

2009 PRESTATE ANALYSIS (POST STATE ANALYSIS BELOW)

By Will Woodward (ran 15:25 at Sun Willows 1993) and Rod Wilcox – King's XC

First State Appearances

Six teams will make their first State appearance, three girls' teams and three boys'. For the girls, 3A Prairie, 1A Northwest, and B Waitsburg-Prescott. The boys have 4A Thomas Jefferson, B Davenport and B Bickelton.

Longest Gaps Since Last State Appearance

The *Deer Park boys* will compete at State for the first time since 1976. The 32 years between appearances is long but the Stags are not close to the record. Winlock (40, 1960-2001) was topped last year by the Naselle Comets record of 42 years between appearances (1965-2008). The 42 years between appearances by the Naselle Comets breaks the State record previously held by Winlock (40, 1960-2001).

The last time the *R A Long girls* competed at State the 3.0 mile course was still at Evergreen High School in Seattle. In 1980 they placed 14th in the 2A division. The Jills' 28 year gap (1980-2009) has now broken the record of 26 years between appearances by Meadowdale girls (1978-2005).

A big year for returning teams as seven other teams also return after 13 years or more. Welcome back Garfield (13, 1995-2009), Cascade-Everett (14, 1994-2009), Toppenish (17, 1991-2009), Interlake, (17, 1991-2009), Kamiakin (18, 1990-2009), Stadium (18, 1990-2009), and White River (19, 1989-2009).

Longest State Streaks Extended (some things stay the same.)

The *Blanchet boys* will make their 32nd consecutive State appearance and 43rd overall, both Washington State records. The *Lakewood boys* will compete in their 26th consecutive State meet, the second-longest streak in Washington history.

The *Bellarmino Prep girls* extend their string to 13 consecutive State appearances. Among girls' teams, Seattle's Lakeside (21, 1977-1997) and South Kitsap (16, 1989-2004) have the longest streaks.

For the 8th consecutive year, *Sehome* has qualified both boys and girls. The State record for consecutive qualifications of both teams is 15 years (Gig Harbor, 1987-2001). Sehome's boys and girls also earned trophies the last four years in a row.

Most Historically Accomplished Programs Not to Qualify (the mighty have fallen.)

Mead boys. Nothing says change like the legendary panthers not going to state. Heck they didn't even make it to regionals after finishing 4th 4A at the insanely tough GSL championships. After 14 titles and a streak of 21 years the mighty panthers showed that they are not inhuman.

Omak boys. The great team of the 90's, the Pioneers haven't qualified for State since 2000, but won 7 titles in the 20th century and finished in the top-4 a total of 16 times.

Mount Baker girls. The Lady Mountaineers have won 5 State titles and finished in the top-4 12 other times. Their 26 State appearances rank second to Bellarmino Prep among girls' programs but have not gone to state since 2004.

Edmonds-Woodway boys. Counting the histories of both predecessor schools, the Warriors have 7 championships to their credit, including 6 between 1982 and 1990, and their 35 State appearances rank second to Blanchet.

King's boys. The Knights amassed 9 trophies and a streak of 4 titles in a row but failed to qualify for the second time in three years. Their streak of 16 years to state ended in 2006 in an increasingly tough Tri District.

South Whidbey girls. The falcons have won 13 trophies and have 24 appearances but haven't been to state since 2007. The tough northwest district ended their streak of 16 years to state in 2005.

Snohomish girls. The legendary teams of the early 00's have been hit hard by the splitting of the school and Glacier Peak's emergence. The panthers earned 7 trophies this decade but their 10 year streak ended this year.

Newport-Bellevue girls. The knights have earned 5 trophies this decade and just won it all in 2007 but their streak of 15 years to state ended this year.

Squalicum girls. The storm had an amazing run this decade of 7 straight trophies including 3 titles. The tough northwest district takes down another legend as the streak of 8 years ends.

Here are all 152 qualifying teams, listed in order of the number of times they have competed at the State championships.

