

A R I Z O N A

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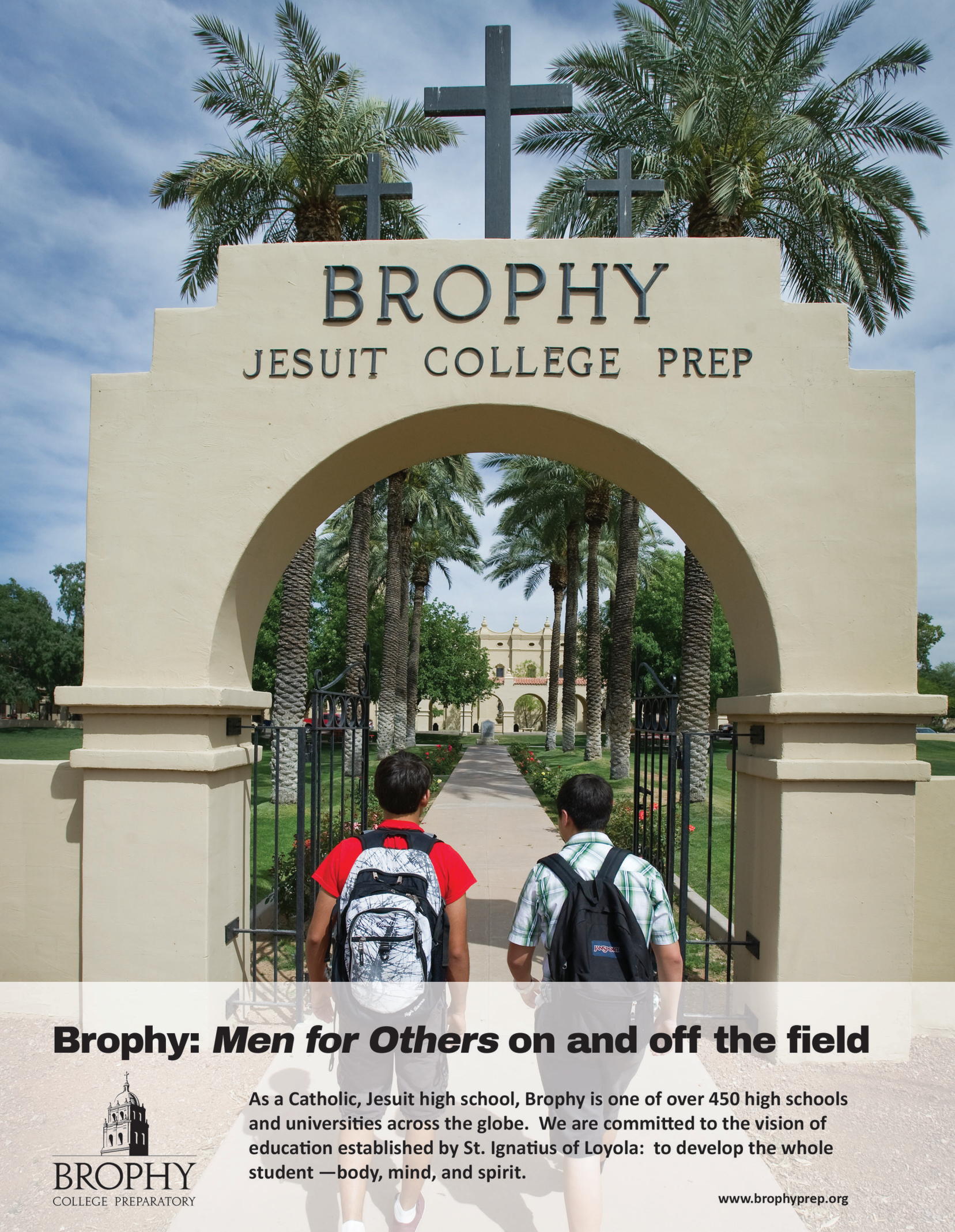


# SWIM AND DIVE

STATE



C H A M P I O N S H I P S

A photograph of the entrance to Brophy Jesuit College Prep. A large, light-colored stone archway frames a path lined with palm trees. Two students with backpacks are walking away from the camera through the arch. In the background, a building with a dome and arches is visible. Three large crosses are mounted on the wall above the archway.

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# MAPPING OUR MEMBER SCHOOLS



**Arizona Interscholastic  
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**Phoenix Metro Area**

Agua Fria  
Alhambra  
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Apollo  
Arcadia  
Arete Prep  
Arizona Charter  
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ASU Prep  
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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  
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Willow Canyon  
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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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# Chaparral Girls, Brophy Looking at Repeats Chandler's Durek Seeks Pair of Three-Peats

By Les Willsey  
azpreps365.com

Chaparral's team triumph in girls swimming last season has a solid chance of happening again this weekend (Nov. 6-7) as the state swim and dive championships are contested at Skyline Aquatic Center on the campus of Skyline High School in Mesa.

Chaparral outdistanced second-place Pinnacle by 79 points in the 2014 meet. The good news for Chaparral and bad news for everyone else is that crown was won without a boatload of seniors. No, the Firebirds are locked and loaded for a repeat led by a quintet of swimmers -- three juniors, a sophomore and a senior. The sophomore is the more decorated of the group.

That sophomore is Taylor Rusk -- a three-event champ as freshman. Rusk won the 200-yard free (state-record time) and 500 free and anchored the 200-free relay. Ruck and relay teammates settled for second in the 400 free, but that title has a good chance of falling their way this year.

Rusk was the lone freshman among D-I girls to win individual events last year. Chaparral's massive point total last year got plenty of help from relay teammates and juniors Emma Broome, Emma Segner and Gabriella Fagan and senior Gillian Rieth.

Broome was part of the winning 200 medley relay and runner-up 400 free relay. She was adept in individual events taking second in the 100 back and third in the 100 fly. Segneri swam on the winning 200 medley relay and 200 free relay teams. She checked in with a runner-up in the 100 fly and was ninth in the 50 free. Fagan contributed in the 200 free win and 400 free silver. She took seventh in the 50 free and eighth in the 100 free.

Rieth competed on the 200 medley relay and 400 free relay. She placed fifth in the 100 back and sixth in the 100 fly. Adding depth from last year to this year are sophomores Kelly Huffer and Madison Leblanc, both of whom placed in individual events along with senior Lauren Borst.

Other top swimmers to watch at the meet are Arcadia junior Savanna Carlson (200 IM champ) and senior Matti Harrison (100 back champ); Desert Vista sophomore Shae Nicolaisen; Pinnacle junior Alyson Yancy (100 breast champ), Xavier senior Elise Roediger, Mountain Pointe senior Grace Horvath and Chandler junior Marina McInnelly.

If Chaparral is to be challenged for the team championship, its competition will come from Desert Vista, Xavier, Pinnacle and Mesa Mountain View.



*Chandler's Mark Jurek aims for two more medals at state (photo courtesy of Chandler High School).*

## D-I BOYS

Two swimmers are likely to dominate as they have the past couple years -- one on the way out and another with more to come. Keep focused on Chandler senior Mark Jurek. Jurek waited until Halloween to swim in a last-chance qualifier and did so with ease. Jurek is two-time defending meet champ in the 200 IM and the 100 butterfly. Jurek may swap out his 100 fly dominance for another event this year. Last month Jurek made a verbal commitment to attend USC next year.

A year behind Jurek is Chaparral junior sprinter Ryan Hoffer, who has five gold medals to his credit his first two seasons. Hoffer is two-time defending champ in the 50 free and claimed the 100 free crown last year. Hoffer's been part of the 200 medley relay title teams in 2013 and 2014.

Others to watch are Horizon senior Ben Olszewski, last year's 500 free champ; Desert Vista's Josh Vedder, 100 back champ), Brophy sprinter Jack Black and sophomore Mike Niezgodzski; Pinnacle's Aaron Apel (200 free and 500 free); Hamilton's Ty Dang (100 breaststroke); Mesa Mountain View's Bryce Kuchan and Catalina Foothills Brooks Fail (sprints).

Brophy's depth often sets it apart from would-be contenders and that figures to be so again. Mountain View, Desert Vista and Horizon are likely to follow the Broncos in the team standings in some order.

# Recent Boys Team State Champions

## DIVISION II

| YEAR | WINNING TEAM                    | HEAD COACH     | RUNNERUP                        | THIRD PLACE               |
|------|---------------------------------|----------------|---------------------------------|---------------------------|
| 2014 | Tucson Catalina Foothills (312) | Ed Walter      | Scottsdale Notre Dame (187.5)   | Gilbert Campo Verde (177) |
| 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

|      |                             |             |                            |                          |
|------|-----------------------------|-------------|----------------------------|--------------------------|
| 2014 | Phoenix Brophy Prep (341)   | Pat O'Neill | Mesa Mountain View (212.5) | Scottsdale Horizon (202) |
| 2013 | Phoenix Brophy Prep (294)   | 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)  |

## 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)         |

## DIV II BOYS 200 FREESTYLE RELAY

|      |                            |         |
|------|----------------------------|---------|
| 2014 | .....Scottsdale Notre Dame | 1:29.31 |
| 2013 | .....Scottsdale Saguaro    | 1:29.20 |
| 2012 | .....Scottsdale Notre Dame | 1:29.33 |
| 2011 | .....Tucson Salpointe      | 1:29.99 |
| 2010 | .....Tucson Sabino         | 1:30.74 |

## DIV II BOYS 50 FREESTYLE

|      |                                      |       |
|------|--------------------------------------|-------|
| 2014 | .....Austin Baker, Gilbert Classical | 21.74 |
| 2013 | .....Joseph Starkweather, Notre Dame | 20.85 |
| 2012 | .....Joseph Starkweather, Notre Dame | 21.76 |
| 2011 | .....Jack Poupore, Notre Dame        | 21.70 |
| 2010 | .....Alex Brouwer, Notre Dame        | 21.02 |

## DIV II BOYS 100 FREESTYLE

|      |                                      |       |
|------|--------------------------------------|-------|
| 2014 | .....Austin Baker, Gilbert Classical | 48.29 |
| 2013 | .....Austin Baker, Gilbert Classical | 48.20 |
| 2012 | .....Jake Lambros, Bourgade          | 46.16 |
| 2011 | .....Jojo Simonson, Salpointe        | 47.74 |
| 2010 | .....Tyler Messerschmidt, D. Edge    | 43.71 |

## DIV II BOYS 100 BUTTERFLY

|      |                                 |       |
|------|---------------------------------|-------|
| 2014 | .....Zabric Kline, Bourgade     | 52.77 |
| 2013 | .....J.J. Osborn, Saguaro       | 50.01 |
| 2012 | .....Steven Koppel, Casa Grande | 50.46 |
| 2011 | .....Nathan Anderson, Arcadia   | 52.01 |
| 2010 | .....Chris Pickard, Arcadia     | 48.81 |

## DIV II BOYS 100 BACKSTROKE

|      |                                     |       |
|------|-------------------------------------|-------|
| 2014 | .....Matt Lujan, Catalina Foothills | 50.79 |
| 2013 | .....Trey Cashion, Walden Grove     | 50.09 |
| 2012 | .....Max Montour, Cortez            | 53.67 |
| 2011 | .....Max Montour, Cortez            | 54.48 |
| 2010 | .....Alex Brouwer, Notre Dame       | 51.90 |

