
2017 AIA
ARIZONA
SWIM & DIVE
STATE
CHAMPIONSHIPS

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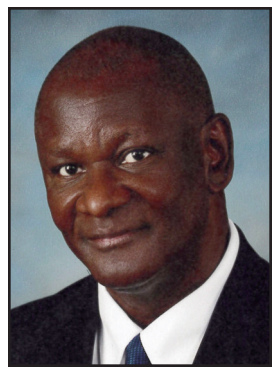
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Welcome to the State Championships



On behalf of the Arizona Interscholastic Association, I would like to welcome all the participants, coaches, family and friends to our state championship. It is our pleasure to be able to bring you a fantastic event.

It took a great deal of hard work to reach this point. The AIA recognizes the strength it took to get here, as well as the sacrifices made along the way. And for that, we say thank you. The student-athletes, administrators, coaches and families have all earned our gratitude.

While attending this championship, we hope that it is an enjoyable experience for all. The lessons learned regarding sportsmanship and fair play are elevated here. Athletics are an extension of the classroom, which is why we accentuate the "student" in student-athlete. State championships are just a springboard to the success these student-athletes will achieve when the competition is over. In the process of deriving enjoyment from participation in athletics, our student-athletes are learning lifelong skills that will help them develop into healthy adults and productive citizens. National research continues to validate that students involved in extracurricular activities attend more days of school, perform better in the classroom and have less behavioral issues. This also includes lower dropout, alcohol and drug abuse rates as compared to those who do not participate. The benefits of participation are extensive.

The AIA began in 1913 and has grown by leaps and bounds over the years. Along with the Executive Board, the AIA vigorously defends and promotes the positive developments of athletics, creates a culture that fosters self-governance and ethical behavior, and teaches, enforces, advocates and models the principles of the Arizona Accord and "Pursuing Victory With Honor." Today, nearly 125,000 student-athletes statewide benefit from the leadership of our Board, administrators and hard-working coaches on an annual basis.

As you enjoy all the championship contests, please show respect to those around you. Displays of good sportsmanship will place you in high regard along with your school and your community, and remind us all that, sports are meant to be fun and enjoyed by not only those participating, but those in attendance. The AIA hopes this championship, as well as any others you may attend, achieves the level of excellence our student-athletes deserve. Remember that these are "our students, our teams … our future."

DAVID HINES
AIA Executive Director

MAPPING OUR MEMBER SCHOOLS



AIA

Arizona Interscholastic Association

Phoenix Metro Area

Agua Fria
Alhambra
American Leadership Academy
Anthem Prep
Apache Junction
Apollo
Arcadia
Arete Prep
Arizona College Prep
Arizona Lutheran
ASU Prep
Barry Goldwater
Basha
BASIS School - Chandler
Benjamin Franklin
Betty H. Fairfax
Boulder Creek
Bourgade Catholic
Brophy Prep
Buckeye Union
Cactus
Cactus Shadows
Camelback
Campo Verde
Carl Hayden
Casteel
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
Independence
Ironwood
Joy Christian
La Joya Community
Leading Edge Academy - Gilbert
Liberty
Marcos de Niza
Maricopa
Maryvale
McClintock
Mesa
Mesquite
Millennium
Moon Valley
Mountain Pointe
Mountain Ridge
Mountain View (Mesa)
NFL YET College Prep
North
North Canyon
North Phoenix Prep
North Pointe Prep
North Valley Christian
Northwest Christian
Notre Dame Prep
The Odyssey Institute
Paradise Honors
Paradise Valley
Peoria
Perry
Phoenix Christian Prep
Phoenix Country Day
Phoenix Day School Deaf
Pinnacle
Poston Butte
Queen Creek
Rancho Solano Prep
Raymond Kellis
Red Mountain
Saguaro
San Tan Foothills
Sandra Day O'Connor
Scottsdale Christian
Scottsdale Prep
Seton Catholic
Shadow Mountain
Shadow Ridge
Sierra Linda
Skyline
South Mountain
St. Mary's
Sunnyslope
Sunrise Mountain
Tempe
Tempe Prep
Thunderbird
Tolleson
Tonopah Valley
Trevor Browne
Trivium Prep
Valley Christian
Valley Lutheran
Valley Vista
Veritas Prep
Verrado
Washington
Westview
Westwood
Williams Field
Willow Canyon
Xavier Prep
Youngker

Tucson Area

Academy of Tucson
Amphitheater
AZ School for the Deaf & Blind
Canyon Del Oro
Catalina
Catalina Foothills
Cholla
Cienega
Desert Christian
Desert View
Empire
Flowing Wells
Green Fields School
The Gregory School
Immaculate Heart
Ironwood Ridge
Marana
Mountain View (Marana)
Palo Verde
Pueblo
Pusch Ridge Christian
Rincon/University
Sabino
Sahuaro
Salpointe Catholic
San Miguel
Santa Rita
St. Augustine
Sunnyside
Tanque Verde
Tucson