Boys State Championship Appearances, 2009 Qualifying Teams

43 Blanchet, 32 nd consecutive	10 Colville, 1 st since 2007
29 Columbia River, 2 nd consecutive	10 Lynden Christian, 3 rd consecutive
27 Joel Ferris, 2 nd consecutive	10 Northwest Christian-lacey, 10 th consecutive
26 Lakewood, 26 th consecutive	9 Camas, 1 st since 2007
26 Gig Harbor, 5 th consecutive	9 Charles Wright, 3 rd consecutive
25 Seattle Prep, 8 th consecutive	9 Garfield, 1 st since 1995
24 Olympia, 2 nd consecutive	9 Mount Spokane, 4 th consecutive
22 Burlington-Edison, 6 th consecutive	9 Lake Stevens, 5 th consecutive
21 Bellevue, 4 th consecutive	8 Lewis & Clark, 1 st since 2005
20 North Central, 6 th consecutive	8 Seattle Christian, 2 nd consecutive
20 Shorecrest, 5 th consecutive	8 White Pass, 1 st since 2007
19 Saint George's, 6 th consecutive	8 Cascade-Everett, 1 st since 1994
18 Port Townsend, 1 st since 2007	8 Toledo, 1 st since 2003
18 Northwest Christian-Colbert, 2 nd consecutive	7 Centralia, 1 st since 2007
17 Redmond, 4 th consecutive	7 WF West, 2 nd consecutive
17 Selah, 4 th consecutive	7 Peninsula, 3 rd consecutive
16 Issaquah, 4 th consecutive	7 North Kitsap, 5 th consecutive
15 Mercer Island, 2 nd consecutive	7 Auburn Riverside, 4 th consecutive
15 Chelan, 2 nd consecutive	7 Reardan, 7 consecutive
14 Eisenhower, 3 rd consecutive	7 Meridian, 1 st since 2006
14 Cashmere, 2 nd consecutive	6 Royal, 5 th consecutive
14 Sehome, 8 th consecutive	6 Nooksack Valley, 1 st since 2007
14 Cheney, 2 nd consecutive	6 Kamiakin, 1 st since 1990
14 Kent-Meridian, 1 st since 2002	6 Mark Morris, 3 rd consecutive
14 LaCenter, 6 th consecutive	5 Olalaska, 1 st since 2007
13 Ellensburg, 4 th consecutive	5 Kiona-Benton, 4 th consecutive
13 Hazen, 1 st since 2006	5 St.John-Endicot, 4 th consecutive
13 Washougal, 1 st since 2006	5 Bear Creek, 5 th consecutive
13 Lindbergh, 5 th consecutive	4 Deer Park, 1 st since 1976
12 Lakeside-9mile, 6 th consecutive	4 Squalicum, 2 nd consecutive
12 Interlake, 2 nd consecutive	4 Toppenish, 1 st since 1991
11 Bellarmine Prep, 1 st since 1999	4 Zillah, 3 rd consecutive
11 Freeman, 1 st since 2007	3 North Beach, 2 nd consecutive
11 Everett, 1 st since 2007	3 Mt.Rainier Lutheran, 2 nd consecutive
11 Jackson, 4 th consecutive	3 Waitsburg-Prescott, 2 nd consecutive
	3 Tri-Cities Prep, 3 rd consecutive

2 Cross Point Academy, 1st since 2004
 2 Republic, 2nd consecutive
 2 White River, 1st since 1989
 2 Kingston, 2nd consecutive
 2 Auburn Mountainview, 2nd consecutive
 2 Mosseyrock, 1st since 1999
 1 Thomas Jefferson, 1st time ever!
 1 Davenport, 1st time ever!
 1 Bickelton, 1st time ever!

Girls State Championship Appearances, 2009 Qualifying Teams

30 Bellarmine Prep, 13th consecutive
 26 Gig Harbor, 7th consecutive
 25 Riverside, 5th consecutive
 24 Lakeside-Seattle, 1st since 2007
 23 Eisenhower, 1st since 2005
 21 Columbia River, 7th consecutive
 21 Olympia, 2nd consecutive
 21 Chelan, 9th consecutive
 21 Columbia River, 7th consecutive
 20 Omak, 1st since 2007
 19 Capital, 10th consecutive
 18 Ephrata, 7th consecutive
 17 Redmond, 9th consecutive
 16 Tahoma, 7th consecutive
 16 Saint George's, 8th consecutive
 14 Enumclaw, 4th consecutive
 14 King's, 10th consecutive
 13 North Kitsap, 4th consecutive
 12 Stanwood, 2nd consecutive
 12 Cedarcrest, 3rd consecutive
 12 Lakewood, 1st since 2006
 12 Seattle Prep, 3rd consecutive
 12 Sehome, 9th consecutive
 12 West Valley-Yakima, 1st since 2007
 11 Richland, 5th consecutive
 11 Cashmere, 1st since 2006
 11 Bellevue Christian, 2nd consecutive
 10 Lindbergh, 1st since 1996
 10 White Pass, 4th consecutive
 10 La Center, 4th consecutive
 9 Ilwaco, 1st since 2005

