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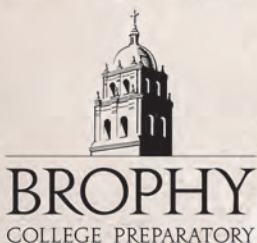


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AIA

In September, the Arizona Interscholastic Association officially sanctioned a state tournament for robotics, joining 27 other AIA sports/activities that already compete for state titles. The interest for robotics and STEM initiatives is growing at Arizona high schools and the AIA is proud to provide an opportunity for these teams to compete in a fun and exciting atmosphere.

The first high school robotics season in Arizona will start during the spring season and teams will compete in regional events run by FIRST, a non-profit organization that organizes robotic events internationally. The top 30 teams from the regionals will then advance to the May 23 state tournament at the Prescott Valley Events Center.

There are currently 49 high schools that have robotics teams in Arizona. The AIA's goal is to double that number of teams by May 2016. If you are interested in supporting the AIA robotics program and state tournament as a corporate partner, please contact AIA Sports Properties at 602-385-3828 or facosta@aia365.com.



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NISCA 2014-15 All-America Time Standards

Boys All-America		High School	Girls All-America	
Automatic	Consideration	Event in Yards	Automatic	Consideration
1:34.34	1:35.97	200 Medley Relay	1:45.88	1:47.88
1:39.30	1:40.99	200 Freestyle	1:49.35	1:51.07
1:50.73	1:52.91	200 Individual Medley	2:02.84	2:04.94
0:20.79	0:21.09	50 Freestyle	0:23.35	0:23.75
0:49.51	0:50.49	100 Butterfly	0:55.02	0:56.12
0:45.40	0:46.08	100 Freestyle	0:50.68	0:51.51
4:30.05	4:35.06	500 Freestyle	4:52.32	4:57.64
1:25.18	1:26.61	200 Freestyle Relay	1:36.23	1:37.78
0:49.95	0:51.23	100 Backstroke	0:55.39	0:56.62
0:56.57	0:57.64	100 Breaststroke	1:03.46	1:04.89
3:07.00	3:10.08	400 Freestyle Relay	3:29.26	3:32.56

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Catalina Foothills Likes Chances of D-II Boys Swim Repeat

By Les Willsey
aia365.com

The good news for Catalina Foothills boys swim team last year came in winning the Division II title with a predominantly underclassman lineup. That could be bad news for the rest of the field this year since just about everyone who contributed last year returns.

Catalina Foothills had a streak of 11 consecutive team titles (2000-2010) broken in 2011 when the Falcons were placed in Division I for a two-year scheduling block. They placed a respectable sixth in D-I in 2011 and 2012.

The return to Division II last year saw them back on top as they await the chance to begin a new streak title streak this weekend.

A Catalina Foothills repeat on Nov. 8 at the Skyline Aquatics Center in Mesa is likely to be led by another top-notch performance from one of this year's only seniors -- Matt Lujan.

Lujan scored the most points in last year's championship winning the 200 individual medley, placing second in the 100 back and helping the 200 medley relay and 400 free relay teams to second-place finishes. The University of Arizona-bound Lujan takes the leadership role occupied last year by then-senior Matt House, who was just behind Lujan in points tallied last year for the Falcons.

"Matt's not only an outstanding swimmer, but an outstanding student," Walter said. "I don't know his grade point average exactly, but it's probably over 4.0 weighted."

Nearly two hands worth of swimmers and divers scored for Catalina Foothills in its ride to 280 points for first place, far outdistancing runner-up Queen Creek at 203. Four of them were freshman -- Brooks Fail, Andy Duffield, Sean Seyller and Jack Hadley. Two were sophomores -- Brendan Finn and Matt King.

"The freshman group that arrived last year are all good friends and very supportive of one another," Walter said. "It's a tight team overall."

Fail is one who could make a big impact in his second varsity season. He currently has the top qualifying time in the 500 free and is high on the list in the 200 free. He'll swim anchor leg of the 200 free relay and leadoff the 400 free relay.

"Brooks was our freshman of the year last year," Walter said. "A lot can happen from your freshman year on up, but there is no doubt where Brooks is headed. He brings it all the time. He's one that leads with his swimming, but he doesn't sit quietly. He gets on his teammates."

Catalina Foothills did well in House's events last year and also had two divers place in the top 16. Walter believes the team's depth and experience will go a long way to filling those gaps.

"As far as predictions of who will win the meet, I'm not one to make those," Walter said. "I do think we are as strong as we were last year. If there is a weakness it's in the sprint freestyles, but we're pretty loaded elsewhere."



Boys S&D State Champions (1992-2013)

DIV II BOYS 200 FREESTYLE RELAY

2013Scottsdale Saguario1:29.20
2012Scottsdale Notre Dame1:29.33
2011Tucson Salpointe1:29.99
2010Tucson Sabino1:30.74

DIV II BOYS 50 FREESTYLE

2013Joseph Starkweather, Notre Dame20.85
2012Joseph Starkweather, Notre Dame21.76
2011Jack Poupore, Notre Dame21.70
2010Alex Brouwer, Notre Dame21.02

DIV II BOYS 100 FREESTYLE

2013Austin Baker, Gilbert Classical48.20
2012Jake Lambros, Bourgade46.16
2011Jojo Simonson, Salpointe47.74
2010Tyler Messerschmidt, D. Edge43.71

DIV II BOYS 100 BUTTERFLY

2013J.J. Osborn, Saguario50.01
2012Steven Koppel, Casa Grande50.46
2011Nathan Anderson, Arcadia52.01
2010Chris Pickard, Arcadia48.81

DIV II BOYS 100 BACKSTROKE

2013Trey Cashion, Walden Grove50.09
2012Max Montour, Cortez53.67
2011Max Montour, Cortez54.48
2010Alex Brouwer, Notre Dame51.90

DIV II BOYS 100 BREASTSTROKE

2013Grant Sugaski, Casa Grande58.98
2012Matthew Anderson, Arcadia59.02
2011Brandon Young, Douglas58.13
2010Brandon Young, Douglas57.45

DIV II BOYS 200 FREESTYLE

2013Trey Cashion, Walden Grove1:39.90
2012Jake Lambros, Bourgade1:42.16
2011Tyler Mattingly, Salpointe1:43.24
2010Tyler Messerschmidt, D. Edge1:36.33

DIV II BOYS 200 INDIVIDUAL MEDLEY

2013Matt Lujan, Catalina Foothills1:55.58
2012Max Montour, Cortez1:59.19
2011Brandon Young, Douglas1:59.51
2010Jason Alentado, C. Foothills1:57.58

DIV II BOYS 500 FREESTYLE

2013Cason Flygare, Queen Creek4:41.74
2012Antonio Ramirez, Arcadia4:46.01
2011Tyler Mattingly, Salpointe4:41.16
2010Londen Thomas, McClintock4:42.33

DIV II BOYS 200 MEDLEY RELAY

2013Queen Creek1:39.99
2012Scottsdale Notre Dame1:38.72
2011Tucson Salpointe1:40.12
2010Tucson Catalina Foothills1:39.63

DIV II BOYS 400 FREESTYLE RELAY

2013Queen Creek3:18.71
2012Scottsdale Arcadia3:17.08

2011Tucson Salpointe3:15.04
2010Tucson Catalina Foothills3:11.58

DIV II BOYS DIVING

2013Cody Rankin, Shadow Mt475.40
2012Sheldon Solomon, Queen Creek457.00
2011Hayden Sells, Arcadia424.60
2010Hayden Sells, Arcadia410.45

DIV I BOYS 200 FREESTYLE RELAY

2013Phoenix Brophy Prep1:24.10
2012Phoenix Brophy Prep1:25.25
2011Mesa Mt. View1:23.71
2010Mesa Red Mountain1:24.97

DIV I BOYS 50 FREESTYLE

2013Ryan Hoffer, Chaparral19.69
2012Gabriel Espinosa, Brophy20.91
2011Payton Sorenson, Mesa Mt. View20.42
2010Payton Sorenson, Mesa Mt. View20.44

DIV I BOYS 100 FREESTYLE

2013Nicholas Magana, Desert Mt44.26
2012Gabriel Espinosa, Brophy45.04
2011Payton Sorenson, Mesa Mt. View46.10
2010John Dowd, Red Mountain45.75

DIV I BOYS 100 BUTTERFLY

2013Mark Jurek, Chandler47.80
2012Jason Alentado, Cata. Foothills49.97
2011Reed Patterson, Rincon50.52
2010Matthew Mozdzen, Chandler50.41

DIV I BOYS 100 BACKSTROKE

2013Austin Drummond, Chaparral51.04
2012Alex Schultz, Gilbert50.71
2011Alex Schultz, Gilbert50.95
2010Matthew Berg, Ironwood52.62

DIV I BOYS 100 BREASTSTROKE

2013Matt Anderson, Arcadia55.44
2012Michael White, Dobson57.61
2011Michael Nelson, Brophy57.13
2010Michael Nelson, Brophy58.02

DIV I BOYS 200 FREESTYLE

2013Nicholas Magana, Desert Mt1:38.74
2012Lukas Williams, Brophy1:39.84
2011Chris Webb, Brophy1:39.60
2010Brian Stevens, Brophy1:38.88

DIV I BOYS 200 INDIVIDUAL MEDLEY

2013Mark Jurek, Chandler1:48.31
2012Michael White, Dobson1:51.94
2011Jason Alentado, Cata. Foothills1:53.84
2010Brandon Hughes, Desert Mt1:53.84
2010Tanner Roe, Chaparral1:52.65

DIV I BOYS 500 FREESTYLE

2013Weston Miller, Chaparral4:34.41
2012Josh Olszewski, Horizon4:32.47
2011Chris Webb, Brophy4:28.40
2010Tanner Roe, Chaparral4:31.51

DIV I BOYS 200 MEDLEY RELAY

2013Scottsdale Chaparral1:32.01
2012Phoenix Brophy Prep1:36.50
2011Mesa Mt. View1:33.75
2010Phoenix Brophy Prep1:36.51

DIV I BOYS 400 FREESTYLE RELAY

2013Phoenix Brophy Prep3:05.49
2012Phoenix Brophy Prep3:06.84
2011Phoenix Brophy Prep3:10.03
2010Phoenix Brophy Prep3:08.50

DIV I BOYS DIVING

2013Emmott Blitch, Sunnyslope459.05
2012Bryce Farabee, Highland514.75
2011Bryce Farabee, Highland423.30
2010Josh Bidak, Horizon480.40

1A-3A BOYS 200 FREESTYLE RELAY

2009Sedona Red Rock1:33.65
2008Sedona Red Rock1:35.05
2007Sedona Red Rock1:34.95

1A-3A BOYS 50 FREESTYLE

2009Seth Syvertsen, Sedona Red Rock23.03
2008Eric Svensson, Sedona Red Rock23.19
2007Dylan Jones, Pusch Ridge22.80

1A-3A BOYS 100 FREESTYLE

2009Evan Decker, Sedona Red Rock49.58
2008Eric Svensson, Sedona Red Rock51.15
2007Dylan Jones, Pusch Ridge51.72

1A-3A BOYS 100 BUTTERFLY

2009Daniel Bleyl, Pusch Ridge54.52
2008Andrew Graham, Valley Christian56.19
2007Rob Komadina, Valley Christian58.29

1A-3A BOYS 100 BACKSTROKE

2009Daniel Bleyl, Pusch Ridge57.15
2008Preston Van Hofwegen, Phx Chr1:00.12
2007Chris Miller, Sedona Red Rock1:04.89

1A-3A BOYS 100 BREASTSTROKE

2009Seth Syvertsen, Sedona Red Rock1:04.74
2008David Conti, Tempe Prep1:04.61
2007Zachary Windel, Valley Christian1:06.99

1A-3A BOYS 200 FREESTYLE

2009Hayden Thomas, Tempe Prep1:48.88
2008Hayden Thomas, Tempe Prep1:47.76
2007Evan Decker, Sedona Red Rock1:54.20

1A-3A BOYS 200 INDIVIDUAL MEDLEY

2009Evan Decker, Sedona Red Rock2:03.67
2008David Conti, Tempe Prep2:07.77
2007Seth Syvertsen, Sed. Red Rock2:11.44

1A-3A BOYS 500 FREESTYLE

2009Hayden Thomas, Tempe Prep4:51.82
2008Hayden Thomas, Tempe Prep4:48.10
2007Evan Decker, Sedona Red Rock5:12.25

1A-3A BOYS 200 MEDLEY RELAY

2009.....Sedona Red Rock	1:43.98
2008Sedona Red Rock	1:45.90
2007.....Chandler Valley Christian	1:48.44

1A-3A BOYS 400 FREESTYLE RELAY

2009.....Sedona Red Rock	3:29.19
2008Phoenix Christian	3:27.93
2007.....Chandler Valley Christian.....	3:39.20

1A-3A BOYS DIVING

2009.....Spencer Richardson, Valley Chr	225.80
2008Richard Trujillo, Canyon State	270.00
2007.....Nicholas Singleton, Canyon State.....	232.45

4A BOYS 200 FREESTYLE RELAY

2009.....D1 Tucson Catalina Foothills	1:28.63
2009.....D2 Scottsdale Notre Dame.....	1:30.83
2008D1 Tucson Catalina Foothills.....	1:25.53
2008D2 Phoenix Washington.....	1:34.84
2007.....D1 Tucson Catalina Foothills	1:26.82
2007.....D2 Tucson Palo Verde.....	1:36.09
2006.....D1 Tucson Rincon	1:26.98
2006.....D2 Sunnyslope.....	1:34.86
2005.....D1 Tucson Catalina Foothills	1:28.46
2005.....D2 Sunnyslope.....	1:33.13
2004.....Tucson Catalina Foothills	1:25.12
2003.....Tucson Catalina Foothills.....	1:27.58
2002.....Tucson Rincon.....	1:27.70
2001.....Tucson Catalina Foothills.....	1:28.78
2000Tucson Catalina Foothills	1:29.53
1999Avondale Agua Fria	1:30.78
1998Scottsdale Chaparral	1:29.36
1997Peoria Centennial.....	1:27.65
1996Peoria Centennial.....	1:28.51
1995Tucson Rincon	1:29.17
1994Scottsdale Arcadia.....	1:30.01
1993Tucson Rincon	1:28.89
1992Scottsdale Arcadia	1:28.49

4A BOYS 50 FREESTYLE

2009.....D1 Ryan Gray, Sabino.....	21.21
2009.....D2 Michael Branning, Seton	20.60
2008D1 Herbie Behm, Catalina Foothills...20.09	
2008D2 Wil Hogue, Seton	22.02
2007.....D1 Herbie Behm, Catalina Foothills ...20.35	
2007.....D2 Isaac Lunsford, Amphitheater	21.79
2006.....D1 Kurt Denninghoff, Sabino	21.01
2006.....D2 Rob Komadina, Valley Chr.....	22.78
2005.....D1 Nathan Clark, Rincon.....	21.96
2005.....D2 Frank Komadina, Valley Chr	21.54
2004.....Keegan Stombaugh, C. Foothills	21.36
2003.....Dane Patuhing, Catalina Foothills	21.35
2002.....Matt Crowe, Arcadia	20.96
2001.....Matt Crowe, Arcadia	21.17
2000Dan Di Toro, Chaparral	21.50
1999Wiley Wallace, Coronado	21.57
1998Gerrit Hillebrand, Chaparral.....	20.84
1997Gerrit Hillebrand, Chaparral.....	21.03
1996Sam Ullery, Rincon	21.58
1995Sam Ullery, Rincon.....	21.64
1994Justin Ewers, Arcadia	20.81
1993Chris Olson, Chaparral	21.01
1992Brian McClure, Sahuaro.....	21.45

4A BOYS 100 FREESTYLE

2009.....D1 Cole Puchi, Catalina Foothills.....	46.87
2009.....D2 Tyler Messerschmidt, D. Edge	45.07
2008D1 Herbie Behm, Catalina Foothills ...44.68	