Flagstaff Area

BASIS School - Flagstaff
Coconino
Flagstaff
Northland Prep

Yuma Area

Cibola
Gila Ridge
Kofa
San Luis
San Pasqual Valley
Yuma
Yuma Catholic

2 Alchesay
3 Antelope
4 Ash Fork
5 Baboquivari
6 Bagdad
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
20 Coolidge
21 Douglas
22 Duncan
94 El Capitan
96 East Fork Lutheran
24 Florence
25 Fort Thomas
26 Fredonia
27 Ganado
29 Globe
30 Grand Canyon
31 Greyhills Academy
32 Hayden
33 Holbrook
97 Holbrook Indian School
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 Academy
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 Piñon
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
98 Telesis Prep
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

NISCA 2017-18 All-America Time Standards

Boys All-America		High School	Girls All-America	
Automatic	**Consideration**	**Event in Yards**	**Automatic**	**Consideration**
1:33.53	1:35.18	200 Medley Relay	1:44.91	1:46.69
1:38.63	1:40.34	200 Freestyle	1:48.82	1:50.65
1:49.83	1:51.96	200 Individual Medley	2:01.89	2:04.08
0:20.65	0:20.97	50 Freestyle	0:23.24	0:23.63
0:49.06	0:50.07	100 Butterfly	0:54.56	0:55.75
0:45.06	0:45.80	100 Freestyle	0:50.41	0:51.17
4:29.04	4:33.61	500 Freestyle	4:52.12	4:57.09
1:24.94	1:26.18	200 Freestyle Relay	1:35.67	1:37.32
0:49.66	0:50.86	100 Backstroke	0:55.05	0:56.30
0:56.00	0:57.27	100 Breaststroke	1:02.82	1:04.26
3:06.28	3:09.26	400 Freestyle Relay	3:27.95	3:31.42

Top 100 athletes are recognized as All-America.



D-I Swim & Dive Preview

By Les Willsey
azpreps365.com

TEAM OUTLOOKS: There is no stopping Brophy and the depth it possesses in the battle for boys supremacy. The girls will be more interesting with Chandler, Xavier, Red Mountain, Highland and Mountain View highlighting the girls team competition.

WHEN: Diving: Friday, Nov. 3 starting at 1:30 p.m.
Swimming Preliminaries: Friday Nov. 3 starting at 2:30 p.m.
Swimming Finals: Staurday Nov. 4 starting at 2:30 p.m.

WHERE: Skyline Aquatic Center, 845 S. Crismon Road, Mesa

GIRLS
Swimmers to watch: Destiny Kling, Chandler - 200 free and 500 free; Shae Nicolaisen, Desert Vista - 200 free and 200 IM; Kalli Fama, Perry - 200 free 100 backstroke; Kyla Yetter, Highland - 100 free and 200 free; Olivia Grossklaus, Red Mountain - 50 free and 100 butterfly; Claire Grover, Boulder Creek - 50 free 100 breaststroke; Ally Carr, Gilber - 50 free and 100 free; Ashley Catchpole, Highland - 50 free; Mary Roediger, Xavier; Gabby Lizzul, Pinnacle - 100 buttefly; Mackenzie Baird, Mountain View - 100 free; Kaitlyn McCoy, Xavier - 200 IM and 100 backstroke; Sydney Chun, Chandler - 200 IM and 100 butterfly; Natalie Crisci, Westwood, - 100 butterfly; Irena Putokova, Hamilton - 500 free; Jessica LeSueur, Mountain View - 200 free; Marisa Emoto, Hamilton - 100 backstroke; Emilee VanderLinden, Red Mountain -- 100 breaststroke; Mia Rankin, Xavier -- 200 IM.

Last year's state champions: Shae Nicolaisen, Desert Vista - 200 free; Kaitlyn McCoy, Xavier - 200 IM; Claire Grover, Boulder Creek - 50 free; Olivia Grossklaus, Red Mountain - 100 butterfly; Kyla Yetter, Highland - 100 free.

BOYS
Swimmers to watch: Chris Allen, Mtn. View - 100 free and 200 free; Michael Niezgoski, Brophy - 200 free and 100 butterfly; Terry Yang, Chandler - 200 free and 500 free; Benjamin Quon, Corona del Sol - 200 free; Michael Klauss, Chandler - 200 IM and 100 butterfly; Patrick Schramm, Brophy - 200 IM anf 100 breast stroke; ; Aaron Rosen, Pinnacle - 200 IM; Kaden Miller, Perry - 50 free and 100 free; Tai Combs, Perry - 50 free and 100 free; Parker Hughes, Brophy - 50 free and 100 free; Barberii Drake, Rincon - 100 butterfly; Stefan Cooley, Desert Mountain -- 500 free; Matt Milovanovic, Brophy - 500 free; Brian Rawlinson, Mountain View - 100 backstroke; Dylan Edge, Corona del Sol - 100 backstroke;Luke Walker, Desert Ridge - 100 backstroke; Evan Schaeffer, Red Mountain - 100 backstroke; Ean Peterson, Hamilton, 100 breaststroke.

Returning individual state champion: Michael Klauss, Chandler 100 butterfly.