9 Bellingham, 7th consecutive
 9 Central Valley, 5th consecutive
 9 Zillah, 6th consecutive
 8 Camas, 2nd consecutive
 8 Bellevue, 2nd consecutive
 8 Cle Elum-Roselyn, 1st since 2005
 7 Washougal, 1st since 2007
 7 Oak Harbor, 1st since 1994
 7 Mount Vernon, 2nd consecutive
 7 Peninsula, 2nd consecutive
 7 Lakeside-9 Mile Falls, 4th consecutive
 7 Northwest Chr-Lacey, 5th consecutive
 6 Northwest Chr-Colbert, 1st since 1999
 6 Meridian, 3rd consecutive
 6 Deer Park, 3rd consecutive
 6 Eastlake, 4th consecutive
 6 Asotin, 6th consecutive
 6 Nooksack Valley, 5th consecutive
 5 Ellensburg, 3rd consecutive
 5 East Valley-Yakima, 1st since 2005
 5 Cheney, 1st since 2006
 5 Stadium, 1st since 1990
 5 Arlington, 1st since 2007
 5 Bainbridge, 1st since 1998
 5 Onalaska, 4th consecutive
 4 Interlake, 1st since 1991
 4 Wenatchee, 1st since 1998
 4 Crosspoint Academy, 4th consecutive
 4 Black Hills, 2nd consecutive
 4 Skyview, 2nd consecutive
 4 Chewelah, 1st since 1996
 4 Shadle Park, 1st since 2002
 4 Hockinson, 2nd consecutive
 4 R.A. Long, 1st since 1980
 3 Kingston, 3rd consecutive
 3 Seattle Academy, 1st since 2005
 2 Auburn Riversice, 1st since 2006
 2 Glacier Peak, 2nd consecutive
 2 Riverside Christian, 2nd consecutive
 1 Waitsburg-Prescot, 1st time ever
 1 Nortwest, 1st time ever
 1 Prairie, 1st time ever

2009 POST-STATE ANALYSIS

By Will Woodward & Rod Wilcox (King's XC Coach)

WASHINGTON STATE HIGH SCHOOL CROSS COUNTRY HISTORY

Washington high school cross country traces its state championship history back to 1959. (The Washington Interscholastic Activities Association started sanctioning the State meet a decade later, and girls got a championship meet in 1973.) Some of the interesting facts and figures of the 51 State meets are summarized below. To rank teams, I award 10 points for a championship, 7 points for finishing second, 5 points for third, 3 points for fourth and 1 point for any other State appearance.

ALL-TIME GREATEST BOYS' PROGRAMS

1) **Mead High School** (228 points) has, by far, the greatest boys' cross country program in Washington history. The Panthers have

won a record 15 State titles, including 9 in a row from 1988 to 1996, and have finished no lower than 3rd for 21 straight years (1998-2008). While Mead has 11 individual titles and has had 54 boys on the podium at state, the Panthers showed their mortality and did not qualify a team in 2009. They have a long way to go before anyone will unseat them as the role model of the state.

2) Despite brutal competition from cross-town rival Mead, **Ferris** (153) has won 7 titles in the State's largest classification, including 4 straight from 2003 to 2006. The Saxons have 13 other top-4 finishes as well as 6 individual titles and 46 podium placers. Ferris jumps over Blanchet, and moves into second place with their 2009 title.

3) Consistent, consistent, consistent. **Blanchet** (149) has competed at State a record 43 times, including the last 32 years in a row. The Braves have won 8 titles during that stretch along with 5 individual titles. They've been 4th or better 17 times and placed 33 runners on the podium. In only two years (1959 and 1961) have one of the top 3 teams not been at the state meet and in 14 years all three have appeared.

4) **Omak** (129) has won 7 State titles as the greatest small school program in Washington history. The Pioneers have 16 total top-4 finishes in 28 State appearances. Omak has won 3 individual titles and placed 24 runners on the podium but has not had a team at state since 2000.

5) With four 3A championships and two runner-up finishes in the last six years, **North Central** (112) reprises early success. Between 1971 and 1987 the Indians finished 4th or better 8 times, including capturing the 3A title in 1977. NC is moving up quickly into legendary status jumping 4 spots in one year.

