chr Lacey 4th *
 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 2nd
 19:16.2 18 Gabby Martin 9 – Life Chr. Academy 2nd
 19:18 **08 Neola Putnam – T Lake/Glenwood 1st**
 19:18.2 10 Anna Henry – NW Chr Colbert 3rd
 19:19.4 17 Hannah Funkhouser – Trout Lake 3rd
 19:20 **06 Lisa Vandenburg-NW Chr Colbert 1st**
 19:20.4 16 Madison Ward – St George’s 2nd
 19:20.6 10 Nicole Anderson – White Pass 4th
 19:23 09 Mikel Elliott – White Pass 2nd
 19:23.35 13 Kiersten Kimminau – NW Chr Lacey 3rd
 19:24.6 19 Anais Mills – Garfield Palouse 2nd
 19:24.82 14 Harley Strobe – Reardan 5th *
 19:25 11 Sierra Speiker – Oroville 2nd *
 19:28.39 14 Shania Graham – Republic 6th *
 19:28.4 16 Gretta Scholz – Liberty Bell 3rd
 19:29.2 18 Rosalie Fish 12 – Muckleshoot Tribal 3rd
 19:30.4 16 Ellie Summers – NW Christian Lacey 4th
 19:30.6 17 Ellie Summers – NW Christian Lacey 4th
 19:32 07 Lisa Vandenburg-NW Chr Colbert 2nd
 19:32.4 15 Ellie Summers – NW Chr Lacey 3rd
 19:32.64 13 Anna Brooks – NW Chr Lacey 4th
 19:33.0 19 Gretta Scholz – Liberty Bell 3rd

19:35.5 10 Catie Arrigoni – Oroville 5th
 19:36 11 Elizabeth Weber – NW Chr-Lacey 3rd
 19:37 08 Kate Reidy – Saint George’s 2nd
 19:37.8 10 Joanna Sowers – NW Chr. Lacey 6th
19:40.3 22 Josie McLaughlin10 – Saint George’s 1st
 19:40.4 21 Leki Albright – Liberty Bell 2nd
 19:41 09 Elizabeth Weber –NW Chr. Lacey 3rd
 19:41.1 16 Megan McSheffrey – NW Chr. Lacey 5th
 19:41.5 16 Emily Adams – Waitsburg Prescott 6th
 19:42 08 Lisa Vandenburg – NW Chr. Colb 3rd
 19:43.71 14 Anna Brooks – NW Chr Lacey 7th *
 19:45 06 Joscelyn Minton - NW Chr Lacey 2nd
 19:46 11 Hailey Bredeson – NW Chr-Lacey 4th
 19:46.1 15 Emily Adams – Waitsburg Prescott 4th
 19:46.4 17 Jora Gleason – St George’s 5th
 19:48.58 13 Harley Strobe Reardan 5th
 19:48.67 14 Lucy Eggleston – Asotin 8th *
 19:48.7 15 Athena Milani – Liberty Bell 5th
 19:49.0 15 Shania Graham – Republic Curlew 6th
 19:50.1 21 Madison Ingram 9 – NW Chr Lacey 3rd
 19:50.2 18 Elaina Hansen 12 – Rainier 4th
 19:51.22 13 Alicia Herrera – Mossyrock 6th
 19:52.1 10 Hailey Bredeson –NW Chr. Lacey 7th
 19:53.2 19 Mya Edwards – Kettle Falls 4th
 19:54 08 Mikel Elliott – White Pass 4th
 19:54.87 14 Heidi Hennings – Lind Ritzville 9th *
 19:55 06 Neola Putnam - Glenwood 3RD
 19:55 07 Mikel Elliott - White Pass 3RD
 19:55.8 17 Ella Kuzyk – Liberty Bell 6th
 19:56.33 13 Lucy Eggleston – Asotin 7th
 19:57.25 13 Shania Graham – Republic 8th
 19:57.4 12 Hailey Bredeson –NW Chr. Lacey 3rd
 19:57.6 15 Carmen Eggleston – Asotin 7th
 19:58.64 13 Jordan Porubek – St John Endicott 9th
 19:58.90 14 Megan McSheffrey – NW Chr Lacey 10th *
 19:59.6 21 Josie McLaughlin 9 – St George’s 4th
 20:00 09 Christina Anderson–NW Chr. Colb 4th
 20:00 09 Hailey Bredeson –NW Chr. Lacey 5th
 20:01.3 21 Clare Kondrat – Pope John Paul 2 5th
 20:02.5 18 Chloe Overberg 9 – Asotin 5th
 20:03.7 19 Suzie Johnson – Cedar Tree Class. Chr. 5th
 20:05 09 Joanna Sowers – NW Chr. Lacey 6th



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	90 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 3rd
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 Caviezal - 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 Caviezal - 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

2022	16:25.3	Issaquah – Liza Rickey
2021	16:12.6	Kamiakin – Matt Rexus
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

2022	15:37.4	Conner Wirth 12 – Emerald Ridge 1 st
2021	14:57.8	Isaac Teeples 12 – Kamiakin 1 st
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

2022	16:19.2	Seattle Prep – Ben Sauvage
2021	16:13.4	Bishop Blanchet – John O’Leary
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

2022	15:30.0	Cruise Corvin – 12 – Lakes 1 st
2021	15:17.1	Will Schneider 11 – Bishop Blanchet 1 st
2020	15:17.9*	Cruise Corvin 10 – Lakes 1 st
2019	15:18.1	Isaac Teeples 10 – 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

2022	16:49.4	Bellingham – Courtney Olsen
2021	16:59.7	Squalicum – Erin Fraser
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

2022	17:36.9	Bush – James Batey
2021	17:37.3	Lakeside 9 Mile – Steve Olson
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