2008D2 Devin Price, Palo Verde	46.63
2007.....D1 Herbie Behm, Catalina Foothills ...45.59	
2007.....D2 Isaac Lunsford, Amphitheater.....	48.08
2006.....D1 Ben Aaberg, Saguaro.....	44.81
2006.....D2 Charles Donofrio, Sunnyslope	51.08
2005.....D1 Ben Aaberg, Saguaro	46.42
2005.....D2 Frank Komadina, Valley Chr.....	47.14
2004.....Matt Barnard, Sabino	45.43
2003.....Matt Barnard, Sabino	46.49
2002.....Matt Crowe, Arcadia.....	46.24
2001Jake Miller, Cholla	46.88
2000Jake Miller, Cholla	47.62
1999Kyle Horton, Arcadia.....	47.78
1998Gerrit Hillebrand, Chaparral	47.22
1997.....Curtis Harvey, Sahuaro.....	46.43
1996Sam Ullery, Rincon	46.35
1995Quentin Byma, Paradise Valley	46.41
1994Matt Pelot, Palo Verde.....	49.17
1993Justin Ewers, Arcadia	46.47
1992Scott Spero, Arcadia	47.68

4A BOYS 100 BUTTERFLY

2009.....D1 Barrett Meisfeld, C. Foothills	48.80
2009.....D2 Chris Pickard, Arcadia	50.32
2008D1 Roger Meisfeld, C. Foothills	50.06
2008D2 Chris Pickard, Arcadia	50.97
2007.....D1 Tyler Kybartas, Sabino	50.21
2007.....D2 Alex Brouwer, Notre Dame	55.18
2006.....D1 Alex Hier, Millennium	50.64
2006.....D2 Danny Clarke, Sunnyslope.....	53.86
2005.....D1 Alex Hier, Millennium	52.07
2005.....D2 Aaron Nelson, Arcadia.....	56.38
2004.....Mitch Newman, Chaparral.....	52.66
2003.....Nicholas Sparks, Sabino	51.01
2002.....Preston Revere, Apollo	51.66
2001Aaron Barnard, Flagstaff.....	51.55
2000Dan Di Toro, Chaparral	51.21
1999Jason Rever, Thunderbird.....	50.58
1998Eric Hadley, Rincon	51.56
1997.....Ryan Rahaeuser, Chaparral	51.20
1996Matt Ulrickson, Saguaro.....	50.11
1995Matt Ulrickson, Saguaro.....	50.39
1994Brian Keller, Chaparral	51.69
1993Jed Crowe, Arcadia	51.13
1992Jed Crowe, Arcadia	51.85

4A BOYS 100 BACKSTROKE

2009.....D1 Cole Puchi, Catalina Foothills.....	53.26
2009.....D2 Alex Brouwer, Notre Dame	52.13
2008D1 Cole Puchi, Catalina Foothills.....	53.94
2008D2 Tyler Messerschmidt, D. Edge.....	49.89
2007.....D1 Tyler Kybartas, Sabino	50.90
2007.....D2 Devin Price, Palo Verde	52.62
2006.....D1 Nick Hadinger, Sabino	53.82
2006.....D2 Devin Price, Palo Verde	55.42
2005.....D1 Bryan O'Connor, C. Foothills	51.94
2005.....D2 Mike Smyers, Phoenix Christian.....	54.50
2004.....Stephen D'Arrigo, C. Foothills	53.04
2003.....Mike Caruso, Cactus	52.57
2002.....Mike Caruso, Cactus	53.62
2001Mike Caruso, Cactus	54.76
2000Nick Eggen, Arcadia	51.94
1999Nick Eggen, Arcadia	52.46
1998Eric Hadley, Rincon	52.02
1997.....Will Eden, Chaparral.....	52.38
1996Matt Ulrickson, Saguaro.....	49.16
1995Matt Ulrickson, Saguaro.....	49.37
1994Justin Ewers, Arcadia	51.39

1993Justin Ewers, Arcadia	51.87
1992Josh Mulligan, Arcadia	53.47

4A BOYS 100 BREASTSTROKE

2009.....D1 TJ Lundstrom, C. Foothills.....	57.73
2009.....D2 Brandon Young, Douglas	1:00.80
2008D1 TJ Lundstrom, C. Foothills	57.98
2008D2 Brian Morrison, Flagstaff	59.43
2007.....D1 TJ Lundstrom, C. Foothills.....	59.63
2007.....D2 Brian Morrison, Flagstaff.....	1:02.32
2006.....D1 Robert Barrett, Pinnacle	1:00.15
2006.....D2 Zach Lemons, Flagstaff.....	1:01.16
2005.....D1 Ben Adam, Desert Christian	1:02.41
2005.....D2 Zachary Lemons, Flagstaff	1:03.47
2004.....Josh Arreguin, Catalina Foothills	57.33
2003.....Geof Davis, Sabino	59.36
2002Paul Oman, Rincon	57.26
2001Paul Oman, Rincon	57.91
2000James McManus, C. Foothills.....	59.09
1999Jason Revere, Thunderbird	1:00.29
1998Eric Ducas, Cactus	1:00.31
1997.....Paul Aleck, Arcadia	1:01.22
1996Quentin Byma, Paradise Valley	57.06
1995Quentin Byma, Paradise Valley	57.22
1994Brian Keller, Chaparral	1:00.15
1993Brian Keller, Chaparral	1:00.79
1992Matt Krebs, Sahuaro.....	1:01.78

4A BOYS 200 FREESTYLE

2009.....D1 Adrian Brynnel, C. Foothills	1:41.99
2009.....D2 Tyler Messerschmidt, D. Edge ...1:38.00	
2008D1 Anthony Chiaro, Sahuaro	1:40.58
2008D2 Tyler Messerschmidt, D. Edge ...1:38.90	
2007.....D1 Michael Branning, P. Valley	1:43.58
2007.....D2 Michael Zoldos, Arcadia	1:42.82
2006.....D1 Adrian Kirkpatrick, C. Foothills ..1:39.52	
2006.....D2 Blake Lewkowitz, PCDS	1:43.87
2005.....D1 Adrian Kirkpatrick, C. Foothills ...1:41.34	
2005.....D2 Michael Zoldos, Arcadia	1:44.51
2004.....Matt Barnard, Sabino	1:40.07
2003.....Philip Owen, Saguaro	1:41.46
2002.....Efri Ruthenbert, Cactus.....	1:46.37
2001Matthew Owen, Saguaro	1:38.81
2000Matthew Owen, Saguaro	1:41.37
1999Kevin Heath, Thunderbird.....	1:43.03
1998Jamie Richardson, Thunderbird.....	1:41.66
1997.....Jamie Richardson, Thunderbird	1:41.82
1996Jamie Richardson, Thunderbird	1:42.96
1995Evan Smith, Arcadia.....	1:42.65
1994Evan Smith, Arcadia.....	1:43.36
1993Adam Kingery, Rincon	1:44.05
1992Greg Mahon, Mountain Pointe.....	1:42.66

4A BOYS 200 INDIVIDUAL MEDLEY

2009.....D1 Barrett Meisfeld, C. Foothills	1:53.01
2009.....D2 Chris Pickard, Arcadia.....	1:52.29
2008D1 Brian Ferro, Millennium	1:53.35
2008D2 Chris Pickard, Arcadia	1:52.91
2007.....D1 Nick Hadinger, Sabino	1:57.06
2007.....D2 Chris Pickard, Arcadia	1:59.06
2006.....D1 Ben Aaberg, Saguaro.....	1:50.82
2006.....D2 Zach Lemons, Flagstaff	1:57.39
2005.....D1 Ben Aaberg, Saguaro.....	1:51.97
2005.....D2 Blake Lewkowitz, PCDS.....	1:57.65
2004.....Josh Arreguin, Catalina Foothills...1:56.06	
2003.....Geof Davis, Chaparral	1:56.76
2002.....Paul Oman, Tucson Rincon.....	1:51.22
2001Paul Oman, Tucson Rincon.....	1:52.56
2000Evan Rahaeuser, Chaparral.....	1:53.96

1999Nick Eggen, Arcadia1:55.56
1998Matt Aldrich, Rincon1:57.64
1997Will Eden, Chaparral1:55.04
1996Will Eden, Chaparral1:55.26
1995Colby Genrich, Thunderbird1:57.02
1994Bill Creager, Ironwood1:57.61
1993Josh Milligan, Arcadia1:57.32
1992Josh Milligan, Arcadia1:56.44

4A BOYS 500 FREESTYLE

2009D1 Adrian Brynnel, C. Foothills4:35.83
2009D2 Ben Brouwer, Notre Dame4:50.60
2008D1 John Kent, Sahuaro4:36.33
2008D2 Corbin Judstra, Catalina5:00.01
2007D1 Anthony Chiaro, Sahuaro4:43.79
2007D2 Michael Zoldos, Arcadia4:31.01
2006D1 Bobby Koubratoff, Rincon4:40.02
2006D2 Blake Lewkowitz, PCDS4:37.31
2005D1 Adrian Kirkpatrick, C. Foothills4:38.20
2005D2 Blake Lewkowitz, PCDS4:37.99
2004Gunnar Schmidt, Arcadia4:34.58
2003David Pursley, Brophy4:32.66
2002Philip Owen, Saguaro4:38.84
2001Matthew Owen, Saguaro4:29.41
2000Matthew Owen, Saguaro4:31.76
1999Kevin Heath, Thunderbird4:36.23
1998Jamie Richardson, Thunderbird4:29.13
1997Jamie Richardson, Thunderbird4:32.82
1996Jamie Richardson, Thunderbird4:38.33
1995Jamie Richardson, Thunderbird4:36.01
1994Evan Smith, Arcadia4:38.67
1993Evan Smith, Arcadia4:39.20
1992Greg Mahon, Mountain Pointe4:40.71

4A BOYS 200 MEDLEY RELAY

2009D1 Tucson Catalina Foothills1:34.13
2009D2 Scottsdale Arcadia1:40.29
2008D1 Tucson Catalina Foothills1:33.71
2008D2 Scottsdale Arcadia1:41.28
2007D1 Tucson Sabino1:38.40
2007D2 Scottsdale Arcadia1:41.02
2006D1 Tucson Catalina Foothills1:39.82
2006D2 Sunnyslope1:45.39
2005D1 Tucson Catalina Foothills1:41.38
2005D2 Sunnyslope1:45.02
2004Tucson Catalina Foothills1:38.63
2003Tucson Catalina Foothills1:38.20
2002Glendale Cactus1:37.95
2001Tucson Catalina Foothills1:40.10
2000Scottsdale Arcadia1:40.16
1999Scottsdale Chaparral1:40.23
1998Tucson Rincon1:39.13
1997Avondale Agua Fria1:40.94
1996Scottsdale Saguaro1:39.40
1995Phoenix Thunderbird1:39.57
1994Tucson Rincon1:41.33
1993Scottsdale Arcadia1:39.15
1992Tucson Sahuaro1:40.34

4A BOYS 400 FREESTYLE RELAY

2009D1 Tucson Catalina Foothills3:13.53
2009D2 Scottsdale Notre Dame3:18.52
2008D1 Scottsdale Chaparral3:12.89
2008D2 Scottsdale Notre Dame3:19.02
2007D1 Tucson Sabino3:11.24
2007D2 Scottsdale Arcadia3:21.14
2006D1 Tucson Sabino3:13.21
2006D2 Flagstaff3:26.62
2005D1 Tucson Catalina Foothills3:15.82

2005D2 Sunnyslope3:27.18
2004Tucson Catalina Foothills3:10.09
2003Tucson Catalina Foothills3:15.51
2002Tucson Rincon3:16.55
2001Phoenix Thunderbird3:15.55
2000Scottsdale Arcadia3:12.77
1999Scottsdale Arcadia3:14.17
1998Scottsdale Chaparral3:12.81
1997Scottsdale Chaparral3:12.29
1996Scottsdale Chaparral3:15.82
1995Phoenix Thunderbird3:16.32
1994Scottsdale Arcadia3:17.29
1993Scottsdale Arcadia3:11.11
1992Scottsdale Arcadia3:14.20

4A BOYS DIVING

2009D1 Sean Clark, Sunnyslope418.50
2009D2 Cody Farabee, Williams Field414.95
2008D1 Sean Clark, Sunnyslope412.65
2008D2 Nico Montano, Santa Rita376.35
2007D1 Victor Valencia, McClintock400.10
2007D2 Nico Montano, Santa Rita381.35
2006D1 Victor Valencia, McClintock392.85
2006D2 Aaron Henderson, Washington402.25
2005D1 Kyle Vonvalenberg, St. Gregory419.90
2005D2 Sam Decker, Palo Verde436.55
2004Drew Tees, Phoenix Ctry Day387.45
2003Drew Tees, Phoenix Ctry Day414.55
2002Drew Tees, Phoenix Ctry Day399.80
2001Russell Hulse, Centennial438.75
2000Russell Hulse, Centennial431.05
1999Russell Hulse, Centennial397.35
1998Aaron Leitz, Chaparral379.20
1997Joel Harger, Glendale411.50
1996Doug Hulse, Centennial456.25
1995Doug Hulse, Centennial440.10
1994Andrew Wright, Rincon392.75
1993Thomas Krizan, Westvies430.50
1992unknown	

5A BOYS 200 FREESTYLE RELAY

2009D1 Phoenix Brophy Prep1:26.34
2009D2 Anthem Boulder Creek1:29.50
2008D1 Phoenix Brophy Prep1:26.45
2008D2 Scottsdale Horizon1:28.12
2007D1 Phoenix Brophy Prep1:25.20
2007D2 Tucson Rincon1:27.37
2006D1 Phoenix Brophy Prep1:24.99
2006D2 Peoria Sunrise Mountain1:30.04
2005D1 Mesa Dobson1:27.17
2005D2 Phoenix North1:32.51
2004Phoenix Brophy Prep1:23.86
2003Phoenix Brophy Prep1:26.25
2002Phoenix North1:27.54
2001Mesa Mountain View1:25.73
2000Tucson Salpointe1:26.04
1999Mesa Dobson1:24.59
1998Phoenix Brophy Prep1:27.24
1997Phoenix Brophy Prep1:27.73
1996Tucson Salpointe1:26.71
1995Tucson Salpointe1:27.89
1994Tucson Salpointe1:27.83
1993Mesa Dobson1:27.58
1992Phoenix Brophy Prep1:27.43

5A BOYS 50 FREESTYLE

2009D1 John Wojciechowski, Brophy20.83
2009D2 Eric Brady, Pinnacle21.96
2008D1 John Wojciechowski, Brophy20.80

2008D2 Jeff Amlee, Rincon21.25
2007D1 Adam Small, Corona del Sol20.22
2007D2 Jess Amlee, Rincon21.29
2006D1 Buddy Turner, Horizon20.44
2006D2 Pete Miller, North21.70
2005D1 Buddy Turner, Horizon20.60
2005D2 Ben Roman, North21.35
2004Buddy Turner, Horizon21.05
2003Scott Goodrich, Mountain Ridge20.48
2002Scott Goodrich, Mountain Ridge20.61
2001David Abrams, Paradise Valley21.63
2000Chris Patience, Mesa Mt. View20.96
1999Tyler Johnson, Dobson20.90
1998David Larson, Mesa20.83
1997Kyle Davis, Corona del Sol21.52
1996Dan Turley, Mesa Mt. View21.41
1995Spence Miller, Brophy21.24
1994Jeff Personius, Brophy21.79
1993Justin Roth, Dobson20.51
1992Abe Wick, Rincon20.43