## DIV II BOYS 100 BREASTSTROKE

|      |                                 |       |
|------|---------------------------------|-------|
| 2014 | .....Grant Sagaski, Casa Grande | 58.15 |
| 2013 | .....Grant Sugaski, Casa Grande | 58.98 |
| 2012 | .....Matthew Anderson, Arcadia  | 59.02 |
| 2011 | .....Brandon Young, Douglas     | 58.13 |
| 2010 | .....Brandon Young, Douglas     | 57.45 |

## DIV II BOYS 200 FREESTYLE

|      |                                      |         |
|------|--------------------------------------|---------|
| 2014 | .....Brooks Fail, Catalina Foothills | 1:43.41 |
| 2013 | .....Trey Cashion, Walden Grove      | 1:39.90 |
| 2012 | .....Jake Lambros, Bourgade          | 1:42.16 |
| 2011 | .....Tyler Mattingly, Salpointe      | 1:43.24 |
| 2010 | .....Tyler Messerschmidt, D. Edge    | 1:36.33 |

## DIV II BOYS 200 INDIVIDUAL MEDLEY

|      |                                     |         |
|------|-------------------------------------|---------|
| 2014 | .....Matt Lujan, Catalina Foothills | 1:56.19 |
| 2013 | .....Matt Lujan, Catalina Foothills | 1:55.58 |
| 2012 | .....Max Montour, Cortez            | 1:59.19 |
| 2011 | .....Brandon Young, Douglas         | 1:59.51 |
| 2010 | .....Jason Alentado, C. Foothills   | 1:57.58 |

## DIV II BOYS 500 FREESTYLE

|      |                                      |         |
|------|--------------------------------------|---------|
| 2014 | .....Brooks Fail, Catalina Foothills | 4:33.21 |
| 2013 | .....Cason Flygare, Queen Creek      | 4:41.74 |
| 2012 | .....Antonio Ramirez, Arcadia        | 4:46.01 |
| 2011 | .....Tyler Mattingly, Salpointe      | 4:41.16 |
| 2010 | .....Londen Thomas, McClintock       | 4:42.33 |

## DIV II BOYS 200 MEDLEY RELAY

|      |                                |         |
|------|--------------------------------|---------|
| 2014 | .....Scottsdale Notre Dame     | 1:37.47 |
| 2013 | .....Queen Creek               | 1:39.99 |
| 2012 | .....Scottsdale Notre Dame     | 1:38.72 |
| 2011 | .....Tucson Salpointe          | 1:40.12 |
| 2010 | .....Tucson Catalina Foothills | 1:39.63 |

## DIV II BOYS 400 FREESTYLE RELAY

|      |                                |         |
|------|--------------------------------|---------|
| 2014 | .....Tucson Catalina Foothills | 3:18.13 |
| 2013 | .....Queen Creek               | 3:18.71 |
| 2012 | .....Scottsdale Arcadia        | 3:17.08 |
| 2011 | .....Tucson Salpointe          | 3:15.04 |
| 2010 | .....Tucson Catalina Foothills | 3:11.58 |

## DIV II BOYS DIVING

|      |                                      |        |
|------|--------------------------------------|--------|
| 2014 | .....Derek Bowers, Gilbert Classical | 498.90 |
| 2013 | .....Cody Rankin, Shadow Mt          | 475.40 |
| 2012 | .....Sheldon Solomon, Queen Creek    | 457.00 |
| 2011 | .....Hayden Sells, Arcadia           | 424.60 |
| 2010 | .....Hayden Sells, Arcadia           | 410.45 |

## DIV I BOYS 200 FREESTYLE RELAY

|      |                          |         |
|------|--------------------------|---------|
| 2014 | .....Phoenix Brophy Prep | 1:23.85 |
| 2013 | .....Phoenix Brophy Prep | 1:24.10 |
| 2012 | .....Phoenix Brophy Prep | 1:25.25 |
| 2011 | .....Mesa Mt. View       | 1:23.71 |
| 2010 | .....Mesa Red Mountain   | 1:24.97 |

## DIV I BOYS 50 FREESTYLE

|      |                                     |       |
|------|-------------------------------------|-------|
| 2014 | .....Ryan Hoffer, Chaparral         | 19.53 |
| 2013 | .....Ryan Hoffer, Chaparral         | 19.69 |
| 2012 | .....Gabriel Espinosa, Brophy       | 20.91 |
| 2011 | .....Payton Sorenson, Mesa Mt. View | 20.42 |
| 2010 | .....Payton Sorenson, Mesa Mt. View | 20.44 |

## DIV I BOYS 100 FREESTYLE

|      |                                     |       |
|------|-------------------------------------|-------|
| 2014 | .....Ryan Hoffer, Chaparral         | 43.20 |
| 2013 | .....Nicholas Magana, Desert Mt     | 44.26 |
| 2012 | .....Gabriel Espinosa, Brophy       | 45.04 |
| 2011 | .....Payton Sorenson, Mesa Mt. View | 46.10 |
| 2010 | .....John Dowd, Red Mountain        | 45.75 |

## DIV I BOYS 100 BUTTERFLY

|      |                                      |       |
|------|--------------------------------------|-------|
| 2014 | .....Mark Jurek, Chandler            | 47.80 |
| 2013 | .....Mark Jurek, Chandler            | 47.80 |
| 2012 | .....Jason Alentado, Cata. Foothills | 49.97 |
| 2011 | .....Reed Patterson, Rincon          | 50.52 |
| 2010 | .....Matthew Mozdzen, Chandler       | 50.41 |

## DIV I BOYS 100 BACKSTROKE

|      |                                  |       |
|------|----------------------------------|-------|
| 2014 | .....Joshua Vedder, Desert Vista | 50.70 |
| 2013 | .....Austin Drummond, Chaparral  | 51.04 |
| 2012 | .....Alex Schultz, Gilbert       | 50.71 |
| 2011 | .....Alex Schultz, Gilbert       | 50.95 |
| 2010 | .....Matthew Berg, Ironwood      | 52.62 |

## DIV I BOYS 100 BREASTSTROKE

|      |                             |       |
|------|-----------------------------|-------|
| 2014 | .....Matt Anderson, Arcadia | 54.76 |
| 2013 | .....Matt Anderson, Arcadia | 55.44 |
| 2012 | .....Michael White, Dobson  | 57.61 |
| 2011 | .....Michael Nelson, Brophy | 57.13 |
| 2010 | .....Michael Nelson, Brophy | 58.02 |

## DIV I BOYS 200 FREESTYLE

|      |                                      |         |
|------|--------------------------------------|---------|
| 2014 | .....Connor Stirling, Cactus Shadows | 1:37.54 |
| 2013 | .....Nicholas Magana, Desert Mt      | 1:38.74 |
| 2012 | .....Lukas Williams, Brophy          | 1:39.84 |
| 2011 | .....Chris Webb, Brophy              | 1:39.60 |
| 2010 | .....Brian Stevens, Brophy           | 1:38.88 |

## DIV I BOYS 200 INDIVIDUAL MEDLEY

|      |                                      |         |
|------|--------------------------------------|---------|
| 2014 | .....Mark Jurek, Chandler            | 1:47.03 |
| 2013 | .....Mark Jurek, Chandler            | 1:48.31 |
| 2012 | .....Michael White, Dobson           | 1:51.94 |
| 2011 | .....Jason Alentado, Cata. Foothills | 1:53.84 |
| 2010 | .....Brandon Hughes, Desert Mt       | 1:53.84 |
| 2010 | .....Tanner Roe, Chaparral           | 1:52.65 |

## DIV I BOYS 500 FREESTYLE

|      |                               |         |
|------|-------------------------------|---------|
| 2014 | .....Ben Olszewski, Horizon   | 4:21.48 |
| 2013 | .....Weston Miller, Chaparral | 4:34.41 |
| 2012 | .....Josh Olszewski, Horizon  | 4:32.47 |
| 2011 | .....Chris Webb, Brophy       | 4:28.40 |
| 2010 | .....Tanner Roe, Chaparral    | 4:31.51 |

## DIV I BOYS 200 MEDLEY RELAY

|      |                           |         |
|------|---------------------------|---------|
| 2014 | .....Scottsdale Chaparral | 1:34.32 |
| 2013 | .....Scottsdale Chaparral | 1:32.01 |
| 2012 | .....Phoenix Brophy Prep  | 1:36.50 |
| 2011 | .....Mesa Mt. View        | 1:33.75 |
| 2010 | .....Phoenix Brophy Prep  | 1:36.51 |

## DIV I BOYS 400 FREESTYLE RELAY

|      |                          |         |
|------|--------------------------|---------|
| 2014 | .....Phoenix Brophy Prep | 3:03.93 |
| 2013 | .....Phoenix Brophy Prep | 3:05.49 |
| 2012 | .....Phoenix Brophy Prep | 3:06.84 |
| 2011 | .....Phoenix Brophy Prep | 3:10.03 |
| 2010 | .....Phoenix Brophy Prep | 3:08.50 |

## DIV I BOYS DIVING

|      |                                |        |
|------|--------------------------------|--------|
| 2014 | .....Emmott Blitch, Sunnyslope | 445.75 |
| 2013 | .....Emmott Blitch, Sunnyslope | 459.05 |
| 2012 | .....Bryce Farabee, Highland   | 514.75 |
| 2011 | .....Bryce Farabee, Highland   | 423.30 |
| 2010 | .....Josh Bidak, Horizon       | 480.40 |

## 1A-3A BOYS 200 FREESTYLE RELAY

|      |                      |         |
|------|----------------------|---------|
| 2009 | .....Sedona Red Rock | 1:33.65 |
| 2008 | .....Sedona Red Rock | 1:35.05 |
| 2007 | .....Sedona Red Rock | 1:34.95 |

## 1A-3A BOYS 50 FREESTYLE

|      |                                      |       |
|------|--------------------------------------|-------|
| 2009 | .....Seth Syvertsen, Sedona Red Rock | 23.03 |
| 2008 | .....Eric Svensson, Sedona Red Rock  | 23.19 |
| 2007 | .....Dylan Jones, Pusch Ridge        | 22.80 |

## 1A-3A BOYS 100 FREESTYLE

|      |                                     |       |
|------|-------------------------------------|-------|
| 2009 | .....Evan Decker, Sedona Red Rock   | 49.58 |
| 2008 | .....Eric Svensson, Sedona Red Rock | 51.15 |
| 2007 | .....Dylan Jones, Pusch Ridge       | 51.72 |

## 1A-3A BOYS 100 BUTTERFLY

|      |                                      |       |
|------|--------------------------------------|-------|
| 2009 | .....Daniel Bleyl, Pusch Ridge       | 54.52 |
| 2008 | .....Andrew Graham, Valley Christian | 56.19 |
| 2007 | .....Rob Komadina, Valley Christian  | 58.29 |

#### 1A-3A BOYS 100 BACKSTROKE

|                                             |         |
|---------------------------------------------|---------|
| 2009.....Daniel Bleyl, Pusch Ridge.....     | 57.15   |
| 2008 ....Preston Van Hofwegen, Phx Chr..... | 1:00.12 |
| 2007.....Chris Miller, Sedona Red Rock..... | 1:04.89 |