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Recent Boys Team State Champions

DIVISION III

YEAR	WINNING TEAM	HEAD COACH	RUNNERUP	THIRD PLACE
2016	Phoenix Country Day (300)	Michael Maczuga	Tempe Prep (172)	Gilbert Classical (116)

DIVISION II

2016	Scottsdale Chaparral (345.5)	Richie Krzyzaznowski	Tucson Catalina Foothills (312)	T. Salpointe Catholic (179.5)
2015	Tucson Salpointe Catholic (236)	Matt Hough	Scottsdale Notre Dame (185)	Gilbert Williams Field (184)
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

2016	Phoenix Brophy Prep (394)	Shawn O'Connell	Mesa Mountain View (203.5)	Anthem Boulder Creek (196)
2015	Phoenix Brophy Prep (302)	Pat O'Neill	Mesa Mountain View (207.5)	Scottsdale Horizon (189)
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)

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)

Boys S&D State Champions (1993-2016)

DIV III BOYS 200 FREESTYLE RELAY
2016 .....Tempe Prep 1:30.86

DIV III BOYS 50 FREESTYLE
2016 .....Jeffrey Snoddy, Tempe Prep 21.75

DIV III BOYS 100 FREESTYLE
2016 .....Andrew Nay, Walden Grove 47.32

DIV III BOYS 100 BUTTERFLY
2016 .....Zabric Kline, Bourgade Catholic 50.90

DIV III BOYS 100 BACKSTROKE
2016 .....Will Newman, Pusch Ridge 53.13

DIV III BOYS 100 BREASTSTROKE
2016 .....Jeffrey Snoddy, Tempe Prep 58.52

DIV III BOYS 200 FREESTYLE
2016 .....Archie Spinkler, Seton Catholic 1:41.47

DIV III BOYS 200 INDIVIDUAL MEDLEY
2016 .....Will Newman, Pusch Ridge 1:57.03

DIV III BOYS 500 FREESTYLE
2016 .....Archie Spindler, Seton Catholic.....4:36.45

DIV III BOYS 200 MEDLEY RELAY
2016 .....Tempe Prep 1:41.20

DIV III BOYS 400 FREESTYLE RELAY
2016 .....Chandler Seton Catholic 3:22.86

DIV III BOYS DIVING
2016 .....Derek Bowers, Gilbert Classical 476.40

DIV II BOYS 200 FREESTYLE RELAY
2016 .....Scottsdale Chaparral 1:26.95
2015 .....Scottsdale Notre Dame Prep 1:26.99
2014 .....Scottsdale Notre Dame Prep 1:29.31
2013 .....Scottsdale Saguaro 1:29.20
2012.....Scottsdale Notre Dame Prep 1:29.33
2011 .....Tucson Salpointe Catholic 1:29.99
2010 .....Tucson Sabino 1:30.74

DIV II BOYS 50 FREESTYLE
2016 .....Ryan Hoffer, Chaparral 19.34
2015 .....Austin Baker, Gilbert Classical 21.22
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 Prep 21.70
2010 .....Alex Brouwer, Notre Dame Prep 21.02

DIV II BOYS 100 FREESTYLE
2016 .....Clay Stoddard, Arcadia 46.27
2015 .....Austin Baker, Gilbert Classical 47.07
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
2016 .....Ryan Hoffer, Chaparral 46.97
2015 .....Steven Rothe, Salpointe 51.39
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
2016 .....Troy Bills, Liberty 51.00
2015 .....Tyler Reznicek, Queen Creek 53.28
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 Prep 51.90

DIV II BOYS 100 BREASTSTROKE
2016 .....Matthew LeBlanc, Chaparral 58.56
2015 .....Braxton Bilbrey, Notre Dame Prep 57.91
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
2016 .....Brooks Fail, Catalina Foothills 1:39.20
2015 .....Archie Spindler, Seton Catholic 1:45.06
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
2016 .....Sam Mulay, Catalina Foothills 1:55.05
2015 .....Braden Christensen, Cholla 1:59.13
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
2016 .....Brooks Fail, Catalina Foothills 4:27.44
2015 .....Archie Spindler, Seton Catholic 4:44.52
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
2016 .....Scottsdale Notre Dame Prep 1:38.00
2015 .....Scottsdale Notre Dame Prep 1:36.93
2014 .....Scottsdale Notre Dame Prep 1:37.47
2013 .....Queen Creek 1:39.99
2012.....Scottsdale Notre Dame Prep 1:38.72
2011 .....Tucson Salpointe 1:40.12
2010 .....Tucson Catalina Foothills 1:39.63

DIV II BOYS 400 FREESTYLE RELAY
2016 .....Scottsdale Chaparral 3:10.00
2015 .....Gilbert Williams Field 3:15.67
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
2016 .....Braden Huffman, Chaparral 504.00
2015 .....Derek Bowers, Gilbert Classical 466.00
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
2016 .....Phoenix Brophy Prep 1:24.18
2015 .....Phoenix Brophy Prep 1:25.27
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
2016 .....Jack Blake, Brophy Prep 20.09
2015 .....Ryan Hoffer, Chaparral 19.95
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
2016 .....Jack Blake, Brophy Prep 44.76
2015 .....Jack Blake, Brophy Prep 45.75
2014 .....Ryan Hoffer, Chaparral 43.20
2013 .....Nicholas Magana, Desert Mt 44.26
2012.....Gabriel Espinosa, Brophy Prep 45.04