5A BOYS 100 FREESTYLE

2009D1 Brian Stevens, Brophy45.76
2009D2 Cole Chavarria, Centennial48.82
2008D1 Brian Stevens, Brophy46.19
2008D2 Zachary Birnbrich, Boulder Cr46.42
2007D1 Adam Small, Corona del Sol45.32
2007D2 Zachary Birnbrich, Boulder Cr46.97
2006D1 Nolan Ruane, Dobson46.49
2006D2 Dan Connealy, Shadow Mt46.80
2005D1 Austin Fowler, Brophy46.65
2005D2 Ben Roman, North46.50
2004Alex Righi, Brophy44.76
2003Alex Righi, Brophy45.96
2002David Mason, Mesa Mt. View46.82
2001Colin Gaffney, Brophy46.70
2000Chris Patience, Mesa Mt. View46.33
1999Tyler Johnson, Dobson45.53
1998David Larson, Mesa46.2
1997Quentin Byma, Paradise Valley46.31
1996Scott Gaskins, Salpointe45.01
1995Scott Gaskins, Salpointe45.32
1994Andy Miller, Brophy47.06
1993Justin Roth, Dobson46.39
1992Gary Hall, Brophy44.88

5A BOYS 100 BUTTERFLY

2009D1 John Wojciechowski, Brophy48.07
2009D2 Rob Heer, Desert Mountain51.99
2008D1 John Wojciechowski, Brophy47.87
2008D2 Spencer Knight, Horizon52.96
2007D1 John Wojciechowski, Brophy49.79
2007D2 Tyler Pennington, Horizon51.57
2006D1 Alex Lundeen, Dobson50.64
2006D2 Craig Podgurski, Sunrise Mt50.85
2005D1 Buddy Turner, Horizon49.92
2005D2 James McHugh, Marcos de Niza51.82
2004Buddy Turner, Horizon50.28
2003Jon Ehret, Brophy50.59
2002Jon Ehret, Brophy50.73
2001Michael Passey, Red Mountain49.78
2000Eric Hadley, Rincon50.64
1999Chris Cafiero, Mountain Pointe51.20
1998Jeff Hyman, Shadow Mountain50.28
1997Brent Creager, Ironwood49.76
1996Nathan Tobler, Marcos de Niza51.98
1995Neil Peiffer, Mountain Pointe49.62
1994Neil Peiffer, Mountain Pointe50.16

1993Chris Vinson, Brophy.....	52.09
1992Chris Vinson, Brophy.....	51.78

5A BOYS 100 BACKSTROKE

2009D1 Louis Wojciechowski, Brophy.....	50.86
2009D2 Hunter Thompson, Pinnacle.....	53.41
2008D1 Brian Liu, Corona del Sol.....	51.71
2008D2 Zachary Birnbrich, Boulder Cr.....	52.77
2007D1 Chris Lee, Brophy.....	52.05
2007D2 Marshall Dilworth, Sunrise Mt.....	51.42
2006D1 Robert Gonzales, Brophy.....	51.10
2006D2 Jack Hicks, Deer Valley.....	55.96
2005D1 Robert Gonzales, Brophy.....	52.36
2005D2 Aaron Keller, Skyline.....	53.70
2004Alex Righi, Brophy.....	48.00
2003Scott Goodrich, Mountain Ridge.....	49.37
2002Scott Goodrich, Mountain Ridge.....	50.07
2001Colin Gaffney, Brophy.....	49.97
2000Eric Hadley, Rincon.....	49.97
1999Colin Gaffney, Brophy.....	50.79
1998Jeff Hyman, Shadow Mountain.....	51.51
1997Ryan McCally, Mountain Pointe.....	53.01
1996Bruno Stumpf, Dobson.....	52.74
1995Neil Peiffer, Mountain Pointe.....	50.78
1994Matt Ulrickson, Saguaro.....	51.70
1993Chris Vinson, Brophy.....	52.65
1992Rich Kline, Brophy.....	52.50

5A BOYS 100 BREASTSTROKE

2009D1 Andrew Marciniak, Highland.....	57.77
2009D2 Cody Vitez, Chaparral.....	1:00.61
2008D1 Carl Mickelson, Hamilton.....	56.54
2008D2 Stephen Estes, North.....	57.60
2007D1 Carl Mickelson, Hamilton.....	58.52
2007D2 Robert Barrett, Pinnacle.....	58.98
2006D1 Carl Mickelson, Hamilton.....	59.69
2006D2 Marshall Dilworth, Sunrise Mt.....	59.05
2005D1 Patrick Rees, Brophy.....	59.98
2005D2 Marshall Dilworth, Sunrise Mt.....	58.51
2004Marcus Titus, Flowing Wells.....	56.65
2003Ryan Kiley, Dobson.....	57.40
2002Mike Larson, Dobson.....	58.93
2001Dave Rollins, Sabino.....	56.96
2000Chris Lichtenberg, Red Mountain.....	57.11
1999Nick Tobler, Marcos de Niza.....	57.13
1998Nick Tobler, Marcos de Niza.....	57.70
1997Quentin Byma, Paradise Valley.....	57.91
1996Nick Tobler, Marcos de Niza (yards).....	59.95
1995Thad Mason, Westwood.....	58.43
1994Mark Hawthorne, Amphi.....	57.14
1993Mark Hawthorne, Amphi.....	58.46
1992Tom O'Hara, Mesa Mt. View.....	58.78

5A BOYS 200 FREESTYLE

2009D1 Brian Stevens, Brophy.....	1:39.11
2009D2 Tanner Roe, Chaparral.....	1:42.34
2008D1 Brian Stevens, Brophy.....	1:40.09
2008D2 Spencer Knight, Horizon.....	1:44.57
2007D1 Alex Lendrum, Brophy.....	1:40.68
2007D2 Bobby Koubratoff, Rincon.....	1:41.09
2006D1 Jim O'Hara, Brophy.....	1:40.86
2006D2 Craig Podgurski, Sunrise Mt.....	1:42.76
2005D1 Jim O'Hara, Brophy.....	1:43.06
2005D2 Ben Santerre, SD O'Connor.....	1:45.70
2004Christian Goehring, Highland.....	1:42.42
2003Kyle Shores, Brophy.....	1:41.50
2002Kyle Goodrich, Mountain Ridge.....	1:41.30
2001Tyler DeBerry, Sabino.....	1:38.26

2000John Zemaitis, Horizon.....	1:40.54
1999Chris Trimble, Salpointe.....	1:41.81
1998Klete Keller, Brophy.....	1:41.45
1997Richard Hall, Brophy.....	1:40.16
1996Scott Gaskins, Salpointe.....	1:38.79
1995Scott Gaskins, Salpointe.....	1:38.95
1994David Tait, McClintock.....	1:40.78
1993Greg Mahon, Mountain Pointe.....	1:42.12
1992Gary Hall, Brophy.....	1:39.78

5A BOYS 200 INDIVIDUAL MEDLEY

2009D1 Danny Hatfield, Brophy.....	1:52.27
2009D2 Cody Vitez, Chaparral.....	1:55.58
2008D1 Alex Lendrum, Brophy.....	1:49.41
2008D2 Robert Barrett, Pinnacle.....	1:54.01
2007D1 Austen Thompson, Brophy.....	1:49.66
2007D2 Marshall Dilworth, Sunrise Mt.....	1:53.93
2006D1 Austen Thompson, Brophy.....	1:52.31
2006D2 Marshall Dilworth, Sunrise Mt.....	1:53.76
2005D1 Austin Fowler, Brophy.....	1:54.36
2005D2 Marshall Dilworth, Sunrise Mt.....	1:53.34
2004David Pursley, Brophy.....	1:51.86
2003David Pursley, Brophy.....	1:51.43
2002Jon Ehret, Brophy.....	1:55.69
2001Dave Rollins, Sabino.....	1:49.41
2000Dave Rollins, Sabino.....	1:52.91
1999Randy Gertenbech, Paradise Valley.....	1:55.20
1998Kellen O'Connor, Brophy.....	1:56.12
1997Brent Creager, Ironwood.....	1:53.44
1996Jeff Mason, Westwood.....	1:55.22
1995Spence Miller, Brophy.....	1:54.78
1994Neil Peiffer, Mountain Pointe.....	1:52.15
1993Greg Mahon, Mountain Pointe.....	1:52.13
1992Rich Kline, Brophy.....	1:54.88

5A BOYS 500 FREESTYLE

2009D1 Chris Webb, Brophy.....	4:34.88
2009D2 Tanner Roe, Chaparral.....	4:33.72
2008D1 Alex Lendrum, Brophy.....	4:27.67
2008D2 Jared Young, Rincon.....	4:52.35
2007D1 Austen Thompson, Brophy.....	4:28.24
2007D2 Bobby Koubratoff, Rincon.....	4:37.35
2006D1 Buddy Turner, Horizon.....	4:29.09
2006D2 Kyle Adler, Desert Mountain.....	4:49.89
2005D1 Nate Telep, Corona del Sol.....	4:38.16
2005D2 James McHugh, MDN.....	4:41.39
2004David Pursley, Brophy.....	4:29.64
2003David Pursley, Brophy.....	4:32.66
2002Kyle Goodrich, Mountain Ridge.....	4:39.16
2001Tyler DeBerry, Sabino.....	4:28.59
2000Tyler DeBerry, Sabino.....	4:32.69
1999Matt Potter, McClintock.....	4:32.01
1998Matt Potter, McClintock.....	4:31.24
1997Richard Hall, Brophy.....	4:29.39
1996Alex Mahon, Mountain Pointe.....	4:31.89
1995Chris Cunningham, Brophy.....	4:36.47
1994David Tait, McClintock.....	4:31.25
1993Chris Cunningham, Brophy.....	4:33.96
1992David Tait, McClintock.....	4:34.05

5A BOYS 200 MEDLEY RELAY

2009D1 Phoenix Brophy Prep.....	1:32.33
2009D2 Scottsdale Chaparral.....	1:40.20
2008D1 Phoenix Brophy Prep.....	1:32.45
2008D2 Anthem Boulder Creek.....	1:39.46
2007D1 Phoenix Brophy Prep.....	1:38.84
2007D2 Anthem Boulder Creek.....	1:40.78
2006D1 Phoenix Brophy Prep.....	1:36.90
2006D2 Phoenix North.....	1:42.16

2005D1 Phoenix Brophy Prep.....	1:36.44
2005D2 Phoenix North.....	1:40.72
2004Phoenix Brophy Prep.....	1:33.70
2003Phoenix Brophy Prep.....	1:34.35
2002Phoenix Brophy Prep.....	1:36.37
2001Phoenix Brophy Prep.....	1:35.80
2000Phoenix Brophy Prep.....	1:35.77
1999Phoenix Brophy Prep.....	1:36.95
1998Phoenix Brophy Prep.....	1:36.88
1997Phoenix Brophy Prep.....	1:38.24
1996Tempe Mountain Pointe.....	1:38.52
1995Tempe Mountain Pointe.....	1:38.10
1994Phoenix Brophy Prep.....	1:37.81
1993Mesa Dobson.....	1:37.25
1992Phoenix Brophy Prep.....	1:37.04

5A BOYS 400 FREESTYLE RELAY

2009D1 Phoenix Brophy Prep.....	3:07.01
2009D2 Scottsdale Chaparral.....	3:14.35
2008D1 Phoenix Brophy Prep.....	3:05.12
2008D2 Tucson Rincon.....	3:15.19
2007D1 Phoenix Brophy Prep.....	3:08.40
2007D2 Tucson Rincon.....	3:13.88
2006D1 Phoenix Brophy Prep.....	3:09.47
2006D2 Phoenix Shadow Mountain.....	3:20.88
2005D1 Phoenix Brophy Prep.....	3:10.54
2005D2 Scottsdale Desert Mountain.....	3:21.73
2004Phoenix Brophy Prep.....	3:09.61
2003Phoenix Brophy Prep.....	3:05.57
2002Glendale Mountain Ridge.....	3:11.59
2001Tucson Sabino.....	3:06.98
2000Tucson Salpointe.....	3:10.72
1999Mesa Dobson.....	3:07.89
1998Phoenix Brophy Prep.....	3:11.28
1997Phoenix Brophy Prep.....	3:11.07
1996Tucson Salpointe.....(yards)	3:11.04
1995Phoenix Brophy Prep.....	3:12.07
1994Phoenix Brophy Prep.....	3:18.83
1993Phoenix Brophy Prep.....	3:15.08
1992Phoenix Brophy Prep.....	3:07.70

5A BOYS DIVING

2009D1 Issac Thruston, Mesa Mt. View.....	453.45
2009D2 Samuel Dorman, MDN.....	574.75
2008D1 Cody Montgomery, Gilbert.....	469.30
2008D2 Samuel Dorman, MDN.....	539.40
2007D1 Sam Hatch, Gilbert.....	468.75
2007D2 Sam Dorman, Marcos de Niza.....	546.30
2006D1 David Phipps, Corona del Sol.....	395.10
2006D2 Caleb Percevecz, Desert Mt.....	522.20
2005D1 Greg Lords, Highland.....	385.00
2005D2 Caleb Percevecz, Desert Mt.....	489.40
2004Caleb Percevecz, Desert Mountain.....	425.45
2003Caleb Percevecz, Desert Mountain.....	425.15
2002Tony Burkhardt, Shadow Mountain.....	466.55
2001Tony Burkhardt, Shadow Mountain.....	456.95
2000Mario Rodriguez, Tucson.....	477.80
1999Mark Wright, Westwood.....	452.55
1998Scott Randall, Mesa Mt. View.....	431.95
1997Scott Randall, Mesa Mt. View.....	479.80
1996Carson Heussner, Chandler.....	445.65
1995Brandon Hunting, Horizon.....	459.85
1994Hyrum Canland, Mesa Mt. View.....	461.15
1993Devan Porter, Mesa.....	469.30
1992Devan Porter, Mesa.....	423.90

MAPPING OUR MEMBER SCHOOLS



**Arizona Interscholastic
Association**

Phoenix Metro Area

Agua Fria
Alhambra
American Leadership Academy
Apache Junction
Apollo
Arcadia
Arete Prep
Arizona Charter
Arizona Lutheran
Arizona College Prep
ASU Prep
Barry Goldwater
Basha
Bella Vista
Benjamin Franklin
Betty H. Fairfax
Boulder Creek
Bourgade Catholic
Brophy Prep
Buckeye Union
Cactus
Cactus Shadows
Camelback
Campo Verde
Canyon State Academy
Carl Hayden
Centennial
Central
Cesar Chavez
Chandler
Chandler Prep
Chaparral
Combs
Copper Canyon
Corona del Sol
Coronado
Cortez
Deer Valley
Desert Edge
Desert Mountain
Desert Ridge
Desert Vista
Dobson
Dysart
Estrella Foothills
Fountain Hills
Gilbert
Gilbert Christian
Gilbert Classical Academy
Glendale
Glendale Prep
Greenway
Hamilton
Highland
Higley
Horizon
Horizon Honors
Imagine Prep
Independence
Ironwood
Joy Christian
La Joya
Liberty
Marcos de Niza
Maricopa
Maryvale
McClintock
Mesa

Mesa Prep
Mesquite
Millennium
Moon Valley
Mountain Pointe
Mountain Ridge
Mountain View (Mesa)
North
North Canyon
North Pointe Prep
Northwest Christian
Notre Dame Prep
Paradise Honors
Paradise Valley
Peoria
Perry
Phoenix Christian
Phoenix Country Day
Phoenix Day School Deaf
Pinnacle
Poston Butte
Queen Creek
Rancho Solano
Raymond Kellis
Red Mountain
Saguaro
Salt River
San Tan Foothills
Sandra Day O'Connor
Scottsdale Christian
Scottsdale Prep
Sequoia Charter
Seton Catholic
Shadow Mountain
Shadow Ridge
Sierra Linda
Skyline
South Mountain
St. Mary's
Sunnyslope
Sunrise Mountain
Tempe
Tempe Prep
Thunderbird
Thunderbird Adventist
Tolleson
Tonopah Valley
Trevor Browne
Valley Christian
Valley Lutheran
Valley Vista
Veritas Prep
Verrado
Washington
Westview
Westwood
Williams Field
Willow Canyon
Xavier Prep
Youngker

Tucson Area

Academy of Tucson
Alta Vista
Amphitheater
Arizona School Deaf Blind
Canyon Del Oro
Catalina
Catalina Foothills

