

A R I Z O N A

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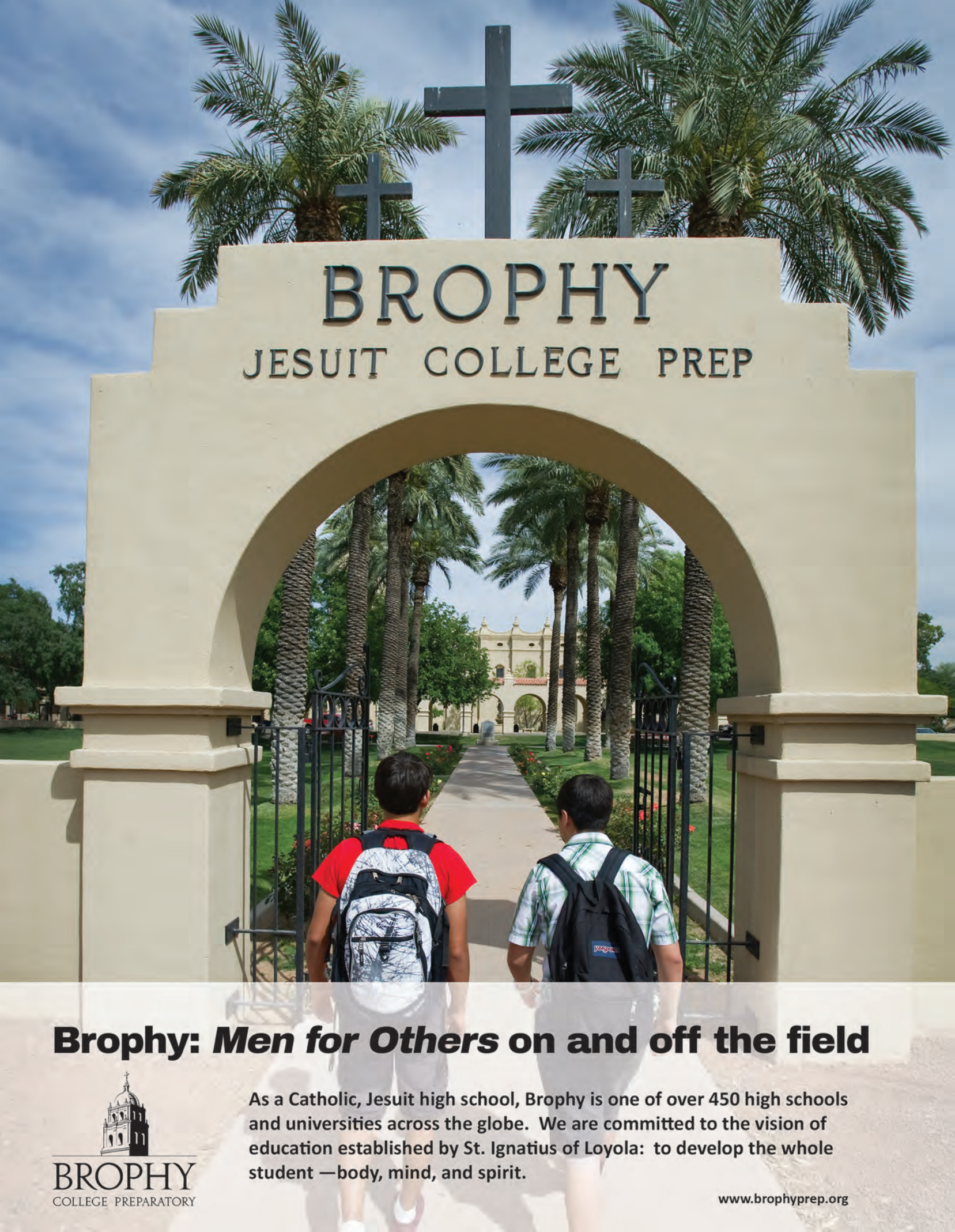


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12 Bradshaw Mountain
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16 Chinle
17 Chino Valley
18 Cibecue
19 Clifton
20 Coolidge
21 Douglas
22 Duncan
94 El Capitan
24 Florence
25 Fort Thomas
26 Fredonia
27 Ganado
28 Gila Bend
29 Globe
30 Grand 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
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47 Red Valley-Cove
59 Rio Rico
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61 Rock Point
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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
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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 5A-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
2008Preston 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
2008David 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
2008Hayden 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
2008David 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
2008Hayden 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
2008Sedona Red Rock	1:45.90
2007.....Chandler Valley Christian	1:48.44

1A-3A BOYS 400 FREESTYLE RELAY

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

1A-3A BOYS DIVING

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

4A BOYS 200 FREESTYLE RELAY

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

4A BOYS 50 FREESTYLE

2009.....D1 Ryan Gray, Sabino	21.21
2009.....D2 Michael Branning, Seton.....	20.60
2008D1 Herbie Behm, Catalina Foothills...	20.09
2008D2 Wil Hogue, Seton	22.02