2022	15:37.0	Zack Muncson 12 – Sehome 1 st
2021	15:38.3	Cooper Quigley – Selah 1 st
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 1st
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

2022	16:01.0	Reid Headrick 12 – Medical Lake 1st
2021	15:00.4*	Jamar Distel 12 – Riverside 1 st
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 1st
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 1st
1988	14:56.6	Brent Hooper 10 – Montesano 1 st

B BOYS

2022	17:48.3	Chewelah – Kindra Tapia
2021	17:27.9	Liberty Bell – Erik Brooks
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

1994		NW. Christian Colbert – Rod Holman
1993		Saint George’s – Marty Jessett
1992		Seattle Lutheran – Bob Matthews
1991		Pomeroy – Fred Knebel

B BOYS

2022	16:27.4	Ciaran St Hilaire 12 – Tri Cities Prep 1 st
2021	16:30.9	Daniel Quintana 12 – Ilwaco 1 st
2020	15:49.8*	Daniel Quintana 11 – Ilwaco 1 st
2019	15:55.8	Daniel Quintana 10 – 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

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
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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

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

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
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1A-B

1981	16:16	Greg Vandenberg – Stevenson 3.0 miles
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3A

1982	15:03	Curt Corvin – Lakes 3.0 miles
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2A

1982	14:57.8	Karl VanCalcar – Edmonds 3.0 miles
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AB

1982	15:48.3	Randall Jones – Goldendale 3.0 miles
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Boys Individual Champions

1959	10:23.1	Frank Knott – Mead 2.0 miles
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 2.3 miles
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 CHAMPIONS

4A TEAM

2022	19:46.0	Tahoma – Jeff Brady
2021	19:06.2	Eastlake – Troy Anderson
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

2022	18:03.5	Anna Callahan11 – Skyline 1 st
2021	17:51.0	Ella Borsheim – Bellarmine Prep 1 st
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

2022	19:17.5	Central Kitsap – Jeremy Duplissey
2021	19:33.1	Mead – Austin Stuchell
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 Challender
1989		Eisenhower – Phil English
1988		Mead – Wes Player

3A GIRLS

2022	18:24.0	Reese Morkert 12 – Gig Harbor 1st
2021	17:31.6	Macy Marquardt – Kennewick 1 st
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

2022	19:52.3	Sehome – Kevin Ryan
2021	19:52.9	Sehome – Kevin Ryan
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

2022	20:47.1	Lakeside 9-mile – Steve Olson
2021	19:54.4	Seton Catholic – Jaysun Pyatt
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

2022	18:00.6	Logan Hofstee11 – East Valley Spokane 1 st
2021	17:58.7	Jessica Frydenlund 11 – Anacortes 1 st
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

2022	18:22.3	Alexis Leone 11 – Seton Catholic 1 st
2021	18:05.1	Alexis Leone 10 – Seton Catholic 1 st
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”.

2022	22:11.4	Pope John Paul 2 – Larry Weber
2021	20:57.6	Pope John Paul 2 – Larry Weber
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

2022	19:40.3	Josie McLaughlin – Saint George’s 1 st
2021	18:36.0	Chloe Overberg 12 – Asotin 1 st
2020	17:57.6*	Chloe Overberg 11 – 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 Heynstsens
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 1st – 3 miles
1982 16:50.1 Patty Matava 12 – Bellevue 1st – 3 miles
1981 17:30 Patty Matava 11 – Bellevue 1st – 3 miles
1980 16:58 Patty Matava 10 – Bellevue 1st – 3 miles
1979 11:32 Lisa Mitchell - Sammamish 1st – 2 miles
1978 11:50 Sheila Kaskie – Lakes 1st – 2 miles
1977 12:00.0 Sheila Kaskie – Lakes 1st – 2 miles

2A Girls Individuals

1983 18:15.2 Genevie Pfueller – Sehome 1st – 3 miles
1982 17:13.9 Patty Ley 12 – Gig Harbor 1st – 3 miles
1981 combined with 3a
1980 18:19 Patty Ley 10 – Gig Harbor 1st – 3 miles
1979 12:15 Wendy Schmitt – Centralia 1st – 2 miles
1978 12:23 Judy Weitz – West Valley Spo. 1st – 2 miles
1977 12:27.5 Jeni Trosel – Acacortes 1st – 2 miles

1A Girls Individuals

1983 18:40.7 Heather Maple – Tonasket 1st – 3 miles
1982 17:51.4 Kris Vickers 12 – Carroll 1st – 3 miles
1981 19:17 Kathy Rouleau 11 – Carroll 1st – 3 miles
1980 18:09.7 Lisa Braun – Cashmere 1st – 3 miles
1979 12:21.5 Shaunne Howe – Montesano 1st – 2 miles
1978 12:23 Cathy Torrens – White Salmon 1st – 2 miles
1977 12:47.4 Donna Darhoud – Vashon 1st – 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

Girls Individual Champions

1975 11:45 Molly O’Neil – Everett 1st – 2 miles

Granger Jaycees Girls State Championships – Granger High School

2A Team

1974 Newport Bellevue – Larry Hitchcock
1973 Shoreline – James Kreise

2A Girls

1974 8:29 Doris Lahti – Battle Ground 1st – 1.5 miles
1973 8:18.9 Lou Allison – Sehome 1st - 1.5 miles

1A Team

1974 Selah – Linda Smith
1973 Bellevue Christian – Pauline Stickney

1A Girls

1974 8:26.6 Becky Wick – Bellevue Chr. 1st – 1.5 miles
1973 8:51.0 Denise Mueller – Selah 1st - 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 MASTERTON – 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?

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