Cholla
Cienega
Desert Christian
Desert View
Empire
Flowing Wells
Green Fields Country Day
The Gregory School
Immaculate Heart
Ironwood Ridge
Marana
Mountain View (Marana)
Palo Verde
Pueblo
Pusch Ridge Christian
Rincon
Sabino
Sahuaro
Salpointe Catholic
Santa Rita
St. Augustine
St. Gregory Prep
Sunnyside
Tanque Verde
Tucson

Flagstaff Area

Coconino
Flagstaff
Northland Prep

Yuma Area

Cibola
Gila Ridge
Kofa
San Luis
San Pasqual
Yuma
Yuma Catholic

1 Ajo
2 Alchesay
3 Antelope
4 Ash Fork
5 Baboquivari
6 Bagdad
7 Beaver Dam
8 Benson
9 Bisbee
10 Blue Ridge
11 Bowie
12 Bradshaw Mountain
13 Buena
14 Camp Verde
15 Casa Grande
16 Chinle
17 Chino Valley
18 Cibecue
19 Clifton
20 Coolidge
21 Douglas
22 Duncan
94 El Capitan
24 Florence
25 Fort Thomas
26 Fredonia
27 Ganado
28 Gila Bend
29 Globe
30 Grand Canyon

31 Greyhills Academy
32 Hayden
33 Holbrook
34 Hopi
35 Joseph City
36 Kingman
23 Kingman Academy
37 Lake Havasu
88 Lee Williams
38 Lourdes Catholic
39 Many Farms
40 Mayer
41 Miami
42 Mingus
95 Mingus Mountain
43 Mogollon
44 Mohave
49 Mohave Accelerated
45 Monument Valley
46 Morenci
48 Nogales
50 Page
51 Parker
52 Patagonia
53 Payson
54 Pima
55 Pinon
56 Prescott
57 Ray
58 Red Mesa
47 Red Valley-Cove
59 Rio Rico
60 River Valley
61 Rock Point
62 Rough Rock
63 Round Valley
64 Safford
65 Sahuarita
66 Salome
67 San Carlos
68 San Manuel
69 San Simon
70 Santa Cruz
71 Sedona Red Rock
72 Seligman
73 Shonto Prep
74 Show Low
75 Snowflake
76 St. David
77 St. Johns
78 St. Michael
79 Superior
80 Thatcher
81 Tohono O'odham
82 Tombstone
83 Tuba City
84 Valley (Sanders)
85 Valley Union
87 Vista Grande
86 Walden Grove
89 Wickenburg
90 Willcox
91 Williams
92 Window Rock
93 Winslow

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LORD YOUR
GOD WITH
ALL YOUR
STRENGTH



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Recent Boys Team State Champions

DIVISION II

YEAR	WINNING TEAM	HEAD COACH	RUNNERUP	THIRD PLACE
2013	Tucson Catalina Foothills (280)	Ed Walter	Queen Creek (203)	Gilbert Campo Verde (171)
2012	Scottsdale Arcadia (252)	Erica McClurg	Tucson Salpointe Catholic (221)	Queen Creek (206.5)
2011	Tucson Salpointe Catholic (400)	Matt Hough	Scottsdale Arcadia (314)	Queen Creek (157)
2010	Tucson Catalina Foothills (310)	R.J. Lundstrom	Scottsdale Arcadia (234.50)	Tempe McClintock (181)

DIVISION I

2013	Phoenix Brophy Prep (280)	Pat O'Neill	Scottsdale Chaparral (259)	Tempe Desert Vista (211)
2012	Phoenix Brophy Prep (344)	Pat O'Neill	Gilbert Highland (178)	Mesa Mt. View (155)
2011	Phoenix Brophy Prep (412)	Pat O'Neill	Mesa Mt. View (244)	Gilbert Highland (202)
2010	Phoenix Brophy Prep (474.5)	Pat O'Neill	Mesa Red Mountain (203.5)	Tucson Salpointe (157)

1A-3A CONFERENCE

2009	Sedona Red Rock (386)	Marc Kincaid	Tucson Pusch Ridge Christian (247.5)	Desert Christian (202.5)
2008	Sedona Red Rock (338)	Marc Kincaid	Chandler Valley Christian (313)	Phoenix Christian (311)
2007	Chandler Valley Christian (348)	Ben Swanholm	Sedona Red Rock (316)	Phoenix Christian (278.5)

4A CONFERENCE

2009 4A-1	Tucson Catalina Foothills (485)	R.J. Lundstrom	Phoenix Sunnyslope (243)	Tucson Sabino (196)
2009 4A-2	Scottsdale Arcadia (408)	Erica McClurg	Flagstaff (276.5)	Notre Dame (215.5)
2008 4A-1	Tucson Catalina Foothills (433.5)	R.J. Lundstrom	Scottsdale Chaparral (299)	Tucson Sabino (180)
2008 4A-2	Flagstaff (315)	Ian Baines	Scottsdale Arcadia (267)	Cottonwood Mingus (244)
2007 4A-1	Tucson Catalina Foothills (452)	R.J. Lundstrom	Tucson Sabino (280)	Scottsdale Chaparral (222)
2007 4A-2	Flagstaff (343)	Ian Baines	Scottsdale Arcadia (257)	Notre Dame (176)
2006 4A-1	Tucson Catalina Foothills (329.5)	Dale Payne	Tucson Rincon (296)	Tucson Sabino (249)
2006 4A-2	Phoenix Sunnyslope (360.5)	Brian Metheny	Flagstaff (296)	Cottonwood Mingus (253)
2005 4A-1	Tucson Catalina Foothills (360)	Nicole Sayers-Penkalski	Tucson Rincon (272)	Scottsdale Chaparral (181)
2005 4A-2	Phoenix Sunnyslope (443)	Brian Metheny	Cottonwood Mingus (233)	CC Cactus Shadows (164)
2004	Tucson Catalina Foothills (368)	Nicole Penkalski	Scottsdale Chaparral (170.5)	Shadow Mountain (152)
2003	Tucson Catalina Foothills (379)	Nicole Penkalski	Phoenix Thunderbird (197)	Scottsdale Chaparral (189)
2002	Tucson Catalina Foothills (269)	Nicole Penkalski	Tucson Rincon (223)	Scottsdale Chaparral (217)
2001	Tucson Catalina Foothills (288)	Nicole Penkalski	Phoenix Thunderbird (238)	Scottsdale Chaparral (205)
2000	Tucson Catalina Foothills (297)	Nicole Penkalski	Scottsdale Arcadia (251)	Phoenix Thunderbird (185)
1999	Scottsdale Arcadia (277)	Erica Jones	Phoenix Thunderbird (202)	Scottsdale Chaparral (191)
1998	Scottsdale Chaparral (295)	Steve Barber	Tucson Rincon (175)	Scottsdale Arcadia (223)
1997	Scottsdale Chaparral (309)	Steve Barber	Scottsdale Arcadia (253)	Tucson Rincon (231)
1996	Scottsdale Chaparral (288)	Steve Barber	Tucson Rincon (210)	Avondale Agua Fria (208)
1995	Tucson Rincon (274)	Mike Ward	Phoenix Thunderbird (269)	Scottsdale Arcadia (193)
1994	Tucson Rincon (310)	Mike Ward	Tucson Sabino (259)	Scottsdale Arcadia (256)
1993	Scottsdale Arcadia (350)	Jack Giles	Tucson Rincon (329)	Phoenix Thunderbird (237)
1992	Scottsdale Arcadia (366)	Jack Giles	Tucson Sahuaro (261)	Mountain Pointe (170)

5A CONFERENCE

2009 5A-1	Phoenix Brophy Prep (545)	Pat O'Neill	Tempe Desert Vista (256)	Mesa Mt. View (240)
2009 5S-2	Scottsdale Chaparral (320)	xxx	Scottsdale Horizon (259)	Anthem Boulder Cr. (237)
2008 5A-1	Phoenix Brophy Prep (522)	Pat O'Neill	Tempe Desert Vista (302)	Chandler Hamilton (197)
2008 5A-2	Tucson Rincon (345.5)	Rosanne Taylor	Scottsdale Horizon (343)	Boulder Creek (214.5)
2007 5A-1	Phoenix Brophy Prep (538)	Pat O'Neill	Tempe Desert Vista (239)	Scottsdale Desert Mt. (213)
2007 5A-2	Scottsdale Horizon (360.5)	MaryAnn Keever	Tucson Rincon (351)	Boulder Creek (204)
2006 5A-1	Phoenix Brophy Prep (556)	Pat O'Neill	Mesa Mountain View (209)	Mesa Dobson (191)
2006 5A-2	Scottsdale Desert Mountain (356)	Christine Bodmer	Phoenix Shadow Mountain (xx)	Phoenix North (xx)
2005 5A-1	Phoenix Brophy Prep (523)	Bil Kopas	Mesa Mountain View (248)	Mesa Dobson (189)
2005 5A-2	Scottsdale Desert Mountain (284)	Christine Bodmer	Phoenix Shadow Mountain (259)	Phoenix North (253)
2004	Phoenix Brophy Prep (515)	Bil Kopas	Mesa Mountain View (183)	Mesa Dobson (176.5)
2003	Phoenix Brophy Prep (515)	Bil Kopas	Mesa Dobson (186)	Tempe Desert Vista (182)
2002	Phoenix Brophy Prep (407)	Bil Kopas	Glendale Mountain Ridge (199.5)	Tucson Salpointe (197)
2001	Phoenix Brophy Prep (331)	Bil Kopas	Mesa Mountain View (251)	Mesa Dobson (201)
2000	Phoenix Brophy Prep (278)	Bil Kopas	Mesa Mountain View (246)	Mesa Dobson (236)
1999	Phoenix Brophy Prep (314)	Bil Kopas	Mesa Dobson (263)	Tucson Salpointe (254)
1998	Phoenix Brophy Prep (388)	Bil Kopas	Tucson Salpointe (203)	Mesa Mountain View (168)
1997	Phoenix Brophy Prep (397)	Bil Kopas	Mesa Mountain View (164)	Mountain Pointe (157)
1996	Phoenix Brophy Prep (353)	Bil Kopas	Tempe Mountain Pointe (290)	Tucson Salpointe (211)
1995	Phoenix Brophy Prep (450)	Bil Kopas	Tempe Mountain Pointe (282)	Tempe Corona del Sol (201)
1994	Phoenix Brophy Prep (359)	Bil Kopas	Mesa Dobson (215)	Mountain Pointe (198)
1993	Phoenix Brophy Prep (375)	Bil Kopas	Mesa Dobson (293)	Mesa Westwood (215)
1992	Phoenix Brophy Prep (342)	Bil Kopas	Mesa Dobson (236)	Tucson Rincon (226)

Pinnacle's Toris Aiming For Swim Sweeps Again – And Something Extra

By Les Willsey
aia365.com

Pinnacle swimmer Victoria Toris didn't dive head first into swimming.

The senior sprinter, who specializes in the 50-yard and 100-yard freestyle, dabbled in the sport up until the eighth grade. Never got serious up to that point. Once she did, well, the results speak for themselves.

"I've been swimming a long time, but up until seventh and eighth grade it was just recreational stuff," Toris said. "When I was in eighth grade I decided swimming was something I wanted to spend more time on."

Toris wasn't a state champion individually or in relays her freshman year in 2011. She took third that year in the 100 free and 100 back. She anchored second-place finishes in the 200 free and 400 free relays. Since then it's been one gold medal after another. Double wins in 2012 and 2013 in the 50 and 100 free and double-winner again anchoring the 200 free and 400 free relays.

Her goal of course this year is a three-peat in all four events. And with a little luck and extra determination, she hopes to conquer state records in the 50 and 100 free.

"Right now I'm just tapering for state and working on the small stuff," Toris said. "I'd really like to break the records. That's my goal."

The 50 free state mark is 22.93 seconds set by Aleesha Miller of Mesa Mtn. View in 2006 and the 100 free record is held by Dobson's Traycie Swartz at 49.50 (2007).

Toris posted a 22.85 her sophomore year and has hit 49.50 in the 100 outside of state competition. What may be driving her more this season is helping Pinnacle get over the top in the team competition in Division I. In her three previous seasons Pinnacle has finished second (2011), second (2012) and third (2013) in the team race.

She'll enter this year's meet with her decision on college out of the way, which should add to her focus. Last month Toris opted to attend USC after her fourth and final visit. She also considered Arizona, UCLA and Tennessee.

"It was a tough choice, but I like the Southern California area," Toris said. "USC fit the bill. I have family there. Weather isn't a problem. It's different, but not too different. It's away from home, but not too far away. They made me feel special."

Pinnacle has done well in big invitationals this year finishing first among 40 teams in the Wolves Classic in Chandler in September, taking second in October among a 32-team field at the Brophy-Xavier Invitational and warming up for state winning the Paradise Valley district meet in late October.

Toris appreciates the way her time in swimming has worked out. Having participated in club competitively for only five years she doesn't feel the sport to be drudgery nor does she feel burn-out like some might be having done it for a decade.

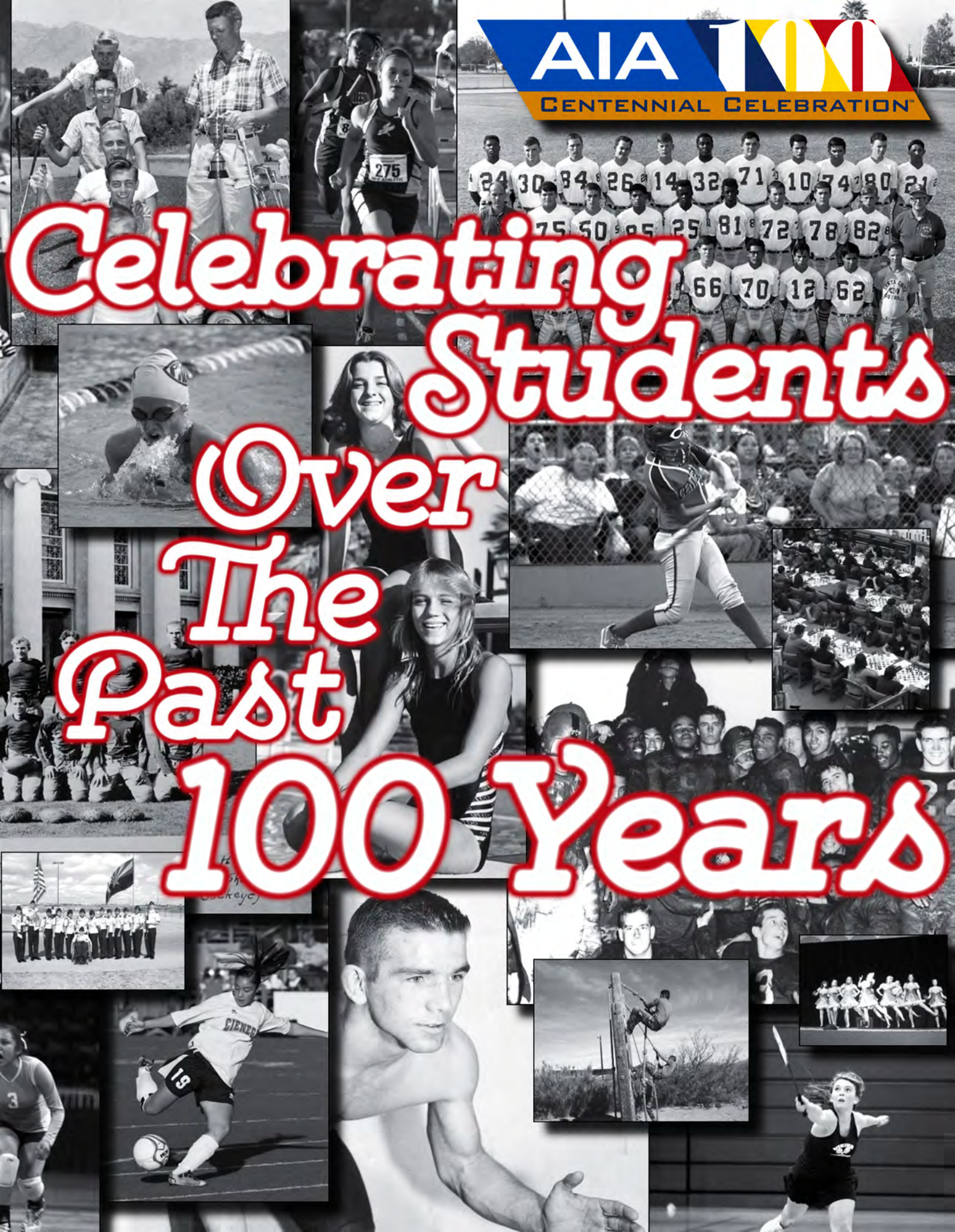
"I enjoy swimming," Toris said. And I really want us to win team this year. I feel good and our relays are looking good. I think we have as good a chance as anyone to win it. This is my last state meet. No matter what happens I'm going to cherish it."