2011 .....Payton Sorenson, Mesa Mt. View 46.10
2010 .....John Dowd, Red Mountain 45.75

DIV I BOYS 100 BUTTERFLY

2016 .....Michael Klauss, Chandler 49.78
2015 .....Ryan Hoffer, Chaparral.....47.47
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

2016 .....Joshua Vedder, Desert Vista.....50.26
2015 .....Joshua Vedder, Desert Vista.....50.26
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

2016 .....Cameron Heidenreich, Horizon.....56.28
2015 .....Ty Dang, Hamilton.....55.97
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

2016 .....Aaron Apel, Pinnacle 1:40.54
2015 .....Mark Jurek, Chandler.....1:37.36
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

2016 .....Cameron Heidenreich, Horizon.....1:50.83
2015 .....Mark Jerek, Chandler 1:47.86
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
2011 .....Brandon Hughes, Desert Mt 1:53.84
2010 .....Tanner Roe, Chaparral.....1:52.65

DIV I BOYS 500 FREESTYLE

2016 .....Aaron Apel, Pinnacle.....4:23.68
2015 .....Brooks Fail, Catalina Foothills.....4:26.68
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

2016 .....Phoenix Brophy Prep.....1:35.15
2015 .....Mesa Mountain View 1:34.14
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

2016 .....Phoenix Brophy Prep.....3:04.73
2015 .....Mesa Mountain View 3:06.51
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

2016 .....David Mickelson, Mesa 395.45
2015 .....Kevin Adair, Mesa 458.50
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 Syverstsen, 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 Foothils.....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 Lewkowitz, PCDS.....1:43.87
2005.....D1 Adrian Kirkpatrick, C. Foothills ...1:41.34
2005.....D2 Michael Zoldos, Arcadia 1:44.51
2004.....Matt Barnard, Sabino.....1:40.07
2003.....Philip Owen, Saguaro.....1:41.46
2002.....Efri Ruthenbert, Cactus.....1:46.37
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 Lewkowitz, PCDS.....1:57.65
2004.....Josh Arreguin, Catalina Foothills....1:56.06
2003.....Geof Davis, Chaparral 1:56.76
2002.....Paul Oman, Tucson Rincon 1:51.22
2001 .....Paul Oman, Tucson Rincon 1:52.56
2000 ....Evan Rahaueser, 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 Lewkowitz, PCDS.....4:37.31
2005.....D1 Adrian Kirkpatrick, C. Foothills..4:38.20
2005.....D2 Blake Lewkowitz, 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, Westview.....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 Prep 21.24
1994 .....Jeff Personius, Brophy Prep 21.79
1993 .....Justin Roth, Dobson 20.51

5A BOYS 100 FREESTYLE

2009.....D1 Brian Stevens, Brophy Prep.....45.76
2009.....D2 Cole Chavarria, Centennial.....48.82
2008 ....D1 Brian Stevens, Brophy Prep.....46.19
2008 ....D2 Zachary Birnbrich, Boulder Cr.....46.42
2007.....D1 Adam Small, Corona del Sol 45.32
2007.....D2 Zachary Birnbrich, Boulder Cr.....46.97
2006.....D1 Nolan Ruane, Dobson 46.49
2006.....D2 Dan Connealy, Shadow Mt 46.80
2005.....D1 Austin Fowler, Brophy Prep 46.65
2005.....D2 Ben Roman, North 46.50
2004.....Alex Righi, Brophy Prep 44.76
2003.....Alex Righi, Brophy Prep 45.96
2002.....David Mason, Mesa Mt. View 46.82
2001 .....Colin Gaffney, Brophy Prep.....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 Prep 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 Prep.....50.59
2002.....Jon Ehret, Brophy Prep 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 Prep.....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 Prep.....52.05
2007.....D2 Marshall Dilworth, Sunrise Mt 51.42
2006.....D1 Robert Gonzales, Brophy Prep.....51.10
2006.....D2 Jack Hicks, Deer Valley.....55.96
2005.....D1 Robert Gonzales, Brophy Prep.....52.36
2005.....D2 Aaron Keller, Skyline 53.70
2004.....Alex Righi, Brophy Prep.....48.00
2003.....Scott Goodrich, Mountain Ridge.....49.37
2002.....Scott Goodrich, Mountain Ridge 50.07
2001 .....Colin Gaffney, Brophy Prep.....49.97
2000 ....Eric Hadley, Rincon.....49.97
1999 .....Colin Gaffney, Brophy Prep.....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 Prep 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 Prep 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 Prep 1:39.11
2009.....D2 Tanner Roe, Chaparral 1:42.34
2008 ....D1 Brian Stevens, Brophy Prep 1:40.09
2008 ....D2 Spencer Knight, Horizon 1:44.57
2007.....D1 Alex Lendrum, Brophy Prep 1:40.68
2007.....D2 Bobby Koubratoff, Rincon 1:41.09
2006.....D1 Jim O'Hara, Brophy Prep 1:40.86
2006.....D2 Craig Podgurski, Sunrise Mt 1:42.76
2005.....D1 Jim O'Hara, Brophy Prep 1:43.06
2005.....D2 Ben Santerre, SD O'Connor 1:45.70
2004.....Christian Goehring, Highland 1:42.42
2003.....Kyle Shores, Brophy Prep 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 Prep 1:41.45
1997.....Richard Hall, Brophy Prep 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 Prep 1:52.27
2009.....D2 Cody Vitez, Chaparral 1:55.58
2008 ....D1 Alex Lendrum, Brophy Prep 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 Prep 1:54.36
2005.....D2 Marshall Dilworth, Sunrise Mt 1:53.34
2004.....David Pursley, Brophy Prep 1:51.86
2003.....David Pursley, Brophy Prep 1:51.43
2002.....Jon Ehret, Brophy Prep 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 Prep 1:56.12
1997.....Brent Creager, Ironwood 1:53.44
1996 .....Jeff Mason, Westwood 1:55.22
1995 .....Spence Miller, Brophy Prep 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 Prep 4:34.88
2009.....D2 Tanner Roe, Chaparral 4:33.72
2008 ....D1 Alex Lendrum, Brophy Prep 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 Prep 4:29.64
2003.....David Pursley, Brophy Prep 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 Prep 4:29.39
1996 .....Alex Mahon, Mountain Pointe 4:31.89
1995 .....Chris Cunningham, Brophy Prep 4:36.47
1994 .....David Tait, McClintock 4:31.25
1993 .....Chris Cunningham, Brophy Prep 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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ADDIX