6) Counting the histories of both of its predecessor schools, **Edmonds-Woodway** (110) has 7 championships to its credit, including six between 1982 and 1990. The Warriors' 35 State appearances rank second to Blanchet but has not been at state since 2005. A true team model as E-W trophies have come with only one individual title and only 19 podium placers.

7) Despite not having competed at State since 1995, **Richland** (103) has 24 appearances, finishing 4th or better 13 times, including 5 straight titles in the early 1970s. That run made the Bombers the dominant team of Washington cross country's first three decades. Richland holds the distinction as the best program not to have won an individual title but has placed 17 runners on the podium at state. Along with Omak and Edmonds-Woodway, Richland's early history has them in the fading legends category.

8) **Seattle Prep** (102) has won 3 championships, each in a different decade. The Panthers have finished among the top 4 on 15 occasions to go along with 3 individual titles. With 8 straight trophies (2002-2009) Prep along with North Central look to be legends in the making.

9) Fast rising **Burlington-Edison** (92) has won 3 titles in the last 4 years to move into the top 10. The Tigers as still looking for their first individual title but has placed 24 individuals on the podium.

10) **King's** (84) then King's Garden finished 22nd and last in the very first State meet in 1959. The Knights have avenged that ignominy with 4 titles, 3 runner-up finishes and a streak of 16 State appearances. King's has won 3 individual titles and had 25 runners climb the podium at state, but has failed to qualify at team in two of the last three years.

10) The second-most accomplished school since 1990, **Saint George's** (84) has won three B titles along with one individual title. The Dragons have finished in the top 4 eight other times and marched 19 runners up the steps at state. Since 1990, King's and S.G. have been the most consistent small school programs. Interesting that they are now tied for the last spot on the legends list. 2010?

NEXT 25 BOYS TEAMS:

12) Gig Harbor (79)

13) Snohomish (77)

14) Montesano (75)

15) Columbia River (74)

16) Riverside (72)

17) West Valley-Spokane (71)

17) East Valley-Yakima (71)

19) Curtis (70)

20) University (68)

21) Lakeside-Nine Mile Falls (66)

22) Selah (64)

23) Lakewood (63)

24) Sehome (60)

25) Mount Baker (57)

26) Cashmere (55)

27) Shorecrest (54)

27) Shadle Park (54)

29) Eisenhower (51)

30) Ephrata (50)

30) Castle Rock (50)

32) Lakeside – Seattle (49)

33) Tonasket (48)

33) Nathan Hale (48)

33) Redmond (48)

BEST BOYS PROGRAMS BY DIVISION (Teams placed in current division, no matter where the points were earned)

4A

- | | |
|------------------------|-------------------------|
| 1) Mead 228 | 11) Lewis & Clark 45 |
| 2) Joel Ferris 153 | 12) Kennewick 43 |
| 3) Edmonds-Woodway 110 | 13) Rogers-Spo. 39 |
| 4) Richland 103 | 14) Newport Bellevue 38 |
| 5) Gig Harbor 79 | 15) Issaquah 36 |
| 6) Snohomish 77 | 16) Puyallup 32 |
| 7) Curtis 70 | 17) Olympia 30 |
| 8) University 68 | 18) Wilson 29 |
| 9) Eisenhower 51 | 19) Kelso 28 |
| 10) Redmond 48 | 20) Tahoma 27 |

3A

- | | |
|----------------------------|--------------------------|
| 1) Bishop Blanchet 149 | 8) Nathan Hale 48 |
| 2) North Central 112 | 9) West Valley-Yakima 47 |
| 2) Seattle Prep 102 | 10) Lynnwood 39 |
| 4) Columbia River 74 | 11) Renton 38 |
| 5) Shadle Park 54 | 12) Capital 36 |
| 5) Shorecrest 54 | 12) Franklin 36 |
| 7) Lakeside-Seattle 49 | 14) Mount Vernon 35 |
| 15) Bellevue 32 | |
| 16) O'Dea 27 | |
| 16) Mt. Spokane 27 | |
| 16) Mt. Rainier 27 | |
| 19) Mercer Island 26 | |
| 19) East Valley Spokane 26 | |