#### 1A-3A BOYS 100 BREASTSTROKE

|                                              |         |
|----------------------------------------------|---------|
| 2009.....Seth Syvertsen, Sedona Red Rock ..  | 1:04.74 |
| 2008 ....David Conti, Tempe Prep .....       | 1:04.61 |
| 2007.....Zachary Windel, Valley Christian .. | 1:06.99 |

#### 1A-3A BOYS 200 FREESTYLE

|                                            |         |
|--------------------------------------------|---------|
| 2009.....Hayden Thomas, Tempe Prep .....   | 1:48.88 |
| 2008 ....Hayden Thomas, Tempe Prep .....   | 1:47.76 |
| 2007.....Evan Decker, Sedona Red Rock..... | 1:54.20 |

#### 1A-3A BOYS 200 INDIVIDUAL MEDLEY

|                                              |         |
|----------------------------------------------|---------|
| 2009.....Evan Decker, Sedona Red Rock .....  | 2:03.67 |
| 2008 ....David Conti, Tempe Prep .....       | 2:07.77 |
| 2007.....Seth Syvertsen, Sed. Red Rock ..... | 2:11.44 |

#### 1A-3A BOYS 500 FREESTYLE

|                                             |         |
|---------------------------------------------|---------|
| 2009.....Hayden Thomas, Tempe Prep .....    | 4:51.82 |
| 2008 ....Hayden Thomas, Tempe Prep .....    | 4:48.10 |
| 2007.....Evan Decker, Sedona Red Rock ..... | 5:12.25 |

#### 1A-3A BOYS 200 MEDLEY RELAY

|                                          |         |
|------------------------------------------|---------|
| 2009.....Sedona Red Rock .....           | 1:43.98 |
| 2008 ....Sedona 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 |
| 2008 ....Phoenix Christian .....         | 3:27.93 |
| 2007.....Chandler Valley Christian ..... | 3:39.20 |

#### 1A-3A BOYS DIVING

|                                               |        |
|-----------------------------------------------|--------|
| 2009.....Spencer Richardson, Valley Chr ..... | 225.80 |
| 2008 ....Richard 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 |
| 2008 ....D1 Tucson Catalina Foothills ..... | 1:25.53 |
| 2008 ....D2 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 |
| 2000 ....Tucson Catalina Foothills .....    | 1:29.53 |
| 1999 ....Avondale Agua Fria.....            | 1:30.78 |
| 1998 .....Scottsdale Chaparral .....        | 1:29.36 |
| 1997.....Peoria Centennial.....             | 1:27.65 |
| 1996 ....Peoria Centennial.....             | 1:28.51 |
| 1995 .....Tucson Rincon .....               | 1:29.17 |
| 1994 .....Scottsdale Arcadia.....           | 1:30.01 |
| 1993 ....Tucson Rincon.....                 | 1:28.89 |

#### 4A BOYS 50 FREESTYLE

|                                                |       |
|------------------------------------------------|-------|
| 2009.....D1 Ryan Gray, Sabino .....            | 21.21 |
| 2009.....D2 Michael Branning, Seton.....       | 20.60 |
| 2008 ....D1 Herbie Behm, Catalina Foothills .. | 20.09 |
| 2008 ....D2 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 |
| 2000 ....Dan Di Toro, Chaparral.....             | 21.50 |
| 1999 ....Wiley Wallace, Coronado .....           | 21.57 |
| 1998 .....Gerrit Hillebrand, Chaparral.....      | 20.84 |
| 1997 .....Gerrit Hillebrand, Chaparral.....      | 21.03 |
| 1996 ....Sam Ullery, Rincon .....                | 21.58 |
| 1995 ....Sam Ullery, Rincon .....                | 21.64 |
| 1994 ....Justin Ewers, Arcadia .....             | 20.81 |
| 1993 ....Chris Olson, Chaparral .....            | 21.01 |

#### 4A BOYS 100 FREESTYLE

|                                                 |       |
|-------------------------------------------------|-------|
| 2009.....D1 Cole Puchi, Catalina Foothills..... | 46.87 |
| 2009.....D2 Tyler Messerschmidt, D. Edge.....   | 45.07 |
| 2008 ....D1 Herbie Behm, Catalina Foothills ..  | 44.68 |
| 2008 ....D2 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 |
| 2001.....Jake Miller, Cholla.....               | 46.88 |
| 2000 ....Jake Miller, Cholla.....               | 47.62 |
| 1999 ....Kyle Horton, Arcadia.....              | 47.78 |
| 1998 .....Gerrit Hillebrand, Chaparral .....    | 47.22 |
| 1997.....Curtis Harvey, Sahuaro .....           | 46.43 |
| 1996 ....Sam Ullery, Rincon .....               | 46.35 |
| 1995 ....Quentin Byma, Paradise Valley.....     | 46.41 |
| 1994 ....Matt Pelot, Palo Verde .....           | 49.17 |
| 1993 ....Justin Ewers, Arcadia .....            | 46.47 |

#### 4A BOYS 100 BUTTERFLY

|                                                 |       |
|-------------------------------------------------|-------|
| 2009.....D1 Barrett Meisfeld, C. Foothills..... | 48.80 |
| 2009.....D2 Chris Pickard, Arcadia.....         | 50.32 |
| 2008 ....D1 Roger Meisfeld, C. Foothills .....  | 50.06 |
| 2008 ....D2 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 |
| 2001.....Aaron Barnard, Flagstaff.....          | 51.55 |
| 2000 ....Dan Di Toro, Chaparral.....            | 51.21 |
| 1999 ....Jason Rever, Thunderbird.....          | 50.58 |
| 1998 .....Eric Hadley, Rincon .....             | 51.56 |
| 1997.....Ryan Rahaeuser, Chaparral.....         | 51.20 |
| 1996 ....Matt Ulrickson, Saguaro.....           | 50.11 |
| 1995 ....Matt Ulrickson, Saguaro.....           | 50.39 |
| 1994 ....Brian Keller, Chaparral .....          | 51.69 |
| 1993 ....Jed Crowe, Arcadia .....               | 51.13 |

#### 4A BOYS 100 BACKSTROKE

|                                                 |       |
|-------------------------------------------------|-------|
| 2009.....D1 Cole Puchi, Catalina Foothills..... | 53.26 |
|-------------------------------------------------|-------|

|                                                 |       |
|-------------------------------------------------|-------|
| 2009.....D2 Alex Brouwer, Notre Dame .....      | 52.13 |
| 2008 ....D1 Cole Puchi, Catalina Foothills..... | 53.94 |
| 2008 ....D2 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 |
| 2001.....Mike Caruso, Cactus .....              | 54.76 |
| 2000 ....Nick Eggen, Arcadia .....              | 51.94 |
| 1999 ....Nick Eggen, Arcadia.....               | 52.46 |
| 1998 .....Eric Hadley, Rincon.....              | 52.02 |
| 1997.....Will Eden, Chaparral .....             | 52.38 |
| 1996 ....Matt Ulrickson, Saguaro .....          | 49.16 |
| 1995 ....Matt Ulrickson, Saguaro.....           | 49.37 |
| 1994 ....Justin Ewers, Arcadia .....            | 51.39 |
| 1993 ....Justin Ewers, Arcadia .....            | 51.87 |

#### 4A BOYS 100 BREASTSTROKE

|                                                 |         |
|-------------------------------------------------|---------|
| 2009.....D1 TJ Lundstrom, C. Foothills .....    | 57.73   |
| 2009.....D2 Brandon Young, Douglas.....         | 1:00.80 |
| 2008 ....D1 TJ Lundstrom, C. Foothills .....    | 57.98   |
| 2008 ....D2 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   |
| 2002.....Paul Oman, Rincon .....                | 57.26   |
| 2001.....Paul Oman, Rincon .....                | 57.91   |
| 2000 ....James McManus, C. Foothills .....      | 59.09   |
| 1999 ....Jason Revere, Thunderbird .....        | 1:00.29 |
| 1998 .....Eric Ducas, Cactus.....               | 1:00.31 |
| 1997.....Paul Aleck, Arcadia .....              | 1:01.22 |
| 1996 ....Quentin Byma, Paradise Valley.....     | 57.06   |
| 1995 ....Quentin Byma, Paradise Valley .....    | 57.22   |
| 1994 ....Brian Keller, Chaparral .....          | 1:00.15 |
| 1993 ....Brian Keller, Chaparral .....          | 1:00.79 |

#### 4A BOYS 200 FREESTYLE

|                                                 |         |
|-------------------------------------------------|---------|
| 2009.....D1 Adrian Brynnel, C. Foothills .....  | 1:41.99 |
| 2009.....D2 Tyler Messerschmidt, D. Edge.....   | 1:38.00 |
| 2008 ....D1 Anthony Chiaro, Sahuaro .....       | 1:40.58 |
| 2008 ....D2 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 Lewkowicz, 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 |
| 2001.....Matthew Owen, Saguaro .....            | 1:38.81 |
| 2000 ....Matthew Owen, Saguaro.....             | 1:41.37 |
| 1999 ....Kevin Heath, Thunderbird.....          | 1:43.03 |
| 1998 ....Jamie Richardson, Thunderbird.....     | 1:41.66 |
| 1997.....Jamie Richardson, Thunderbird .....    | 1:41.82 |
| 1996 ....Jamie Richardson, Thunderbird .....    | 1:42.96 |
| 1995 ....Evan Smith, Arcadia.....               | 1:42.65 |
| 1994 ....Evan Smith, Arcadia.....               | 1:43.36 |
| 1993 ....Adam Kingery, Rincon .....             | 1:44.05 |

#### 4A BOYS 200 INDIVIDUAL MEDLEY

|                                                  |         |
|--------------------------------------------------|---------|
| 2009.....D1 Barrett Meisfeld, C. Foothills ..... | 1:53.01 |
| 2009.....D2 Chris Pickard, Arcadia.....          | 1:52.29 |
| 2008 ....D1 Brian Ferro, Millennium .....        | 1:53.35 |
| 2008 ....D2 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 Lewkowicz, 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 |
| 2001.....Paul Oman, Tucson Rincon .....          | 1:52.56 |
| 2000.....Evan Rahausers, Chaparral .....         | 1:53.96 |
| 1999.....Nick Eggen, Arcadia.....                | 1:55.56 |
| 1998.....Matt Aldrich, Rincon .....              | 1:57.64 |
| 1997.....Will Eden, Chaparral.....               | 1:55.04 |
| 1996.....Will Eden, Chaparral.....               | 1:55.26 |
| 1995.....Colby Genrich, Thunderbird.....         | 1:57.02 |
| 1994.....Bill Creager, Ironwood.....             | 1:57.61 |
| 1993.....Josh Milligan, Arcadia .....            | 1:57.32 |