D-II Swim & Dive Preview

By Andy Morales
azpreps365.com

Chaparral swept the boys' and girls' Division II Swim & Dive championships last year by a wide margin. On the boys' side, the Firebirds outdistanced Catalina Foothills 345.5 to 312 and Arcadia 404 to 266.5 on the girls' side.

Chaparral was moved down from Division I after winning the girls' title in 2014 and 2015 but the same cannot be said on the boys' column with Brophy Prep owning the upper division with 28 championships in a row.

Chaparral will once again have to contend with the always powerful squads from Catalina Foothills, Salpointe and Arcadia. Not counting relays, the Firebirds return Matthew Leblanc (100 Breast) and Catalina Foothills returns Sam Mulay (200 IM). The Firebirds graduated seven medalists from last year, but the team is loaded with freshmen who will make a difference.

Going down the event order on the boys' side, Chaparral is favored to take the 200 Medley Relay but Catalina Foothills standout Scott Pekarske will be in a tough race with Max Weed of Shadow Ridge in the 200 Free.

Leblanc is favored in the 200 IM but that's a crowded field with seeding ranging from 1:57.28 to 1:57.72 in the top three. Prescott's Harris Temple is expected to battle for the 50 Free and the 100 Free while Verrado's Jadan Nabor and Canyon del Oro junior Wyatt Matson could excite in the 100 Fly.

Weed and Pekarske will go at each other again in the 500 Free and Chaparral is favored in the 200 Free Relay. Nabor returns for the 100 Back and Leblanc is favored in the 100 Breast and the Firebirds are favored again in the 400 Free Relay



Catalina Foothills standout Scott Pekarske (photo by Andy Morales of azpreps365.com)

The girls' side also has plenty of noise expected from Chaparral starting with the 200 Medley Relay and the 200 Free where Chaparral freshman Ashley Strouse is favored. Arcadia junior Sydney Carlson is seeded high in the 200 IM and her junior teammate Isabella Fratesi is tops in the 50 Free.

Chaparral freshman Samantha Krew is favored in the 100 Fly and the 100 Free while Strouse will return for the 500 Free. The Firebirds are favored to take the 200 Free Relay with freshman Greer Patterson favored in the 100 Back. Another Chaparral freshman, Riley Courtney, is favored in the 100 Breast and her squad is favored in the 400 Free Relay.



Recent Girls Team State Champions

DIVISION III

YEAR	WINNING TEAM	HEAD COACH	RUNNERUP	THIRD PLACE
2016	Tucson Sabino (199)	Melanie Paulsen	QC American Leadership (149)	Gilbert Classical (142)

DIVISION II

2016	Scottsdale Chaparral (404)	Richie Krzyzaznowski	Scottsdale Arcadia (266.5)	T. Catalina Foothills (198)
2015	Scottsdale Notre Dame Prep (215)	Rebecca Strolic	Tucson Salpointe Catholic (181)	Buckeye Verrado (180)
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 Prep (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 Prep (226)

DIVISION I

2016	Tempe Desert Vista (274)	Shawn O'Connell	Chandler (245)	Chandler Hamilton (206)
2015	Scottsdale Chaparral (359)	Richie Krzyzaznowski	Tempe Desert Vista (234)	Phoenix Pinnacle (219.5)
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 Prep (267)	Phoenix Pinnacle (243)
2012	Phoenix Xavier Prep (330)	Brian Hoffer	Phoenix Pinnacle (245)	Mesa Mt. View (169)
2011	Phoenix Xavier Prep (429)	Colleen Murphy	Phoenix Pinnacle (194)	Mesa Mt. View (172)
2010	Phoenix Xavier Prep (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)