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DIV II GIRLS 200 FREESTYLE RELAY

2013Buckeye Verrado1:41.69
2012Buckeye Verrado1:38.83
2011Buckeye Verrado1:40.26
2010Tucson Catalina Foothills1:41.26

DIV II GIRLS 50 FREESTYLE

2013Krista Duffield, Catalina Foothills23.77
2012Amy Bilquist, Verrado22.96
2011Amy Bilquist, Verrado23.67
2010Taryn Collura, Sunnyslope23.66

DIV II GIRLS 100 FREESTYLE

2013Samantha Getzen, Notre Dame52.60
2012Samantha Getzen, Notre Dame52.83
2011Carly Wilson, Tanque Verde52.54
2010Taryn Collura, Sunnyslope51.00

DIV II GIRLS 100 BUTTERFLY

2013Samantha Getzen, Notre Dame55.52
2012Samantha Getzen, Notre Dame55.87
2011Briana Jurries, Valley Christian56.23
2010Briana Jurries, Valley Christian56.37

DIV II GIRLS 100 BACKSTROKE

2013Taylor Nations, Sabino57.63
2012Amy Bilquist, Verrado55.15
2011Danielle Lee, Phx Country Day55.24
2010Danielle Lee, Phx Country Day57.10

DIV II GIRLS 100 BREASTSTROKE

2013Hannah Holman, Shadow Mt1:05.81
2012Briana Jurries, Valley Christian1:04.07
2011Briana Jurries, Valley Christian1:04.98
2010Briana Jurries, Valley Christian1:05.30

DIV II GIRLS 200 FREESTYLE

2013Picabo Bender, Verrado1:51.21
2012Picabo Bender, Verrado1:53.20
2011Danielle Lee, Phx Country Day1:51.42
2010Danielle Lee, Phx Country Day1:50.23

DIV II GIRLS 200 INDIVIDUAL MEDLEY

2013Hannah Holman, Shadow Mt2:06.13
2012Briana Jurries, Valley Christian2:03.74
2011Jaimie Bryan, Phx Country Day2:15.03
2010Daniella Emami, Cata. Foothills2:13.42

DIV II GIRLS 500 FREESTYLE

2013Picabo Bender, Verrado4:59.46
2012Picabo Bender, Verrado5:02.93
2011Carley Stevens, Arcadia5:06.67
2010Carley Stevens, Arcadia4:58.48

DIV II GIRLS 200 MEDLEY RELAY

2013Tucson Catalina Foothills1:50.70
2012Tucson Salpointe Catholic1:51.00
2011Scottsdale Arcadia1:53.78
2010Tucson Catalina Foothills1:52.08

DIV II GIRLS 400 FREESTYLE RELAY

2013Tucson Catalina Foothills3:35.38
2012Buckeye Verrado3:33.72

2011Buckeye Verrado3:37.95
2010Tucson Sabino3:37.95

DIV II GIRLS DIVING

2013Baylee Stipp, Campo Verde402.20
2012Madline Russell, Notre Dame415.25
2011Marlee Kersting, Campo Verde436.80
2010Rachel Hicks, Sunrise Mountain378.10

DIV I GIRLS 200 FREESTYLE RELAY

2013Phoenix Pinnacle1:36.05
2012Phoenix Pinnacle1:36.19
2011Phoenix Xavier1:37.74
2010Phoenix Xavier1:35.21

DIV I GIRLS 50 FREESTYLE

2013Victoria Toris, Pinnacle23.12
2012Victoria Toris, Pinnacle23.33
2011Maggie McCord, Canyon Del Oro23.09
2010Kelli Benjamin, Gilbert23.07

DIV I GIRLS 100 FREESTYLE

2013Victoria Toris, Pinnacle50.55
2012Victoria Toris, Pinnacle49.87
2011Kat Simonovic, Mesa Mt. View51.02
2010Kelli Benjamin, Gilbert50.19

DIV I GIRLS 100 BUTTERFLY

2013Katie Shannahan, Desert Mt56.13
2012Kat Simonovic, Mesa Mt. View54.57
2011Samantha Guttmacher, Red Mt55.17
2010Leticia Lelli, Chaparral54.90

DIV I GIRLS 100 BACKSTROKE

2013Matt Harrison, Arcadia57.04
2012Clara Jenck, Mountain Pointe56.31
2011Clara Jenck, Mountain Pointe56.51
2010Leticia Lelli, Chaparral56.41

DIV I GIRLS 100 BREASTSTROKE

2013Ashley Grijalva, Gilbert1:02.46
2012Sara Borendame, Ironwood Ridge1:03.63
2011Sara Borendame, Ironwood Ridge1:04.03
2010Katie Olsen, Desert Vista1:02.00

DIV I GIRLS 200 FREESTYLE

2013Cecelia Kowalski, Desert Vista1:50.48
2012Kat Simonovic, Mesa Mt. View1:47.22
2011Kat Simonovic, Mesa Mt. View1:48.99
2010Kat Simonovic, Mesa Mt. View1:48.09

DIV I GIRLS 200 INDIVIDUAL MEDLEY

2013Katie Shannahan, Desert Mt2:04.25
2012Clara Jenck, Mountain Pointe2:04.63
2011Megan Cox, Chaparral2:05.15
2010Megan Cox, Chaparral2:03.19

DIV I GIRLS 500 FREESTYLE

2013Isabel Whited, Pinnacle4:55.74
2012Isabel Whited, Pinnacle4:53.85
2011Lexy Aichison, Chaparral4:54.73
2010Kat Simonovic, Mesa Mt. View4:52.44

DIV I GIRLS 200 MEDLEY RELAY

2013Scottsdale Chaparral1:44.92
2012Phoenix Xavier1:45.83
2011Phoenix Xavier1:46.03
2010Tempe Desert Vista1:45.67

DIV I GIRLS 400 FREESTYLE RELAY

2013Phoenix Pinnacle3:31.64
2012Phoenix Pinnacle3:29.39
2011Phoenix Xavier3:31.47
2010Scottsdale Chaparral3:27.80

DIV I GIRLS DIVING

2013Delaney Schnell, Tucson504.15
2012Kyra Tatlow, Westwood413.30
2011Chloe Hacker, Corona del Sol378.70
2010Chloe Hacker, Corona del Sol363.30

1A-3A GIRLS 200 FREESTYLE RELAY

2009Chandler Valley Christian1:48.53
2008Chandler Valley Christian1:45.51
2007Tucson Pusch Ridge1:45.07

1A-3A GIRLS 50 FREESTYLE

2009Quinn Robertson, Valley Christian24.59
2008Erin Bleyl, Pusch Ridge24.90
2007Brooke Bellah, Phoenix Christian25.55

1A-3A GIRLS 100 FREESTYLE

2009Quinn Robertson, Valley Christian55.25
2008Danielle Lee, Phx Country Day52.17
2007Jennifer Benson, Scottsdale Chr55.12

1A-3A GIRLS 100 BUTTERFLY

2009Danielle Lee, Phx Country Day57.06
2008Hope Peterson, Pusch Ridge59.56
2007Hope Peterson, Pusch Ridge58.57

1A-3A GIRLS 100 BACKSTROKE

2009Erin Bleyl, Pusch Ridge58.49
2008Danielle Lee, Phx Country Day57.96
2007Erin Bleyl, Pusch Ridge1:00.47

1A-3A GIRLS 100 BREASTSTROKE

2009Briana Jurries, Valley Christian1:08.57
2008Chloe Peterson, Pusch Ridge1:12.68
2007Riley Smith, Phoenix Christian1:13.13

1A-3A GIRLS 200 FREESTYLE

2009Erin Bleyl, Pusch Ridge1:55.96
2008Chloe Peterson, Pusch Ridge2:03.52
2007Erin Bleyl, Pusch Ridge1:57.13

1A-3A GIRLS 200 INDIVIDUAL MEDLEY

2009Danielle Lee, Phx Country Day2:06.21
2008Riley Smith, Phoenix Christian2:16.56
2007Riley Smith, Phoenix Christian2:16.56

1A-3A GIRLS 500 FREESTYLE

2009Sloane Burns, St. Gregory6:06.20
2008Hope Peterson, Pusch Ridge5:18.82
2007Hope Peterson, Pusch Ridge5:10.66

1A-3A GIRLS 200 MEDLEY RELAY

2009.....Chandler Valley Christian.....	1:54.73
2008Tucson Pusch Ridge	1:58.36
2007.....Phoenix Christian	1:57.27

1A-3A GIRLS 400 FREESTYLE RELAY

2009.....Chandler Valley Christian.....	3:52.45
2008Tucson Pusch Ridge	3:48.89
2007.....Phoenix Christian.....	3:46.90

1A-3A GIRLS DIVING

2009.....Maddie Stern, Phx Country Day.....	308.45
2008Natalie Swinford, Phx Country Day ..	252.50
2007.....Nicole Swinford, Phx Country Day ..	281.85

4A GIRLS 200 FREESTYLE RELAY

2009.....D1 Tucson Catalina Foothills.....	1:37.52
2009.....D2 Scottsdale Arcadia.....	1:44.90
2008D1 Scottsdale Chaparral	1:38.79
2008D2 Chandler Perry.....	1:44.37
2007.....D1 Tucson Catalina Foothills	1:38.99
2007.....D2 Scottsdale Arcadia	1:42.69
2006.....D1 Scottsdale Chaparral.....	1:39.02
2006.....D2 Cave Creek Cactus Shadows.....	1:45.01
2005.....D1 Goodyear Millennium	1:39.19
2005.....D2 Scottsdale Arcadia.....	1:41.62
2004.....Tucson Catalina Foothills	1:39.33
2003.....Tucson Catalina Foothills	1:37.18
2002.....Tucson Catalina Foothills	1:37.47
2001.....Tucson Catalina Foothills.....	1:38.73
2000Tucson Catalina Foothills	1:42.13
1999Tucson Catalina Foothills	1:40.36
1998Tucson Sabino	1:40.04
1997Tucson Sabino	1:41.25
1996Tucson Catalina Foothills	1:42.30
1995Scottsdale Saguaro	1:40.86
1994Scottsdale Arcadia.....	1:42.67
1993Scottsdale Arcadia.....	1:42.11
1992Glendale Ironwood.....	1:42.57

4A GIRLS 50 FREESTYLE

2009.....D1 Brianna Wilford, C. Foothills	23.63
2009.....D2 Catherine Polito, Mingus	24.44
2008D1 Sarah Denninghoff, Sabino.....	23.70
2008D2 Catherine Polito, Mingus	24.89
2007.....D1 Sarah Denninghoff, Sabino	23.40
2007.....D2 Valerie Parmarter, Mingus.....	25.28
2006.....D1 Sarah Denninghoff, Sabino.....	23.92
2006.....D2 Jennifer Benson, Scottsdale Chr ..	25.17
2005.....D1 Katherine Raatz, Thunderbird	23.13
2005.....D2 Katherine Pickard, Arcadia	24.54
2004.....Skye Elbert, Millennium	23.30
2003.....Skye Elbert, Millennium	23.46
2002.....Skye Elbert, Millennium.....	23.67
2001.....Emily Thompson, Palo Verde	23.91
2000Lacey Nymeyer, Marana Mt. View.....	24.72
1999Heather Lee, Phx Country Day.....	24.81
1998Michelle Molina, Chaparral	23.89
1997.....Emily Mason, Chaparral	24.71
1996Stephanie McCause, Rincon.....	24.89
1995Kelly Igoe, Sunnyslope.....	23.94
1994Kelly Igoe, Sunnyslope.....	24.24
1993Laura Lloyd, Ironwood	23.72
1992Meg Jeter, Greenway.....	24.62

4A GIRLS 100 FREESTYLE

2009.....D1 Sarah Denninghoff, Sabino	51.79
2009.....D2 Catherine Polito, Mingus	52.78
2008D1 Taryn Collura, Sunnyslope.....	51.60

2008D2 Morgan Palmanteer, Perry	56.26
2007.....D1 Sarah Denninghoff, Sabino	50.52
2007.....D2 Lindsey Stevens, Arcadia	52.59
2006.....D1 Sarah Denninghoff, Sabino	51.96
2006.....D2 Jennifer Benson, Scottsdale Chr ..	54.89
2005.....D1 Skye Ebert, Millennium	51.08
2005.....D2 Lindsey Stevens, Arcadia.....	53.72
2004Lauren Cox, Chaparral	50.97
2003.....Laura Cox, Chaparral	51.93
2002.....Abbey McIntosh, Rincon	52.15
2001Ashley Tremblay, Arcadia.....	52.81
2000Michelle Molina, Chaparral.....	52.19
1999Michelle Molina, Chaparral.....	51.45
1998Michelle Molina, Chaparral.....	51.39
1997.....Elizabeth Igoe, Arcadia	53.73
1996Elizabeth Igoe, Arcadia	53.92
1995Kelly Igoe, Sunnyslope	51.33
1994Kelly Igoe, Sunnyslope.....	52.35
1993Laura Lloyd, Ironwood.....	51.80
1992Laura Lloyd, Ironwood	52.37

4A GIRLS 100 BUTTERFLY

2009.....D1 Lauren Baker, Canyon Del Oro.....	56.68
2009.....D2 Carter Graves, Arcadia.....	57.04
2008D1 Leticia Lelli, Chaparral	56.61
2008D2 Carter Graves, Arcadia.....	56.97
2007.....D1 Tamara Lelli, Chaparral.....	55.79
2007.....D2 Carter Graves, Arcadia.....	57.69
2006.....D1 Tamara Lelli, Chaparral.....	56.91
2006.....D2 Katherine Pickard, Arcadia	57.12
2005.....D1 Katherine Raatz, Thunderbird	54.28
2005.....D2 Katherine Pickard, Arcadia	58.13
2004.....Katherine Raatz, Thunderbird.....	56.47
2003.....Katherine Raatz, Thunderbird	55.78
2002.....Emily Thompson, Palo Verde	55.80
2001.....Emily Thompson, Palo Verde.....	56.80
2000Emily Mason, Chaparral.....	55.88
1999Emily Mason, Chaparral	56.37
1998Emily Mason, Chaparral	57.03
1997.....Emily Mason, Chaparral.....	58.02
1996Sarah Radel, Rincon	58.60
1995Brooke George, Saguaro	1:00.23
1994Sarah Ruthenberg, Ironwood	59.46
1993Sarah Ruthenberg, Ironwood.....	58.19
1992Sarah Ruthenberg, Ironwood	58.63

4A GIRLS 100 BACKSTROKE

2009.....D1 Sarah Denninghoff, Sabino.....	56.75
2009.....D2 Carter Graves, Arcadia	59.38
2008D1 Sarah Denninghoff, Sabino.....	54.54
2008D2 Carter Graves, Arcadia	57.74
2007.....D1 Stephanie Wells, Sahuaro	55.62
2007.....D2 Carter Graves, Arcadia	59.40
2006.....D1 Stephanie Wells, Sahuaro.....	57.26
2006.....D2 Carter Graves, Arcadia	1:00.81
2005.....D1 Skye Ebert, Millennium	56.94
2005.....D2 Riley Smith, Phoenix Christian ..	1:01.63
2004.....Skye Elbert, Millennium	55.63
2003.....Skye Elbert, Millennium.....	56.12
2002.....Skye Elbert, Millennium.....	55.61
2001Kayln Keller, Arcadia.....	56.90
2000Katie Frazee, St. Gregory	59.26
1999Elizabeth McGiffin, Chaparral	1:00.35
1998Kate Rollins, Sabino.....	57.14
1997.....Kate Rollins, Sabino.....	58.78
1996Sarah Radel, Rincon	59.02
1995Paige Francis, Arcadia	56.45
1994Paige Francis, Arcadia.....	57.65

