



STATE CHAMPIONSHIPS



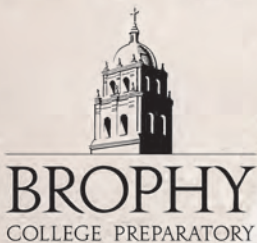


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Tucson

Flagstaff Area

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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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Sarah Carter & Xavier Prepping for Return to the Top

By Andy Morales
azpreps365.com

The Xavier Prep girls have won nine state championships including three in a row from 1995 to 1997 and then six in row from 2007 to 2012. Added to that incredible accomplishment is six runner-up finishes including the last two in 2013 and 2014.

Former Xavier co-head coach Dr. Jeff Messer was on hand for the run from 2007 to 2012 (along with current head coach Dave Van Sickle) but Messer transferred over to Desert Vista in 2013. Coincidentally, Desert Vista was the program that turned Xavier Prep back the last two years.

But Dani Jones has graduated from Desert Vista and she is now running track and cross country for the University of Colorado. Jones was named the 2014-15 Arizona Gatorade Girls Cross Country Runner of the Year after she won the state championship last year with a course record of 17:26.

Jones still holds multiple state records and she won nine various state championships so it was obvious her absence was going to be felt. To be fair, Xavier also lost two senior standouts in Shannon Molvin (NAU) and Sierra Brown.

Molvin took ninth place last year and Brown finished in 19th. Sarah Carter was way back at 54th. But that was last year.

Xavier won the Division I, Section II championship by a score of 19 to 62 over Sandra Day O'Connor at Rose Mofford Park and leading the way was Carter with a time of 17:57.56. Her teammates Tessa Weiss took second (18:15.59) and Jane Miller came in third place (18:24.09).

Meanwhile, Desert Vista took second place to Chandler by a wide margin 16 to 102 in the Section I meet held at Cross Roads Park in Gilbert. Desert Vista sophomore Kelly Harris took ninth (19:53).

Chandler swept the top four finishers and had five of the top six and seven of the ten. It was a dominating performance led by senior Alexis Nichols (19:02).

But Desert Vista still holds some of the top times in the state in Division I with junior Baylee Jones (17:41) coming in right behind Carter (17:26.5). Carter's teammate, Miller, has the third best time in the state (17:59.1).

Desert Vista juniors Emily Crall (17:59.7) and Amanda Davis (17:59.8) hold the next two spots on the best times list for D-I. Chandler freshman Morgan Foster is sixth (18:08.3) and Nichols comes in next (18:08.5).



Sarah Carter captured the Division I, Section II individual title last week (photo courtesy of Xavier Prep).

Not only is Carter surging in D-I in the state of Arizona, her time is the 22nd best in the country. Only Rio Rico standout Allie Schadler holds a better position nationally. Schadler has the 5th best time in the country at 16:47.7.

Carter won the Peaks Invitational, competed at the 35th Annual Woodbridge Cross Country Classic in California and came in third at the 8th Annual Desert Twilight before winning her section title.

The state meet for Division I should come down to Xavier, Desert Vista and Chandler with the individual title going to a runner from one of these programs. There may be a few surprises come race day so keep your program handy.



Recent Boys Team State Champs

DIVISION I

| YEAR | WINNING TEAM | HEAD COACH | RUNNERUP | THIRD PLACE |
|------|---------------------------|-----------------|--------------------------|---------------------------------|
| 2014 | Tempe Desert Vista (46) | Chris Hanson | Mesa Mountain View (96) | Tempe Corona del Sol (126) |
| 2013 | Tempe Corona del Sol (48) | Teresa Hodge | Tempe Desert Vista (80) | Oro Valley Ironwood Ridge (100) |
| 2012 | Tempe Desert Vista (101) | Chris Hanson | Gilbert Highland (135) | Tempe Corona del Sol (147) |
| 2011 | Gilbert Highland (86) | Dave Montgomery | Tempe Desert Vista (123) | Mesa Mountain View (143) |
| 2010 | Phoenix Alhambra (102) | Carlos Borja | Mesa Mountain View (112) | Tempe Desert Vista (117) |

DIVISION II

| | | | | |
|------|---------------------------------|----------------|---------------------------------|---------------------------------|
| 2014 | Yuma Gila Ridge (99) | Lucas Wolthuis | Phoenix Greenway (124) | Phoenix Shadow Mountain (166) |
| 2013 | Tucson Catalina Foothills (150) | Adam Columbo | Phoenix Greenway (159) | Marana Mountain View (186) |
| 2012 | Cave Creek Cactus Shadows (78) | Patty Egan | Oro Valley Canyon Del Oro (142) | Marana Mountain View (158) |
| 2011 | Oro Valley Canyon Del Oro (97) | Rick Glider | Tucson Ironwood Ridge (147) | Cave Ck. Cactus Shadows (186) |
| 2010 | Tucson Catalina Foothills (63) | Doug Keen | Peoria Sunrise Mountain (118) | Oro Valley Ironwood Ridge (152) |

DIVISION III

| | | | | |
|------|----------------|------------------|----------------|--------------------------|
| 2014 | Page (44) | MacArthur Lane | Chinle (80) | Rio Rico (87) |
| 2013 | Tuba City (48) | Arvis Myron | Rio Rico (71) | Page (117) |
| 2012 | Rio Rico (29) | Stephen Schadler | Tuba City (73) | Scottsdale Saguario (97) |
| 2011 | Chinle (71) | Shaun Martin | Rico Rico (86) | Tuba City (95) |
| 2010 | Chinle (77) | Shaun Martin | Flagstaff (94) | Cottonwood Mingus (119) |

DIVISION IV

| | | | | |
|------|------------------------|------------|-------------------------------|--------------------------------|
| 2014 | Keams Canyon Hopi (42) | Rick Baker | Pinon (104) | Glendale Prep (149) |
| 2013 | Keams Canyon Hopi (69) | Rick Baker | Pinon (124) | Tucson Pusch Ridge (147) |
| 2012 | Keams Canyon Hopi (56) | Rick Baker | Tucson Pusch Ridge (71) | Flagstaff Northland Prep (169) |
| 2011 | Keams Canyon Hopi (52) | Rick Baker | Flagstaff Northland Prep (81) | Phoenix Veritas Prep (171) |
| 2010 | Keams Canyon Hopi (58) | Rick Baker | Many Farms (111) | Pinon (136) |

5A CONFERENCE

| | | | | |
|-----------|--------------------------------|------------------|-------------------------------|-------------------------------|
| 2009 5A-1 | Phoenix Alhambra (84) | Carlos Borja | Tempe Corona del Sol (102) | Mesa Mountain View (113) |
| 2009 5A-2 | Oro Valley Ironwood Ridge (95) | Gary Forrest | Yuma Cibola (102) | Phoenix Camelback (146) |
| 2008 5A-1 | Tempe Desert Vista (96) | Chris Hanson | Phoenix Alhambra (98) | Gilbert Highland (152) |
| 2008 5A-2 | Tucson Sunnyside (60) | Ron Grant | Phoenix Camelback (110) | Tucson Ironwood Ridge (161) |
| 2007 5A-1 | Phoenix Alhambra (64) | Carlos Borja | Tempe Desert Vista (122) | Mesa Mountain View (167) |
| 2007 5A-2 | Marana Mountain View (70) | Dennis Hansen | Scottsdale Horizon (70) | Tucson Ironwood Ridge (103) |
| 2006 5A-1 | Tempe Desert Vista (75) | Chris Hanson | Scottsdale Horizon (90) | Mesa Mountain View (102) |
| 2006 5A-2 | Phoenix Shadow Mountain (67) | Greg Pestka | Marana Mountain View (119) | Scottsdale Desert Mt. (158) |
| 2005 5A-1 | Tempe Desert Vista (56) | Chris Hanson | Tucson Salpointe (159) | Sierra Vista Buena (160) |
| 2005 5A-2 | Phoenix Carl Hayden (90) | Gary Anderson | Phoenix Shadow Mountain (102) | Marana Mountain View (120) |
| 2004 | Mesa Mountain View (85) | Kyle Sawyer | Tempe Desert Vista (110) | Gilbert Highland (125) |
| 2003 | Phoenix Brophy Prep (129) | Mike Keahon | Mesa Mountain View (133) | Tempe Desert Vista (140) |
| 2002 | Tempe Desert Vista (109) | Chris Hanson | Phoenix Shadow Mountain (134) | Scottsdale Desert Mt. (147) |
| 2001 | Phoenix Shadow Mountain (87) | Gregg Pestka | Mesa Mountain View (98) | Tempe Mountain Pointe (114) |
| 2000 | Tempe Mountain Pointe (104) | Jeff Hengesbach | Glendale Mountain Ridge (113) | Scottsdale Horizon (128) |
| 1999 | Scottsdale Horizon (112) | Don Gardina | Mesa Mountain View (142) | Mesa Dobson (149) |
| 1998 | Scottsdale Horizon (109) | Don Gardina | Gilbert Highland (120) | Mesa Dobson (127) |
| 1997 | Mesa Dobson (74) | Kyle Sawyer | Tempe Mountain Pointe (110) | Tucson Sunnyside (123) |
| 1996 | Mesa Westwood (80) | Kyle Sawyer | Scottsdale Horizon (99) | Phoenix Brophy Prep (111) |
| 1995 | Mesa Westwood (85) | Kyle Sawyer | Scottsdale Horizon (86) | Mesa Mountain View (133) |
| 1994 | Mesa Westwood (56) | Kyle Sawyer | Phoenix Deer Valley (80) | Tucson Canyon del Oro (134) |
| 1993 | Mesa Westwood (60) | Kyle Sawyer | Tucson Canyon del Oro (92) | Tempe Mountain Pointe (172) |
| 1992 | Tempe Corona del Sol (36) | Sabrina Robinson | Mesa Westwood (93) | Tucson Canyon del Oro (127) |
| 1991 | Mesa Westwood (80) | Kyle Sawyer | Tempe Corona del Sol (147) | Glendale Apollo (161) |
| 1990 | Mesa Westwood (49) | Kyle Sawyer | Mesa Red Mountain (88) | Tucson Sahuaro (104) |
| 1989 | Phoenix Trevor Browne (42) | Dave Cruickshank | Mesa Westwood (95) | Phoenix Shadow Mountain (152) |
| 1988 | Phoenix Trevor Browne (53) | Dave Cruickshank | Mesa Westwood (81) | Tucson Sahuaro (106) |
| 1987 | Mesa Mountain View (54) | Mike Jackson | Phoenix Trevor Browne (55) | Tucson Amphitheater (108) |
| 1986 | Phoenix Trevor Browne (32) | Dave Cruickshank | Mesa Mountain View (115) | Mesa Westwood (180) |
| 1985 | Phoenix Trevor Browne (73) | Dave Cruickshank | Glendale Apollo (135) | Mesa Mountain View (139) |
| 1984 | Tucson Sahuaro (75) | Jeff Lockwood | Tucson Sunnyside (135) | Mesa Westwood (141) |
| 1983 | Mesa Westwood (107) | Mike Gray | Tucson Sahuaro (123) | Phoenix Thunderbird (161) |
| 1982 | Tucson Santa Rita (118) | Ken Radon | Tucson Palo Verde (167) | Mesa Mountain View (195) |
| 1981 | Casa Grande (77) | Bill Allen | Tucson Amphitheater (99) | Phoenix Greenway (117) |
| 1980 | Tucson Santa Rita (58) | Ken Radon | Phoenix Greenway (66) | Tucson Palo Verde (134) |
| 1979 | Tucson Santa Rita (109) | Ken Radon | Tucson Sahuaro (156) | Tucson Palo Verde (169) |
| 1978 | Tucson Santa Rita (111) | Gary Stefan | Tucson Palo Verde (125) | Scottsdale Coronado (140) |



Recent Boys Team State Champs

| YEAR | WINNING TEAM | HEAD COACH | RUNNERUP | THIRD PLACE |
|------|------------------------------|-------------|------------------------------|-----------------------------|
| 1977 | Scottsdale Coronado (97) | Jim Ryder | Tucson Palo Verde (121) | Tucson Sunnyside (136) |
| 1976 | Scottsdale Coronado (66) | Jim Ryder | Tucson Palo Verde (77) | Tucson Sunnyside (88) |
| 1975 | Tucson Sunnyside (67) | Jim Mielke | Glendale (127) | Mesa Westwood (129) |
| 1974 | Phoenix South Mountain (71) | Joe Ehlers | Tucson Sunnyside (101) | Phoenix Alhambra (197) |
| 1973 | Tempe Union (47) | Doug Conley | Phoenix South Mountain (158) | Sierra Vista Buena (180) |
| 1972 | Phoenix South Mountain (110) | Joe Ehlers | Tempe Union (112) | Tucson Pueblo (135) |
| 1971 | Phoenix North (49) | Ron Houser | Phoenix Camelback (93) | Casa Grande/Sunnyside (166) |
| 1970 | Phoenix South Mountain (84) | Joe Ehlers | Tucson Sahuaro (91) | Phoenix West (102) |