#### 4A BOYS 500 FREESTYLE

|                                                   |         |
|---------------------------------------------------|---------|
| 2009.....D1 Adrian Brynnel, C. Foothills .....    | 4:35.83 |
| 2009.....D2 Ben Brouwer, Notre Dame .....         | 4:50.60 |
| 2008 ....D1 John Kent, Sahuaro.....               | 4:36.33 |
| 2008 ....D2 Corbin Judstra, Catalina.....         | 5:00.01 |
| 2007.....D1 Anthony Chiaro, Sahuaro.....          | 4:43.79 |
| 2007.....D2 Michael Zoldos, Arcadia.....          | 4:31.01 |
| 2006.....D1 Bobby Koubratoff, Rincon.....         | 4:40.02 |
| 2006.....D2 Blake Lewkowicz, PCDS.....            | 4:37.31 |
| 2005.....D1 Adrian Kirkpatrick, C. Foothills..... | 4:38.20 |
| 2005.....D2 Blake Lewkowicz, PCDS.....            | 4:37.99 |
| 2004.....Gunnar Schmidt, Arcadia.....             | 4:34.58 |
| 2003.....David Pursley, Brophy.....               | 4:32.66 |
| 2002.....Philip Owen, Saguaro .....               | 4:38.84 |
| 2001.....Matthew Owen, Saguaro .....              | 4:29.41 |
| 2000.....Matthew Owen, Saguaro .....              | 4:31.76 |
| 1999.....Kevin Heath, Thunderbird .....           | 4:36.23 |
| 1998.....Jamie Richardson, Thunderbird .....      | 4:29.13 |
| 1997.....Jamie Richardson, Thunderbird .....      | 4:32.82 |
| 1996.....Jamie Richardson, Thunderbird .....      | 4:38.33 |
| 1995.....Jamie Richardson, Thunderbird .....      | 4:36.01 |
| 1994.....Evan Smith, Arcadia.....                 | 4:38.67 |
| 1993.....Evan Smith, Arcadia.....                 | 4:39.20 |

#### 4A BOYS 200 MEDLEY RELAY

|                                            |         |
|--------------------------------------------|---------|
| 2009.....D1 Tucson Catalina Foothills..... | 1:34.13 |
| 2009.....D2 Scottsdale Arcadia.....        | 1:40.29 |
| 2008 ....D1 Tucson Catalina Foothills..... | 1:33.71 |
| 2008 ....D2 Scottsdale Arcadia.....        | 1:41.28 |
| 2007.....D1 Tucson Sabino.....             | 1:38.40 |
| 2007.....D2 Scottsdale Arcadia.....        | 1:41.02 |
| 2006.....D1 Tucson Catalina Foothills..... | 1:39.82 |
| 2006.....D2 Sunnyslope.....                | 1:45.39 |
| 2005.....D1 Tucson Catalina Foothills..... | 1:41.38 |
| 2005.....D2 Sunnyslope.....                | 1:45.02 |
| 2004.....Tucson Catalina Foothills.....    | 1:38.63 |
| 2003.....Tucson Catalina Foothills.....    | 1:38.20 |
| 2002.....Glendale Cactus.....              | 1:37.95 |
| 2001.....Tucson Catalina Foothills.....    | 1:40.10 |
| 2000.....Scottsdale Arcadia.....           | 1:40.16 |
| 1999.....Scottsdale Chaparral .....        | 1:40.23 |
| 1998.....Tucson Rincon.....                | 1:39.13 |
| 1997.....Avondale Agua Fria .....          | 1:40.94 |
| 1996.....Scottsdale Saguaro .....          | 1:39.40 |
| 1995.....Phoenix Thunderbird.....          | 1:39.57 |

|                                   |         |
|-----------------------------------|---------|
| 1994.....Tucson Rincon.....       | 1:41.33 |
| 1993.....Scottsdale Arcadia ..... | 1:39.15 |

#### 4A BOYS 400 FREESTYLE RELAY

|                                            |         |
|--------------------------------------------|---------|
| 2009.....D1 Tucson Catalina Foothills..... | 3:13.53 |
| 2009.....D2 Scottsdale Notre Dame .....    | 3:18.52 |
| 2008 ....D1 Scottsdale Chaparral .....     | 3:12.89 |
| 2008 ....D2 Scottsdale Notre Dame .....    | 3:19.02 |
| 2007.....D1 Tucson Sabino.....             | 3:11.24 |
| 2007.....D2 Scottsdale Arcadia.....        | 3:21.14 |
| 2006.....D1 Tucson Sabino.....             | 3:13.21 |
| 2006.....D2 Flagstaff .....                | 3:26.62 |
| 2005.....D1 Tucson Catalina Foothills..... | 3:15.82 |
| 2005.....D2 Sunnyslope .....               | 3:27.18 |
| 2004.....Tucson Catalina Foothills.....    | 3:10.09 |
| 2003.....Tucson Catalina Foothills.....    | 3:15.51 |
| 2002.....Tucson Rincon.....                | 3:16.55 |
| 2001.....Phoenix Thunderbird .....         | 3:15.55 |
| 2000.....Scottsdale Arcadia .....          | 3:12.77 |
| 1999.....Scottsdale Arcadia .....          | 3:14.17 |
| 1998.....Scottsdale Chaparral .....        | 3:12.81 |
| 1997.....Scottsdale Chaparral .....        | 3:12.29 |
| 1996.....Scottsdale Chaparral .....        | 3:15.82 |
| 1995.....Phoenix Thunderbird .....         | 3:16.32 |
| 1994.....Scottsdale Arcadia .....          | 3:17.29 |
| 1993.....Scottsdale Arcadia .....          | 3:11.11 |

#### 4A BOYS DIVING

|                                                  |        |
|--------------------------------------------------|--------|
| 2009.....D1 Sean Clark, Sunnyslope .....         | 418.50 |
| 2009.....D2 Cody Farabee, Williams Field .....   | 414.95 |
| 2008 ....D1 Sean Clark, Sunnyslope.....          | 412.65 |
| 2008 ....D2 Nico Montano, Santa Rita.....        | 376.35 |
| 2007.....D1 Victor Valencia, McClintock.....     | 400.10 |
| 2007.....D2 Nico Montano, Santa Rita .....       | 381.35 |
| 2006.....D1 Victor Valencia, McClintock.....     | 392.85 |
| 2006.....D2 Aaron Henderson, Washington.....     | 402.25 |
| 2005.....D1 Kyle Vonvalenberg, St. Gregory ..... | 419.90 |
| 2005.....D2 Sam Decker, Palo Verde.....          | 436.55 |
| 2004.....Drew Tees, Phoenix Ctry Day.....        | 387.45 |
| 2003.....Drew Tees, Phoenix Ctry Day .....       | 414.55 |
| 2002.....Drew Tees, Phoenix Ctry Day .....       | 399.80 |
| 2001.....Russell Hulse, Centennial .....         | 438.75 |
| 2000.....Russell Hulse, Centennial .....         | 431.05 |
| 1999.....Russell Hulse, Centennial .....         | 397.35 |
| 1998.....Aaron Leitz, Chaparral.....             | 379.20 |
| 1997.....Joel Harger, Glendale .....             | 411.50 |
| 1996.....Doug Hulse, Centennial .....            | 456.25 |
| 1995.....Doug Hulse, Centennial.....             | 440.10 |
| 1994.....Andrew Wright, Rincon.....              | 392.75 |
| 1993.....Thomas Krizan, Westvies.....            | 430.50 |

#### 5A BOYS 200 FREESTYLE RELAY

|                                           |         |
|-------------------------------------------|---------|
| 2009.....D1 Phoenix Brophy Prep .....     | 1:26.34 |
| 2009.....D2 Anthem Boulder Creek.....     | 1:29.50 |
| 2008 ....D1 Phoenix Brophy Prep .....     | 1:26.45 |
| 2008 ....D2 Scottsdale Horizon.....       | 1:28.12 |
| 2007.....D1 Phoenix Brophy Prep .....     | 1:25.20 |
| 2007.....D2 Tucson Rincon .....           | 1:27.37 |
| 2006.....D1 Phoenix Brophy Prep .....     | 1:24.99 |
| 2006.....D2 Peoria Sunrise Mountain ..... | 1:30.04 |
| 2005.....D1 Mesa Dobson .....             | 1:27.17 |
| 2005.....D2 Phoenix North .....           | 1:32.51 |
| 2004.....Phoenix Brophy Prep .....        | 1:23.86 |
| 2003.....Phoenix Brophy Prep .....        | 1:26.25 |
| 2002.....Phoenix North .....              | 1:27.54 |
| 2001.....Mesa Mountain View .....         | 1:25.73 |
| 2000.....Tucson Salpointe.....            | 1:26.04 |
| 1999.....Mesa Dobson .....                | 1:24.59 |
| 1998.....Phoenix Brophy Prep.....         | 1:27.24 |

|                                    |         |
|------------------------------------|---------|
| 1997.....Phoenix Brophy Prep ..... | 1:27.73 |
| 1996.....Tucson Salpointe .....    | 1:26.71 |
| 1995.....Tucson Salpointe .....    | 1:27.89 |
| 1994.....Tucson Salpointe .....    | 1:27.83 |
| 1993.....Mesa Dobson .....         | 1:27.58 |

#### 5A BOYS 50 FREESTYLE

|                                               |       |
|-----------------------------------------------|-------|
| 2009.....D1 John Wojciechowski, Brophy.....   | 20.83 |
| 2009.....D2 Eric Brady, Pinnacle.....         | 21.96 |
| 2008 ....D1 John Wojciechowski, Brophy .....  | 20.80 |
| 2008 ....D2 Jeff Amlee, Rincon .....          | 21.25 |
| 2007.....D1 Adam Small, Corona del Sol .....  | 20.22 |
| 2007.....D2 Jess Amlee, Rincon .....          | 21.29 |
| 2006.....D1 Buddy Turner, Horizon .....       | 20.44 |
| 2006.....D2 Pete Miller, North .....          | 21.70 |
| 2005.....D1 Buddy Turner, Horizon .....       | 20.60 |
| 2005.....D2 Ben Roman, North .....            | 21.35 |
| 2004.....Buddy Turner, Horizon .....          | 21.05 |
| 2003.....Scott Goodrich, Mountain Ridge ..... | 20.48 |
| 2002.....Scott Goodrich, Mountain Ridge ..... | 20.61 |
| 2001.....David Abrams, Paradise Valley.....   | 21.63 |
| 2000.....Chris Patience, Mesa Mt. View .....  | 20.96 |
| 1999.....Tyler Johnson, Dobson .....          | 20.90 |
| 1998.....David Larson, Mesa.....              | 20.83 |
| 1997.....Kyle Davis, Corona del Sol .....     | 21.52 |
| 1996.....Dan Turley, Mesa Mt. View .....      | 21.41 |
| 1995.....Spence Miller, Brophy.....           | 21.24 |
| 1994.....Jeff Personius, Brophy .....         | 21.79 |
| 1993.....Justin Roth, Dobson .....            | 20.51 |