1993Paige Francis, Arcadia.....	57.62
1992Paige Francis, Arcadia	1:00.56

4A GIRLS 100 BREASTSTROKE

2009.....D1 LeighAnne Oliver, Sabino.....	1:05.75
2009.....D2 Sarah Raber, Mingus.....	1:08.89
2008D1 Rachel Ripley, McClintock	1:03.61
2008D2 Sarah Raber, Mingus.....	1:09.69
2007.....D1 Rachel Ripley, McClintock.....	1:04.76
2007.....D2 Lorraine Zannini, Flagstaff.....	1:08.12
2006.....D1 Caitlin Leverenz, Sahuaro.....	1:01.57
2006.....D2 Lorraine Zannini, Flagstaff.....	1:10.70
2005.....D1 Kelly Forrester, Chaparral.....	1:05.94
2005.....D2 Vanessa Set, Desert Edge.....	1:12.66
2004.....Kelly Forrester, Chaparral.....	1:07.16
2003.....Lind Russenberger, Marana	1:04.90
2002.....Danielle Hildebrandt, Chaparral.....	1:05.08
2001Brittany Trimberger, Chaparral	1:05.09
2000Lezah Huff, Chaparral.....	1:07.07
1999Kera Drake, Arcadia	1:05.73
1998Kristi Roach, Sunnyslope	1:05.41
1997.....Kristi Roach, Sunnyslope.....	1:04.75
1996Tanis Berras, Centennial.....	1:05.93
1995Kristi Roach, Thunderbird.....	1:07.71
1994Mary Percival, Arcadia.....	1:09.29
1993Mary Percival, Arcadia	1:08.41
1992Amy Hibbersen, Washington	1:11.10

4A GIRLS 200 FREESTYLE

2009.....D1 Karima Chuk, Catalina Foothills..	1:53.16
2009.....D2 Kelsey Cooke, Thunderbird.....	1:58.48
2008D1 Leticia Lelli, Chaparral	1:51.12
2008D2 Carly Stevens, Arcadia	1:57.70
2007.....D1 Victoria Heron, SD O'Connor.....	1:52.66
2007.....D2 Lindsey Stevens, Arcadia	1:52.17
2006.....D1 Ashley Evans, Pinnacle	1:51.63
2006.....D2 Lindsey Stevens, Arcadia	1:53.29
2005.....D1 Joni Zimmerman, Thunderbird...	1:51.65
2005.....D2 Alexandra Clarke, Sunnyslope ..	1:52.02
2004.....Alexandra Clarke, Sunnyslope.....	1:50.82
2003.....Molly Houlton, Catalina Foothills ..	1:51.33
2002.....Abbey McIntosh, Rincon	1:50.90
2001Abbey McIntosh, Rincon	1:53.51
2000Michelle Molina, Chaparral.....	1:54.46
1999Michelle Molina, Chaparral	1:51.78
1998Kacey Douglas, Arcadia	1:51.92
1997.....Heather Lee, Phx Country Day	1:53.85
1996Elizabeth Igoe, Arcadia	1:55.68
1995Paige Francis, Arcadia	1:49.80
1994Paige Francis, Arcadia.....	1:50.83
1993Paige Francis, Arcadia	1:52.87
1992Laura Lloyd, Ironwood.....	1:54.77

4A GIRLS 200 INDIVIDUAL MEDLEY

2009.....D1 Lauren Baker, Canyon Del Oro ..	2:07.23
2009.....D2 Alexis Daswick, Notre Dame	1:10.53
2008D1 Caitlin Leverenz, Sahuaro	1:57.95
2008D2 Alexis Daswick, Notre Dame	2:13.85
2007.....D1 Sarah Cox, Chaparral	2:05.13
2007.....D2 Lorraine Zannini, Flagstaff	2:19.07
2006.....D1 Caitlin Leverenz, Sahuaro.....	1:59.64
2006.....D2 Katherine Pickard, Arcadia.....	2:06.43
2005.....D1 Danielle Milligan, Pinnacle	2:03.50
2005.....D2 Riley Smith, Phoenix Christian..	2:13.66
2004.....Danielle Milligan, Pinnacle	2:05.44
2003.....Molly Houlton, Catalina Foothills...	2:05.44
2002.....Danielle Hildebrandt, Chaparral	2:06.59
2001Kayln Keller, Arcadia	2:05.13
2000Emily Mason, Chaparral.....	2:03.80

1999Kalyn Keller, Arcadia.....	2:03.88	2004Scottsdale Chaparral.....	3:34.33	2007D1 Haley Krakoski, Xavier.....	23.37
1998Emily Mason, Chaparral.....	2:05.30	2003Tucson Catalina Foothills.....	3:32.20	2007D2 Skylar Wilson, Ironwood.....	25.13
1997Kristy Roach, Sunnyslope.....	2:08.12	2002Tucson Catalina Foothills.....	3:31.47	2006D1 Aleesha Miller, Mesa Mt. View.....	22.93
1996Tanis Berres, Centennial.....	2:09.20	2001Scottsdale Arcadia.....	3:32.40	2006D2 Skylar Wilson, Ironwood.....	25.18
1995Beth Katz, Saguaro.....	2:09.86	2000Scottsdale Chaparral.....	3:37.13	2005D1 Emma Darlington, Salpointe.....	23.05
1994Bethany Biaett, Westview.....	2:11.45	1999Scottsdale Chaparral.....	3:31.29	2005D2 Chelsea Lopus, Desert Mt.....	24.39
1993Sarah Ruthenberg, Ironwood.....	2:11.58	1998Scottsdale Arcadia.....	3:34.62	2004Jessica Davis, Westwood.....	23.35
1992Sarah Ruthenberg, Ironwood.....	2:11.93	1997Scottsdale Arcadia.....	3:39.04	2003Lacey Nymeyer, Marana Mt. View.....	23.25

4A GIRLS 500 FREESTYLE

2009D1 Kirsten Hocheder, C. Foothills.....	5:01.36
2009D2 Carly Stevens, Arcadia.....	5:13.98
2008D1 Caitlin Leverenz, Sahuaro.....	4:55.95
2008D2 Carly Stevens, Arcadia.....	5:12.71
2007D1 Karima Chuk, C. Foothills.....	4:59.44
2007D2 Terry Rinder, Arcadia.....	5:15.41
2006D1 Ellie Doran, Catalina Foothills.....	4:48.50
2006D2 Lindsey Stevens, Arcadia.....	5:00.39
2005D1 Joni Zimmerman, Thunderbird.....	4:53.64
2005D2 Alexandra Clarke, Sunnyslope.....	5:01.58
2004Alexandra Clarke, Sunnyslope.....	4:54.20
2003Joni Zimmerman, Thunderbird.....	4:58.59
2002Rory Schmidt, Arcadia.....	4:56.32
2001Rory Schmidt, Arcadia.....	5:00.68
2000Kelli Barton, Chaparral.....	5:01.92
1999Kalyn Keller, Arcadia.....	4:49.60
1998Kelli Burton, Chaparral.....	5:01.85
1997Julie Osinski, Sahuaro.....	4:59.32
1996Julie Osinski, Sahuaro.....	5:01.46
1995Kelsey Keller, Paradise Valley.....	4:53.88
1994Kelsey Keller, Paradise Valley.....	4:59.72
1993Stephanie LeFrance, Para. Valley.....	5:02.77
1992Maren Ewers, Arcadia.....	5:12.81

4A GIRLS 200 MEDLEY RELAY

2009D1 Tucson Sabino.....	1:46.56
2009D2 Scottsdale Arcadia.....	1:55.83
2008D1 Tucson Sahuaro.....	1:47.05
2008D2 Scottsdale Arcadia.....	1:53.48
2007D1 Scottsdale Chaparral.....	1:48.33
2007D2 Scottsdale Arcadia.....	1:58.60
2006D1 Scottsdale Chaparral.....	1:48.71
2006D2 Sunnyslope.....	1:56.63
2005D1 Goodyear Millennium.....	1:49.27
2005D2 Sunnyslope.....	1:58.62
2004Scottsdale Chaparral.....	1:48.55
2003Sunnyslope.....	1:49.72
2002Scottsdale Chaparral.....	1:50.41
2001Scottsdale Arcadia.....	1:50.99
2000Scottsdale Chaparral.....	1:52.12
1999Scottsdale Chaparral.....	1:49.14
1998Scottsdale Chaparral.....	1:50.18
1997Tucson Sabino.....	1:52.56
1996Tucson Rincon.....	1:52.42
1995Scottsdale Arcadia.....	1:52.28
1994Scottsdale Arcadia.....	1:51.15
1993Scottsdale Arcadia.....	1:55.23
1992Phoenix Washington.....	1:55.58

4A GIRLS 400 FREESTYLE RELAY

2009D1 Tucson Sabino.....	3:30.82
2009D2 Scottsdale Arcadia.....	3:43.25
2008D1 Scottsdale Chaparral.....	3:29.78
2008D2 Scottsdale Arcadia.....	3:46.86
2007D1 Scottsdale Chaparral.....	3:32.89
2007D2 Scottsdale Arcadia.....	3:43.13
2006D1 Tucson Catalina Foothills.....	3:30.89
2006D2 Scottsdale Arcadia.....	3:39.26
2005D1 Tucson Catalina Foothills.....	3:31.25
2005D2 Scottsdale Arcadia.....	3:40.47

2004Scottsdale Chaparral.....	3:34.33
2003Tucson Catalina Foothills.....	3:32.20
2002Tucson Catalina Foothills.....	3:31.47
2001Scottsdale Arcadia.....	3:32.40
2000Scottsdale Chaparral.....	3:37.13
1999Scottsdale Chaparral.....	3:31.29
1998Scottsdale Arcadia.....	3:34.62
1997Scottsdale Arcadia.....	3:39.04
1996Scottsdale Arcadia.....	3:40.97
1995Scottsdale Arcadia.....	3:36.97
1994Scottsdale Arcadia.....	3:39.52
1993Scottsdale Arcadia.....	3:38.41
1992Scottsdale Arcadia.....	3:42.37

4A GIRLS DIVING

2009D1 Izzy Diamond, C. Foothills.....	361.20
2009D2 Katie Dallmann, Cactus.....	354.05
2008D1 Roya Asin, Chaparral.....	365.05
2008D2 Chelea Kelly, Arcadia.....	409.05
2007D1 Shelby Cullinan, Chaparral.....	454.60
2007D2 D'Arcy Schmidt, Arcadia.....	446.55
2006D1 Shelby Cullinen, Chaparral.....	466.85
2006D2 D'Arcy Schmidt, Arcadia.....	436.35
2005D1 Abby Zepeda, Pinnacle.....	448.95
2005D2 D'Arcy Schmidt, Arcadia.....	426.20
2004D'Arcy Schmidt, Arcadia.....	413.90
2003Allison Scaife, Cactus.....	372.85
2002Shaina Meland, Chaparral.....	442.20
2001Michaela Skloven, Phx Ctry Day.....	420.65
2000Cuffy Hulse, Centennial.....	457.05
1999Cuffy Hulse, Centennial.....	407.95
1998Michaela Skloven, Phx Ctry Day.....	357.55
1997Cuffy Hulse, Centennial.....	437.75
1996Lindsay Miller, Saguaro.....	432.65
1995Lindsay Miller, Saguaro.....	478.75
1994Andrea Glass, Corona del Sol.....	444.10
1993Andrea Glass, Coronado.....	358.95
1992Katrina Pfeuffer, Sahuaro.....	

5A GIRLS 200 FREESTYLE RELAY

2009D1 Phoenix Xavier.....	1:38.14
2009D2 Scottsdale Chaparral.....	1:38.93
2008D1 Mesa Mountain View.....	1:38.53
2008D2 Phoenix Pinnacle.....	1:44.99
2007D1 Phoenix Xavier.....	1:38.19
2007D2 Phoenix Pinnacle.....	1:41.43
2006D1 Mesa Mountain View.....	1:35.50
2006D2 Scottsdale Desert Mountain.....	1:42.80
2005D1 Phoenix Xavier.....	1:37.24
2005D2 Scottsdale Desert Mountain.....	1:42.99
2004Phoenix Xavier.....	1:36.29
2003Phoenix Xavier.....	1:38.03
2002Phoenix Xavier.....	1:39.57
2001Lindsay Shadow Mountain.....	1:39.35
2000Tempe Corona del Sol.....	1:38.45
1999Tucson Sabino.....	1:38.70
1998Tempe Corona del Sol.....	1:39.50
1997Mesa Dobson.....	1:37.71
1996Tucson Salpointe.....	1:36.47
1995Phoenix Xavier.....	1:36.60
1994Phoenix Xavier.....	1:36.13
1993Phoenix Xavier.....	1:35.26
1992Phoenix Xavier.....	1:40.44

5A GIRLS 50 FREESTYLE

2009D1 Katie Olsen, Desert Vista.....	23.45
2009D2 Tess Simpson, Centennial.....	24.21
2008D1 Haley Krakoski, Xavier.....	23.05
2008D2 Katelyn Weddle, Kofa.....	24.79

2007D1 Haley Krakoski, Xavier.....	23.37
2007D2 Skylar Wilson, Ironwood.....	25.13
2006D1 Aleesha Miller, Mesa Mt. View.....	22.93
2006D2 Skylar Wilson, Ironwood.....	25.18
2005D1 Emma Darlington, Salpointe.....	23.05
2005D2 Chelsea Lopus, Desert Mt.....	24.39
2004Jessica Davis, Westwood.....	23.35
2003Lacey Nymeyer, Marana Mt. View.....	23.25
2002Corie Collins, Dobson.....	24.20
2001Cait Connealy, North Canyon.....	23.03
2000Meghan DeVinney, Westview.....	23.94
1999Cait Connealy, North Canyon.....	24.08
1998Sharisse Blau, Red Mountain.....	23.50
1997Michele Riggins, Deer Valley.....	23.23
1996Sharisse Blau, Red Mountain.....	23.63
1995Colleen Lanne, Salpointe.....	23.88
1994Colleen Lanne, Salpointe.....	23.55
1993Jill Jenkins, Saguaro.....	23.23
1992Liesl Pimentel, Xavier.....	23.77

5A GIRLS 100 FREESTYLE

2009D1 Haley Krakoski, Xavier.....	50.47
2009D2 Lindsey LaPorte, Pinnacle.....	51.69
2008D1 Haley Krakoski, Xavier.....	49.64
2008D2 Lindsey LaPorte, Pinnacle.....	51.28
2007D1 Traycie Swartz, Dobson.....	49.50
2007D2 Paige LaPorte, Pinnacle.....	54.49
2006D1 Aleesha Miller, Mesa Mt. View.....	50.30
2006D2 Skylar Wilson, Ironwood.....	54.86
2005D1 Emma Darlington, Salpointe.....	50.73
2005D2 Whitney Lopus, Desert Mt.....	52.14
2004Aleesha Miller, Mesa Mt. View.....	51.53
2003Lacey Nymeyer, Marana Mt. View.....	51.05
2002Lacey Nymeyer, Marana Mt. View.....	50.63
2001Lacey Nymeyer, Marana Mt. View.....	50.92
2000Cait Connealy, North Canyon.....	51.55
1999Megan Devinney, Westview.....	52.05
1998Amy Osbac, Shadow Mountain.....	52.09
1997Michele Riggins, Deer Valley.....	50.64
1996Sarah Tolar, Dobson.....	50.49
1995Emily Mastin, Xavier.....	49.72
1994Emily Mastin, Xavier.....	51.25
1993Liesl Pimentel, Xavier.....	52.08
1992Liesl Pimentel, Xavier.....	52.15