4A CONFERENCE

| | | | | |
|-----------|--------------------------------|-----------------|------------------------------------|-------------------------------|
| 2009 4A-1 | Tucson Catalina Foothills (43) | Doug Keen | Prescott Valley Bradshaw Mt. (110) | Tucson Flowing Wells (116) |
| 2009 4A-2 | Cottonwood Mingus (55) | Jim Bostwick | Rio Rico (66) | Flagstaff (81) |
| 2008 4A-1 | Tucson Catalina Foothills (59) | Doug Keen | Cave Creek Cactus Shadows (85) | Tucson Sabino (92) |
| 2008 4A-2 | Rio Rico (46) | Rodger Bristow | Tucson Catalina (65) | Cottonwood Mingus (66) |
| 2007 4A-1 | Tucson Sabino (56) | Sylvia Kniest | Tucson Catalina Foothills (73) | Phoenix Shadow Mountain (113) |
| 2007 4A-2 | Cottonwood Mingus (36) | Jim Bostwick | Rio Rico (67) | Tucson Catalina (104) |
| 2006 4A-1 | Tucson Catalina Foothills (74) | Doug Keen | Tucson Catalina (120) | Tucson Sabino (128) |
| 2006 4A-2 | Rio Rico (64) | Rodger Bristow | Cottonwood Mingus (65) | Flagstaff (75) |
| 2005 4A-1 | Phoenix Greenway (71) | Scott Giddings | Phoenix Ironwood Ridge (125) | Phoenix Thunderbird (129) |
| 2005 4A-2 | Page (31) | Mark Lomeland | Rio Rico (66) | Flagstaff (126) |
| 2004 | Page (40) | Mark Lomeland | Flagstaff (94) | Cactus Shadows (96) |
| 2003 | Page (62) | Mark Lomeland | Tucson Catalina Foothills (89) | Flagstaff Coconino (174) |
| 2002 | Tucson Catalina Foothills (46) | Ron Grant | Page (92) | Phoenix Washington (103) |
| 2001 | Tucson Catalina Foothills (70) | Ron Grant | Flagstaff Coconino (76) | Prescott (104) |
| 2000 | Tucson Catalina Foothills (99) | Ron Grant | Tucson Sahuaro (126) | Page (158) |
| 1999 | Page (78) | Jim Trapp | Tucson Catalina Foothills (118) | Tucson Palo Verde (154) |
| 1998 | Page (93) | Jim Trapp | Tucson Catalina Foothills (106) | Phoenix Greenway (122) |
| 1997 | Page (78) | Jim Trapp | Tucson Catalina Foothills (90) | Scottsdale Chaparral (144) |
| 1996 | Douglas (84) | Dave Bond | Tucson Catalina Foothills (91) | Phoenix Moon Valley (131) |
| 1995 | Page (76) | Jim Trapp | Douglas (117) | Chinle (132) |
| 1994 | Douglas (87) | Dave Bond | Page (97) | Lake Havasu (125) |
| 1993 | Lake Havasu (104) | Ray Reynolds | Tucson Flowing Wells (108) | Chinle (113) |
| 1992 | Page (27) | Mark Lomeland | Glendale Cactus (136) | Tucson Sahuaro (154) |
| 1991 | Page (30) | Mark Lomeland | Flagstaff (95) | Phoenix Greenway (127) |
| 1990 | Page (35) | Mark Lomeland | Flagstaff (78) | Flagstaff Coconino (87) |
| 1989 | Page (43) | Mark Lomeland | Glendale (116) | Flagstaff (148) |
| 1988 | Tuba City (81) | John Goatcher | Page (130) | Tucson Rincon (154) |
| 1987 | Globe (103) | Ben Marin | Lake Havasu (114) | Prescott (125) |
| 1986 | Prescott (81) | Paul Bixler | Scottsdale Arcadia (97) | Lake Havasu (161) |
| 1985 | Lake Havasu (94) | Ray Reynolds | Tucson Flowing Wells (101) | Tucson Palo Verde (127) |
| 1984 | Tuba City (55) | Charles Carter | Glendale (73) | Tucson Flowing Wells (80) |
| 1983 | Tuba City (49) | Bud Davis | Nogales (90) | Lake Havasu (103) |
| 1982 | Tuba City (24) | Bud Davis | Nogales (81) | Kingman (101) |
| 1981 | Tuba City (35) | Bud Davis | Nogales (91) | Cottonwood Mingus Union (94) |
| 1980 | Tuba City (38) | Bud Davis | Nogales (72) | Cottonwood Mingus Union (101) |
| 1979 | Tuba City (62) | Bud Davis | Chinle (111) | Globe (131) |
| 1978 | Tuba City (54) | Bud Davis | Chinle (60) | Tucson Flowing Wells (82) |
| 1977 | Flagstaff Coconino (44) | Jack Boehle | Gilbert (61) | Winslow (75) |
| 1976 | Winslow (49) | Dave Conatser | Holbrook (54) | San Manuel (105) |
| 1975 | Tuba City (20) | Bud Davis | Winslow (70) | Holbrook (129) |
| 1974 | Holbrook (45) | W.B. Wolfington | Winslow (50) | Tuba City (82) |
| 1973 | Winslow (27) | Dave Conatser | Flagstaff Coconino (67) | Snowflake (99) |
| 1972 | Winslow (32) | Dave Conatser | Flagstaff Coconino (68) | San Manuel (93) |
| 1971 | Phoenix Indian School (37) | Vic Hall | Winslow (45) | Flagstaff Coconino (87) |
| 1970 | Phoenix Indian School (34) | Joe Michelitch | Winslow (54) | Flagstaff Coconino (87) |

3A CONFERENCE

| | | | | |
|------|------------------------|---------------|------------------|-----------------------|
| 2009 | Tuba City (42) | Carlton Perry | Chinle (55) | Ganado (123) |
| 2008 | Tuba City (68) | Carlton Perry | Chinle (90) | Sedona Red Rock (106) |
| 2007 | Tuba City (28) | Carlton Perry | Chinle (77) | Ganado (93) |
| 2006 | Keams Canyon Hopi (51) | Rick Baker | Chinle (62) | Ganado (65) |
| 2005 | Keams Canyon Hopi (62) | Rick Baker | Tuba City (65) | Ganado (67) |
| 2004 | Keams Canyon Hopi (61) | Rick Baker | Rio Rico (74) | (TIE) Ganado (75) |
| | | | | Tuba City (75) |
| 2003 | Keams Canyon Hopi (24) | Rick Baker | Rio Rico (51) | Tuba City (83) |
| 2002 | Keams Canyon Hopi (32) | Rick Baker | Window Rock (71) | Tuba City (78) |
| 2001 | Keams Canyon Hopi (41) | Rick Baker | Rio Rico (47) | Window Rock (62) |



Recent Boys Team State Champs

| YEAR | WINNING TEAM | HEAD COACH | RUNNERUP | THIRD PLACE |
|------|----------------------------|------------------|------------------------------|----------------------------|
| 2000 | Rio Rico (53) | Stephen Schadler | Window Rock (61) | Whiteriver Alchesay (113) |
| 1999 | Tuba City (70) | Arvis Myron | Rio Rico (99) | Winslow (104) |
| 1998 | Ganado (69) | Jim Lujan | Window Rock (64) | Tuba City (108) |
| 1997 | Window Rock (52) | Leonard Chee | Ganado (116) | Winslow (131) |
| 1996 | Arizona Boys Ranch (52) | Ken Johnson | Window Rock (72) | Bradshaw Mountain (101) |
| 1995 | Monument Valley (87) | Bob Nash | Bradshaw Mountain (89) | Window Rock (95) |
| 1994 | Monument Valley (83) | James Lujan | Ganado (99) | Window Rock (101) |
| 1993 | Tuba City (34) | Milfred Tewawina | Window Rock (85) | Winslow (101) |
| 1992 | Chinle (45) | Lon Mason | Lake Havasu (86) | Window Rock (101) |
| 1991 | Chinle (39) | Lon Mason | Ganado (59) | Tuba City (74) |
| 1990 | Tuba City (31) | Troy Honahnie | Monument Valley (41) | Chinle (48) |
| 1989 | Chinle (48) | Lon Mason | Monument Valley (53) | Tuba City (69) |
| 1988 | Monument Valley (102) | Bob Nash | Chinle (123) | Sanders Valley (127) |
| 1987 | Monument Valley (88) | Ray Spackman | Chinle (93) | Hopi (113) |
| 1986 | Bisbee (59) | Leonard Suarez | Monument Valley (93) | Tuba City (96) |
| 1985 | Many Farms (84) | Fernando Roman | Tuba City (86) | Bisbee (94) |
| 1984 | Phoenix Indian School (71) | Joe Morris | Monument Valley (92) | Bisbee (97) |
| 1983 | Ganado (71) | John Peroni | Bisbee (91) | Chinle (104) |
| 1982 | Ganado (40) | John Peroni | Many Farms (51) | Holbrook (90) |
| 1981 | Ganado (61) | Tony Ruffo | Holbrook (66) | Chinle (79) |
| 1980 | Ganado (65) | Tony Ruffo | Chinle (71) | Many Farms (97) |
| 1979 | Ganado (78) | Tony Ruffo | Many Farms (80) | Phoenix Indian School (96) |
| 1978 | Phoenix Indian School (50) | Joe Morris | Monument Valley (60) | Ganado (84) |
| 1977 | Tuba City (20) | Bud Davis | Chinle (75) | (unk.) |
| 1976 | Tuba City (22) | Bud Davis | Ganado (unk.) | (unk.) |
| 1975 | Ganado (30) | Barney McLvov | Cottonwood Mingus Union (73) | Ajo (87) |
| 1974 | Ganado (32) | Barney McLvov | Ajo (54) | Buckeye (119) |
| 1973 | Tuba City (49) | Bud Davis | Holbrook (63) | Ganado (100) |
| 1972 | Holbrook (45) | Boyd Wolfington | Ganado (66) | Tuba City (86) |
| 1971 | Tuba City (26) | Bud Davis | Holbrook (59) | Window Rock (111) |
| 1970 | Tuba City (85) | Bud Davis | Snowflake (98) | San Manuel (116) |

1A/2A CONFERENCES

| | | | | |
|------|---------------------------------|----------------|---------------------------------|---------------------------------|
| 2009 | Keams Canyon Hopi (27) | Rick Baker | Many Farms (62) | Canyon State (162) |
| 2008 | Keams Canyon Hopi (28) | Rick Baker | Many Farms (67) | Tombstone (141) |
| 2007 | Keams Canyon Hopi (34) | Rick Baker | Chandler Valley Christian (118) | Scottsdale Christian (122) |
| 2006 | St. Michael (80) | Kelly Upshaw | Scottsdale Christian (117) | Chandler Valley Christian (131) |
| 2005 | Flagstaff Northland Prep (49) | Mike Elder | St. Michael (63) | Scottsdale Christian (76) |
| 2004 | Flagstaff Northland Prep (73) | Mike Elder | Red Mesa (85) | St. Michael (89) |
| 2003 | Chandler Valley Christian (103) | Dan Kuiper | Valley Sanders (110) | Scottsdale Christian (156) |
| 2002 | Tombstone (94) | Roger Bristow | Many Farms (98) | Scottsdale Christian (103) |
| 2001 | Sanders Valley (48) | Lucas Lucio | St. Michael (58) | Chandler Valley Christian (124) |
| 2000 | Keams Canyon Hopi (39) | Rick Baker | St. Michael (63) | Sanders Valley (76) |
| 1999 | Keams Canyon Hopi (15) | Rick Baker | Sanders Valley (84) | Tombstone (86) |
| 1998 | Keams Canyon Hopi (22) | Rick Baker | Tombstone (89) | San Carlos (92) |
| 1997 | Keams Canyon Hopi (19) | Rick Baker | Tombstone (90) | Thatcher (111) |
| 1996 | Keams Canyon Hopi (32) | Rick Baker | Sanders Valley (81) | Tombstone (87) |
| 1995 | Keams Canyon Hopi (19) | Rick Baker | Sanders Valley (80) | Whiteriver Alchesay (88) |
| 1994 | Keams Canyon Hopi (40) | Rick Baker | Bisbee (66) | Sanders Valley (68) |
| 1993 | Keams Canyon Hopi (47) | Rick Baker | Sanders Valley (65) | Bisbee (69) |
| 1992 | Keams Canyon Hopi (43) | Rick Baker | Bisbee (61) | Many Farms (65) |
| 1991 | Keams Canyon Hopi (31) | Rick Baker | Bisbee (82) | Sanders Valley (92) |
| 1990 | Keams Canyon Hopi (38) | Rick Baker | Sanders Valley (47) | Red Mesa (130) |
| 1989 | Many Farms (45) | Frank Begay | Sanders Valley (55) | Keams Canyon Hopi (92) |
| 1983 | Ajo (29) | Terry Orr | Sanders Valley (70) | Benson (80) |
| 1982 | Baboquivari (35) | Bob Kahn | Ajo (54) | Benson (106) |
| 1981 | Baboquivari (36) | Bob Kahn | Whiteriver Alchesay (39) | Show Low (82) |
| 1980 | Florence (63) | Dave English | Winkelman Hayden (77) | Whiteriver Alchesay (80) |
| 1979 | Florence (36) | Dave English | Baboquivari (57) | Whiteriver Alchesay (77) |
| 1978 | Florence (32) | Jack Hamilton | Superior (45) | Whiteriver Alchesay (47) |
| 1977 | Whiteriver Alchesay (31) | Frank Hatfield | Florence (43) | Superior (51) |
| 1976 | Whiteriver Alchesay (35) | Frank Hatfield | Florence (44) | Superior (87) |
| 1975 | Florence (38) | Dave English | Sanders Valley (55) | Whiteriver Alchesay (58) |
| 1974 | Florence (55) | Dave English | Willcox (60) | Springerville Round Valley (78) |

(1984 thru 1988 combined with 3A Conference)

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Saguaro's Tyler Beauchamp Set to Finish High at State

By Andy Morales
azpreps365.com

The Division II state meet was dominated by seniors last year with six of the top eight runners graduating. The two juniors who were able to break through were Tyler Beauchamp of Saguaro and Aldo Marquez of Gila Ridge.