2A

- | | |
|---------------------------|--------------------------|
| 1) Burlington-Edison 92 | 8) Mount Baker 57 |
| 2) Riverside 72 | 9) Ephrata 50 |
| 3) West Valley-Spokane 71 | 10) Cedarcrest / Tolt 37 |
| 3) East Valley-Yakima 71 | 10) South Whidbey 37 |
| 5) Selah 64 | 12) Cheney 31 |
| 6) Lakewood 63 | 13) Colville 29 |
| 7) Sehome 60 | |
| 14) Tyee 25 | |
| 14) Bellingham 25 | |
| 16) Wapato 24 | |
| 17) Tumwater 21 | |
| 18) W F West 18 | |
| 18) Squalicum 18 | |
| 18) Anacortes 18 | |

1A

- | | |
|-----------------------|------------------------|
| 1) Omak 129 | 12) Naches 28 |
| 2) King's 84 | 13) Freeman 27 |
| 3) Montesano 75 | 14) Lake Roosevelt 26 |
| 4) Lakeside-9 mile 66 | 15) Ilwaco 23 |
| 5) Cashmere 55 | 16) Seattle Academy 22 |
| 6) Castle Rock 50 | 17) Rochester 21 |
| 7) Tonasket 48 | 17) Connell 21 |
| 8) Chelan 44 | 19) LaCenter 20 |
| 9) Charles Wright 43 | 20) Nooksack Valley 17 |
| 10) Chewelah 40 | |
| 11) Port Townsend 33 | |

B

- | | |
|-----------------------------------|-------------------|
| 1) Saint George's 84 | 7) Colfax 25 |
| 2) Northwest Christian-Lacey 44 | 8) Pomeroy 15 |
| 3) Northwest Christian-Colbert 43 | 9) White Pass 13 |
| 4) Reardon 39 | 10) Republic 12 |
| 5) Seattle Lutheran 38 | 11) South Bend 11 |
| 6) Liberty Bell 32 | 12) Trout Lake 10 |

12) Odessa 10
14) Lyle 9

15) Wilbur Creston 8
15) Valley Christian 8

BOYS DECADE-BY-DECADE BEST

1960s (+1959)

Snohomish (52) - 2 titles, 4 times runners-up, Coach Keith Gilbertson
Shadle Park (40) - 1962 title, 4 other trophies
Burlington-Edison (39) - 1967 title, 4 other top-3 finishes
Rogers -Spokane (38) - 2 titles, 3 other top-3 finishes, Gerry Lindgren
Franklin (36) -2 titles, 3 other trophies
Lewis & Clark (29) - 2 titles
Columbia River (22) – 1 Title plus 2 other Trophies
Renton (22) – 1 Title, one 3rd plus 8 year streak
Ingraham (21) –
Mt. Vernon (20) –
Highline (20) –
Evergreen Seattle (20) -
STREAKING– to State Every Year - None
To State 9 Years– Hudson’s Bay, Snohomish

1970s

Richland (52) - 5 straight titles
Selah (45) - 3 straight titles, twice 2nd
Curtis (43) - 3 titles, 2 other trophies
Montesano (38) - 1974 title, 4 other trophies
North Central (37) - 1977 title, 4 other top-3 finishes
Omak (33) - 2 titles, once runners-up
Tonasket (32) – 1 Title plus 3 other Trophies
Mount Baker (30) – 2 Titles plus 1 other Trophy
Columbia River (29) – 1 Title plus 3 other Trophies
Joel Ferris (26) – 2 Titles plus 1 other Trophy
Mead (25) –
Cedarcrest/Tolt (25) -
STREAKING – to State Every Year
Curtis

1980s

Edmonds (64) - 5 titles, 2 other top-4,
Blanchet (45) - 3 titles, 2 other top-3,
Montesano (32) -1980 title, 4 other top-4
Redmond (29) - 1985 title, 3 other top-3
Ferris (29) - 2 titles, once runners-up
Ephrata (28) - 2 titles, once runners-up
Mead (28) - 2 titles, once runners-up, Tyson arrives
Castle Rock (26) – 1 Title plus 2 Trophies
Riverside (26) – 1 Title plus 2 Trophies
Shorecrest (25) – 2 Titles plus 1 3rd place, Tyson’s short stay
West Valley-Spokane (25) – 3 runner-ups
Omak (23) – 5 trophies
Gig Harbor (23) -
STREAKING – to State Every Year
Edmonds, Blanchet,

1990s

Mead (89) - 7 straight titles, top-3 all 10 years, best decade ever
Omak (71) - 5 titles, 3 other top-3 finishes
University (47) - 3 titles, 2 other top-4