5A GIRLS 100 BUTTERFLY

2009D1 Talie Anchustegui, Xavier.....	55.36
2009D2 Malia Johnson, Chaparral.....	56.38
2008D1 Ellie Johnson, Mountain Ridge.....	55.89
2008D2 Kacey Milligan, Pinnacle.....	57.17
2007D1 Whitney Lopus, Desert Mountain.....	53.18
2007D2 Erin DeVinney, Westview.....	58.16
2006D1 Mychala Lynch, Xavier.....	56.34
2006D2 Whitney Lopus, Desert Mt.....	56.90
2005D1 Erin Campbell, Corona del Sol.....	56.16
2005D2 Joanna Weinstein, Desert Mt.....	57.50
2004Tiffany Elias, Xavier.....	56.45
2003Laura Mozden, Chandler.....	54.42
2002Cait Connealy, North Canyon.....	54.82
2001Cait Connealy, North Canyon.....	54.78
2000Amy Wagner, Mountain Pointe.....	55.85
1999Jana Krohn, Shadow Mountain.....	54.78
1998Jana Krohn, Shadow Mountain.....	54.90
1997Emily Mastin, Dobson.....	54.97
1996Misty Hyman, Shadow Mountain.....	52.41
1995Misty Hyman, Shadow Mountain.....	53.49
1994Misty Hyman, Shadow Mountain.....	54.23
1993Misty Hyman, Shadow Mountain.....	56.23
1992Jill Jenkins, Saguaro.....	57.65

5A GIRLS 100 BACKSTROKE

2009.....D1 Talie Anchustegui, Xavier.....	56.60
2009.....D2 Ashley Brewer, Chaparral.....	56.87
2008D1 Traycie Swartz, Dobson.....	54.99
2008D2 Lindsey LaPorte, Pinnacle.....	55.91
2007.....D1 Traycie Swartz, Dobson.....	55.16
2007.....D2 Lindsey LaPorte, Pinnacle.....	58.43
2006.....D1 Kelsy Diener, Red Mountain.....	57.24
2006.....D2 Torrey Loper, Desert Mt.....	1:01.43
2005.....D1 Kelsy Diener, Red Mountain.....	57.64
2005.....D2 Chelsea Lopus, Desert Mt.....	58.11
2004.....Nicole Lynch, Xavier.....	58.34
2003.....Lisa Marchi, Xavier.....	59.46
2002.....Nadia Staubitz, Red Mountain.....	56.61
2001.....Kara Morelli, Horizon.....	56.09
2000.....Amy Wagner, Mountain Pointe.....	55.50
1999.....Amy Wagner, Mountain Pointe.....	56.22
1998.....Sharisse Blau, Red Mountain.....	57.71
1997.....Sharisse Blau, Red Mountain.....	57.54
1996.....Misty Hyman, Shadow Mountain.....	53.68
1995.....Misty Hyman, Shadow Mountain.....	55.02
1994.....Anne Novotny, Xavier.....	57.38
1993.....Jill Jenkins, Saguaro.....	55.65
1992.....Gwynette Vath, Rincon.....	58.03

5A GIRLS 100 BREASTSTROKE

2009.....D1 Katie Olsen, Desert Vista.....	1:00.68
2009.....D2 Erica Stock, Deer Valley.....	1:03.89
2008D1 Katie Olsen, Desert Vista.....	1:02.11
2008D2 Katelyn Weddle, Kofa.....	1:02.84
2007.....D1 Christine Olson, Mesquite.....	1:02.42
2007.....D2 Katelyn Weddle, Kofa.....	1:03.43
2006.....D1 Christine Olson, Mesquite.....	1:02.91
2006.....D2 Emily Barton, Desert Mountain.....	1:04.81
2005.....D1 Christine Olson, Mesquite.....	1:02.82
2005.....D2 Emily Barton, Desert Mountain.....	1:05.38
2004.....Samantha Maxwell, Corona.....	1:04.54
2003.....Courtney Haney, Mesa Mt. View.....	1:06.22
2002.....Carissa Thomasson, Desert Vista.....	1:07.21
2001.....Carissa Thomasson, Desert Vista.....	1:05.46
2000.....Kristen Gilbert, Xavier.....	1:03.95
1999.....Alexandra Baldree, Xavier.....	1:05.77
1998.....Melody Staybitz, Red Mountain.....	1:06.33
1997.....Erica Korb, Xavier.....	1:03.93
1996.....Emily Mastin, Dobson.....	1:03.09
1995.....Erica Korb, Xavier.....	1:04.69
1994.....Erica Korb, Xavier.....	1:04.55
1993.....Emily Short, Xavier.....	1:03.96
1992.....Emily Short, Xavier.....	1:03.94

5A GIRLS 200 FREESTYLE

2009.....D1 Kat Simonovic, Mesa Mt. View.....	1:49.70
2009.....D2 Ashley Evans, Pinnacle.....	1:49.23
2008D1 Ally Loper, Desert Mountain.....	1:51.54
2008D2 Ashley Evans, Pinnacle.....	1:49.07
2007.....D1 Whitney Lopus, Desert Mt.....	1:47.39
2007.....D2 Ashley Evans, Pinnacle.....	1:48.13
2006.....D1 Nicole McAndrew, Desert Vista.....	1:50.74
2006.....D2 Whitney Lopus, Desert Mt.....	1:49.70
2005.....D1 Tiffany Elias, Xavier.....	1:50.96
2005.....D2 Whitney Lopus, Desert Mt.....	1:50.72
2004.....Whitney Lopus, Desert Mountain.....	1:50.56
2003.....Nicole Swaney, North Canyon.....	1:52.65
2002.....Cait Coneally, North Canyon.....	1:47.06
2001.....Ashley Chandler, Chandler.....	1:49.29
2000.....Lindsay Palbykin, Phx Ctry Day.....	1:52.50
1999.....Jana Krohn, Shadow Mountain.....	1:49.46
1998.....Amy Osbach, Shadow Mountain.....	1:52.41
1997.....Sarah Tolar, Dobson.....	1:47.73

1996.....Sarah Tolar, Dobson.....	1:48.31
1995.....Sarah Tolar, Dobson.....	1:48.36
1994.....Angie Diez, Xavier.....	1:52.17
1993.....Angie Diez, Xavier.....	1:50.86
1992.....Lisa Lademan, Xavier.....	1:55.32

5A GIRLS 200 INDIVIDUAL MEDLEY

2009.....D1 Sara Jurek, Chandler.....	2:06.89
2009.....D2 Erica Stock, Deer Valley.....	2:05.55
2008D1 Christine Olson, Mesquite.....	2:03.06
2008D2 Erica Stock, Deer Valley.....	2:06.39
2007.....D1 Christine Olson, Mesquite.....	2:01.87
2007.....D2 Annika Jonsson, Horizon.....	2:06.29
2006.....D1 Christine Olson, Mesquite.....	2:03.73
2006.....D2 Emily Barton, Desert Mt.....	2:04.14
2005.....D1 Christina Olson, Mesquite.....	2:03.67
2005.....D2 Emily Barton, Desert Mt.....	2:05.85
2004.....Emily Barton, Desert Mountain.....	2:07.32
2003.....Cydne Siggins, Xavier.....	2:06.55
2002.....Ann Barton, Desert Mountain.....	2:05.28
2001.....Kara Morelli, Horizn.....	2:05.02
2000.....Ashley Chandler, Chandler.....	2:04.80
1999.....Alexandra Baldree, Xavier.....	2:06.19
1998.....Maria Hall, Xavier.....	2:08.08
1997.....Emily Mastin, Dobson.....	2:00.54
1996.....Emily Mastin, Dobson.....	2:01.72
1995.....Emily Mastin, Xavier.....	1:59.82
1994.....Emily Mastin, Xavier.....	2:00.93
1993.....Megan Lincoln, Xavier.....	2:03.33
1992.....Emily Short, Xavier.....	2:08.25

5A GIRLS 500 FREESTYLE

2009.....D1 Emily Christensen, Mt. View.....	4:58.61
2009.....D2 Ashley Evans, Pinnacle.....	4:49.59
2008D1 Ally Loper, Desert Mountain.....	4:59.75
2008D2 Ashley Evans, Pinnacle.....	4:51.71
2007.....D1 Angela Duckworth, Desert Mt.....	4:54.15
2007.....D2 Ashley Evans, Pinnacle.....	4:42.61
2006.....D1 Nicole McAndrew, D. Vista.....	4:53.96
2006.....D2 Angela Duckworth, Desert Mt.....	4:59.06
2005.....D1 Nicole McAndrew, Desert Vista.....	4:58.19
2005.....D2 Angela Duckworth, Desert Mt.....	4:54.37
2004.....Angela Duckworth, Desert Mt.....	4:57.67
2003.....Tiffany Elias, Xavier.....	5:00.64
2002.....Melissa Johnson, Shadow Mt.....	4:55.11
2001.....Ashley Chandler, Chandler.....	4:45.16
2000.....Ashley Chandler, Chandler.....	4:50.12
1999.....Ashley Chandler, Chandler.....	4:52.76
1998.....Jana Krohn, Shadow Mountain.....	4:55.16
1997.....Sarah Tolar, Dobson.....	4:55.67
1996.....Jordon Kohl, Xavier.....	4:59.93
1995.....Sarah Tolar, Dobson.....	4:52.77
1994.....Jaclyn Slingerland, Saguaro.....	5:00.19
1993.....Christina Tompkins, Mesa.....	5:06.81
1992.....Stephanie LaFrance, Para. Valley.....	5:05.81

5A GIRLS 200 MEDLEY RELAY

2009.....D1 Mesa Mt. View.....	1:45.24
2009.....D2 Scottsdale Chaparral.....	1:48.57
2008D1 Tempe Desert Vista.....	1:51.08
2008D2 Phoenix Pinnacle.....	1:50.99
2007.....D1 Phoenix Xavier.....	1:45.67
2007.....D2 Phoenix Pinnacle.....	1:52.81
2006.....D1 Phoenix Xavier.....	1:45.30
2006.....D2 Scottsdale Desert Mountain.....	1:50.40
2005.....D1 Phoenix Xavier.....	1:44.98
2005.....D2 Scottsdale Desert Mountain.....	1:48.34
2004.....Phoenix Xavier.....	1:46.30
2003.....Phoenix Xavier.....	1:49.09

2002.....Phoenix Xavier.....	1:50.22
2001.....Mesa Red Mountain.....	1:51.49
2000Phoenix Xavier.....	1:54.47
1999Tempe Mountain Pointe.....	1:50.39
1998Phoenix Shadow Mountain.....	1:49.01
1997.....Phoenix Xavier.....	1:49.05
1996Phoenix Shadow Mountain.....	1:45.18
1995Phoenix Xavier.....	1:45.26
1994Phoenix Xavier.....	1:47.54
1993Phoenix Xavier.....	1:45.50
1992Phoenix Xavier.....	1:47.69

5A GIRLS 400 FREESTYLE RELAY

2009.....D1 Phoenix Xavier.....	3:28.82
2009.....D2 Scottsdale Chaparral.....	3:29.25
2008D1 Phoenix Xavier.....	3:29.85
2008D2 Phoenix Pinnacle.....	3:31.28
2007.....D1 Scottsdale Desert Mountain.....	3:27.63
2007.....D2 Phoenix Pinnacle.....	3:33.78
2006.....D1 Phoenix Xavier.....	3:29.83
2006.....D2 Scottsdale Desert Mountain.....	3:31.33
2005.....D1 Phoenix Xavier.....	3:31.63
2005.....D2 Scottsdale Desert Mountain.....	3:32.83
2004.....Phoenix Xavier.....	3:28.73
2003.....Phoenix Xavier.....	3:31.56
2002.....Phoenix Xavier.....	3:36.58
2001Phoenix North Canyon.....	3:33.14
2000Tempe Corona del Sol.....	3:31.78
1999Phoenix Shadow Mountain.....	3:31.86
1998Phoenix Shadow Mountain.....	3:34.89
1997.....Mesa Dobson.....	3:33.02
1996Phoenix Shadow Mountain.....	3:29.99
1995Tucson Salpointe.....	3:33.54
1994Phoenix Xavier.....	3:39.04
1993Phoenix Xavier.....	3:35.31
1992Phoenix Xavier.....	3:33.78

5A GIRLS DIVING

2009.....D1 Megan Harper, Xavier.....	413.90
2009.....D2 Kaitlyn McLeod, Rincon.....	311.50
2008D1 Mikenna Cloward, Mt. View.....	441.55
2008D2 Kaitlyn McLeod, Rincon.....	337.95
2007.....D1 Mikenna Cloward, Mt. View.....	442.90
2007.....D2 Whitney Morgan, Sunrise Mt.....	367.50
2006.....D1 Marissa Johnson, Xavier.....	403.70
2006.....D2 Amber Weinberger, Ironwood.....	358.55
2005.....D1 Tawni Jones, Mesa Mt. View.....	481.25
2005.....D2 Ciara Rinado, North.....	363.90
2004.....Mandi Arak, Desert Mountain.....	404.70
2003.....Tawni Jones, Mesa Mt. View.....	422.80
2002.....Rachel Gitelson, Ironwood.....	421.95
2001.....Emily Eisenhower, Horizon.....	405.00
2000Paige Thompson, Mt. Pointe.....	446.00
1999Natalie Serrine, Mesa Mt. View.....	395.30
1998Bobbie Wallace, North Canyon.....	395.95
1997.....Anna Deem, Horizon.....	425.85
1996Lindsay Berryman, Horizon.....	443.05
1995Lindsay Berryman, Horizon.....	462.00
1994Jenny Rogers, Mesa Mt. View.....	432.35
1993Jenny Rogers, Mesa Mt. View.....	451.80
1992Melanie Mabry, Mesa Mt. View.....	400.60

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Recent Girls Team State Champions

DIVISION II

YEAR	WINNING TEAM	HEAD COACH	RUNNERUP	THIRD PLACE
2013	Tucson Catalina Foothills (256)	Ed Walter	Scottsdale Notre Dame (205.5)	T. Salpointe Catholic (189)
2012	Tucson Salpointe Catholic (246)	Chad Castillo	Scottsdale Arcadia (221)	Buckeye Verrado (218)
2011	Scottsdale Arcadia (289)	Erica McClurg	Tucson Salpointe Catholic (262)	Buckeye Verrado (261)
2010	Tucson Catalina Foothills (398)	R.J. Lundstrom	Scottsdale Arcadia (258)	Notre Dame (226)

DIVISION I

2013	Tempe Desert Vista (278.5)	Shawn O'Connell	Phoenix Xavier (267)	Phoenix Pinnacle (243)
2012	Phoenix Xavier (330)	Brian Hoffer	Phoenix Pinnacle (245)	Mesa Mt. View (169)
2011	Phoenix Xavier (429)	Colleen Murphy	Phoenix Pinnacle (194)	Mesa Mt. View (172)
2010	Phoenix Xavier (401)	Colleen Murphy	Scottsdale Chaparral (220)	Mesa Mt. View (209.5)

1A-3A CONFERENCE

2009	Chandler Valley Christian (423)	Ben Swanholm	Phoenix Country Day (316)	Pusch Ridge Christian (275)
2008	Chandler Valley Christian (455)	Ben Swanholm	Tucson Pusch Ridge (390)	Sedona Red Rock (249)
2007	Phoenix Christian (344)	Randy Bellah	Phoenix Country Day (309)	Valley Christian (280)