Beauchamp finished in fourth place with a time of 16:12 and Marquez took fifth, coming in one second behind (16:13). Salpointe's Nathan Thomas won the race with a time of 15:53. Thomas is now running for the Air Force Academy.

Deer Valley junior Elijah Cox (16:33) and Gila Ridge sophomore Vincent Reyes (16:36) rounded off the top ten.

Let's take a look at the field of boys who have the best shot at winning the state meet this year beginning with Beauchamp.

Beauchamp recorded the fastest time in Division II this year (15:01.7) and he did it during a second place finish at the 8th Annual Desert Twilight. Daniel Bernal of El Paso took first (15:00.08).

He took first place at the Chandler Invitational, first place at the Fountain Hills Invitational, second place at Mt. Carmel Invitational, second at the Desert twilight, first at the Scottsdale City Meet and he won the Division II, Section III championship with a time of 16:13.

His junior teammate Michael Barney came in second at sectionals with a time of 16:18.

Cox has the second best time in D-II (15:48.8)

and he has a couple of first place finishes. He won the Peaks Invitational and he took first place at the Division II, Section I meet with a time of 16:01.72.

Casa Grande junior Nick Olivarez came up big at the Division II, Section II championship where he recorded a time of 15:50.3 to win the title. His time pushed him up to third best in the state heading into the state meet. It was the best finish of the season for Olivarez.

Catalina Foothills junior Sam Pershing has won two big meets this year including the Ojo Rojo Invitational and the Desert Twilight. He took third at the Section II meet behind Olivarez and his Catalina Foothills running mate, junior Philippe Mortelliti.

Barney has had four second place finishes including the section race to Beauchamp.

Apollo senior Diego Lopez posted his best time (15:55) at the Division II, Section IV meet where he took first place ahead of Marquez (15:58).

Teams from Greenway, Gila Ridge, Flagstaff, Campo Verde and Saguaro appear to have the best shot to win state. It's an open field with Cibola, Salpointe and South Mountain also threatening. The individual field is just as open but the state meet appears to Beauchamp's race.

Beauchamp's time of 15:01.7 is not only the best time in Arizona, it is also the 27th best in the nation.

Other boys with a shot at a top finish in Division II include senior Richard DeLara of Greenway, sophomore Thomas Cain of Cibola, freshman Rylan Stubbs of Campo Verde and sophomore Blake Chambal of Campo Verde.



Boys Individual State Champions

DIVISION I

| YEAR | WINNER | SCHOOL | TIME/DISTANCE | COURSE |
|------|----------------|----------------------|----------------|------------------------|
| 2014 | Marcus Wheeler | Tempe Corona del Sol | 15:36 (3.1) | Cave Creek Golf Course |
| 2013 | Nate Rodriguez | Tempe Corona del Sol | 15:29.98 (3.1) | Cave Creek Golf Course |
| 2012 | Bernie Montoya | Yuma Cibola | 15:14.24 (3.1) | Cave Creek Golf Course |
| 2011 | Bernie Montoya | Yuma Cibola | 15:46.74 (3.1) | Cave Creek Golf Course |
| 2010 | Bernie Montoya | Yuma Cibola | 15:38.20 (3.1) | Cave Creek Golf Course |

DIVISION II

| | | | | |
|------|-----------------|---------------------------|----------------|------------------------|
| 2014 | Nathan Thomas | Tucson Salpointe Catholic | 15:53 (3.1) | Cave Creek Golf Course |
| 2013 | Harvey Nelson | Tucson Catalina Foothills | 15:25.64 (3.1) | Cave Creek Golf Course |
| 2012 | Andy Trouard | Tucson Salpointe Catholic | 16:01.99 (3.1) | Cave Creek Golf Course |
| 2011 | Eduardo Roa | Tempe McClintock | 16:03.41 (3.1) | Cave Creek Golf Course |
| 2010 | Brandon Kocmoud | Peoria Sunrise Mountain | 16:02.11 (3.1) | Cave Creek Golf Course |

DIVISION III

| | | | | |
|------|-------------------|--------------------|----------------|------------------------|
| 2014 | Carlos Villarreal | Rio Rico | 15:24 (3.1) | Cave Creek Golf Course |
| 2013 | Oscar Amaya | Rio Rico | 15:47.57 (3.1) | Cave Creek Golf Course |
| 2012 | Jake Wynn | Scottsdale Saguaro | 15:58.51 (3.1) | Cave Creek Golf Course |
| 2011 | Jake Wynn | Scottsdale Saguaro | 15:39.59 (3.1) | Cave Creek Golf Course |
| 2010 | Billy Orman | Tuba City | 15:03.32 (3.1) | Cave Creek Golf Course |

DIVISION IV

| | | | | |
|------|-----------------|-------------------------------|----------------|------------------------|
| 2014 | Adriano Joe | Pinon | 16:24 (3.1) | Cave Creek Golf Course |
| 2013 | Josh Hoskinson | Phoenix Arizona Lutheran | 16:14.24 (3.1) | Cave Creek Golf Course |
| 2012 | Kyle Cajero | Tucson Pusch Ridge Christian | 16:25.07 (3.1) | Cave Creek Golf Course |
| 2011 | Nico Montanez | Tucson St. Augustine Catholic | 16:16.97 (3.1) | Cave Creek Golf Course |
| 2010 | Justin Secakuku | Keams Canyon Hopi | 16:12.54 (3.1) | Cave Creek Golf Course |

5A CONFERENCE

| | | | | |
|-----------|-------------------|---------------------------|--------------------|--------------------------|
| 2009 5A-1 | Jorge Martinez | Phoenix Alhambra | 15:43.67 (3.1) | Cave Creek Golf Course |
| 2009 5A-2 | Steve Magnuson | Oro Valley Ironwood Ridge | 15:56.35 (3.1) | Cave Creek Golf Course |
| 2008 5A-1 | Jorge Martinez | Phoenix Alhambra | 16:03.80 (3.1) | Cave Creek Golf Course |
| 2008 5A-2 | Alberto Tellez | Phoenix Camelback | 16:20.90 (3.1) | Cave Creek Golf Course |
| 2007 5A-1 | Matt Boughton | Tempe Desert Vista | 16:05.20 (3.1) | Cave Creek Golf Course |
| 2007 5A-2 | Jim Walmsley | Scottsdale Horizon | 15:37.45 (3.1) | Cave Creek Golf Course |
| 2006 5A-1 | Matt Boughton | Tempe Desert Vista | 16:20.00 (3.1) | Cave Creek Golf Course |
| 2006 5A-2 | Daniel Lovell | Anthem Boulder Creek | 16:16.35 (3.1) | Cave Creek Golf Course |
| 2005 5A-1 | Garrett Kelly | Tempe Desert Vista | 16:20.00 (3.1) | Cave Creek Golf Course |
| 2005 5A-2 | James Bogner | Paradise Valley | 16:13.55 (3.1) | Cave Creek Golf Course |
| 2004 | Craig Breinholt | Gilbert Highland | 15:27 (3.1) | Anthem Way |
| 2003 | Charles Hampton | Phoenix Brophy Prep | 15:35 (3.1) | Anthem Way |
| 2002 | Charles Hampton | Phoenix Brophy Prep | 15:14 (3.1) | Anthem Way |
| 2001 | Kevin Billington | Phoenix Trevor Browne | 15:22 (3.0) | Anthem Way |
| 2000 | Kevin Billington | Phoenix Trevor Browne | 16:04 (3.1) | Freestone Park (Gilbert) |
| 1999 | Juan Reyes | Phoenix Carl Hayden | 15:46 (3.1) | Freestone Park (Gilbert) |
| 1998 | Juan Reyes | Phoenix Carl Hayden | 16:05 (3.1) | Freestone Park (Gilbert) |
| 1997 | Anthony Francisco | Tucson Sunnyside | 16:10 (3.1) | Freestone Park (Gilbert) |
| 1996 | Anthony Francisco | Tucson Sunnyside | 16:17 (3.1) | Freestone Park (Gilbert) |
| 1995 | David Abril | Tucson Canyon del Oro | 15:15 (2.9) | Fiesta Inn (Tempe) |
| 1994 | David Abril | Tucson Canyon del Oro | 15:07 (2.9) | Fiesta Inn (Tempe) |
| 1993 | Nathan Nutter | Tempe Corona del Sol | 15:41 (3.2) | Kennedy Park (Tucson) |
| 1992 | Webb Shelley | Mesa Westwood | 16:41 (3.2) | Estrella Mountain Park |
| 1991 | Theo Molla | Tucson Rincon | 16:20 (3.16) | Spook Hill Park (Mesa) |
| 1990 | Webb Shelley | Mesa Westwood | 15:04 (3.1) | Prison Hills (Yuma) |
| 1989 | Niles Ward | Tempe Marcos de Niza | 14:48 (2.9) | Arrowhead Ranch |
| 1988 | Chris Schurz | Mesa Westwood | 15:45 (3.2) | Estrella Mountain Park |
| 1987 | Chris Schurz | Mesa Westwood | 14:16 (2.9) | Thunderbird Park |
| 1986 | Chris Schurz | Mesa Westwood | 16:10 (3.2) | Pima College (Tucson) |
| 1985 | Todd Lewis | Mesa Mountain View | 16:53 (3.4) | Kiwanis Park (Tempe) |
| 1984 | Doug Hobbs | Mesa Westwood | 15:06 (2.9) | Mouer Park (Tempe) |
| 1983 | Jeff Canada | Phoenix Greenway | 15:51 (3.2) | Pima College (Tucson) |
| 1982 | Chris Caldwell | Tucson Amphitheater | no time/rain storm | Fountain Hills |
| 1981 | Jeff Canada | Phoenix Greenway | 15:49 (3.1) | Kiwanis Park (Tempe) |
| 1980 | Tom Ansberry | Tucson Santa Rita | 15:21 (3.1) | Tucson Santa Rita H.S. |
| 1979 | Tom Ansberry | Tucson Santa Rita | 15:04 (3.0) | Fountain Hills |
| 1978 | Kerry Bogner | Scottsdale Coronado | 14:52 (3.0) | Fountain Hills |
| 1977 | Dave Barney | Scottsdale Coronado | 15:46 (3.2) | Tucson Santa Rita H.S. |
| 1976 | Robert Lopez | Glendale | 15:27 (3.1) | Kiwanis Park (Tempe) |
| 1975 | Larry Martinez | Tucson Sunnyside | 17:08 (3.3) | Estrella Mountain Park |
| 1974 | David Shoots | Tucson Amphitheater | 16:52 (3.5) | Estrella Mountain Park |

5A CONFERENCE (cont)

| YEAR | WINNER | SCHOOL | TIME/DISTANCE | COURSE |
|------|-----------------|---------------------|---------------|------------------------|
| 1973 | David Shoots | Tucson Amphitheater | 16:01 (3.2) | Estrella Mountain Park |
| 1972 | Ray Woolery | Phoenix Camelback | 12:36 (2.8) | Prison Hills (Yuma) |
| 1971 | Rob Waugh | Phoenix Camelback | 15:34 (3.2) | Phoenix East H.S. |
| 1970 | Chuck Walker | Prescott | 10:26 (2.2) | Phoenix East H.S. |
| 1969 | Chuck Walker | Prescott | 10:34 (2.2) | Phoenix East H.S. |
| 1968 | Dave Gladstone | Scottsdale Coronado | 10:15 (2.1) | Papago Park (Phoenix) |
| 1967 | Ruben Monciviaz | Phoenix Union | 9:33 (2.0) | Kennedy Park (Tucson) |
| 1966 | Mario Castro | Tucson Sunnyside | 10:24 (2.1) | Papago Park (Phoenix) |
| 1965 | Mario Castro | Tucson Sunnyside | 10:44 (2.0) | Papago Park (Phoenix) |
| 1964 | Manuel Alatorre | Mesa Westwood | 10:32 (2.1) | Papago Park (Phoenix) |
| 1963 | David Mansfield | Yuma Kofa | 10:59 (2.0) | Papago Park (Phoenix) |
| 1962 | David Mansfield | Yuma Kofa | 10:48 (2.1) | Papago Park (Phoenix) |
| 1961 | John Donner | Tucson Catalina | 10:48 (2.2) | Papago Park (Phoenix) |
| 1960 | John Donner | Tucson Catalina | 10:42 (2.0) | Papago Park (Phoenix) |
| 1959 | Bill Jost | Phoenix Camelback | 10:58 (2.0) | Papago Park (Phoenix) |
| 1958 | Tony Moreno | Bisbee | 10:49 (2.0) | Papago Park (Phoenix) |
| 1957 | Ray Mobary | Tucson Pueblo | 11:14 (2.2) | Papago Park (Phoenix) |
| 1956 | Ray White | Phoenix Union | 11:11 (2.2) | Papago Park (Phoenix) |
| 1955 | Joe Robles | Tucson | 7:57 (1.7) | Papago Park (Phoenix) |