ALL-TIME GREATEST GIRLS' PROGRAMS

Saint George's (46) - 1993 title, 5 other top-3 finishes
Gig Harbor (43) - 1995 title, 5 other trophies
Chewelah (38) -3 titles, 2 other trophies
Blanchet (36) -2 titles, 3 other trophies
Chelan (32) - 1 Title plus 4 other Trophies
Lynnwood (32) – 2 Titles plus 2 other Trophies
East Valley-Yakima (31) – 1 Title plus 3 other Trophies
Seattle Lutheran (29) – 1 Title and 3 other Trophies
King’s (28) – 1 Title and 2 other Trophies
Riverside (25) – 4 Trophies
Capital (24) –
STREAKING – to State Every Year
Mead, Omak, Gig Harbor, Blanchet, Seattle Lutheran, Lakewood

21st Century

Mead (76) - 5 Titles, top-3 for 9 years
Ferris (66) – 5 Titles (4 in a row) and three 3rds
North Central (54) – 4 Titles and two 2nd places
King's (51) - 3 Titles in a row, two 2nds, and a 3rd
Seattle Prep (50) - 2000 Title then 8 straight Trophies
Sehome (48) – 2 Titles, three 2nds and a 3rd
Bishop Blanchet (45) - 3 Titles, the streak continues
NW Christian Lacey (44) – 2 Titles and 3 other Trophies
Lakeside-9mile falls (44) - 2 titles, two 2nds and a 3rd
Burlington Edison (43) – 3 Titles and 2 other Trophies
Charles Wright (41) – 2 Titles plus 3 other Trophies
Reardan (39) - 2 Titles plus 3 other Trophies
Saint George’s (36) – 2 Titles plus 3 other Trophies
East Valley Yakima (32) – 2 Titles and two 2nd places
Eisenhower (24) – 4 Trophies
Henry Jackson (24) – 3 Trophies
Lakewood (24) – 5 Trophies, the streak continues
STREAKING – to State Every Year
Blanchet, NW Chr.-Lacey, Lakewood,

BEST BOYS DECADE:

90’s Mead (89 points)
00’s Mead (76)
90’s Omak (71)
00’s Ferris (66)
80’s Edmonds (63)
00’s North Central (54)
70’s Richland (52)
60’s Snohomish (52)
00’s King’s (51)
00’s Seattle Prep (50)
00’s Sehome (48)
90’s University (47)
90’s Saint George’s (46)
80’s Bishop Blanchet (45)
00’s Bishop Blanchet (45)
70’s Selah (45)

1) **Mount Baker** - The Mountaineers (121 points) won titles in their first two State meets (1977 and 1978) and have added three more since. They have earned 2 individual titles and have placed a record 32 girls on the podium at state. The Mountaineers have finished in the top-4 17 times and never been lower than 7th when they qualify. Their 26 State appearances are the 2nd highest total for a girls' team. However Mount Baker hasn't been to state since 2004.

2) **Gig Harbor** - Like Mount Baker, the Tides (111) won it all in their first State meet (1980) and have five titles total. They've finished among the top-4 nine other times, and have qualified for State 22 of the last 23 years. The Tides have won 3 individual titles and have placed 23 girls on the podium. They might be able to catch Mt. Baker next year.

3) **Eisenhower** - As the greatest girls' program east of the Cascades, the Cadets (102) have won four titles, five times been runners-up, and collected a total of 12 trophies. They have won 2 individual titles and placed 24 runners on the podium but have only scored 4 points since 2003.

4) **Saint George's** - First qualifying for State in 1992, the Dragons (101) won 5 titles in an eight-year stretch and have 9 other top-4 finishes. They have won 3 individual titles, have placed 28 girls on the podium and are by far the best B girl's program.

4) **Chelan** - The Goats (101) have won 4 titles, including 3 straight 1988-1990, and have finished in the top-3 on 9 other occasions. They must have had great depth as they have only had 11 girls on the podium and have never won an individual title.

6) **Bellarmino Prep** - The Lions (98) have more State appearances (30) than any other girls' team and are pushing a streak of 13 straight appearances. They've won 4 championships in those 30 trips, plus posted 9 other top-4 finishes. B.Prepare has won 3 individual titles and placed 29 girls on the podium.

7) **Riverside** - The Rams (97) have won 2 titles and finished in the top-4 an additional 14 times. Another team of depth as they have never won an individual title and have only had 12 girls on the podium.