4A CONFERENCE

2009 4A-1	Tucson Catalina Foothills (450)	R.J. Lundstrom	Tucson Canyon Del Oro (284)	Tucson Sabino (251)
2009 4A-2	Scottsdale Arcadia (497)	Erica McClurg	Scottsdale Notre Dame (254)	Phx Thunderbird (225.5)
2008 4A-1	Scottsdale Chaparral (415.5)	Laura Winslow	Tucson Catalina Foothills (386)	Tucson Sabino (199)
2008 4A-2	Scottsdale Arcadia (489)	Erica McClurg	Scottsdale Notre Dame (267)	Cottonwood Mingus (262)
2007 4A-1	Tucson Catalina Foothills (398)	R.J. Lundstrom	Scottsdale Chaparral (376.5)	Tucson Sabino (196)
2007 4A-2	Scottsdale Arcadia (475.5)	Erica Jones	Flagstaff (322)	Notre Dame Prep (268.5)
2006 4A-1	Tucson Catalina Foothills (419)	Dale Payne	Scottsdale Chaparral (358)	Phoenix Pinnacle (298)
2006 4A-2	Scottsdale Arcadia (374)	Erica Jones	Phoenix Sunnyslope (279)	CC Cactus Shadows (206)
2005 4A-1	Tucson Catalina Foothills (439)	Nicole Sayers-Penkalski	Scottsdale Chaparral (308)	Goodyear Millennium (261)
2005 4A-2	Phoenix Sunnyslope (375)	Brian Metheny	Scottsdale Arcadia (356)	CC Cactus Shadows (189)
2004	Tucson Catalina Foothills (322.5)	Nicole Penkalski	Scottsdale Chaparral (290)	Phoenix Sunnyslope (233)
2003	Tucson Catalina Foothills (319)	Nicole Penkalski	Phoenix Sunnyslope (234.5)	Scottsdale Chaparral (219)
2002	Tucson Catalina Foothills (314)	Nicole Penkalski	Tucson Rincon (310)	Scottsdale Chaparral (250)
2001	Tucson Catalina Foothills (353)	Nicole Penkalski	Scottsdale Arcadia (285)	Tucson Rincon (271)
2000	Tucson Catalina Foothills (347)	Nicole Penkalski	Scottsdale Chaparral (344)	Scottsdale Arcadia (262)
1999	Scottsdale Arcadia (414)	Erica Jones	Catalina Foothills (411)	Scottsdale Chaparral (321)
1998	Scottsdale Arcadia (322)	Erica Jones	Tucson Sabino (299)	Scottsdale Chaparral (291)
1997	Scottsdale Chaparral (303)	Jim Ware	Tucson Sabino (291)	Scottsdale Arcadia (289)
1996	Tucson Rincon (277)	Mike Ward	(TIE) Tucson Sabino (255)	Scottsdale Arcadia (255)
1995	Scottsdale Arcadia (301)	Karen Morrison	Paradise Valley (221)	Tucson Rincon (204)
1994	Scottsdale Arcadia (378)	Carl Van Faasen	Tucson Rincon (262)	Scottsdale Chaparral (186)
1993	Scottsdale Arcadia (349)	Matt McCarthy	Tucson Rincon (236)	Tucson Sabino (204)
1992	Scottsdale Arcadia (309)	Jack Giles	Tucson Sabino (231)	Tucson Sahuaro (217)

5A CONFERENCE

2009 5A-1	Phoenix Xavier (546)	Colleen Murphy	Tempe Desert Vista (323)	Mesa Mt. View (303)
2009 5A-2	Scottsdale Chaparral (386)	Laura Winslow	Phoenix Pinnacle (326)	Scottsdale Desert Mt. (282)
2008 5A-1	Phoenix Xavier (396)	Colleen Murphy	Tempe Desert Vista (259)	Mesa Mountain View (232)
2008 5A-2	Phoenix Pinnacle (368)	Jodi Lamell	Anthem Boulder Creek (265)	Scottsdale Horizon (237)
2007 5A-1	Phoenix Xavier (411)	Colleen Murphy	Scottsdale Desert Mt. (348.5)	Tempe Desert Vista (217)
2007 5A-2	Phoenix Pinnacle (383)	Jodi Lamell	Scottsdale Horizon (300.5)	Tucson Rincon (198.5)
2006 5A-1	Phoenix Xavier (507)	Jeff Seaquist	Mesa Mountain View (295)	Tempe Desert Vista (216)
2006 5A-2	Scottsdale Desert Mountain (484)	Christine Bodmer	Glendale Sandra Day O'Connor (212)	Glendale Ironwood (191.5)
2005 5A-1	Phoenix Xavier (493.5)	Jeff Seaquist	Mesa Mountain View (281.5)	Tempe Corona del Sol (174)
2005 5A-2	Scottsdale Desert Mountain (508.5)	Christine Bodmer	Phoenix North (236)	Peoria Centennial (175)
2004	Phoenix Xavier (443)	Jeff Seaquist	Scottsdale Desert Mountain (297)	Mesa Mountain View (187)
2003	Phoenix Xavier (430.5)	Jeff Seaquist	Mesa Mountain View (238)	Tucson Salpointe (166)
2002	Phoenix Xavier (329)	Jeff Seaquist	Mesa Mountain View (176)	Mesa Red Mountain (151)
2001	Phoenix Xavier (312)	Jeff Seaquist	Shadow Mountain (210)	Scottsdale Horizon (192)
2000	Phoenix Xavier (301)	Jeff Seaquist	Tempe Corona del Sol (199)	Tucson Salpointe (167)
1999	Phoenix Xavier (298)	Gerry Seaquist	Shadow Mountain (243)	Mesa Mountain View (234)
1998	Mesa Mountain View (269)	Nicki Barna	Phoenix Xavier (205)	Tempe Corona del Sol (186)
1997	Phoenix Xavier (445)	Gerry Seaquist	Mesa Dobson (279)	Mesa Red Mountain (189)
1996	Phoenix Xavier (404)	Gerry Seaquist	Tucson Salpointe (252)	Shadow Mountain (238)
1995	Phoenix Xavier (435)	Gerry Seaquist	Tucson Salpointe (333)	Mesa Mountain View (202)
1994	Phoenix Xavier (463)	Gerry Seaquist	Tucson Salpointe (278)	Mesa Mountain View (231)
1993	Phoenix Xavier (449)	Gerry Seaquist	Tucson Salpointe (269)	Mesa Mountain View (248)
1992	Phoenix Xavier (454)	Gerry Seaquist	Mesa Mountain View (250)	Tucson Salpointe (192)

2014-15 SPORTS ADVISORY COMMITTEE REPRESENTATIVES

BADMINTON

- 5A - Lerina Johnson, Coach Perry
4A - Eric Zimmerman, Administrator Washington
Sarah Schlesinger, Coach Sunnyslope

BASEBALL

- 5A - Jason Grantham, Administrator Mesquite
Scott Cook, Coach Highland
4A - Jeff Feldman, Administrator Greenway
Matt Denny, Coach Greenway
3A - Mike Briguglio, Administrator Fountain Hills
Art Griffith, Coach Winslow
2A - Garye LaFavers, Administrator Tonopah
Armando Ballesteros, Coach Bisbee
1A - Billy Durate, Administrator Superior
Rene Pacheco, Coach Ray

BASKETBALL

- 5A - Steve McDowell, Administrator GPS
Mark Nold, Coach Chandler
4A - Phillip Nowlin, Administrator Verrado
Howard Mueller, Coach Greenway
Michael Fowler, At-Large Higley District
3A - Jamie Roe, Administrator Tuba City
Mark Showers, Coach Camp Verde
2A - David Thursby, Administrator Tombstone
Julia Six, Coach Valley Sanders
Lonnie Tvrdy, At-Large Pusch Ridge

CROSS COUNTRY

- 5A - Kris Alexander, Administrator Desert Mtn.
Kathleen Thomas, Coach Maryvale
4A - Mark Goligoski, Administrator Prescott
Trina Painter, Coach Flagstaff
Scott Giddings, At-Large Greenway
3A - Ivan Brown, Administrator River Valley
Eric Fogle, Coach Blue Ridge
2A - Nate Agostini, Administrator Horizon Honors
Annetee Hemstreet, Coach Greyhills
1A - John Rickey, Administrator Glendale Prep
Bruce Wilkensen, Coach Gilbert Christian

FOOTBALL

- 5A - Corey Newland, Administrator PVUSD
Preston Jones, Coach Perry
4A - Nathan Slater, Administrator Arcadia
Nemer Hassey, Coach Cienega
3A - Peter Jelovic, Administrator Chino Valley
Jim Fairfield, Coach Fountain Hills
2A - Don Conrad, Administrator Thatcher
David Inness, Coach Northwest Christian
1A - Lee Haws, Administrator Fort Thomas
Tim Slade, Coach Mogollon

GOLF

- 5A - Sr. Lynn Winson, Administrator Xavier
Frank Campos, Coach Dobson
Larry Boyles, At-Large Horizon
4A - Red Morrow, Administrator TUSD
Craig Mai, Coach Mingus Union
3A - Bobby Armenta, Administrator Globe
Nick Trakas, Coach Florence
2A - Don Conrad, Administrator Thatcher
David Gray, Coach Bisbee
1A - Cindy Kirk, Administrator Valley Lutheran
Scott Amed, Coach Phoenix Christian

SOCCER

- 5A - Todd Garelick, Admin Mtn. View (Marana)
Xavier Flores, Coach Central
Matt Smith, At-Large Corona del Sol
4A - Jeannine Brandel, Administrator Flagstaff
Julie Walters, Coach Catalina Foothills
3A - Robert Edwards, Admin San Tan Fhlls
Jeremy Scott, Coach Florence
2A - Cindy Riley, Administrator Desert Christian
Dean Sale, Coach Tempe Prep
1A - Dan Hood, Administrator Gilbert Classical
David Callahan, Coach Phoenix Christian

SOFTBALL

- 5A - Phil Gruensfelder, Administrator Salpointe
Annie Lockwood, Coach Skyline
4A - Shelly Arrendondo, Administrator Tempe
Ed McQuade, Coach Greenway
3A - Kevin Standerfer, Administrator Snowflake
Amanda Amann, Coach River Valley
2A - Andrea James, Administrator Santa Cruz
Mark Steiner, Coach AZ Lutheran
1A - Lee Haws, Administrator Fort Thomas
Bill Moten, Coach Academy of Tucson

SWIM

- 5A - David Smithers, At-Large North
Kedi Murrish, At-Large Perry
4A - Paul Reynolds, Administrator Queen Creek
Brian Anderson, Coach Greenway
3A - A. Jay Bronson, Admin Sedona Red Rock
2A - Jennifer Stephens, Coach Tempe Prep
1A - Janet Oitzman, Administrator Gilbert Chr.
Melody Pinkerton, Coach Gilbert Chr.

TENNIS

- 5A - Larry Homes, Coach Mountain Pointe
Laurie Martin, At-Large Xavier!
4A - Kristie Stevens, Coach Catalina Fthills
Jennifer Fowler, At-Large Greenway
3A - Amanda Schell, Coach Estrella Fthills
2A - Carol Brandon, Coach Desert Christian
1A - Toni Corona, Administrator Duncan
Mark Swenson, Coach St. Gregory

TRACK

- 5A - Jennifer Burks, Administrator Perry
James Smith, Coach Westwood
Mary Wimmer, At-Large Alhambra
Eric Bolus, At-Large Deer Valley
4A - Dwayne Folsom, Administrator Higley
Lori Larsen, Coach Williams Field
3A - Paul Demuth, Administrator Holbrook
Robert London, Coach Blue Ridge
2A - Mike Elder, Admin Northland Prep
James Golden, Coach Bourgade
1A - Rick Samon, Coach Mogollon

VOLLEYBALL

- 5A - Rod Huston, Administrator Highland
Lamar-Renee Bryant, Coach Xavier
Renee Regoli, At-Large Campo Verde
4A - Sarah Peterson, Coach Greenway
3A - Jacob Holiday, Admin Monument Villy
Alan Ramage, Coach Snowflake
2A - Lisa Barlow, Coach Tempe Prep
1A - Cindy Kirk, Administrator Valley Lthrn
Tylene Miller, Coach St. David

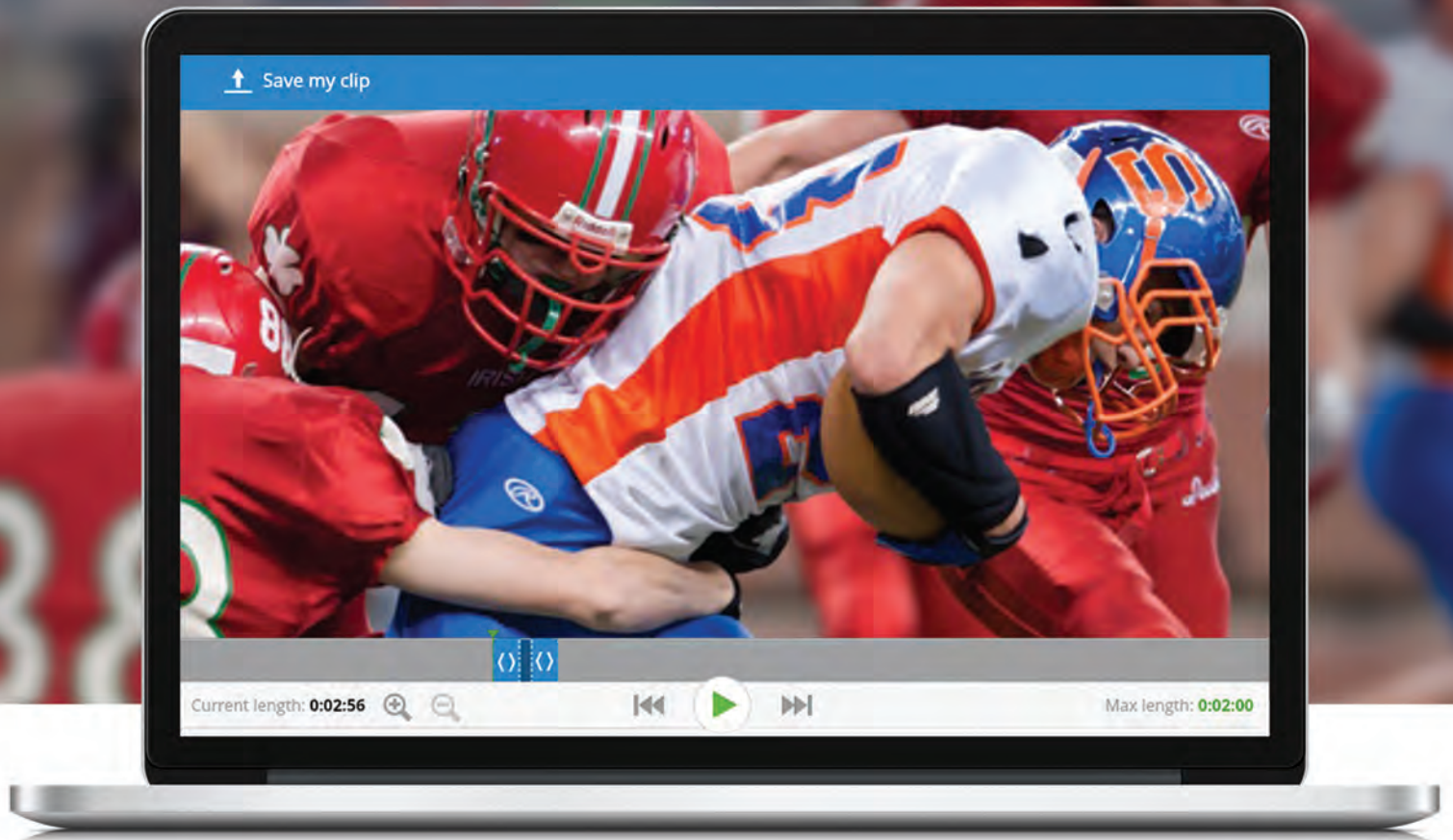
WRESTLING

- 5A - Chandler Evans, Admin O'Connor
Robert Deberry, Coach Tucson
4A - Ryan Ridenour, Admin Desert Edge
Bryan Smith, Coach Moon Valley
3A - Justin Hartman, Administrator Winslow
Tim Williams, Coach Show Low
2A - Neil Osterman, Coach Willcox
1A - Rocky Nelson, Administrator Mogollon
Bob Wolf, Coach Valley Lutheran

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