4A CONFERENCE

| | | | | |
|-----------|------------------|---------------------------|----------------|-----------------------------|
| 2009 4A-1 | Sherod Hardt | Queen Creek | 15:32.40 (3.1) | Cave Creek Golf Course |
| 2009 4A-2 | Brian Shrader | Flagstaff Sinagua | 15:15.89 (3.1) | Cave Creek Golf Course |
| 2008 4A-1 | Alex Evans | Tucson Sabino | 16:19.55 (3.1) | Cave Creek Golf Course |
| 2008 4A-2 | Brian Shrader | Flagstaff Sinagua | 15:15.25 (3.1) | Cave Creek Golf Course |
| 2007 4A-1 | Ben Schild | Prescott | 16:25.05 (3.1) | Cave Creek Golf Course |
| 2007 4A-2 | Brian Shrader | Flagstaff Sinagua | 16:00.70 (3.1) | Cave Creek Golf Course |
| 2006 4A-1 | John Yatsko | Tempe McClintock | 16:22.40 (3.1) | Cave Creek Golf Course |
| 2006 4A-2 | Victor Zazueta | Tucson Desert View | 15:54.65 (3.1) | Cave Creek Golf Course |
| 2005 4A-1 | Ben Schild | Prescott | 17:26.10 (3.1) | Cave Creek Golf Course |
| 2005 4A-2 | Victor Zazueta | Tucson Desert View | 16:40.75 (3.1) | Cave Creek Golf Course |
| 2004 | Kenny Cormier | Douglas | 15:10 (3.1) | Anthem Way |
| 2003 | Leif Lomeland | Page | 16:02 (3.1) | Anthem Way |
| 2002 | Ben Reed | Tucson Catalina Foothills | 15:23 (3.1) | Anthem Way |
| 2001 | Heath Hatch | Flagstaff Sinagua | 17:20 (3.1) | Santa Rita H.S. (Tucson) |
| 2000 | Ted Gast | Tucson Sahuaro | 16:33 (3.1) | Freestone Park (Gilbert) |
| 1999 | Heath Hatch | Flagstaff Sinagua | 16:47 (3.1) | Freestone Park (Gilbert) |
| 1998 | Steve Crane | Phoenix Greenway | 16:38 (3.1) | Freestone Park (Gilbert) |
| 1997 | Mike Walls | Glendale Apollo | 17:09 (3.1) | Freestone Park (Gilbert) |
| 1996 | Brandon Strong | Paradise Valley | 16:42 (3.1) | Freestone Park (Gilbert) |
| 1995 | Demian Quiroz | Tucson Rincon | 15:29 (2.9) | Fiesta Inn (Tempe) |
| 1994 | Lee Doherty | Tucson Flowing Wells | 15:13 (2.9) | Fiesta Inn (Tempe) |
| 1993 | Larry Yellowhair | Page | 15:15 (2.9) | Fiesta Inn (Tempe) |
| 1992 | Tim Martin | Page | 15:39 (3.1) | Paseo Park (Peoria) |
| 1991 | Theo Martin | Page | 14:52 (3.1) | Thunderbird Park (Glendale) |
| 1990 | Theo Martin | Page | 15:42 (3.1) | Thunderbird Park (Glendale) |
| 1989 | Kirk Bronander | Prescott | 14:35 (2.9) | Thunderbird Park (Glendale) |
| 1988 | Kirk Bronander | Prescott | 17:29 (3.2) | Estrella Mountain Park |
| 1987 | Bernie Semler | Tucson Rincon | 14:54 (2.9) | Thunderbird Park (Glendale) |
| 1986 | Ray Andrade | Tucson Desert View | 16:47 (3.2) | Pima College (Tucson) |
| 1985 | Scott Willbrandt | Tucson Flowing Wells | 17:07 (3.4) | Kiwanis Park (Tempe) |
| 1984 | Thomas Florez | Glendale | 16:28 (3.1) | Thunderbird Park (Glendale) |
| 1983 | Ruben Martinez | Flagstaff Coconino | 16:30 (3.2) | Buckeye Hills |
| 1982 | Andy Endischee | Tuba City | 16:29 (3.2) | Buckeye Hills |
| 1981 | Keith Morrison | Glendale Cactus | 17:27 (3.2) | Estrella Mountain Park |
| 1980 | Keith Morrison | Glendale Cactus | 17:56 (3.1) | Dysart H.S. (Peoria) |
| 1979 | Andy Almodova | Tucson Flowing Wells | 17:09 (3.2) | Estrella Mountain Park |
| 1978 | Andy Almodova | Tucson Flowing Wells | 15:37 (3.0) | Estrella Mountain Park |
| 1977 | Frank Nez | Flagstaff Coconino | 18:01 (3.3) | Estrella Mountain Park |
| 1976 | Paul Neilson | Tolleson | 17:50 (3.3) | Estrella Mountain Park |
| 1975 | Joseph Nelson | Tuba City | 17:31 (3.3) | Estrella Mountain Park |
| 1974 | Jerry Keams | Holbrook | 17:41 (3.3) | Estrella Mountain Park |
| 1973 | Arthur Redhair | Snowflake | 15:07 (3.1) | Kennedy Park (Tucson) |
| 1972 | Wayne Taylor | Winslow | 17:43 (3.2) | Estrella Mountain Park |
| 1971 | Woody Franklin | Winslow | 15:04 (3.0) | Santa Rita H.S. (Tucson) |
| 1970 | Woody Franklin | Winslow | 12:48 (2.5) | Estrella Mountain Park |
| 1969 | Alde Qumyintewa | Phoenix Indian School | 11:17 (2.0) | Phoenix East H.S. |
| 1968 | (unknown) | | | |

3A CONFERENCE

| | | | | |
|------|-------------------|---------------------|----------------|------------------------|
| 2009 | Billy Orman | Tuba City | 15:44.36 (3.1) | Cave Creek Golf Course |
| 2008 | Ryan Yazzie | Tuba City | 16:13.20 (3.1) | Cave Creek Golf Course |
| 2007 | Lance Williams | Tuba City | 16:30.40 (3.1) | Cave Creek Golf Course |
| 2006 | Christopher Holve | Tuba City | 16:23.55 (3.1) | Cave Creek Golf Course |
| 2005 | Matt Rowell | Lakeside Blue Ridge | 17:01 (3.1) | Cave Creek Golf Course |
| 2004 | Gordon Segay | Window Rock | 15:57 (3.1) | Anthem Way |

3A CONFERENCE (cont)


| YEAR | WINNER | SCHOOL | TIME/DISTANCE | COURSE |
|------|-------------------|-----------------------|---------------|--------------------------|
| 2003 | Gordon Segay | Window Rock | 16:27 (3.1) | Anthem Way |
| 2002 | Eric Chavez | Rio Rico | 15:34 (3.1) | Anthem Way |
| 2001 | Eric Chavez | Rio Rico | 15:55 (3.0) | Anthem Way |
| 2000 | Josh Robles | Rio Rico | 16:28 (3.1) | Freestone Park (Gilbert) |
| 1999 | Blaine Goklish | Whiteriver Alchesay | 16:39 (3.1) | Freestone Park (Gilbert) |
| 1998 | Filbert Begay | Window Rock | 16:26 (3.1) | Freestone Park (Gilbert) |
| 1997 | Lambert Watchman | Ganado | 16:43 (3.1) | Freestone Park (Gilbert) |
| 1996 | Jose Gordon | Arizona Boys Ranch | 16:50 (3.1) | Freestone Park (Gilbert) |
| 1995 | Chris Duncan | Camp Verde | 16:05 (2.9) | Fiesta Inn (Tempe) |
| 1994 | Bryan Kee | Window Rock | 15:31 (2.9) | Fiesta Inn (Tempe) |
| 1993 | Bryan Kee | Window Rock | 15:12 (2.9) | Fiesta Inn (Tempe) |
| 1992 | Orlando Begay | Chinle | 15:14 (3.1) | Kiwanis Park (Tempe) |
| 1991 | Elphonso Curley | Ganado | 16:22 (3.2) | Estrella Mountain Park |
| 1990 | Alfred Tsosie | Window Rock | 16:46 (3.2) | Estrella Mountain Park |
| 1989 | Alfred Tsosie | Window Rock | 18:40 (3.2) | Estrella Mountain Park |
| 1988 | Kenneth James | Many Farms | 18:04 (3.2) | Estrella Mountain Park |
| 1987 | Raymond Bahe | Many Farms | (unk.) (3.2) | Estrella Mountain Park |
| 1986 | Ricky Bedonie | Many Farms | 16:09 (3.1) | Gilbert H.S. |
| 1985 | Ricky Bedonie | Many Farms | 16:49 (3.2) | Kiwanis Park (Tempe) |
| 1984 | Julius Cly | Many Farms | 16:45 (3.1) | Kiwanis Park (Tempe) |
| 1983 | Albert Claw | Chinle | 16:12 (3.2) | Buckeye Hills |
| 1982 | Leo Biah | Ganado | 16:46 (3.2) | Buckeye Hills |
| 1981 | Leo Biah | Ganado | 17:29 (3.2) | Estrella Mountain Park |
| 1980 | Johnson Brown | Chinle | 17:26 (3.2) | Estrella Mountain Park |
| 1979 | Darrel Trujillo | Phoenix Indian School | 17:41 (3.2) | Estrella Mountain Park |
| 1978 | Darrell Trujillo | Phoenix Indian School | 16:39 (3.3) | Estrella Mountain Park |
| 1977 | Alvin Begay | Ganado | 17:48 (3.3) | Estrella Mountain Park |
| 1976 | Herman Sahneyah | Tuba City | 17:25 (3.3) | Estrella Mountain Park |
| 1975 | Francisco Valisto | Ajo | 17:41 (3.2) | Estrella Mountain Park |
| 1974 | Francisco Valisto | Ajo | 18:03 (3.4) | Estrella Mountain Park |
| 1973 | Ruben Reyes | Florence | 17:47 (3.3) | Estrella Mountain Park |
| 1972 | Harold Stanley | Monument Valley | 17:39 (3.2) | Estrella Mountain Park |
| 1971 | Stanley Robbins | Window Rock | 17:17 (3.3) | Phoenix East H.S. |
| 1970 | Chuck Foster | Window Rock | 12:31 (2.5) | Estrella Mountain Park |
| 1969 | Ernie Aguilar | San Manuel | (unk.) (2.0) | Glendale CC |
| 1968 | (unknown) | | | |
| 1967 | Tom McKinoley | Bisbee | 10:32 (2.1) | Papago Park (Phoenix) |
| 1966 | David Monogue | Phoenix Indian School | 10:43 (2.1) | Papago Park (Phoenix) |