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

4A BOYS 100 FREESTYLE

2009.....D1 Cole Puchi, Catalina Foothills.....	46.87
2009.....D2 Tyler Messerschmidt, D. Edge.....	45.07
2008D1 Herbie Behm, Catalina Foothills	44.68
2008D2 Devin Price, Palo Verde.....	46.63
2007.....D1 Herbie Behm, Catalina Foothills	45.59
2007.....D2 Isaac Lunsford, Amphitheater.....	48.08
2006.....D1 Ben Aaberg, Saguaro	44.81
2006.....D2 Charles Donofrio, Sunnyslope	51.08
2005.....D1 Ben Aaberg, Saguaro	46.42
2005.....D2 Frank Komadina, Valley Chr	47.14
2004.....Matt Barnard, Sabino	45.43
2003.....Matt Barnard, Sabino	46.49
2002.....Matt Crowe, Arcadia.....	46.24
2001.....Jake Miller, Cholla.....	46.88
2000Jake Miller, Cholla.....	47.62
1999Kyle Horton, Arcadia.....	47.78
1998Gerrit Hillebrand, Chaparral	47.22
1997.....Curtis Harvey, Sahuaro	46.43
1996Sam Ullery, Rincon	46.35
1995Quentin Byma, Paradise Valley.....	46.41
1994Matt Pelot, Palo Verde	49.17
1993Justin Ewers, Arcadia	46.47

4A BOYS 100 BUTTERFLY

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

4A BOYS 100 BACKSTROKE

2009.....D1 Cole Puchi, Catalina Foothills.....	53.26
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2009.....D2 Alex Brouwer, Notre Dame	52.13
2008D1 Cole Puchi, Catalina Foothills.....	53.94
2008D2 Tyler Messerschmidt, D. Edge	49.89
2007.....D1 Tyler Kybartas, Sabino.....	50.90
2007.....D2 Devin Price, Palo Verde	52.62
2006.....D1 Nick Hadinger, Sabino	53.82
2006.....D2 Devin Price, Palo Verde	55.42
2005.....D1 Bryan O'Connor, C. Foothills	51.94
2005.....D2 Mike Smyers, Phoenix Christian ..	54.50
2004.....Stephen D'Arrigo, C. Foothills	53.04
2003.....Mike Caruso, Cactus	52.57
2002.....Mike Caruso, Cactus	53.62
2001.....Mike Caruso, Cactus	54.76
2000Nick Eggen, Arcadia	51.94
1999Nick Eggen, Arcadia.....	52.46
1998Eric Hadley, Rincon.....	52.02
1997.....Will Eden, Chaparral	52.38
1996Matt Ulrickson, Saguaro	49.16
1995Matt Ulrickson, Saguaro.....	49.37
1994Justin Ewers, Arcadia	51.39
1993Justin Ewers, Arcadia	51.87

4A BOYS 100 BREASTSTROKE

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

4A BOYS 200 FREESTYLE

2009.....D1 Adrian Brynnel, C. Foothills	1:41.99
2009.....D2 Tyler Messerschmidt, D. Edge.....	1:38.00
2008D1 Anthony Chiaro, Sahuaro	1:40.58
2008D2 Tyler Messerschmidt, D. Edge.....	1:38.90
2007.....D1 Michael Branning, P. Valley.....	1:43.58
2007.....D2 Michael Zoldos, Arcadia.....	1:42.82
2006.....D1 Adrian Kirkpatrick, C. Foothills ..	1:39.52
2006.....D2 Blake 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
2000Matthew Owen, Saguaro.....	1:41.37
1999Kevin Heath, Thunderbird.....	1:43.03
1998Jamie Richardson, Thunderbird.....	1:41.66
1997.....Jamie Richardson, Thunderbird	1:41.82
1996Jamie Richardson, Thunderbird	1:42.96
1995Evan Smith, Arcadia.....	1:42.65
1994Evan Smith, Arcadia.....	1:43.36
1993Adam Kingery, Rincon	1:44.05