8) **South Whidbey** - The Falcons (95) haven't won a championship since 1979, but they've been runners-up a record 8 times and have a total of 13 top-4 finishes. They also have never won an individual title and have only scored 3 points since 2003. S.W. does have the second longest girl's streak of 16 years to state (1989-2004) and have made 24 appearances.

9) **Omak** - The dominant program during the 1990s, the Pioneers (91) won 4 championships between 1992 and 1998. They've placed in the top-4 a total of 13 times but have only scored 3 points since 2001. Omak has one individual title but has placed 30 girls on the podium.

10) **Snohomish** - Runners-up in the first two girls' State meets, the Panthers (89) finally captured their first title in 1995 and have won 3 more since. They've been top-4 a total of 12 times with a streak of 10 years (1999-2008) along with 21 appearances. The Panthers' 2002 and 2003 teams are arguably the best teams in state history but the school split in 2008 and now has cross town rival Glacier Peak to deal with.

10) **King's** - With only 4 appearances before this decade, King's (89) earns a record 7 Titles (4 in a row) along with two 2nds. The 85 points since 2000 scores as the best female decade ever. 2nd place is Omak of the 90's with 61. If not for the 2 year opt up to 2A, the Lady Knights might have topped Mead's decade record of 89 points. Lady Knights have won 3 individual titles and placed 26 runners on the podium. King's moved up quickly into the top 10 but how long will the streak of titles and appearances go on.

NEXT 25 GIRLS' TEAMS:

12) Newport-Bellevue (86)
13) Edmonds Woodway (80)
13) Lakeside-Seattle (80)
15) Mead (74)
16) Issaquah (63)
17) Sehome (61)
18) East Valley-Spokane (56)
19) Squalicum (53)
20) Ephrata (50)
21) Selah (49)
22) Northwest Chr. Lacey (47)
23) West Valley-Spokane (46)
23) Ferris (46)

25) Lakewood (45)
26) Mercer Island (43)
26) Carroll (43)
28) Bishop Blanchet (42)
29) Lynnwood (39)
30) Olympia (38)
31) Seattle Lutheran (37)
31) West Valley Yakima (37)
33) East Valley Yakima (36)
34) Montesano (34)
34) Cedarcrest/Tolt (34)
34) Cashmere (34)
34) Eastlake (34)

BEST GIRLS' PROGRAMS BY DIVISION (Teams placed in current division, no matter where the points were earned)

4A - 6 of the top 10 4A girls teams did not make it to state in 2009

1) Gig Harbor 111pts

2) Eisenhower 102

- 3) Bellarmine Prep 98
- 4) Snohomish 89
- 5) Newport-Bellevue 86
- 6) Edmonds-Woodway 80
- 7) Mead 74
- 8) Issaquah 63
- 9) Joel Ferris 46
- 10) Olympia 38
- 11) Eastlake 34

3A - 7 of the top 10 did not make it to state in 2009

- 1) Lakeside-Seattle 80pts – even opting up they are the legends of 3A
- 2) East Valley-Spokane 56
- 3) Mercer Island 43
- 4) Bishop Blanchet 42
- 5) Lynnwood 39
- 6) West Valley-Yakima 37
- 7) Shorecrest 28
- 8) Everett 27
- 8) Columbia River 27
- 10) Sammamish 24

2A - 5 of the top 10 did not make it to state in 2009

- 1) Mount Baker 121pts – the legend of 2A but when will they return?
- 2) Riverside 97 – might drop to 1A in 2010
- 3) South Whidbey 95
- 4) Sehome 61 – moving fast
- 5) Squalicum 53
- 6) Ephrata 50
- 7) Selah 49
- 8) West Valley-Spokane 46
- 9) Lakewood 45
- 10) East Valley-Yakima 36

1A- 4 of the top 10 did not make it to state in 2009

- 1) Chelan 101pts – consistent program continues
- 2) Omak 90
- 3) King's 89 – moving up fast
- 4) Carroll 43 – amazingly ranked this high, haven't scored since 1985
- 5) Montesano 34 – 1 point since 1997
- 5) Cashmere 34 – 2 points since 1989
- 7) LaCenter 32 – moving up fast
- 8) Bellevue Christian 30 – 1973 state champions
- 9) Lynden Christian 29
- 10) Port Townsend 28

B

- 1) Saint George's 101pts – legends of the Bs
- 2) Northwest Christian-Lacey 47
- 3) Seattle Lutheran 37
- 4) White Pass 30
- 5) Pomeroy 28
- 6) Northwest Chr. Colbert 14