1A/2A CONFERENCES

| | | | | |
|------|------------------|----------------------------|----------------|--------------------------|
| 2009 | Cody Rosengarten | Tombstone | 16:09.14 (3.1) | Cave Creek Golf Course |
| 2008 | Cody Rosengarten | Tombstone | 16:34.70 (3.1) | Cave Creek Golf Course |
| 2007 | Isaiah Klassen | Scottsdale Christian | 16:19.85 (3.1) | Cave Creek Golf Course |
| 2006 | Tanner Carothers | Flagstaff Northland Prep | 16:36.45 (3.1) | Cave Creek Golf Course |
| 2005 | Craig Curley | St. Michael | 16:46 (3.1) | Cave Creek Golf Course |
| 2004 | Weston Jones | Red Mesa | 15:50 (3.1) | Anthem Way |
| 2003 | David Mehlhorn | Chandler Valley Christian | 16:50 (3.1) | Anthem Way |
| 2002 | Justin Prevatte | Tombstone | 16:14 (3.1) | Anthem Way |
| 2001 | Alvin Thomas | Sanders Valley | 16:21 (3.0) | Anthem Way |
| 2000 | Wes Winslow | Tombstone | 16:57 (3.1) | Freestone Park (Gilbert) |
| 1999 | Devan Lomayaoma | Keams Canyon Hopi | 16:10 (3.1) | Freestone Park (Gilbert) |
| 1998 | Devan Lomayaoma | Keams Canyon Hopi | 16:39 (3.1) | Freestone Park (Gilbert) |
| 1997 | Ralston Lamson | Keams Canyon Hopi | 16:57 (3.1) | Freestone Park (Gilbert) |
| 1996 | Kyle Goklich | Whiteriver Alchesay | 16:39 (3.1) | Freestone Park (Gilbert) |
| 1995 | Juwan Nuvayokua | Keams Canyon Hopi | 14:56 (2.9) | Fiesta Inn (Tempe) |
| 1994 | Larin Poleahla | Keams Canyon Hopi | 15:43 (2.9) | Fiesta Inn (Tempe) |
| 1993 | Saul Maskey | Bisbee | 15:33 (2.9) | Fiesta Inn (Tempe) |
| 1992 | Jay Lomayestewa | Keams Canyon Hopi | 15:44 (3.1) | Kiwanis Park (Tempe) |
| 1991 | Clifford Allen | Many Farms | 17:02 (3.2) | Estrella Mountain Park |
| 1990 | Tilford Tungovia | Keams Canyon Hopi | 17:54 (3.2) | Estrella Mountain Park |
| 1989 | Kenneth James | Many Farms | 19:26 (3.2) | Estrella Mountain Park |
| 1983 | Brian McGumphy | Benson | 15:53 (3.2) | Pima College (Tucson) |
| 1982 | Daryl Thurber | Springerville Round Valley | 16:11 (3.2) | Pima College (Tucson) |
| 1981 | Mike Lopez | Benson | 14:40 (3.1) | Central Arizona College |
| 1980 | Jim Wichaoa | Baboquivari | 14:35 (3.0) | Central Arizona College |
| 1979 | Pat Listo | Florence | 17:28 (3.3) | Estrella Mountain Park |
| 1978 | Will Bribiescas | Superior | 15:46 (3.0) | Estrella Mountain Park |
| 1977 | Edward Felix | Baboquivari | 18:36 (3.3) | Estrella Mountain Park |
| 1976 | Lorenzo Curly | Sanders Valley | 18:14 (3.3) | Estrella Mountain Park |
| 1975 | Bruce Fay | Florence | 18:46 (3.3) | Estrella Mountain Park |
| 1974 | Gerardo Monreal | Florence | 18:32 (3.3) | Estrella Mountain Park |

(1984 thru 1988 combined with 3A)

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STRENGTH



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2016 GATORADE SECONDARY SCHOOL ATHLETIC TRAINER AWARD



The Gatorade Secondary School AT Award recognizes a certified athletic trainer from each NATA district who has made outstanding contributions in furthering his or her high school's athletic care program or the overall profession of secondary school athletic training.

PRIZE

Each district winner will receive:

- (1) **\$1,000 grant** toward the program featured in the winner's submission
- (1) **Gatorade G Series Performance Package**
- (1) **Gatorade Sidelines Cart**
- Full-paid trip to the **2016 NATA Clinical Symposia & AT Expo** (including flight, accommodations and registration)



GATORADE G SERIES PERFORMANCE PACKAGE*

CRITERIA

- Active certified athletic trainer and a current member of NATA
- NPI #
- BOC certified
- A full-time or part-time employee in the secondary schools

APPLICATION PROCESS

- Application is available on the NATA website under the honors and awards section: <http://www.nata.org/Gatorade-Secondary-School-AT-Award>
- Individuals cannot self-nominate. Nominations may be submitted by others including School Athletic Directors, Fellow Team Practitioners and more.
- Nominators must submit evidence to support description (photos, videos, collateral, etc.).
- Nominators must provide a letter of recommendation including at least one from an employee at the candidate's school.



GATORADE SIDELINES CART

DEADLINES

The deadlines are rolling based on NATA District Meetings timing.

| NATA DISTRICT | APPLICATION DEADLINE | MEETING DATE |
|---------------|----------------------|--------------|
| 1 | 9/30/15 | 1/8-11/16 |
| 2 | 9/30/15 | 1/8-11/16 |
| 3 | 1/30/16 | 5/20-22/2016 |
| 4 | 11/30/15 | 3/9-12/16 |
| 5 | 11/30/15 | 3/16-18/2016 |
| 6 | 3/30/16 | 7/20-22/16 |
| 7 | 12/30/15 | 4/7-10/2016 |
| 8 | 2/30/2015 | 7/12-16/16 |
| 9 | 11/30/15 | 3/9-13/16 |
| 10 | 11/30/15 | 3/31-4/4/16 |

AWARD WINNER ANNOUNCEMENT

- Winners will be notified approximately one month in advance of the NATA District meeting.
- Winners will be announced at each district meeting and will culminate with an announcement and celebration at NATA Annual's Secondary School Committee Meeting and Reception.**

FOR MORE DETAILS, VISIT WWW.NATA.ORG/GATORADE-SECONDARY-SCHOOL-AT-AWARD

*Limited items will be selected from the offerings above

**The SWATA winner will be informed prior to 2016 NATA Annual.



D-III: Meet the First Family of Arizona Cross Country

By Jose Garcia
azpreps365.com

When Rio Rico High School cross country coach Stephen Schadler sends a text message saying he and his family are about to run out and do something, he isn't likely referring to chores.

They are actually heading out to do as Schadler said — run. The Schadlers, Stephen, daughters Alexandra and Samantha, and Mrs. Schadler, Toni Ann, are the Frist Family of high school cross country in Arizona.

Schadler and Toni Ann put their best foot forward to get the cross country programs of Rio Rico, the Schadler's home base for the past 20 years, off the ground, and their dedication helped put Rio Rico on the cross country map.

The fruits of their labor produced some exceptional runners, including Alexandra and Samantha. Samantha will have to wait until her sister, a junior, graduates before the first place medals really start rolling in.

But Samantha's high school long distance career is only about 12 weeks old and is already making news. Alexandra of course is No. 1, but you won't find a sibling rivalry here.

Samantha and Alexandra are allies and best friends, and both of them list a team state title this week at Cave Creek Golf Course as their top goal. Individual success can come second.

"We don't compete with each other," Alexandra said. "We push each other."

Alexandra and Samantha finished 1-2 in the Division III, Section III championship meet, respectively.

Alexandra's time of 16:47.70 at the section meet in Marana was the nation's fifth fastest mark recorded so far.

Samantha's 17:44.00 at the Desert Twilight is the fourth fastest time in the state, regardless of division. Thanks to milesplit.com, Alexandra is quite aware of where she ranks nationally, but that might not be a good thing.

"We don't want to get addictive to that (milesplit.com)," Schadler said. "It only takes one person to beat you on any given day. We talk about how world class runners don't even go undefeated."

Alexandra was humbled — if that's even possible for an athlete that's already very soft-spoken — by her non-top five placing in last year's Chandler Invite, which saw the best mile runners in the nation toe the line.

Since that meet Alexandra now runs knowing that, despite being the two-time defending champ, there's a lot of chasing she still has to do. When it comes to Terri Ann and her husband, Schadler chased his high school sweetheart all the way from New Jersey, where they grew up, to Nogales.

Terri Ann and Schadler competed collegiately, Terri Ann ran at Indiana University and Schadler at Stanford. Terri Ann arrived first at Nogales in 1992 after being hired to student teach.

Schadler arrived a couple of years later. The Schadlers eventually started laying roots, earned full-time teaching jobs and began cutting their cross country coaching teeth.



The Schadler Family (photo provided by the Schadlers)

A former competitive runner, Schadler helped open Rio Rico's cross country and track programs in 1995 with aspirations of building a winner with his signature all over the program. Terri Ann teaches at an elementary but as the coach of one of Rio Rico's feeder schools, she plays an instrumental role in preparing the runners that Schadler receives.

The partnership has helped Rio Rico win two boys and one girls state cross country title as well as three track titles under Schadler.

Last year, Schadler saw one of his prized pupils, Carlos Villareal, graduate as arguably the best high school distance runner from Arizona. Schadler helped convert Villareal into an elite runner in less than three years.

"I try to always focus my energy to pull the best out of each individual," Schadler said. "The second thing is if I can convince them to explore their potential, then I did my job."

He takes the same approach with his daughters.

But there are times when Schadler and Terri Ann have to hold their daughters back. Samantha and Alexandra are very competitive and will push themselves, sometimes too much.

That's where mom and dad step in.

"They will push themselves so hard," Terri Ann said. "I am that little reminder and bring an outside point of view that tells them to scale it back some."

Mom and dad might dictate the practice pace, but at home Terri Ann and Schadler allow their girls to dictate how much they want to talk about running.

"Part of the challenge is not to talk about it all the time since we are around each other a lot," Schadler said. "I just try to pay attention and spend a lot of my time listening."

Balancing the parent/coach roles is difficult, but the Schadlers seem to be doing a good job of balancing both hats.

Their daughters appreciate that they get the best from both worlds.

"I think it really helps a lot having parents who used to run competitively and are coaches," Samantha said. "It helps a lot when you have a lot on your mind. They are always there when I want to talk about things."

The state cross country meet is on Saturday Nov. 7, when the Schadlers are hoping to do a lot of cheering and celebrating.

It'll be a lot more quieter on Sunday, when they'll be back to work and all they'll hear is their running strides.



Rio Rico's Alexandra Schadler (photo by paynterpics.com)



Girls Team State Champs

DIVISION I

| YEAR | WINNING TEAM | HEAD COACH | RUNNERUP | THIRD PLACE |
|------|-------------------------|-----------------|---------------------------|--------------------------|
| 2014 | Tempe Desert Vista (30) | Jeff Messer | Phoenix Xavier (83) | Gilbert Highland (140) |
| 2013 | Tempe Desert Vista (60) | Jeff Messer | Phoenix Xavier (70) | Mesa Mountain View (145) |
| 2012 | Phoenix Xavier (55) | Jeff Messer | Mesa Mountain View (75) | Tempe Desert Vista (105) |
| 2011 | Phoenix Xavier (22) | Dave Van Sickle | Phoenix Desert Vista (81) | Gilbert Highland (98) |
| 2010 | Phoenix Xavier (37) | Dave Van Sickle | Phoenix Desert Vista (94) | Mesa Mountain View (106) |

DIVISION II

| | | | | |
|------|--------------------------------|----------------|---------------------------------|---------------------------------|
| 2014 | Tucson Catalina Foothills (84) | Mike Smith | Flagstaff (96) | Casa Grande Vista Grande (120) |
| 2013 | Flagstaff (34) | Trina Painter | Tucson Catalina Foothills (87) | Prescott (186) |
| 2012 | Flagstaff (63) | Trina Painter | Tucson Catalina Foothills (103) | CC Cactus Shadows (131) |
| 2011 | Flagstaff (62) | Trina Painter | Tucson Sahuaro (93) | Tucson Catalina Foothills (105) |
| 2010 | Nogales (77) | Anna Rodriguez | Tempe Marcos de Niza (97) | Tucson Sahuaro (128) |

DIVISION III

| | | | | |
|------|---------------|------------------|-------------------------|--------------------------|
| 2014 | Page (65) | MacArthur Lane | Window Rock (96) | Chinle (102) |
| 2013 | Rio Rico (89) | Stephen Schadler | Cottonwood Mingus (132) | Page (149) |
| 2012 | Page (51) | MacArthur Lane | Cottonwood Mingus (58) | Chinle (110) |
| 2011 | Chinle (74) | Shaun Martin | Page (77) | Scottsdale Saguario (99) |
| 2010 | Page (94) | Theodore Martin | Chinle (98) | Flagstaff (108) |

DIVISION IV

| | | | | |
|------|-------------------------------|------------------|-------------------------|-------------------------------|
| 2014 | Flagstaff Northland Prep (37) | Missy Acker | Scottsdale Prep (139) | QC American Leadership (159) |
| 2013 | Keams Canyon Hopi (38) | Laverne Lomakema | Tucson Pusch Ridge (56) | Scottsdale Prep (69) |
| 2012 | Keams Canyon Hopi (47) | Laverne Lomakema | Tucson Pusch Ridge (62) | Flagstaff Northland Prep (87) |
| 2011 | Keams Canyon Hopi (39) | Elmer Yazzie | Tucson Pusch Ridge (78) | Flagstaff Northland Prep (83) |
| 2010 | Keams Canyon Hopi (31) | Laverne Lomakema | Sedona Red Rock (66) | Flagstaff Northland Prep (92) |