4A BOYS 200 INDIVIDUAL MEDLEY

2009.....D1 Barrett Meisfeld, C. Foothills	1:53.01
2009.....D2 Chris Pickard, Arcadia.....	1:52.29
2008D1 Brian Ferro, Millennium	1:53.35
2008D2 Chris Pickard, Arcadia	1:52.91
2007.....D1 Nick Hadinger, Sabino.....	1:57.06
2007.....D2 Chris Pickard, Arcadia	1:59.06
2006.....D1 Ben Aaberg, Saguaro.....	1:50.82
2006.....D2 Zach Lemons, Flagstaff	1:57.39
2005.....D1 Ben Aaberg, Saguaro.....	1:51.97
2005.....D2 Blake 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 Rahauesser, 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
2008D1 John Kent, Sahuaro.....	4:36.33
2008D2 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
2008D1 Tucson Catalina Foothills.....	1:33.71
2008D2 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
2008D1 Scottsdale Chaparral	3:12.89
2008D2 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
2008D1 Sean Clark, Sunnyslope.....	412.65
2008D2 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
2008D1 Phoenix Brophy Prep	1:26.45
2008D2 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
2008D1 John Wojciechowski, Brophy	20.80
2008D2 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
2008D1 Brian Stevens, Brophy	46.19
2008D2 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
2008D1 John Wojciechowski, Brophy	47.87
2008D2 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.

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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 Siera 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)



Girls S&D State Champions (1993-2014)

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 Gutmacher, 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
2008Danielle Lee, Phx Country Day.....	57.96
2007Erin Bleyl, Pusch Ridge.....	1:00.47

1A-3A GIRLS 100 BREASTSTROKE

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

1A-3A GIRLS 200 FREESTYLE

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

1A-3A GIRLS 200 INDIVIDUAL MEDLEY

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

1A-3A GIRLS 500 FREESTYLE

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

1A-3A GIRLS 200 MEDLEY RELAY

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

1A-3A GIRLS 400 FREESTYLE RELAY

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

1A-3A GIRLS DIVING

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

4A GIRLS 200 FREESTYLE RELAY

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

4A GIRLS 50 FREESTYLE

2009.....D1 Brianna Wilford, C. Foothills.....	23.63
2009.....D2 Catherine Polito, Mingus.....	24.44
2008D1 Sarah Denninghoff, Sabino.....	23.70
2008D2 Catherine Polito, Mingus.....	24.89

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

4A GIRLS 100 FREESTYLE

2009.....D1 Sarah Denninghoff, Sabino.....	51.79
2009.....D2 Catherine Polito, Mingus.....	52.78
2008D1 Taryn Collura, Sunnyslope.....	51.60
2008D2 Morgan Palmanteer, Perry.....	56.26
2007D1 Sarah Denninghoff, Sabino.....	50.52
2007D2 Lindsey Stevens, Arcadia.....	52.59
2006D1 Sarah Denninghoff, Sabino.....	51.96
2006D2 Jennifer Benson, Scottsdale Chr.....	54.89
2005D1 Skye Ebert, Millennium.....	51.08
2005D2 Lindsey Stevens, Arcadia.....	53.72
2004Lauren Cox, Chaparral.....	50.97
2003Laura Cox, Chaparral.....	51.93
2002Abbey McIntosh, Rincon.....	52.15
2001Ashley Tremblay, Arcadia.....	52.81
2000Michelle Molina, Chaparral.....	52.19
1999Michelle Molina, Chaparral.....	51.45
1998Michelle Molina, Chaparral.....	51.39
1997Elizabeth Igoe, Arcadia.....	53.73
1996Elizabeth Igoe, Arcadia.....	53.92
1995Kelly Igoe, Sunnyslope.....	51.33
1994Kelly Igoe, Sunnyslope.....	52.35
1993Laura Lloyd, Ironwood.....	51.80

4A GIRLS 100 BUTTERFLY

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

4A GIRLS 100 BACKSTROKE

2009.....D1 Sarah Denninghoff, Sabino.....	56.75
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2009.....D2 Carter Graves, Arcadia.....	59.38
2008D1 Sarah Denninghoff, Sabino.....	54.54
2008D2 Carter Graves, Arcadia.....	57.74
2007D1 Stephanie Wells, Sahuaro.....	55.62
2007D2 Carter Graves, Arcadia.....	59.40
2006D1 Stephanie Wells, Sahuaro.....	57.26
2006D2 Carter Graves, Arcadia.....	1:00.81
2005D1 Skye Ebert, Millennium.....	56.94
2005D2 Riley Smith, Phoenix Christian.....	1:01.63
2004Skye Elbert, Millennium.....	55.63
2003Skye Elbert, Millennium.....	56.12
2002Skye Elbert, Millennium.....	55.61
2001Kayln Keller, Arcadia.....	56.90
2000Katie Frazee, St. Gregory.....	59.26
1999Elizabeth McGiffin, Chaparral.....	1:00.35
1998Kate Rollins, Sabino.....	57.14
1997Kate Rollins, Sabino.....	58.78
1996Sarah Radel, Rincon.....	59.02
1995Paige Francis, Arcadia.....	56.45
1994Paige Francis, Arcadia.....	57.65
1993Paige Francis, Arcadia.....	57.62

4A GIRLS 100 BREASTSTROKE

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

4A GIRLS 200 FREESTYLE

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

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, Horizozn	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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