5A CONFERENCE

2009 5A-1	Phoenix Xavier Prep (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 Prep (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 Prep (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 Prep (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 Prep (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 Prep (443)	Jeff Seaquist	Scottsdale Desert Mountain (297)	Mesa Mountain View (187)
2003	Phoenix Xavier Prep (430.5)	Jeff Seaquist	Mesa Mountain View (238)	Tucson Salpointe (166)
2002	Phoenix Xavier Prep (329)	Jeff Seaquist	Mesa Mountain View (176)	Mesa Red Mountain (151)
2001	Phoenix Xavier Prep (312)	Jeff Seaquist	Shadow Mountain (210)	Scottsdale Horizon (192)
2000	Phoenix Xavier Prep (301)	Jeff Seaquist	Tempe Corona del Sol (199)	Tucson Salpointe (167)
1999	Phoenix Xavier Prep (298)	Gerry Seaquist	Shadow Mountain (243)	Mesa Mountain View (234)
1998	Mesa Mountain View (269)	Nicki Barna	Phoenix Xavier Prep (205)	Tempe Corona del Sol (186)
1997	Phoenix Xavier Prep (445)	Gerry Seaquist	Mesa Dobson (279)	Mesa Red Mountain (189)

D-III Swim & Dive Preview

By Les Willsey
azpreps365.com

WHEN AND WHERE: Swimming Preliminaries Friday Nov. 3 at 3:30 p.m. at Phoenix Country Day School, 3901 E. Stanford Drive, Paradise Valley; Swimming Finals Saturday Nov. 4 at 2 p.m. at Phoenix Country Day School

DIVING: Saturday Nov. 4 at 1:30 p.m at Skyline High Aquatics Center in Mesa, 845 S. Crismon Road, Mesa

TEAM OUTLOOKS: Last year was the first in Arizona swim and dive history to contest a D-III meet. Phoenix Country Day had a relatively easy time claiming the team title for boys outsdistancing Seton. The two teams figure to duke it out again with perhaps a closer outcome than 300 to 215. The girls team race was a doozy with 57 points separating first through fifth place. Sabino was the winner topping Northland Prep by 36 points. Second through fifth were separated by 21 points. Look for the Sabino, Northland Prep and American Leadership to anchor the top of the team leaderboard.

GIRLS
Swimmers to watch: Katie McBratney, American Leadership - 200 free and 100 breaststroke; Kaylin Farnum, Sabino - 100 free and 200 free; Isabella Black, Pusch Ridge - 50 free and 100 free; Skylar Dikeman, Sabino - 50 free and 100 backstroke; Sadie Edwards, American Leadership - 200 IM and 100 butterfly; Anna Jackson, Veritas - 500 free and 100 breaststroke; Amanda Zajdzinski, Arete Prep - 200 free and 500 free; Hannah Penado, Northland Prep -- 200 free and 100 breast; Quinn Murphy, Phoenix Country Day - 100 free and 100 backstroke; Tatum Good, Scottsdale Prep -- 50 free and 100 backstroke; Kaylan Otteson, Walden Grove - 50 free and 100 free; Caylah Jago, Scottsdale Christian - 100 butterfly; Kendall Carlson, Casteel - 100 butterfly; Ruth Lucht, Seton Catholic - 200 free and 500 free; Nina Weinberger, Pusch Ridge - 100 breaststroke.

Returning individual state champions: Katie McBratney, American Leadership -- 200 IM and 100 breaststroke; Kaylin Farnum, Sabino -- 100 free.

BOYS
Swimmers to watch: Archie Spindler, Seton Catholic - 200 free and 500 free; Vincent Hemingway, Seton Catholic - 200 IM and 100 breaststroke; Jacob Zajdzinski, Arete Prep - 50 free and 100 free; Saverio Multin, Gregory School - 100 butterfly and 100 backstroke; Chandler Kruse, Gilbert Christian - 100 free; William Newman, Pusch Ridge - 100 backstroke and : Jake Rodin, Phoenix Country Day - 200 free and 100 butterfly; Jonathan Ford, Scottsdale Prep - 200 free and 500 free; Devin Esser, Veritas - 200 IM and 500 free; Marco Narvarte, Lee Williams - 50 free; Gabriel Rangel, Seton Catholic - 50 free and 100 free; Ian Urquhart, Gregory School - 100 butterfly; Grant Nations, Sabino - 500 free and 100 breaststroke; James Karan, Seton Catholic - 50 free and 100 breastrstroke.

Returning individual state champions: Archie Spindler, Seton Catholic -- 200 free and 500 free; William Newman, Pusch Ridge - 200 IM and 100 backstroke.