5A CONFERENCE

| | | | | |
|-----------|-----------------------------------|-----------------|----------------------------------|-------------------------------|
| 2009 5A-1 | Phoenix Xavier (31) | Dave Van Sickle | Tempe Desert Vista (74) | Gilbert Highland (77) |
| 2009 5A-2 | Oro Valley Ironwood Ridge (40) | Rob Clouse | Phoenix Pinnacle (66) | Tucson Sunnyside (115) |
| 2008 5A-1 | Phoenix Xavier (87) | Dave Van Sickle | Mesa Mountain View (95) | Gilbert Highland (145) |
| 2008 5A-2 | Oro Valley Ironwood Ridge (38) | Rob Clouse | Phoenix Pinnacle (60) | Tucson Sunnyside (104) |
| 2007 5A-1 | Phoenix Xavier (69) | Dave Van Sickle | Glendale Mountain Ridge (89) | Mesa Mountain View (94) |
| 2007 5A-2 | Oro Valley Ironwood Ridge (44) | Rob Clouse | Marana Mountain View (47) | Tempe Marcos de Niza (98) |
| 2006 5A-1 | Tucson Salpointe Catholic (82) | Malisa Carino | Phoenix Xavier (111) | Glendale Mountain Ridge (121) |
| 2006 5A-2 | Glendale Sandra Day O'Connor (28) | Brian Dempsey | Marana Mountain View (87) | Tucson Flowing Wells (111) |
| 2005 5A-1 | Tempe Mountain Pointe (58) | Geoffrey Owers | Tempe Desert Vista (103) | Glendale Mountain Ridge (116) |
| 2005 5A-2 | Marana Mountain View (61) | Dennis Hansen | Glendale Sandra Day O'Connor (7) | Tucson Flowing Wells (102) |
| 2004 | Tucson Flowing Wells (73) | Amanda Fish | Tempe Mountain Pointe (75) | Tempe Desert Vista (100) |
| 2003 | Tempe Mountain Pointe (60) | Geoffrey Owers | Tempe Desert Vista (97) | Glendale Mountain Ridge (150) |
| 2002 | Tempe Mountain Pointe (51) | Geoffrey Owers | Tempe Desert Vista (78) | Scottsdale Desert Mt. (127) |
| 2001 | Tempe Mountain Pointe (37) | Geoffrey Owers | Phoenix Xavier (128) | Marana Mountain View (129) |
| 2000 | Tempe Desert Vista (41) | Chris Hanson | Gilbert (116) | Glendale Mountain Ridge (120) |
| 1999 | Glendale Mountain Ridge (49) | Scott Pestka | Tempe Mountain Pointe (116) | Tempe Desert Vista (131) |
| 1998 | Tempe Desert Vista (69) | Chris Hanson | Phoenix Xavier (85) | Scottsdale Desert Mt. (172) |
| 1997 | Phoenix Xavier (112) | Dave Van Sickle | Scottsdale Desert Mountain (145) | Kingman (146) |
| 1996 | Phoenix Xavier (60) | Dave Van Sickle | Scottsdale Horizon (68) | Mesa Westwood (111) |
| 1995 | Phoenix Xavier (32) | Dave Van Sickle | Mesa Westwood (107) | Tempe Desert Vista (113) |
| 1994 | Glendale Deer Valley (44) | Lynne Hallford | Phoenix Xavier (50) | Gilbert (84) |
| 1993 | Glendale Deer Valley (32) | Lynne Hallford | Gilbert (62) | Tempe Mountain Pointe (130) |
| 1992 | Gilbert (80) | Stacy Gardner | Glendale Deer Valley (83) | Tucson Canyon del Oro (143) |
| 1991 | Mesa Red Mountain (74) | David Hines | Glendale Deer Valley (156) | Phoenix Moon Valley (160) |
| 1990 | Tucson Sahuaro (92) | Jeff Lockwood | Mesa Red Mountain (119) | Tucson Canyon del Oro (122) |
| 1989 | Tucson Sahuaro (88) | Jeff Lockwood | Chandler (105) | Tucson Canyon del Oro (119) |
| 1988 | Tucson Sahuaro (89) | Jeff Lockwood | Mesa (101) | Tucson Canyon del Oro (133) |
| 1987 | Phoenix Shadow Mountain (97) | Richard Garcia | Glendale Apollo (133) | Tucson Salpointe (149) |
| 1986 | Phoenix Shadow Mountain (77) | Richard Garcia | Tempe Corona del Sol (94) | Sierra Vista Buena (112) |



Girls Team State Champs

| YEAR | WINNING TEAM | HEAD COACH | RUNNERUP | THIRD PLACE |
|------|------------------------------|----------------|-----------------------------|-----------------------------|
| 1985 | Phoenix Shadow Mountain (76) | Richard Garcia | Tucson Canyon del Oro (93) | Mesa Westwood (129) |
| 1984 | Tucson Amphitheater (85) | Sam McClung | Tucson Canyon del Oro (102) | Prescott (120) |
| 1983 | Scottsdale Horizon (78) | Kathy Newsome | Phoenix Washington (101) | Tucson Canyon del Oro (107) |
| 1982 | Sierra Vista Buena (118) | Dick Haines | Tucson Amphitheater (140) | Scottsdale Coronado (146) |
| 1981 | Scottsdale Chaparral (126) | Dick Stolper | Tucson Sahuaro (141) | Tucson Palo Verde (170) |
| 1980 | Tucson Sahuaro (64) | Jeff Lockwood | Scottsdale Coronado (75) | Scottsdale Chaparral (157) |
| 1979 | Scottsdale Coronado (48) | Dave Archibald | Tucson Sahuaro (109) | Sierra Vista Buena (120) |
| 1978 | Scottsdale Coronado (51) | Dave Archibald | Sierra Vista Buena (80) | Phoenix Alhambra (109) |
| 1977 | Sierra Vista Buena (41) | Dick Haines | Phoenix Alhambra (43) | Prescott (82) |

4A CONFERENCE

| | | | | |
|-----------|-----------------------------------|-------------------|---------------------------------|----------------------------------|
| 2009 4A-1 | Nogales (47) | Manny Gatica | Cave Creek Cactus Shadows (88) | Tucson Sabino (114) |
| 2009 4A-2 | Page (72) | Theo Martin | Flagstaff (75) | Rio Rico (76) |
| 2008 4A-1 | Phoenix Sandra Day O'Connor (66) | Brian Dempsey | Scottsdale Saguaro (77) | Nogales (110) |
| 2008 4A-2 | Flagstaff (74) | Trina Painter | Page (82) | Rio Rico (94) |
| 2007 4A-1 | Glendale Sandra Day O'Connor (47) | Brian Dempsey | Cave Creek Cactus Shadows (74) | Nogales (86) |
| 2007 4A-2 | Rio Rico (79) | Rodger Bristow | Flagstaff (84) | Tucson Catalina (94) |
| 2006 4A-1 | Tucson Catalina (45) | Kathleen Espinoza | Scottsdale Saguaro (67) | Tucson Ironwood Ridge (101) |
| 2006 4A-2 | Page (37) | Mark Lomeland | Flagstaff (59) | Flagstaff Coconino (100) |
| 2005 4A-1 | Tucson Catalina Foothills (69) | Eric Grossman | Tucson Ironwood Ridge (90) | Scottsdale Saguaro (138) |
| 2005 4A-2 | Page (42) | Mark Lomeland | Flagstaff (59) | Rio Rico (101) |
| 2004 | Flagstaff (77) | Sharon Falor | Page (110) | Tucson Catalina Foothills (113) |
| 2003 | Flagstaff (55) | Sharon Falor | Tucson Catalina Foothills (69) | Cactus Shadows (134) |
| 2002 | Flagstaff (34) | Sharon Falor | Tucson Catalina Foothills (96) | Scottsdale Arcadia (101) |
| 2001 | Flagstaff (57) | Sharon Falor | Chinle (88) | CC Cactus Shadows (97) |
| 2000 | Flagstaff (76) | Sharon Falor | Page (113) | (TIE) Scottsdale Chaparral (177) |
| | | | | Chinle (177) |
| | | | | Prescott (177) |
| 1999 | Page (74) | Jim Trapp | Tucson Catalina Foothills (104) | Chinle (124) |
| 1998 | Page (38) | Mark Lomeland | Chinle (105) | Catalina Foothills (107) |
| 1997 | Chinle (43) | Steve Keiser | Page (45) | Catalina Foothills (85) |
| 1996 | Chinle (53) | Steve Keiser | Tucson Flowing Wells (54) | Peoria Centennial (115) |
| 1995 | Tucson Catalina Foothills (86) | Ron Grant | Chinle (88) | Gilbert (102) |
| 1994 | Chinle (77) | Steve Keiser | Peoria Centennial (101) | Tucson Sabino (137) |
| 1993 | Chinle (65) | Steve Keiser | Page (82) | Mesa Mountain View (162) |
| 1992 | Page (60) | Paul Worthen | Marana Mountain View (107) | Glendale Cactus (137) |
| 1991 | Page (76) | Paul Worthen | Glendale Cactus (77) | Tucson Sahuaro (134) |
| 1990 | Flagstaff (58) | Dusty Sullivan | Tucson Desert View (134) | Douglas (144) |
| 1989 | Lake Havasu (47) | Ray Reynolds | Prescott (110) | Flagstaff (120) |
| 1988 | Lake Havasu (75) | Ray Reynolds | Mesa Red Mountain (93) | Flagstaff (114) |
| 1987 | Prescott (38) | Tim Carter | Tuba City (109) | Scottsdale Arcadia (126) |
| 1986 | Prescott (47) | Tim Carter | Lake Havasu (60) | Glendale Cactus (134) |
| 1985 | Prescott (69) | Tim Carter | Lake Havasu (102) | Glendale Cactus (152) |
| 1984 | Tuba City (27) | Janet Lomakema | Lake Havasu (87) | Window Rock (97) |
| 1983 | Tuba City (21) | Janet Lomakema | Nogales (82) | Winslow (88) |
| 1982 | Tuba City (18) | Janet Lomekema | Cottonwood Mingus Union (95) | Nogales (104) |
| 1981 | Tuba City (30) | Steve Shapiro | Tucson Flowing Wells (71) | Lake Havasu (103) |
| 1980 | Flagstaff (33) | Clair Harris | Tuba City (43) | Tucson Flowing Wells (88) |
| 1979 | Tucson Flowing Wells (53) | Hayden Smith | Tuba City (68) | Flagstaff (113) |
| 1978 | Tuba City (40) | Janet Tsingine | Winslow (84) | Tucson Canyon del Oro (114) |
| 1977 | Winslow (44) | Dave Conatser | Tucson Canyon del Oro (83) | Flagstaff (89) |

3A CONFERENCE

| | | | | |
|------|-------------|----------------|--------------------------|--------------------------|
| 2009 | Chinle (34) | Shaun Martin | Sedona Red Rock (85) | Tuba City (96) |
| 2008 | Chinle (50) | Shaun Martin | Tuba City (71) | Lakeside Blue Ridge (79) |
| 2007 | Chinle (50) | Melissa Martin | Lakeside Blue Ridge (62) | Winslow (70) |
| 2006 | Chinle (40) | Melissa Martin | Winslow (103) | Ganado (111) |
| 2005 | Ganado (61) | Anaa James | (TIE) Window Rock (90) | Winslow (90) |



Girls Team State Champs

| YEAR | WINNING TEAM | HEAD COACH | RUNNERUP | THIRD PLACE |
|------|---------------------------|------------------|---------------------------|---------------------------------|
| 2004 | Ganado (41) | Anna James | Window Rock (84) | Keams Canyon Hopi (117) |
| 2003 | Keams Canyon Hopi (31) | Harvey Honyouti | Ganado (72) | Springerville Round Valley (76) |
| 2002 | Keams Canyon Hopi (55) | Harvey Honyouti | Ganado (83) | Window Rock (97) |
| 2001 | Payson (53) | Chuck Hardt | Keams Canyon Hopi (65) | Ganado (77) |
| 2000 | Tuba City (43) | Milfred Tewawina | Payson (75) | Window Rock (91) |
| 1999 | Tuba City (26) | Milfred Tewawina | Ganado (67) | Winslow (117) |
| 1998 | Tuba City (53) | Milfred Tewawina | Ganado (59) | Window Rock (72) |
| 1997 | Tuba City (43) | Milfred Tewawina | Window Rock (67) | Ganado (116) |
| 1996 | Ganado (50) | Jim Lujan | Fountain Hills (72) | Monument Valley (115) |
| 1995 | Ganado (32) | Dave Hamons | Window Rock (87) | Fountain Hills (87) |
| 1994 | Ganado (33) | Jim Lujan | Monument Valley (85) | Round Valley (90) |
| 1993 | Monument Valley (47) | Darryl Reichard | Ganado (82) | Tuba City (84) |
| 1992 | Monument Valley (49) | Darryl Reichard | Ganado (59) | Chinle (74) |
| 1991 | Monument Valley (28) | Ralph Farr | Ganado (68) | Tuba City (100) |
| 1990 | Monument Valley (30) | Ralph Farr | Tuba City (49) | Ganado (84) |
| 1989 | Monument Valley (39) | Ralph Farr | (unknown) | (unknown) |
| 1988 | Hopi (36) | Harvey Honyouti | Monument Valley (59) | Chinle (90) |
| 1987 | Hopi (42) | Harvey Honyouti | Monument Valley (43) | Window Rock (82) |
| 1986 | Tuba City (26) | Janet Lomakema | Monument Valley (73) | Chinle (86) |
| 1985 | Monument Valley (51) | Ralph Farr | Tuba City (57) | Window Rock (129) |
| 1984 | Monument Valley (39) | Ralph Farr | Page (94) | Many Farms (122) |
| 1983 | Monument Valley (54) | Ralph Farr | Page (58) | Bisbee (91) |
| 1982 | Bisbee (19) | Leonard Suarez | Many Farms (71) | Monument Valley (93) |
| 1981 | Ajo (64) | Jose Nogales | Monument Valley (75) | Chinle (81) |
| 1980 | Monument Valley (56) | Ralph Farr | Bullhead City Mohave (70) | Chinle (89) |
| 1979 | Bullhead City Mohave (56) | Paul Tribb | Ganado (64) | Monument Valley (65) |
| 1978 | Monument Valley (unk.) | Ralph Farr | (unknown) | (unknown) |
| 1977 | Window Rock (34) | Bill Cowley | Monument Valley (35) | (unknown) |