#### 5A BOYS 100 FREESTYLE

|                                                |       |
|------------------------------------------------|-------|
| 2009.....D1 Brian Stevens, Brophy .....        | 45.76 |
| 2009.....D2 Cole Chavarria, Centennial.....    | 48.82 |
| 2008 ....D1 Brian Stevens, Brophy .....        | 46.19 |
| 2008 ....D2 Zachary Birnrich, Boulder Cr ..... | 46.42 |
| 2007.....D1 Adam Small, Corona del Sol .....   | 45.32 |
| 2007.....D2 Zachary Birnrich, Boulder Cr ..... | 46.97 |
| 2006.....D1 Nolan Ruane, Dobson .....          | 46.49 |
| 2006.....D2 Dan Connealy, Shadow Mt .....      | 46.80 |
| 2005.....D1 Austin Fowler, Brophy.....         | 46.65 |
| 2005.....D2 Ben Roman, North .....             | 46.50 |
| 2004.....Alex Righi, Brophy .....              | 44.76 |
| 2003.....Alex Righi, Brophy.....               | 45.96 |
| 2002.....David Mason, Mesa Mt. View .....      | 46.82 |
| 2001.....Colin Gaffney, Brophy .....           | 46.70 |
| 2000.....Chris Patience, Mesa Mt. View .....   | 46.33 |
| 1999.....Tyler Johnson, Dobson .....           | 45.53 |
| 1998.....David Larson, Mesa.....               | 46.2  |
| 1997.....Quentin Byma, Paradise Valley.....    | 46.31 |
| 1996.....Scott Gaskins, Salpointe .....        | 45.01 |
| 1995.....Scott Gaskins, Salpointe.....         | 45.32 |
| 1994.....Andy Miller, Brophy.....              | 47.06 |
| 1993.....Justin Roth, Dobson.....              | 46.39 |

#### 5A BOYS 100 BUTTERFLY

|                                               |       |
|-----------------------------------------------|-------|
| 2009.....D1 John Wojciechowski, Brophy.....   | 48.07 |
| 2009.....D2 Rob Heer, Desert Mountain.....    | 51.99 |
| 2008 ....D1 John Wojciechowski, Brophy .....  | 47.87 |
| 2008 ....D2 Spencer Knight, Horizon .....     | 52.96 |
| 2007.....D1 John Wojciechowski, Brophy .....  | 49.79 |
| 2007.....D2 Tyler Pennington, Horizon .....   | 51.57 |
| 2006.....D1 Alex Lundeen, Dobson .....        | 50.64 |
| 2006.....D2 Craig Podgurski, Sunrise Mt ..... | 50.85 |
| 2005.....D1 Buddy Turner, Horizon .....       | 49.92 |
| 2005.....D2 James McHugh, Marcos de Niza..... | 51.82 |
| 2004.....Buddy Turner, Horizon .....          | 50.28 |
| 2003.....Jon Ehret, Brophy .....              | 50.59 |
| 2002.....Jon Ehret, Brophy.....               | 50.73 |
| 2001.....Michael Passey, Red Mountain .....   | 49.78 |

|      |                                           |       |
|------|-------------------------------------------|-------|
| 2000 | .....Eric Hadley, Rincon .....            | 50.64 |
| 1999 | .....Chris Cafiero, Mountain Pointe ..... | 51.20 |
| 1998 | .....Jeff Hyman, Shadow Mountain .....    | 50.28 |
| 1997 | .....Brent Creager, Ironwood .....        | 49.76 |
| 1996 | .....Nathan Tobler, Marcos de Niza .....  | 51.98 |
| 1995 | .....Neil Peiffer, Mountain Pointe .....  | 49.62 |
| 1994 | .....Neil Peiffer, Mountain Pointe .....  | 50.16 |
| 1993 | .....Chris Vinson, Brophy .....           | 52.09 |

#### **5A BOYS 100 BACKSTROKE**

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

#### **5A BOYS 100 BREASTSTROKE**

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

#### **5A BOYS 200 FREESTYLE**

|      |                                           |         |
|------|-------------------------------------------|---------|
| 2009 | .....D1 Brian Stevens, Brophy .....       | 1:39.11 |
| 2009 | .....D2 Tanner Roe, Chaparral .....       | 1:42.34 |
| 2008 | .....D1 Brian Stevens, Brophy .....       | 1:40.09 |
| 2008 | .....D2 Spencer Knight, Horizon .....     | 1:44.57 |
| 2007 | .....D1 Alex Lendrum, Brophy .....        | 1:40.68 |
| 2007 | .....D2 Bobby Koubratoff, Rincon .....    | 1:41.09 |
| 2006 | .....D1 Jim O'Hara, Brophy .....          | 1:40.86 |
| 2006 | .....D2 Craig Podgurski, Sunrise Mt ..... | 1:42.76 |
| 2005 | .....D1 Jim O'Hara, Brophy .....          | 1:43.06 |
| 2005 | .....D2 Ben Santerre, SD O'Connor .....   | 1:45.70 |
| 2004 | .....Christian Goehring, Highland .....   | 1:42.42 |

|      |                                          |         |
|------|------------------------------------------|---------|
| 2003 | .....Kyle Shores, Brophy .....           | 1:41.50 |
| 2002 | .....Kyle Goodrich, Mountain Ridge ..... | 1:41.30 |
| 2001 | .....Tyler DeBerry, Sabino .....         | 1:38.26 |
| 2000 | .....John Zemaitis, Horizon .....        | 1:40.54 |
| 1999 | .....Chris Trimble, Salpointe .....      | 1:41.81 |
| 1998 | .....Klete Keller, Brophy .....          | 1:41.45 |
| 1997 | .....Richard Hall, Brophy .....          | 1:40.16 |
| 1996 | .....Scott Gaskins, Salpointe .....      | 1:38.79 |
| 1995 | .....Scott Gaskins, Salpointe .....      | 1:38.95 |
| 1994 | .....David Tait, McClintock .....        | 1:40.78 |
| 1993 | .....Greg Mahon, Mountain Pointe .....   | 1:42.12 |

#### **5A BOYS 200 INDIVIDUAL MEDLEY**

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

#### **5A BOYS 500 FREESTYLE**

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

#### **5A BOYS 200 MEDLEY RELAY**

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

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

#### **5A BOYS 400 FREESTYLE RELAY**

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

#### **5A BOYS DIVING**

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

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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.

| Boys All-America |               | High School           | Girls All-America |               |
|------------------|---------------|-----------------------|-------------------|---------------|
| Automatic        | Consideration | Event in Yards        | Automatic         | Consideration |
| 1:34.13          | 1:35.69       | 200 Medley Relay      | 1:45.59           | 1:47.45       |
| 1:39.07          | 1:40.69       | 200 Freestyle         | 1:49.09           | 1:50.82       |
| 1:50.28          | 1:52.59       | 200 Individual Medley | 2:02.49           | 2:04.60       |
| 0:20.72          | 0:21.04       | 50 Freestyle          | 0:23.31           | 0:23.71       |
| 0:49.37          | 0:50.27       | 100 Butterfly         | 0:54.84           | 0:55.98       |
| 0:45.28          | 0:45.97       | 100 Freestyle         | 0:50.59           | 0:51.40       |
| 4:29.64          | 4:34.58       | 500 Freestyle         | 4:52.18           | 4:57.63       |
| 1:25.05          | 1:26.40       | 200 Freestyle Relay   | 1:36.02           | 1:37.45       |
| 0:49.85          | 0:51.13       | 100 Backstroke        | 0:55.31           | 0:56.51       |
| 0:56.25          | 0:57.49       | 100 Breaststroke      | 1:03.22           | 1:04.66       |
| 3:06.58          | 3:09.68       | 400 Freestyle Relay   | 3:28.71           | 3:32.15       |

Top 100 athletes are recognized as All-America.

## CHANDLER UNIFIED SCHOOL DISTRICT NO. 80

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## Notre Dame Prep in Position to Control Bevy of Returning Placers Give Saints An Edge

**By Les Willsey**  
**azpreps365.com**

Division II's state swim and dive meet will feature a different look Friday and Saturday, one likely to produce a first-time team champion.

Realignment shifted last year's D-II team champs -- Catalina Foothills (boys) and Campo Verde (girls) -- to D-I. That's opened the door for Notre Dame Prep to entertain thoughts of twin team titles.

The most likely heir to the D-II boys throne is last year's runner-up -- Notre Dame. Notre Dame was a distant runner-up to Catalina Foothills in 2014, but its margin over the next three teams was nearly 60 points. Notre Dame won two relays and has two swimmers surely to be medal clad come Saturday.

Senior Braxton Bilbrey garnered second at last year's meet in the 100 breast and was third in the 50 free. Bilbrey helped the 200 medley relay and 200 free relay to titles. Notre Dame has a standout two classes behind Bilbrey -- sophomore Ansel Averitte. Averitte was sixth in the 50 free last year and also took part in the championship relay teams. Bilbrey and Averitte are ranked in the top three of qualifying times in their events for 2015.

Other individuals to focus on compete for Phoenix Country Day, Gilbert Classical, Northland Prep, Queen Creek and Bourgade Catholic. Gilbert Classical features senior sprinter Austin Baker -- D-II champ in 2014 in the 50 and 100 free. Baker could get competition from Phoenix Country Day's Jacob Bain, a top-eight finisher last year who has drastically improved his times. Northland Prep's Mike Heinonen took third last year in the 500 free and Bourgade's Zabric Kline. Queen Creek brings Tyler Reznicek, who competed at Wickenburg last year and Gavin Turley.

Notre Dame's girls have are deep in what may be the tighter team-title chase of the two genders along with Verrado and Sabino. Notre Dame is led by junior Caroline Strollic, a third-place finisher in the 100 breast and 200 IM each of the last two years. Sophomore Alexa Markl took third last year in the 100 back and 200 free. Freshman Isabella Fratesi has the ability to garner top-three finishes in the two individual events she competes in and two relays.



**Sabino's Taylor Nations looks to add more medals this weekend (photo courtesy of Sabino High School).**

Verrado, the newest school among the contenders that could give Notre Dame a run, is led by junior Sieara Kling (third in the 100 fly and 4th in 100 back last year). Verrado is likely to get points from freshman Destiny Kling (200 free and 500 free), junior Olivia Bender, junior Shelby Lax and sophomore Victoria Warrum. Verrado took third in in the 200 free relay and second in the 200 medley relay last year.

Sabino possesses perhaps the top female swimmer in D-II and one of the best in the state, Taylor Nations. Nations was D-II state champ in 2014 in the 100 free and 100 back and also won the 100 back in 2013. She recently made a verbal commitment to the University of Arizona.

Other girls to watch are Seton Catholic's Taylor Steele (100 fly, 200 free); Sunrise Mountain's Nicole Matheson (200 IM and 500 free) Green Fields Olivia McNally (50 free) and Veritas' Katie Higgins (100 fly) and Eboni McCray, Agua Fria (50 free).