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Girls S&D State Champions (1993-2016)

DIV III GIRLS 200 FREESTYLE RELAY
2016 .....Phoenix Veritas Prep 1:43.94

DIV III GIRLS 50 FREESTYLE
2016 .....Naomi Vaughn, Gilbert Christian.....24.87

DIV III GIRLS 100 FREESTYLE
2016 .....Kaylin Farnum, Sabino 52.28

DIV III GIRLS 100 BUTTERFLY
2016 .....Katie Higgins, Veritas Prep 56.32

DIV III GIRLS 100 BACKSTROKE
2016 .....Abigail Zajdzinski, Arete Prep.....59.82

DIV III GIRLS 100 BREASTSTROKE
2016 .....Katie McBratney, American L 1:04.18

DIV III GIRLS 200 FREESTYLE
2016 .....Morgan Tamisiea, Coolidge.....1:55.11

DIV III GIRLS 200 INDIVIDUAL MEDLEY
2016 .....Katie McBratney, American L.....2:06.21

DIV III GIRLS 500 FREESTYLE
2016 .....Morgan Tamisiea, Coolidge 5:07.22

DIV III GIRLS 200 MEDLEY RELAY
2016 .....Tucson Sabino.....1:53.58

DIV III GIRLS 400 FREESTYLE RELAY
2016 .....Tucson Sabino 3:46.54

DIV III GIRLS DIVING
2016 .....Samantha Stein, Phx Country Day...390.45

DIV II GIRLS 200 FREESTYLE RELAY
2016 .....Scottsdale Chaparral 1:35.07
2015 .....Scottsdale Notre Dame 1:39.89
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
2016 .....Gabriella Fagan, Chaparral 23.96
2015 .....Olivia McNally, Green Fields.....24.65
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
2016 .....Taylor Ruck, Chaparral 49.29
2015 .....Olivia McNally, Green Fields 53.47
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.....51.0

DIV II GIRLS 100 BUTTERFLY
2016 .....Emma Broome, Chaparral 55.52
2015 .....Taylor Nations, Sabino.....55.39
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
2016 .....Emma Broome, Chaparral.....54.88
2015 .....Taylor Nations, Sabino.....56.70
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
2016 .....Kati Hage, Campo Verde 1:04.75
2015 .....Eleonora Dall'Olio, Skyline.....1:05.78
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
2016 .....Taylor Ruck, Chaparral 1:46.20
2015 .....Destiny Kling, Verrado.....1:53.13
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
2016 .....Savanna Carlson, Arcadia 2:03.16
2015 .....Isabella Fratesi, Notre Dame.....2:07.67
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
2016 .....Sydney Carlson, Arcadia.....4:57.37
2015 .....Nicole Matheson, Sunrise Mt.....5:06.81
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
2016 .....Scottsdale Chaparral 1:44.82
2015 .....Scottsdale Notre Dame 1:51.20
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
2016 .....Scottsdale Chaparral.....3:25.78
2015 .....Tucson Sabino.....3:39.72
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
2016 .....Jennifer Cheetham, Shadow Mt.....459.20
2015 .....Victoria Knapp, Skyline 408.90
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
2016 .....Tempe Desert Vista 1:37.81
2015 .....Scottsdale Chaparral.....1:36.99
2014 .....Scottsdale Chaparral.....1:35.04
2013 .....Phoenix Pinnacle.....1:36.05
2012.....Phoenix Pinnacle 1:36.19
2011 .....Phoenix Xavier Prep 1:37.74
2010 .....Phoenix Xavier Prep 1:35.21

DIV I GIRLS 50 FREESTYLE
2016 .....Claire Grover, Boulder Creek 22.92
2015 .....Claire Grover, Boulder Creek 23.42
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
2016 .....Kyla Yetter, Highland.....51.39
2015 .....Allie Worrall, Xavier Prep 51.79
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
2016 .....Olivia Grossklaus, Red Mountain 55.42
2015 .....Emma Broome, Chaparral 55.07
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
2016 .....Kaitlyn McCoy, Xavier Prep 56.03
2015 .....Emma Broome, Chaparral 56.41
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
2016 .....Claire Grover, Boulder Creek.....1:01.59
2015 .....Alyson Yancy, Pinnacle 1:02.62
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

2016 .....Shae Nicolaisen, Desert Vista 1:49.96
2015 .....Taylor Ruck, Chaparral.....1:46.51
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

2016 .....Kaitlyn McCoy, Xavier Prep 2:03.59
2015 .....Savanna Carlson, Arcadia.....2:02.94
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

2016 .....McKenzee Gordon, Hamilton 4:52.73
2015 .....Taylor Ruck, Chaparral 4:45.17
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

2016 .....Tempe Desert Vista.....1:47.35
2015 .....Scottsdale Chaparral 1:44.62
2014 .....Scottsdale Chaparral 1:43.25
2013 .....Scottsdale Chaparral 1:44.92
2012.....Phoenix Xavier Prep 1:45.83
2011 .....Phoenix Xavier Prep 1:46.03
2010 .....Tempe Desert Vista.....1:45.67