1A/2A CONFERENCES

| | | | | |
|-------|--------------------------------|------------------|-------------------------------|---------------------------------|
| 2009 | Keams Canyon Hopi (52) | Laverne Lomakema | Flagstaff Northland Prep (54) | Sanders Valley (76) |
| 2008 | Keams Canyon Hopi (32) | Laverne Lomakema | Flagstaff Northland Prep (51) | Sanders Valley (81) |
| 2007 | Keams Canyon Hopi (36) | Harvey Honyouti | Flagstaff Northland Prep (46) | Chandler Valley Christian (90) |
| 2006 | Chandler Valley Christian (90) | Erika Jackson | Sanders Valley (91) | Yuma Catholic (98) |
| 2005 | Yuma Catholic (42) | Ralph Farr | Pinon (65) | Tempe Prep (138) |
| 2004 | Yuma Catholic (94) | Ralph Farr | Scottsdale Christian (101) | Sanders Valley (117) |
| 2003 | Sanders Valley (70) | Lucas Lucio | Many Farms (74) | Yuma Catholic (90) |
| 2002 | St. Michael (69) | Terry Thompson | Many Farms (92) | Tombstone (94) |
| 2001 | St. Michael (46) | Terry Thompson | Many Farms (72) | Bisbee (113) |
| 2000 | Keams Canyon Hopi (22) | Harvey Honyouti | St. Michael (77) | Chandler Valley Christian (94) |
| 1999 | Keams Canyon Hopi (20) | Harvey Honyouti | St. Michael (98) | Willcox (134) |
| 1998 | Keams Canyon Hopi (36) | Harvey Honyouti | Tombstone (103) | Willcox (122) |
| 1997 | Keams Canyon Hopi (23) | Harvey Honyouti | Willcox (57) | Sanders Valley (138) |
| 1996 | Keams Canyon Hopi (25) | Harvey Honyouti | Whiteriver Alchesay (56) | Willcox (83) |
| 1995 | St. Michael (30) | Gary Morrow | Hopi (68) | Whiteriver Alchesay (87) |
| 1994 | Keams Canyon Hopi (28) | Harvey Honyouti | Willcox (63) | Benson (69) |
| 1993 | Keams Canyon Hopi (42) | Harvey Honyouti | Benson (59) | Bisbee (73) |
| 1992 | Keams Canyon Hopi (43) | Harvey Honyouti | Whiteriver Alchesay (69) | Sanders Valley (88) |
| 1991 | Keams Canyon Hopi (32) | Harvey Honyouti | Whiteriver Alchesay (79) | Benson (100) |
| 1990 | Keams Canyon Hopi (18) | Harvey Honyouti | Monument Valley (62) | Whiteriver Alchesay (68) |
| 1989 | Keams Canyon Hopi (31) | Harvey Honyouti | Whiteriver Alchesay (87) | Chandler Valley Christian (112) |
| ----- | | | | |
| 1983 | Ajo (29) | Jose Nogales | Benson (39) | Baboquivari (71) |
| 1982 | Benson (31) | Jerry Lee | Ajo (38) | Willcox (79) |
| 1981 | Show Low (30) | Jim Hart | Benson (51) | Baboquivari (63) |
| 1980 | Show Low (30) | Jim Hart | Florence (81) | Benson (85) |



Unusual Slow Start Hasn't Stopped the Favorite, Hopi



Hopi's Andre Lucas and Pinon's Adriano Joe are elite runners (photos by Steve Paynter/paynterpics.com).

By Jose Garcia
azpreps365.com

Hopi's boys cross country team didn't place first in three regular season meets this year.

Did it finally leave an opening for another team to step in and snap Hopi's 25-year team state championship streak?

Nope.

The Bruins recently erased any doubt about who the favorite is heading into Saturday's Nov. 7 Division IV state cross country meet at Cave Creek Golf Course. Hopi won its Section I meet by 40 points, defeating some of the teams that were being considered as potential suiters to take over the D-IV crown.

"We are ready to rock and roll," Hopi coach Rick Baker said about the state meet.

Hopi had four of its runners finish in the top-14 during the section race in Holbrook, helping them defeat second place Many Farms, Pinon and Monument Valley.

Hopi won the section meet despite not having its regular season No. 5 runner participate for disciplinary reasons. Hopi obviously got off to a slow start this season, as it's No. 3 runner, who finished 10th at state last year, didn't come out to run this year.

"The last two years we've gotten off to slow starts, but this year was different," Baker said. "It really took a while to get going."

It wasn't until Hopi took second at the Holbrook Invite two weeks ago that Baker and his boys really started to hit their stride.

It also took Hopi's No. 1 runner, Diome Talaswaima, a while to get on track. But despite being a sophomore and slow start, Talaswaima is ready to lead his pack.

Talaswaima finished second (16:32) at last year's D-IV state race. This year, he posted his best time (16:23) at the Desert Twilight meet.

Andrew Lucas continues to be Hopi's No. 2 and looking to improve on last year's sixth place finish at state. The No. 3 spot is now occupied by a new runner, Dario Fredricks, a senior who started running this year.

Fredricks was playing for the school's chess team during his first three years of high school, but decided to see if you

could help his cross country teammates check opponents this year. The top-6 spots for Hopi are booked, including No. 6 Qoyatayo Honie.

The team will determine who will be its No. 7 runner for the state meet during a run-off on Monday Nov. 2. Pinon, which finished second at state last year, also failed to impress at the beginning of the season.

But it did place higher than Hopi in three meets this year and was considered one of the favorites to snap Hopi's national record streak. Adriano Joe was the biggest reason for Pinon's high hopes.

Joe, the defending D-IV state individual state champ, is a fierce competitor, but shin splints took away some of Joe's bite on the course this year. Pinon was also hampered by the loss of one of its top runners, who attended the funeral services of a relative.

But like Hopi, Joe has turned it on as of late. The junior won the Holbrook Invite, which is a Division III meet.

Joe came in 14th place at the Desert Twilight, four spots higher than last year's Desert Twilight performance. But Joe will need a lot of help from his teammates if Pinon wants to place higher than second, which it has the past two seasons, at state.

"As a coach, I am hopeful," Pinon coach Leroy Begay said.



Girls Individual State Champions

DIVISION I

| YEAR | WINNER | SCHOOL | TIME/DISTANCE | COURSE |
|------|--------------|---------------------|----------------|------------------------|
| 2014 | Dani Jones | Tempe Desert Vista | 17:26 (3.1) | Cave Creek Golf Course |
| 2013 | Dani Jones | Tempe Desert Vista | 18:00.80 (3.1) | Cave Creek Golf Course |
| 2012 | Sarah Fakler | Phoenix Xavier Prep | 18:02.25 (3.1) | Cave Creek Golf Course |
| 2011 | Sarah Fakler | Phoenix Xavier Prep | 17:48.19 (3.1) | Cave Creek Golf Course |
| 2010 | Sarah Fakler | Phoenix Xavier Prep | 18:26.97 (3.1) | Cave Creek Golf Course |

DIVISION II

| | | | | |
|------|------------------|----------------------|----------------|------------------------|
| 2014 | Bridgette Doucet | Canyon Del Oro | 18:07 (3.1) | Cave Creek Golf Course |
| 2013 | Tatiana Gillick | Flagstaff | 18:28.96 (3.1) | Cave Creek Golf Course |
| 2012 | Tatiana Gillick | Flagstaff | 18:55.25 (3.1) | Cave Creek Golf Course |
| 2011 | Tatiana Gillick | Flagstaff | 18:29.64 (3.1) | Cave Creek Golf Course |
| 2010 | Kylee Kieser | Tempe Marcos de Niza | 18:53.01 (3.1) | Cave Creek Golf Course |

DIVISION III

| | | | | |
|------|--------------------|----------|----------------|------------------------|
| 2014 | Alexandra Schadler | Rio Rico | 18:14 (3.1) | Cave Creek Golf Course |
| 2013 | Alexandra Schadler | Rio Rico | 18:38.18 (3.1) | Cave Creek Golf Course |
| 2012 | Diana Garcia | Tempe | 18:39.19 (3.1) | Cave Creek Golf Course |
| 2011 | Rolonda Jumbo | Chinle | 18:27.20 (3.1) | Cave Creek Golf Course |
| 2010 | Rolonda Jumbo | Chinle | 18:34.55 (3.1) | Cave Creek Golf Course |

DIVISION IV

| | | | | |
|------|------------------|------------------------------|----------------|------------------------|
| 2014 | Maya Smith | Northland Prep | 19:25 (3.1) | Cave Creek Golf Course |
| 2013 | Valentina Nyhart | Northland Prep | 19:39.72 (3.1) | Cave Creek Golf Course |
| 2012 | Anna Long | Scottsdale Christian | 18:54.12 (3.1) | Cave Creek Golf Course |
| 2011 | Sarah MacDonald | Tucson Pusch Ridge Christian | 18:55.28 (3.1) | Cave Creek Golf Course |
| 2010 | Chelena Betoney | Sanders Valley | 19:52.44 (3.1) | Cave Creek Golf Course |

5A CONFERENCE

| | | | | |
|-----------|----------------------|------------------------------|--------------------|-----------------------------|
| 2009 5A-1 | Jessica Tonn | Phoenix Xavier Prep | 17:28.16 (3.1) | Cave Creek Golf Course |
| 2009 5A-2 | Sarah Miville | Oro Valley Ironwood Ridge | 19:14.81 (3.1) | Cave Creek Golf Course |
| 2008 5A-1 | Jessica Tonn | Phoenix Xavier Prep | 17:50.90 (3.1) | Cave Creek Golf Course |
| 2008 5A-2 | Lacey Kalinen | Pinnacle | 19:27.30 (3.1) | Cave Creek Golf Course |
| 2007 5A-1 | Nadya Bishton | Glendale Mountain Ridge | 17:28.25 (3.1) | Cave Creek Golf Course |
| 2007 5A-2 | Sarah Miville | Oro Valley Ironwood Ridge | 18:57.10 (3.1) | Cave Creek Golf Course |
| 2006 5A-1 | Nadya Bishton | Glendale Mountain Ridge | 18:11.40 (3.1) | Cave Creek Golf Course |
| 2006 5A-2 | Lindsay Prescott | Glendale Sandra Day O'Connor | 18:41.25 (3.1) | Cave Creek Golf Course |
| 2005 5A-1 | Kristen Phillips | Tempe Mountain Pointe | 19:15.30 (3.1) | Cave Creek Golf Course |
| 2005 5A-2 | Tara Erdman | Tucson Flowing Wells | 19:11.00 (3.1) | Cave Creek Golf Course |
| 2004 | Kristen Phillips | Tempe Mountain Pointe | 18:32 (3.1) | Anthem Way |
| 2003 | Ellen Mork | Tucson Flowing Wells | 19:11 (3.1) | Anthem Way |
| 2002 | Valerie McGregor | Marana Mountain View | 18:22 (3.1) | Anthem Way |
| 2001 | Sally Meyerhoff | Tempe Mountain Pointe | 17:15 (3.0) | Anthem Way |
| 2000 | Sally Meyerhoff | Tempe Mountain Pointe | 18:48 (3.1) | Freestone Park (Gilbert) |
| 1999 | Sara Gorton | Tempe Mountain Pointe | 18:29 (3.1) | Freestone Park (Gilbert) |
| 1998 | Sara Gorton | Tempe Mountain Pointe | 18:34 (3.1) | Freestone Park (Gilbert) |
| 1997 | Mary Barreto | Phoenix Xavier | 19:14 (3.1) | Freestone Park (Gilbert) |
| 1996 | Mary Barreto | Phoenix Xavier | 14:46 (2.4) | Freestone Park (Gilbert) |
| 1995 | Mary Barreto (so) | Phoenix Xavier | 14:39 (2.4) | Fiesta Inn (Tempe) |
| 1994 | Judy Barreto | Phoenix Xavier | 14:36 (2.4) | Fiesta Inn (Tempe) |
| 1993 | Tegan Freestone (fr) | Mesa Westwood | 14:20 (2.2) | Kennedy Park (Tucson) |
| 1992 | Virginia Pedersoli | Tucson Amphitheater | 14:47 (2.1) | Estrella Mountain Park |
| 1991 | Virginia Pedersoli | Tucson Amphitheater | 14:14 (2.3) | Spook Hill Park (Mesa) |
| 1990 | Amber Clark | Mesa Dobson | 14:08 (2.3) | Prison Hills (Yuma) |
| 1989 | Amber Clark | Mesa Dobson | 11:25 (1.9) | Thunderbird Park (Glendale) |
| 1988 | Amber Clark (fr) | Mesa Dobson | 13:54 (2.0) | Estrella Mountain Park |
| 1987 | Tracy Jarman | Shadow Mountain | 10:55 (1.9) | Thunderbird Park (Glendale) |
| 1986 | Tracy Jarman | Shadow Mountain | 11:20 (2.1) | Pima College (Tucson) |
| 1985 | Carol Moore | Tucson Canyon del Oro | 13:49 (2.5) | Kiwanas Park (Tempe) |
| 1984 | Laura Goodwin | Tucson Palo Verde | 13:45 (2.3) | Mouer Park (Tempe) |
| 1983 | Trina Leopold | Scottsdale Horizon | 11:54 (2.1) | Pima College (Tucson) |
| 1982 | Mary Curetain | Tucson Amphitheater | no time/rain storm | Fountain Hills |
| 1981 | Lisa Anetzberger | Phoenix Alhambra | 13:30 (2.3) | Kiwanas Park (Tempe) |