# Recent Girls Team State Champions

## DIVISION II

| YEAR | WINNING TEAM                    | HEAD COACH     | RUNNERUP                          | THIRD PLACE                 |
|------|---------------------------------|----------------|-----------------------------------|-----------------------------|
| 2014 | Gilbert Campo Verde (257)       | Ben Scott      | Tucson Salpointe Catholic (210.5) | T. Catalina Foothills (207) |
| 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

|      |                              |                 |                            |                          |
|------|------------------------------|-----------------|----------------------------|--------------------------|
| 2014 | Scottsdale Chaparral (365.5) | Nate Moore      | Phoenix Pinnacle (286.5)   | Tempe Desert Vista (250) |
| 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)        |

## 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)    |

## DIV II GIRLS 200 FREESTYLE RELAY

|      |                                |         |
|------|--------------------------------|---------|
| 2014 | .....Tucson Catalina Foothills | 1:41.19 |
| 2013 | .....Buckeye Verrado           | 1:41.69 |
| 2012 | .....Buckeye Verrado           | 1:38.83 |
| 2011 | .....Buckeye Verrado           | 1:40.26 |
| 2010 | .....Tucson Catalina Foothills | 1:41.26 |

## DIV II GIRLS 50 FREESTYLE

|      |                                          |       |
|------|------------------------------------------|-------|
| 2014 | .....Olivia McNally, Green Fields        | 24.41 |
| 2013 | .....Krista Duffield, Catalina Foothills | 23.77 |
| 2012 | .....Amy Bilquist, Verrado               | 22.96 |
| 2011 | .....Amy Bilquist, Verrado               | 23.67 |
| 2010 | .....Taryn Collura, Sunnyslope           | 23.66 |

## DIV II GIRLS 100 FREESTYLE

|      |                                  |       |
|------|----------------------------------|-------|
| 2014 | .....Taylor Nations, Sabino      | 52.21 |
| 2013 | .....Samantha Getzen, Notre Dame | 52.60 |
| 2012 | .....Samantha Getzen, Notre Dame | 52.83 |
| 2011 | .....Carly Wilson, Tanque Verde  | 52.54 |
| 2010 | .....Taryn Collura, Sunnyslope   | 51.00 |

## DIV II GIRLS 100 BUTTERFLY

|      |                                       |       |
|------|---------------------------------------|-------|
| 2014 | .....Katie Higgins, Veritas Prep      | 57.56 |
| 2013 | .....Samantha Getzen, Notre Dame      | 55.52 |
| 2012 | .....Samantha Getzen, Notre Dame      | 55.87 |
| 2011 | .....Briana Jurries, Valley Christian | 56.23 |
| 2010 | .....Briana Jurries, Valley Christian | 56.37 |

## DIV II GIRLS 100 BACKSTROKE

|      |                                    |       |
|------|------------------------------------|-------|
| 2014 | .....Taylor Nations, Sabino        | 56.89 |
| 2013 | .....Taylor Nations, Sabino        | 57.63 |
| 2012 | .....Amy Bilquist, Verrado         | 55.15 |
| 2011 | .....Danielle Lee, Phx Country Day | 55.24 |
| 2010 | .....Danielle Lee, Phx Country Day | 57.10 |

## DIV II GIRLS 100 BREASTSTROKE

|      |                                       |         |
|------|---------------------------------------|---------|
| 2014 | .....Hannah Holman, Shadow Mt         | 1:03.83 |
| 2013 | .....Hannah Holman, Shadow Mt         | 1:05.81 |
| 2012 | .....Briana Jurries, Valley Christian | 1:04.07 |
| 2011 | .....Briana Jurries, Valley Christian | 1:04.98 |
| 2010 | .....Briana Jurries, Valley Christian | 1:05.30 |

## DIV II GIRLS 200 FREESTYLE

|      |                                    |         |
|------|------------------------------------|---------|
| 2014 | .....Hannah Orbach-Mandel, Cata. F | 1:53.51 |
| 2013 | .....Picabo Bender, Verrado        | 1:51.21 |
| 2012 | .....Picabo Bender, Verrado        | 1:53.20 |
| 2011 | .....Danielle Lee, Phx Country Day | 1:51.42 |
| 2010 | .....Danielle Lee, Phx Country Day | 1:50.23 |

## DIV II GIRLS 200 INDIVIDUAL MEDLEY

|      |                                       |         |
|------|---------------------------------------|---------|
| 2014 | .....Hannah Holman, Shadow Mt         | 2:02.00 |
| 2013 | .....Hannah Holman, Shadow Mt         | 2:06.13 |
| 2012 | .....Briana Jurries, Valley Christian | 2:03.74 |
| 2011 | .....Jaimie Bryan, Phx Country Day    | 2:15.03 |
| 2010 | .....Daniella Emami, Cata. Foothills  | 2:13.42 |

## DIV II GIRLS 500 FREESTYLE

|      |                                  |         |
|------|----------------------------------|---------|
| 2014 | .....Nicole Matheson, Sunrise Mt | 5:07.41 |
| 2013 | .....Picabo Bender, Verrado      | 4:59.46 |
| 2012 | .....Picabo Bender, Verrado      | 5:02.93 |
| 2011 | .....Carley Stevens, Arcadia     | 5:06.67 |
| 2010 | .....Carley Stevens, Arcadia     | 4:58.48 |

## DIV II GIRLS 200 MEDLEY RELAY

|      |                                |         |
|------|--------------------------------|---------|
| 2014 | .....Tucson Salpointe Catholic | 1:53.94 |
| 2013 | .....Tucson Catalina Foothills | 1:50.70 |
| 2012 | .....Tucson Salpointe Catholic | 1:51.00 |
| 2011 | .....Scottsdale Arcadia        | 1:53.78 |
| 2010 | .....Tucson Catalina Foothills | 1:52.08 |

## DIV II GIRLS 400 FREESTYLE RELAY

|      |                                |         |
|------|--------------------------------|---------|
| 2014 | .....Tucson Salpointe Catholic | 3:41.03 |
| 2013 | .....Tucson Catalina Foothills | 3:35.38 |
| 2012 | .....Buckeye Verrado           | 3:33.72 |
| 2011 | .....Buckeye Verrado           | 3:37.95 |
| 2010 | .....Tucson Sabino             | 3:37.95 |

## DIV II GIRLS DIVING

|      |                                     |        |
|------|-------------------------------------|--------|
| 2014 | .....Baylee Stipp, Campo Verde      | 444.70 |
| 2013 | .....Baylee Stipp, Campo Verde      | 402.20 |
| 2012 | .....Madline Russell, Notre Dame    | 415.25 |
| 2011 | .....Marlee Kersting, Campo Verde   | 436.80 |
| 2010 | .....Rachel Hicks, Sunrise Mountain | 378.10 |

## DIV I GIRLS 200 FREESTYLE RELAY

|      |                           |         |
|------|---------------------------|---------|
| 2014 | .....Scottsdale Chaparral | 1:35.04 |
| 2013 | .....Phoenix Pinnacle     | 1:36.05 |
| 2012 | .....Phoenix Pinnacle     | 1:36.19 |
| 2011 | .....Phoenix Xavier       | 1:37.74 |
| 2010 | .....Phoenix Xavier       | 1:35.21 |

## DIV I GIRLS 50 FREESTYLE

|      |                                    |       |
|------|------------------------------------|-------|
| 2014 | .....Sam Fazio, Pinnacle           | 23.27 |
| 2013 | .....Victoria Toris, Pinnacle      | 23.12 |
| 2012 | .....Victoria Toris, Pinnacle      | 23.33 |
| 2011 | .....Maggie McCord, Canyon Del Oro | 23.09 |
| 2010 | .....Kelli Benjamin, Gilbert       | 23.07 |

## DIV I GIRLS 100 FREESTYLE

|      |                                   |       |
|------|-----------------------------------|-------|
| 2014 | .....Savanna Carlson, Arcadia     | 50.74 |
| 2013 | .....Victoria Toris, Pinnacle     | 50.55 |
| 2012 | .....Victoria Toris, Pinnacle     | 49.87 |
| 2011 | .....Kat Simonovic, Mesa Mt. View | 51.02 |
| 2010 | .....Kelli Benjamin, Gilbert      | 50.19 |

## DIV I GIRLS 100 BUTTERFLY

|      |                                   |       |
|------|-----------------------------------|-------|
| 2014 | .....Katie Shannahan, Desert Mt   | 54.99 |
| 2013 | .....Katie Shannahan, Desert Mt   | 56.13 |
| 2012 | .....Kat Simonovic, Mesa Mt. View | 54.57 |
| 2011 | .....Samantha Guttmacher, Red Mt  | 55.17 |
| 2010 | .....Leticia Lelli, Chaparral     | 54.90 |

## DIV I GIRLS 100 BACKSTROKE

|      |                                   |       |
|------|-----------------------------------|-------|
| 2014 | .....Matti Harrison, Arcadia      | 55.36 |
| 2013 | .....Matti Harrison, Arcadia      | 57.04 |
| 2012 | .....Clara Jenck, Mountain Pointe | 56.31 |
| 2011 | .....Clara Jenck, Mountain Pointe | 56.51 |
| 2010 | .....Leticia Lelli, Chaparral     | 56.41 |

## DIV I GIRLS 100 BREASTSTROKE

|      |                                     |         |
|------|-------------------------------------|---------|
| 2014 | .....Alyson Yancy, Pinnacle         | 1:03.07 |
| 2013 | .....Ashley Grijalva, Gilbert       | 1:02.46 |
| 2012 | .....Sara Borendame, Ironwood Ridge | 1:03.63 |
| 2011 | .....Sara Borendame, Ironwood Ridge | 1:04.03 |
| 2010 | .....Katie Olsen, Desert Vista      | 1:02.00 |

## DIV I GIRLS 200 FREESTYLE

|      |                                     |         |
|------|-------------------------------------|---------|
| 2014 | .....Taylor Ruck, Chaparral         | 1:46.76 |
| 2013 | .....Cecelia Kowalski, Desert Vista | 1:50.48 |
| 2012 | .....Kat Simonovic, Mesa Mt. View   | 1:47.22 |
| 2011 | .....Kat Simonovic, Mesa Mt. View   | 1:48.99 |
| 2010 | .....Kat Simonovic, Mesa Mt. View   | 1:48.09 |

## DIV I GIRLS 200 INDIVIDUAL MEDLEY

|      |                                   |         |
|------|-----------------------------------|---------|
| 2014 | .....Savanna Carlson, Arcadia     | 2:02.07 |
| 2013 | .....Katie Shannahan, Desert Mt   | 2:04.25 |
| 2012 | .....Clara Jenck, Mountain Pointe | 2:04.63 |
| 2011 | .....Megan Cox, Chaparral         | 2:05.15 |
| 2010 | .....Megan Cox, Chaparral         | 2:03.19 |

## DIV I GIRLS 500 FREESTYLE

|      |                                   |         |
|------|-----------------------------------|---------|
| 2014 | .....Taylor Ruck, Chaparral       | 4:52.11 |
| 2013 | .....Isabel Whited, Pinnacle      | 4:55.74 |
| 2012 | .....Isabel Whited, Pinnacle      | 4:53.85 |
| 2011 | .....Lexy Aichison, Chaparral     | 4:54.73 |
| 2010 | .....Kat Simonovic, Mesa Mt. View | 4:52.44 |

## DIV I GIRLS 200 MEDLEY RELAY

|      |                           |         |
|------|---------------------------|---------|
| 2014 | .....Scottsdale Chaparral | 1:43.25 |
| 2013 | .....Scottsdale Chaparral | 1:44.92 |
| 2012 | .....Phoenix Xavier       | 1:45.83 |
| 2011 | .....Phoenix Xavier       | 1:46.03 |
| 2010 | .....Tempe Desert Vista   | 1:45.67 |

## DIV I GIRLS 400 FREESTYLE RELAY

|      |                           |         |
|------|---------------------------|---------|
| 2014 | .....Phoenix Pinnacle     | 3:26.86 |
| 2013 | .....Phoenix Pinnacle     | 3:31.64 |
| 2012 | .....Phoenix Pinnacle     | 3:29.39 |
| 2011 | .....Phoenix Xavier       | 3:31.47 |
| 2010 | .....Scottsdale Chaparral | 3:27.80 |