DIV I GIRLS 400 FREESTYLE RELAY

2016 .....Chandler Hamilton 3:32.20
2015 .....Scottsdale Chaparral.....3:26.47
2014 .....Phoenix Pinnacle 3:26.86
2013 .....Phoenix Pinnacle 3:31.64
2012.....Phoenix Pinnacle 3:29.39
2011 .....Phoenix Xavier Prep.....3:31.47
2010 .....Scottsdale Chaparral 3:27.80

DIV I GIRLS DIVING

2016 .....Victoria Knapp, Skyline.....433.95
2015 .....Katie Deininger, Cactus Shadows....427.35
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, Sunnsylope.....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. Fotthills 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 Prep 1:36.60
1994 .....Phoenix Xavier Prep 1:36.13
1993 .....Phoenix Xavier Prep.....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 Prep.....23.05
2008 ....D2 Katelyn Weddle, Kofa.....24.79
2007.....D1 Haley Krakoski, Xavier Prep 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 Prep.....50.47
2009.....D2 Lindsey LaPorte, Pinnacle 51.69
2008 ....D1 Haley Krakoski, Xavier Prep.....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 Prep.....49.72
1994 .....Emily Mastin, Xavier Prep.....51.25
1993 .....Liesl Pimentel, Xavier Prep.....52.08

5A GIRLS 100 BUTTERFLY

2009.....D1 Talie Anchustegui, Xavier Prep.....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 Prep.....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 Prep 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 Prep.....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 Prep.....58.34
2003.....Lisa Marchi, Xavier Prep 59.46
2002.....Nadia Staubitz, Red Mountain 56.61
2001 .....Kara Morelli, Horizon 56.09
2000 ....Amy Wagner, Mountain Pointe 55.50
1999 .....Amy Wagner, Mountain Pointe.....56.22
1998 .....Sharisse Blau, Red Mountain 57.71
1997.....Sharisse Blau, Red Mountain 57.54
1996 .....Misty Hyman, Shadow Mountain.....53.68
1995 .....Misty Hyman, Shadow Mountain.....55.02
1994 .....Anne Novotny, Xavier Prep.....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 Prep.....1:03.95
1999 .....Alexandra Baldree, Xavier Prep 1:05.77
1998 .....Melody Staybitz, Red Mountain.....1:06.33
1997.....Erica Korb, Xavier Prep 1:03.93
1996 .....Emily Mastin, Dobson 1:03.09
1995 .....Erica Korb, Xavier Prep 1:04.69
1994 .....Erica Korb, Xavier Prep 1:04.55
1993 .....Emily Short, Xavier Prep.....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 Prep 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 Prep 1:52.17
1993 .....Angie Diez, Xavier Prep.....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 Prep.....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 Prep 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 Prep.....1:59.82
1994 .....Emily Mastin, Xavier Prep.....2:00.93
1993 .....Megan Lincoln, Xavier Prep.....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 Prep.....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 Prep 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 Prep.....1:45.67
2007.....D2 Phoenix Pinnacle 1:52.81
2006.....D1 Phoenix Xavier Prep 1:45.30
2006.....D2 Scottsdale Desert Mountain 1:50.40
2005.....D1 Phoenix Xavier Prep 1:44.98
2005.....D2 Scottsdale Desert Mountain.....1:48.34
2004.....Phoenix Xavier Prep 1:46.30
2003.....Phoenix Xavier Prep 1:49.09
2002.....Phoenix Xavier Prep 1:50.22
2001 .....Mesa Red Mountain.....1:51.49
2000 ....Phoenix Xavier Prep.....1:54.47
1999 .....Tempe Mountain Pointe 1:50.39
1998 .....Phoenix Shadow Mountain.....1:49.01
1997.....Phoenix Xavier Prep 1:49.05
1996 .....Phoenix Shadow Mountain.....1:45.18
1995 .....Phoenix Xavier Prep.....1:45.26
1994 .....Phoenix Xavier Prep.....1:47.54
1993 .....Phoenix Xavier Prep 1:45.50

5A GIRLS 400 FREESTYLE RELAY

2009.....D1 Phoenix Xavier Prep.....3:28.82
2009.....D2 Scottsdale Chaparral 3:29.25
2008 ....D1 Phoenix Xavier Prep.....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 Prep.....3:29.83
2006.....D2 Scottsdale Desert Mountain.....3:31.33
2005.....D1 Phoenix Xavier Prep.....3:31.63
2005.....D2 Scottsdale Desert Mountain 3:32.83
2004.....Phoenix Xavier Prep 3:28.73
2003.....Phoenix Xavier Prep 3:31.56
2002.....Phoenix Xavier Prep.....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 Prep.....3:39.04
1993 .....Phoenix Xavier Prep.....3:35.31

5A GIRLS DIVING

2009.....D1 Megan Harper, Xavier Prep 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 Prep 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 Sirrine, 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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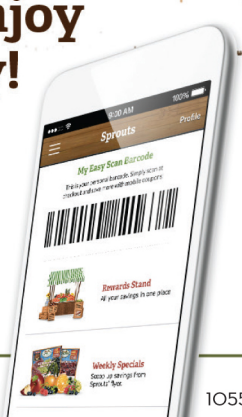
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