Girls Individual State Champions

| YEAR | WINNER | SCHOOL | TIME/DISTANCE | COURSE |
|------|-----------------------|-----------------------|---------------|------------------------|
| 1980 | Millicent Anderson | Tucson Canyon del Oro | 13:58 (2.5) | Tucson Santa Rita H.S. |
| 1979 | Lisa Anetzberger (so) | Phoenix Alhambra | 11:05 (2.0) | Fountain Hills |
| 1978 | Stacy Hartsfield (fr) | Scottsdale Arcadia | 10:40 (2.0) | Kiwanas Park (Tempe) |

4A CONFERENCE

| | | | | |
|-----------|--------------------|-----------------------------------|----------------|-----------------------------|
| 2009 4A-1 | Zahira Jimenez | Nogales | 18:59.09 (3.1) | Cave Creek Golf Course |
| 2009 4A-2 | Aeoleone Bristow | Rio Rico | 19:22.39 (3.1) | Cave Creek Golf Course |
| 2008 4A-1 | Christina Price | Sabino | 19:16.20 (3.1) | Cave Creek Golf Course |
| 2008 4A-2 | Aeoleone Bristow | Rio Rico | 19:07.05 (3.1) | Cave Creek Golf Course |
| 2007 4A-1 | Lindsay Prescott | Glendale Sandra Day O'Connor | 18:34.15 (3.1) | Cave Creek Golf Course |
| 2007 4A-2 | Hannah Henson | Rio Rico | 18:46.90 (3.1) | Cave Creek Golf Course |
| 2006 4A-1 | Ashley Chirco | Tucson Rincon | 19:21.85 (3.1) | Cave Creek Golf Course |
| 2006 4A-2 | Katrina Lee | Page | 19:14.55 (3.1) | Cave Creek Golf Course |
| 2005 4A-1 | Andrea Crowe | Tucson Catalina Foothills | 20:34.50 (3.1) | Cave Creek Golf Course |
| 2005 4A-2 | Kari Hardt | Queen Creek | 18:42.45 (3.1) | Cave Creek Golf Course |
| 2004 | Kelsey Greathouse | Prescott Valley Bradshaw Mountain | 19:01 (3.1) | Anthem Way |
| 2003 | Angela Camillo | Cave Creek Cactus Shadows | 19:21 (3.1) | Anthem Way |
| 2002 | Annie Falor | Flagstaff | 18:08 (3.1) | Anthem Way |
| 2001 | Jennifer Klein | Prescott | 20:19 (3.1) | Santa Rita H.S. (Tucson) |
| 2000 | Jennifer Klein | Prescott | 19:33 (3.1) | Freestone Park (Gilbert) |
| 1999 | Amber Quigley | Tucson Sunnyside | 19:11 (3.1) | Freestone Park (Gilbert) |
| 1998 | Kristel Redhair | Page | 19:46 (3.1) | Tucson Santa Rita H.S. |
| 1997 | Lisa Aguilera | Peoria Centennial | 19:58 (3.1) | Freestone Park (Gilbert) |
| 1996 | Kristel Redhair | Page | 19:36 (3.1) | Freestone Park (Gilbert) |
| 1995 | Jennifer Maritta | Tucson Catalina Foothills | 18:18 (2.9) | Fiesta Inn (Tempe) |
| 1994 | Jennifer Maritta | Tucson Catalina Foothills | 18:32 (2.9) | Fiesta Inn (Tempe) |
| 1993 | Jennifer Varga | Tucson Santa Rita | 14:43 (2.4) | Fiesta Inn (Tempe) |
| 1992 | Autrnm McManis | Page | 14:47 (2.4) | Paseo Park (Peoria) |
| 1991 | Carla Estrella | Tucson Santa Rita | 15:01 (2.3) | Thunderbird Park (Glendale) |
| 1990 | Crista Matthews | Lake Havasu | 14:13 (2.2) | Thunderbird Park (Glendale) |
| 1989 | Crista Matthews | Lake Havasu | 11:22 (1.9) | Thunderbird Park (Glendale) |
| 1988 | Nancy George | Tucson Rincon | 14:59 (2.0) | Estrella Mountain Park |
| 1987 | Lisa Hill | Prescott | 11:16 (1.9) | Thunderbird Park (Glendale) |
| 1986 | Gretchen Butts | Prescott | 12:10 (2.1) | Pima College (Tucson) |
| 1985 | Anke Mebold | Tucson Rincon | 14:18 (2.4) | Kiwanas Park (Tempe) |
| 1984 | Janis Posey | Tuba City | 11:05 (1.9) | Thunderbird Park (Glendale) |
| 1983 | Janis Posey | Tuba City | 13:10 (2.2) | Buckeye Hills |
| 1982 | Janis Posey (fr) | Tuba City | 13:24 (2.2) | Buckeye Hills |
| 1981 | Colleen Talahutewa | Tuba City | 13:23 (2.2) | Estrella Mountain Park |
| 1980 | Kelly Bates | Flagstaff Coconino | 10:19 (2.0) | Dysart H.S. (Peoria) |
| 1979 | Millicent Anderson | Tucson Canyon del Oro | 12:38 (2.0) | Estrella Mountain Park |
| 1978 | Kellie Cathey | San Manuel | 16:37 (3.0) | Estrella Mountain Park |
| 1977 | Kathy Terrell | Kingman | 13:30 (2.2) | Estrella Mountain Park |
| 1976 | Lisa Feyerelsen | Flagstaff Coconino | 14:10 (2.2) | Estrella Mountain Park |

3A CONFERENCE

| | | | | |
|------|-------------------|----------------------------|----------------|--------------------------|
| 2009 | Rolonda Jumbo | Chinle | 18:40.99 (3.1) | Cave Creek Golf Course |
| 2008 | Rolonda Jumbo | Chinle | 18:14.30 (3.1) | Cave Creek Golf Course |
| 2007 | Jessica Rydberg | Lakeside Blue Ridge | 20:00.00 (3.1) | Cave Creek Golf Course |
| 2006 | Charnelle Curley | Chinle | 19:48.25 (3.1) | Cave Creek Golf Course |
| 2005 | Janeen Yazzie | Winslow | 20:20 (3.1) | Cave Creek Golf Course |
| 2004 | Kari Hardt | Queen Creek | 18:12 (3.1) | Anthem Way |
| 2003 | Whitney Hardt | Springerville Round Valley | 19:03 (3.1) | Anthem Way |
| 2002 | Whitney Hardt | Springerville Round Valley | 18:33 (3.1) | Anthem Way |
| 2001 | Whitney Hardt | Payson | 18:28 (3.0) | Anthem Way |
| 2000 | Jodie Denike | Chino Valley | 19:31 (3.1) | Freestone Park (Gilbert) |
| 1999 | Ciji Honahni | Tuba City | 19:56 (3.1) | Freestone Park (Gilbert) |
| 1998 | Alvina Begay | Ganado | 19:03 (3.1) | Freestone Park (Gilbert) |
| 1997 | Alvina Begay | Ganado | 19:22 (3.1) | Freestone Park (Gilbert) |
| 1996 | Kimberly Wilkins | Round Valley | 19:47 (3.1) | Freestone Park (Gilbert) |
| 1995 | Zandra Tahy | Ganado | 18:27 (2.9) | Fiesta Inn (Tempe) |
| 1994 | Terri Kelewood | Ganado | 18:36 (2.9) | Fiesta Inn (Tempe) |
| 1993 | Esmeralda Thomas | Holbrook | 18:46 (2.9) | Fiesta Inn (Tempe) |
| 1992 | Danielle Bornfeld | Monument Valley | 12:51 (2.2) | Kiwanis Park (Tempe) |



Girls Individual State Champions

| YEAR | WINNER | SCHOOL | TIME/DISTANCE | COURSE |
|------|-------------------|-------------------------|---------------|------------------------|
| 1991 | Danielle Bornfeld | Monument Valley | 13:38 (2.2) | Estrella Mountain Park |
| 1990 | Danielle Bornfeld | Monument Valley | 13:03 (2.2) | Estrella Mountain Park |
| 1989 | Danielle Bornfeld | Monument Valley | 13:18 (2.0) | Estrella Mountain Park |
| 1988 | Fayette Dale (fr) | Window Rock | 14:09 (2.0) | Estrella Mountain Park |
| 1987 | Michelle Jensen | Kayenta Monument Valley | (unk.) (2.0) | Estrella Mountain Park |
| 1986 | Lucille Teller | Chinle | 13:54 (2.1) | Gilbert H.S. |
| 1985 | Janice Posey | Tuba City | 14:52 (2.2) | Kiwanis Park (Tempe) |
| 1984 | Harriet Wagner | Phoenix Indian School | 14:51 (2.2) | Kiwanis Park (Tempe) |
| 1983 | Harriet Wagner | Phoenix Indian School | 13:32 (2.2) | Buckeye Hills |
| 1982 | Patty Lopez | Bisbee | 13:47 (2.2) | Buckeye Hills |
| 1981 | Tammy Jones | Ajo | 13:39 (2.3) | Estrella Mountain Park |
| 1980 | Tammie Sanderson | Page | 13:25 (2.0) | Estrella Mountain Park |
| 1979 | Bev Koerber | Bullhead City Mohave | 13:50 (2.0) | Estrella Mountain Park |
| 1978 | (unknown) | | | |
| 1977 | Laven Begay | Window Rock | 14:05 (2.1) | Estrella Mountain Park |

1A/2A CONFERENCES

| | | | | |
|------|-----------------------|---------------------------|----------------|--------------------------|
| 2009 | Chelena Betoney | Sanders Valley | 19:36.28 (3.1) | Cave Creek Golf Course |
| 2008 | Andrea Klimowksi | Northland Prep | 20:20.45 (3.1) | Cave Creek Golf Course |
| 2007 | DeAnn Honanie | Keams Canyon Hopi | 19:30.10 (3.1) | Cave Creek Golf Course |
| 2006 | Jillian Klassen | Scottsdale Christian | 19:12.30 (3.1) | Cave Creek Golf Course |
| 2005 | Jillian Klassen | Scottsdale Christian | 20:23 (3.1) | Cave Creek Golf Course |
| 2004 | Jillian Klassen | Scottsdale Christian | 19:34 (3.1) | Anthem Way |
| 2003 | Kelly Spantonos | Yuma Catholic | 20:03 (3.1) | Anthem Way |
| 2002 | Julie-Anne Bailey | Chandler Valley Christian | 19:48 (3.1) | Anthem Way |
| 2001 | Julie-Anne Bailey | Chandler Valley Christian | 19:46 (3.0) | Anthem Way |
| 2000 | Katie Sammons | Chandler Valley Christian | 20:06 (3.1) | Freestone Park (Gilbert) |
| 1999 | Martina Goklish | Keams Canyon Hopi | 19:51 (3.1) | Freestone Park (Gilbert) |
| 1998 | Wendi Lewis (jr) | Keams Canyon Hopi | 20:37 (3.1) | Freestone Park (Gilbert) |
| 1997 | Wendi Lewis (so) | Keams Canyon Hopi | 20:11 (3.1) | Freestone Park (Gilbert) |
| 1996 | Wendi Lewis (fr) | Keams Canyon Hopi | 20:29 (3.1) | Freestone Park (Gilbert) |
| 1995 | Sherida Rogers | Willcox | 19:52 (2.9) | Fiesta Inn (Tempe) |
| 1994 | Kelley Upshaw | St. Michael | 19:23 (2.9) | Fiesta Inn (Tempe) |
| 1993 | Jessie Dodd | Bisbee | 19:43 (2.9) | Fiesta Inn (Tempe) |
| 1992 | Myra Truax | Whiteriver Alchesay | 13:39 (3.1) | Kiwanis Park (Tempe) |
| 1991 | Angela Herreras (fr) | Benson | 14:06 (2.2) | Estrella Mountain Park |
| 1990 | Caroline Sekaquaptewa | Keams Canyon Hopi | 14:12 (2.2) | Estrella Mountain Park |
| 1989 | Myra Truax | Whiteriver Alchesay | 13:52 (2.2) | Estrella Mountain Park |
| 1983 | Alisa Comaduran | Benson | 16:00 (2.4) | Pima College (Tucson) |
| 1982 | Wendy Camin (fr) | Benson | 16:27 (2.4) | Pima College (Tucson) |
| 1981 | Alisa Comaduran | Benson | 12:42 (2.0) | Central Arizona College |
| 1980 | Alisa Comaduran (fr) | Benson | 11:42 (2.0) | Central Arizona College |

(1984 thru 1988 combined with Class 3A)

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