## DIV I GIRLS DIVING

|      |                                   |        |
|------|-----------------------------------|--------|
| 2014 | .....Skylar Williams, SD O'Connor | 425.55 |
| 2013 | .....Delaney Schnell, Tucson      | 504.15 |
| 2012 | .....Kyra Tatlow, Westwood        | 413.30 |
| 2011 | .....Chloe Hacker, Corona del Sol | 378.70 |
| 2010 | .....Chloe Hacker, Corona del Sol | 363.30 |

## 1A-3A GIRLS 200 FREESTYLE RELAY

|      |                                |         |
|------|--------------------------------|---------|
| 2009 | .....Chandler Valley Christian | 1:48.53 |
| 2008 | .....Chandler Valley Christian | 1:45.51 |
| 2007 | .....Tucson Pusch Ridge        | 1:45.07 |

## 1A-3A GIRLS 50 FREESTYLE

|      |                                        |       |
|------|----------------------------------------|-------|
| 2009 | .....Quinn Robertson, Valley Christian | 24.59 |
| 2008 | .....Erin Bleyl, Pusch Ridge           | 24.90 |
| 2007 | .....Brooke Bellah, Phoenix Christian  | 25.55 |

## 1A-3A GIRLS 100 FREESTYLE

|      |                                        |       |
|------|----------------------------------------|-------|
| 2009 | .....Quinn Robertson, Valley Christian | 55.25 |
| 2008 | .....Danielle Lee, Phx Country Day     | 52.17 |
| 2007 | .....Jennifer Benson, Scottsdale Chr   | 55.12 |

## 1A-3A GIRLS 100 BUTTERFLY

|      |                                    |       |
|------|------------------------------------|-------|
| 2009 | .....Danielle Lee, Phx Country Day | 57.06 |
| 2008 | .....Hope Peterson, Pusch Ridge    | 59.56 |
| 2007 | .....Hope Peterson, Pusch Ridge    | 58.57 |

#### 1A-3A GIRLS 100 BACKSTROKE

|                                             |         |
|---------------------------------------------|---------|
| 2009.....Erin Bleyl, Pusch Ridge.....       | 58.49   |
| 2008 ....Danielle Lee, Phx Country Day..... | 57.96   |
| 2007.....Erin Bleyl, Pusch Ridge.....       | 1:00.47 |

#### 1A-3A GIRLS 100 BREASTSTROKE

|                                                |         |
|------------------------------------------------|---------|
| 2009.....Briana Jurries, Valley Christian..... | 1:08.57 |
| 2008 ....Chloe Peterson, Pusch Ridge.....      | 1:12.68 |
| 2007.....Riley Smith, Phoenix Christian.....   | 1:13.13 |

#### 1A-3A GIRLS 200 FREESTYLE

|                                           |         |
|-------------------------------------------|---------|
| 2009.....Erin Bleyl, Pusch Ridge.....     | 1:55.96 |
| 2008 ....Chloe Peterson, Pusch Ridge..... | 2:03.52 |
| 2007.....Erin Bleyl, Pusch Ridge.....     | 1:57.13 |

#### 1A-3A GIRLS 200 INDIVIDUAL MEDLEY

|                                              |         |
|----------------------------------------------|---------|
| 2009.....Danielle Lee, Phx Country Day.....  | 2:06.21 |
| 2008 ....Riley Smith, Phoenix Christian..... | 2:16.56 |
| 2007.....Riley Smith, Phoenix Christian..... | 2:16.56 |

#### 1A-3A GIRLS 500 FREESTYLE

|                                          |         |
|------------------------------------------|---------|
| 2009.....Sloane Burns, St. Gregory.....  | 6:06.20 |
| 2008 ....Hope Peterson, Pusch Ridge..... | 5:18.82 |
| 2007.....Hope Peterson, Pusch Ridge..... | 5:10.66 |

#### 1A-3A GIRLS 200 MEDLEY RELAY

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

#### 1A-3A GIRLS 400 FREESTYLE RELAY

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

#### 1A-3A GIRLS DIVING

|                                                 |        |
|-------------------------------------------------|--------|
| 2009.....Maddie Stern, Phx Country Day.....     | 308.45 |
| 2008 ....Natalie 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 |
| 2008 ....D1 Scottsdale Chaparral.....      | 1:38.79 |
| 2008 ....D2 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 |
| 2000 ....Tucson Catalina Foothills.....    | 1:42.13 |
| 1999 ....Tucson Catalina Foothills.....    | 1:40.36 |
| 1998 ....Tucson Sabino.....                | 1:40.04 |
| 1997 ....Tucson Sabino.....                | 1:41.25 |
| 1996 ....Tucson Catalina Foothills.....    | 1:42.30 |
| 1995 ....Scottsdale Saguaro.....           | 1:40.86 |
| 1994 ....Scottsdale Arcadia.....           | 1:42.67 |
| 1993 ....Scottsdale Arcadia.....           | 1:42.11 |

#### 4A GIRLS 50 FREESTYLE

|                                                |       |
|------------------------------------------------|-------|
| 2009.....D1 Brianna Wilford, C. Foothills..... | 23.63 |
| 2009.....D2 Catherine Polito, Mingus.....      | 24.44 |
| 2008 ....D1 Sarah Denninghoff, Sabino.....     | 23.70 |
| 2008 ....D2 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 |
| 2000 ....Lacey Nymeyer, Marana Mt. View.....     | 24.72 |
| 1999 ....Heather Lee, Phx Country Day.....       | 24.81 |
| 1998 ....Michelle Molina, Chaparral.....         | 23.89 |
| 1997.....Emily Mason, Chaparral.....             | 24.71 |
| 1996 ....Stephanie McCanse, Rincon.....          | 24.89 |
| 1995 ....Kelly Igoe, Sunnyslope.....             | 23.94 |
| 1994 ....Kelly Igoe, Sunnyslope.....             | 24.24 |
| 1993 ....Laura Lloyd, Ironwood.....              | 23.72 |

#### 4A GIRLS 100 FREESTYLE

|                                                  |       |
|--------------------------------------------------|-------|
| 2009.....D1 Sarah Denninghoff, Sabino.....       | 51.79 |
| 2009.....D2 Catherine Polito, Mingus.....        | 52.78 |
| 2008 ....D1 Taryn Collura, Sunnyslope.....       | 51.60 |
| 2008 ....D2 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 |
| 2004.....Lauren Cox, Chaparral.....              | 50.97 |
| 2003.....Laura Cox, Chaparral.....               | 51.93 |
| 2002.....Abbey McIntosh, Rincon.....             | 52.15 |
| 2001.....Ashley Tremblay, Arcadia.....           | 52.81 |
| 2000 ....Michelle Molina, Chaparral.....         | 52.19 |
| 1999 ....Michelle Molina, Chaparral.....         | 51.45 |
| 1998 ....Michelle Molina, Chaparral.....         | 51.39 |
| 1997.....Elizabeth Igoe, Arcadia.....            | 53.73 |
| 1996 ....Elizabeth Igoe, Arcadia.....            | 53.92 |
| 1995 ....Kelly Igoe, Sunnyslope.....             | 51.33 |
| 1994 ....Kelly Igoe, Sunnyslope.....             | 52.35 |
| 1993 ....Laura Lloyd, Ironwood.....              | 51.80 |

#### 4A GIRLS 100 BUTTERFLY

|                                               |         |
|-----------------------------------------------|---------|
| 2009.....D1 Lauren Baker, Canyon Del Oro..... | 56.68   |
| 2009.....D2 Carter Graves, Arcadia.....       | 57.04   |
| 2008 ....D1 Leticia Lelli, Chaparral.....     | 56.61   |
| 2008 ....D2 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   |
| 2000 ....Emily Mason, Chaparral.....          | 55.88   |
| 1999 ....Emily Mason, Chaparral.....          | 56.37   |
| 1998 ....Emily Mason, Chaparral.....          | 57.03   |
| 1997.....Emily Mason, Chaparral.....          | 58.02   |
| 1996 ....Sarah Radel, Rincon.....             | 58.60   |
| 1995 ....Brooke George, Saguaro.....          | 1:00.23 |
| 1994 ....Sarah Ruthenberg, Ironwood.....      | 59.46   |
| 1993 ....Sarah Ruthenberg, Ironwood.....      | 58.19   |

#### 4A GIRLS 100 BACKSTROKE

|                                            |       |
|--------------------------------------------|-------|
| 2009.....D1 Sarah Denninghoff, Sabino..... | 56.75 |
|--------------------------------------------|-------|

|                                                 |         |
|-------------------------------------------------|---------|
| 2009.....D2 Carter Graves, Arcadia.....         | 59.38   |
| 2008 ....D1 Sarah Denninghoff, Sabino.....      | 54.54   |
| 2008 ....D2 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   |
| 2001.....Kayln Keller, Arcadia.....             | 56.90   |
| 2000 ....Katie Frazee, St. Gregory.....         | 59.26   |
| 1999 ....Elizabeth McGiffin, Chaparral.....     | 1:00.35 |
| 1998 ....Kate Rollins, Sabino.....              | 57.14   |
| 1997.....Kate Rollins, Sabino.....              | 58.78   |
| 1996 ....Sarah Radel, Rincon.....               | 59.02   |
| 1995 ....Paige Francis, Arcadia.....            | 56.45   |
| 1994 ....Paige Francis, Arcadia.....            | 57.65   |
| 1993 ....Paige Francis, Arcadia.....            | 57.62   |

#### 4A GIRLS 100 BREASTSTROKE

|                                               |         |
|-----------------------------------------------|---------|
| 2009.....D1 LeighAnne Oliver, Sabino.....     | 1:05.75 |
| 2009.....D2 Sarah Raber, Mingus.....          | 1:08.89 |
| 2008 ....D1 Rachel Ripley, McClintock.....    | 1:03.61 |
| 2008 ....D2 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 |
| 2001.....Brittany Trimberger, Chaparral.....  | 1:05.09 |
| 2000 ....Lezah Huff, Chaparral.....           | 1:07.07 |
| 1999 ....Kera Drake, Arcadia.....             | 1:05.73 |
| 1998 ....Kristi Roach, Sunnyslope.....        | 1:05.41 |
| 1997.....Kristi Roach, Sunnyslope.....        | 1:04.75 |
| 1996 ....Tanis Berras, Centennial.....        | 1:05.93 |
| 1995 ....Kristi Roach, Thunderbird.....       | 1:07.71 |
| 1994 ....Mary Percival, Arcadia.....          | 1:09.29 |
| 1993 ....Mary Percival, Arcadia.....          | 1:08.41 |

#### 4A GIRLS 200 FREESTYLE

|                                                  |         |
|--------------------------------------------------|---------|
| 2009.....D1 Karima Chuk, Catalina Foothills..... | 1:53.16 |
| 2009.....D2 Kelsey Cooke, Thunderbird.....       | 1:58.48 |
| 2008 ....D1 Leticia Lelli, Chaparral.....        | 1:51.12 |
| 2008 ....D2 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 |
| 2001.....Abbey McIntosh, Rincon.....             | 1:53.51 |
| 2000 ....Michelle Molina, Chaparral.....         | 1:54.46 |
| 1999 ....Michelle Molina, Chaparral.....         | 1:51.78 |
| 1998 ....Kacey Douglas, Arcadia.....             | 1:51.92 |
| 1997.....Heather Lee, Phx Country Day.....       | 1:53.85 |
| 1996 ....Elizabeth Igoe, Arcadia.....            | 1:55.68 |
| 1995 ....Paige Francis, Arcadia.....             | 1:49.80 |
| 1994 ....Paige Francis, Arcadia.....             | 1:50.83 |
| 1993 ....Paige Francis, Arcadia.....             | 1:52.87 |

#### 4A GIRLS 200 INDIVIDUAL MEDLEY

|                                             |         |
|---------------------------------------------|---------|
| 2009.....D1 Lauren Baker, Canyon Del Oro... | 2:07.23 |
| 2009.....D2 Alexis Daswick, Notre Dame      | 1:10.53 |
| 2008 ....D1 Caitlin Leverenz, Sahuaro       | 1:57.95 |
| 2008 ....D2 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 |
| 2001 ....Kayln Keller, Arcadia              | 2:05.13 |
| 2000 ....Emily Mason, Chaparral             | 2:03.80 |
| 1999 ....Kalyn Keller, Arcadia              | 2:03.88 |
| 1998 ....Emily Mason, Chaparral             | 2:05.30 |
| 1997.....Kristy Roach, Sunnyslope           | 2:08.12 |
| 1996 ....Tanis Berres, Centennial           | 2:09.20 |
| 1995 ....Beth Katz, Saguaro                 | 2:09.86 |
| 1994 ....Bethany Biaett, Westview           | 2:11.45 |
| 1993 ....Sarah Ruthenberg, Ironwood         | 2:11.58 |

#### 4A GIRLS 500 FREESTYLE

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

#### 4A GIRLS 200 MEDLEY RELAY

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

|                             |         |
|-----------------------------|---------|
| 1994 ....Scottsdale Arcadia | 1:51.15 |
| 1993 ....Scottsdale Arcadia | 1:55.23 |
| 1996 ....Tucson Salpointe   | 1:36.47 |
| 1995 ....Phoenix Xavier     | 1:36.60 |
| 1994 ....Phoenix Xavier     | 1:36.13 |
| 1993 ....Phoenix Xavier     | 1:35.26 |

#### 5A GIRLS 50 FREESTYLE

|                                           |       |
|-------------------------------------------|-------|
| 2009.....D1 Katie Olsen, Desert Vista     | 23.45 |
| 2009.....D2 Tess Simpson, Centennial      | 24.21 |
| 2008 ....D1 Haley Krakoski, Xavier        | 23.05 |
| 2008 ....D2 Katelyn Weddle, Kofa          | 24.79 |
| 2007.....D1 Haley Krakoski, Xavier        | 23.37 |
| 2007.....D2 Skylar Wilson, Ironwood       | 25.13 |
| 2006.....D1 Aleesha Miller, Mesa Mt. View | 22.93 |
| 2006.....D2 Skylar Wilson, Ironwood       | 25.18 |
| 2005.....D1 Emma Darlington, Salpointe    | 23.05 |
| 2005.....D2 Chelsea Lopus, Desert Mt      | 24.39 |
| 2004.....Jessica Davis, Westwood          | 23.35 |
| 2003.....Lacey Nymeyer, Marana Mt. View   | 23.25 |
| 2002.....Corie Collins, Dobson            | 24.20 |
| 2001 ....Cait Connealy, North Canyon      | 23.03 |
| 2000 ....Meghan DeVinney, Westview        | 23.94 |
| 1999 ....Cait Connealy, North Canyon      | 24.08 |
| 1998 ....Sharisse Blau, Red Mountain      | 23.50 |
| 1997.....Michele Riggins, Deer Valley     | 23.23 |
| 1996 ....Sharisse Blau, Red Mountain      | 23.63 |
| 1995 ....Colleen Lanne, Salpointe         | 23.88 |
| 1994 ....Colleen Lanne, Salpointe         | 23.55 |
| 1993 ....Jill Jenkins, Saguaro            | 23.23 |

#### 5A GIRLS 100 FREESTYLE

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

#### 5A GIRLS 100 BUTTERFLY

|                                            |       |
|--------------------------------------------|-------|
| 2009.....D1 Talie Anchustegui, Xavier      | 55.36 |
| 2009.....D2 Malia Johnson, Chaparral       | 56.38 |
| 2008 ....D1 Ellie Johnson, Mountain Ridge  | 55.89 |
| 2008 ....D2 Kacey Milligan, Pinnacle       | 57.17 |
| 2007.....D1 Whitney Lopus, Desert Mountain | 53.18 |
| 2007.....D2 Erin DeVinney, Westview        | 58.16 |
| 2006.....D1 Mychala Lynch, Xavier          | 56.34 |
| 2006.....D2 Whitney Lopus, Desert Mt       | 56.90 |
| 2005.....D1 Erin Campbell, Corona del Sol  | 56.16 |
| 2005.....D2 Joanna Weinstein, Desert Mt    | 57.50 |
| 2004.....Tiffany Elias, Xavier             | 56.45 |
| 2003.....Laura Mozdzen, Chandler           | 54.42 |
| 2002.....Cait Connealy, North Canyon       | 54.82 |

|                                       |       |
|---------------------------------------|-------|
| 2001 ....Cait Connealy, North Canyon  | 54.78 |
| 2000 ....Amy Wagner, Mountain Pointe  | 55.85 |
| 1999 ....Jana Krohn, Shadow Mountain  | 54.78 |
| 1998 ....Jana Krohn, Shadow Mountain  | 54.90 |
| 1997.....Emily Mastin, Dobson         | 54.97 |
| 1996 ....Misty Hyman, Shadow Mountain | 52.41 |
| 1995 ....Misty Hyman, Shadow Mountain | 53.49 |
| 1994 ....Misty Hyman, Shadow Mountain | 54.23 |
| 1993 ....Misty Hyman, Shadow Mountain | 56.23 |

#### 5A GIRLS 100 BACKSTROKE

|                                        |         |
|----------------------------------------|---------|
| 2009.....D1 Talie Anchustegui, Xavier  | 56.60   |
| 2009.....D2 Ashley Brewer, Chaparral   | 56.87   |
| 2008 ....D1 Traycie Swartz, Dobson     | 54.99   |
| 2008 ....D2 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 Staubit, 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   |

#### 5A GIRLS 100 BREASTSTROKE

|                                           |         |
|-------------------------------------------|---------|
| 2009.....D1 Katie Olsen, Desert Vista     | 1:00.68 |
| 2009.....D2 Erica Stock, Deer Valley      | 1:03.89 |
| 2008 ....D1 Katie Olsen, Desert Vista     | 1:02.11 |
| 2008 ....D2 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 |

#### 5A GIRLS 200 FREESTYLE

|                                           |         |
|-------------------------------------------|---------|
| 2009.....D1 Kat Simonovic, Mesa Mt. View  | 1:49.70 |
| 2009.....D2 Ashley Evans, Pinnacle        | 1:49.23 |
| 2008 ....D1 Ally Loper, Desert Mountain   | 1:51.54 |
| 2008 ....D2 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 |

#### 5A GIRLS 200 INDIVIDUAL MEDLEY

|                                              |         |
|----------------------------------------------|---------|
| 2009.....D1 Sara Jurek, Chandler .....       | 2:06.89 |
| 2009.....D2 Erica Stock, Deer Valley.....    | 2:05.55 |
| 2008.....D1 Christine Olson, Mesquite .....  | 2:03.06 |
| 2008.....D2 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.....Cydney Siggins, Xavier .....        | 2:06.55 |
| 2002.....Ann Barton, Desert Mountain.....    | 2:05.28 |
| 2001.....Kara Morelli, Horizon .....         | 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 |

#### 5A GIRLS 500 FREESTYLE

|                                                 |         |
|-------------------------------------------------|---------|
| 2009.....D1 Emily Christensen, Mt. View .....   | 4:58.61 |
| 2009.....D2 Ashley Evans, Pinnacle.....         | 4:49.59 |
| 2008.....D1 Ally Loper, Desert Mountain.....    | 4:59.75 |
| 2008.....D2 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 |

#### 5A GIRLS 200 MEDLEY RELAY

|                                              |         |
|----------------------------------------------|---------|
| 2009.....D1 Mesa Mt. View .....              | 1:45.24 |
| 2009.....D2 Scottsdale Chaparral .....       | 1:48.57 |
| 2008.....D1 Tempe Desert Vista .....         | 1:51.08 |
| 2008.....D2 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 |
| 2000.....Phoenix Xavier .....                | 1:54.47 |
| 1999.....Tempe Mountain Pointe .....         | 1:50.39 |
| 1998.....Phoenix Shadow Mountain.....        | 1:49.01 |
| 1997.....Phoenix Xavier.....                 | 1:49.05 |
| 1996.....Phoenix Shadow Mountain.....        | 1:45.18 |
| 1995.....Phoenix Xavier .....                | 1:45.26 |
| 1994.....Phoenix Xavier .....                | 1:47.54 |
| 1993.....Phoenix Xavier.....                 | 1:45.50 |

#### 5A GIRLS 400 FREESTYLE RELAY

|                                              |         |
|----------------------------------------------|---------|
| 2009.....D1 Phoenix Xavier .....             | 3:28.82 |
| 2009.....D2 Scottsdale Chaparral .....       | 3:29.25 |
| 2008.....D1 Phoenix Xavier .....             | 3:29.85 |
| 2008.....D2 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 |
| 2001.....Phoenix North Canyon .....          | 3:33.14 |

|                                        |         |
|----------------------------------------|---------|
| 2000.....Tempe Corona del Sol .....    | 3:31.78 |
| 1999.....Phoenix Shadow Mountain ..... | 3:31.86 |
| 1998.....Phoenix Shadow Mountain ..... | 3:34.89 |
| 1997.....Mesa Dobson .....             | 3:33.02 |
| 1996.....Phoenix Shadow Mountain ..... | 3:29.99 |
| 1995.....Tucson Salpointe .....        | 3:33.54 |
| 1994.....Phoenix Xavier .....          | 3:39.04 |
| 1993.....Phoenix Xavier .....          | 3:35.31 |

#### 5A GIRLS DIVING

|                                              |        |
|----------------------------------------------|--------|
| 2009.....D1 Megan Harper, Xavier .....       | 413.90 |
| 2009.....D2 Kaitlyn McLeod, Rincon.....      | 311.50 |
| 2008.....D1 Mikenna Cloward, Mt. View .....  | 441.55 |
| 2008.....D2 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 |
| 2000.....Paige Thompson, Mt. Pointe .....    | 446.00 |
| 1999.....Natalie Serrine, Mesa Mt. View..... | 395.30 |
| 1998.....Bobbie Wallace, North Canyon.....   | 395.95 |
| 1997.....Anna Deem, Horizon .....            | 425.85 |
| 1996.....Lindsay Berryman, Horizon.....      | 443.05 |
| 1995.....Lindsay Berryman, Horizon.....      | 462.00 |
| 1994.....Jenny Rogers, Mesa Mt. View .....   | 432.35 |
| 1993.....Jenny Rogers, Mesa Mt. View .....   | 451.80 |

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