- 12) South Kitsap 33
- 13) Richland 28
- 14) Marysville-Pilchuck 26
- 15) Kelso 24
- 15) Shorewood 24
- 15) Stanwood 24
- 18) Cascade Everett 23
- 19) Central Valley 22
- 20) Federal Way 21

- 11) Seattle Prep 22
- 12) Mount Spokane 21
- 12) Hanford 21
- 14) Capital 19
- 14) North Kitsap 19
- 16) Enumclaw 18
- 16) Bellevue 18
- 18) Renton 17
- 18) Shoreline 17
- 20) Nathan Hale 16
- 20) North Central 16

- 11) Cedarcrest / Tolt 34
- 12) Tumwater 28
- 13) Bellingham 25
- 14) Centralia 20
- 15) Washougal 17
- 16) Wapato 12
- 16) Sequim 12
- 18) Ridgefield 11
- 19) Anacortes 9
- 19) Kingston 9

- 11) Zillah 24
- 12) Newport 19
- 13) Freeman 16
- 14) Warden 15
- 15) Tenino 13
- 15) Charles Wright 13
- 15) Ilwaco 13
- 15) Annie Wright 13
- 19) Granger 12
- 20) Nooksack Valley 12

- 7) Asotin 12
- 8) Mary Walker 10
- 9) Wellpinit 9
- 10) Reardan 8
- 10) Wahkiakum 8

GIRLS DECADE-BY-DECADE BEST

1970's

Bellarmine (37) – 3 Titles and 2 fourths
 Selah (32) – 1 Title and 2 runner-ups
 Mount Baker (23) – 2 Titles
 Edmonds (18) – 1 Title and 1 second
 South Whidbey (17) – 1 Title plus one 3rd
 Bellevue Christian (17) – 1 Title plus one 2nd
 Shoreline (17) – 1 Title plus one 3rd
 Snohomish (15) –
 Olympia (15) –
 West Valley Spokane (14) –
 Newport Bellevue (13) –
 Cedarcrest /Tolt (12) -
 STREAKING- to state every year
 Selah

1980's

Edmonds Woodway (59) – 4 Titles and 2 runner-ups
 Issaquah (54) – 3 Titles and 2 runner-ups
 Carrol (41) – 3 Titles and 2 thirds
 Mount Baker (38) – 0 Titles but 6 trophies
 Mead (37) – 1 Title and 3 runner-ups
 Lakeside-Seattle (35) – 1 Title and 4 other trophies
 Riverside (31) – 1 Title and 2 runner-ups
 Chelan (28) – 2 Titles plus one 2nd place
 Eisenhower (26) – 1 Title plus two 2nd places
 Gig Harbor (26) - 1 Title plus 3 other Trophies
 Everett (26) – 1 Title plus 2 other Trophies
 Cashmere (24) –
 Lynnwood (24) –
 West Valley Spokane (21) –
 Montesano (21) –

Tumwater (21) –
STREAKING – to state every year
Mount Baker, Lakeside-Seattle

1990's

Omak (61) – 4 Titles and 3 runner-ups
St. George's (55) – 4 Titles and 2 runner-ups
Eisenhower (47) – 2 Titles and 4 other Trophies
East Valley-Spok (47) – 4 straight Titles and a runner-up
Chelan (46) – 2 Titles, two 2nds and two 3rds
South Whidbey (44) – 5 runner-ups and a third
Lakewood (42) – 3 Titles and a runner-up
Gig Harbor (35) – 1 Title, 10 yr streak plus 3 other Trophies
Lakeside-Seattle (34) – 1 Title plus 5 other Trophies
Mount Baker (33) – 1 Title plus 4 other Trophies
Mead (32) –
Seattle Lutheran (32) –
Newport Bellevue (30) –
Snohomish (29) –
Bishop Blanchet (28) –
South Kitsap (27) –
STREAKING- to state every year
Gig Harbor, South Kitsap, Blanchet, South Whidbey

21st Century

King's (85) – a record of 7 titles, twice runner-up
Sehome (58) – 5 titles plus a 3rd place.
Squalicum (53) – 3 titles, 4 other top-3 finishes
Gig Harbor (50) - 3 straight titles plus 3 trophies
Northwest Chr. Lacey (47) – 4 titles plus 1 trophy
00's Riverside (42)

Saint George's (46) – 1 Title, 7 other Trophies
Snohomish (45) – 2 titles, 5 other top-4 finishes
Newport (Bellevue) (43) - 2 titles, 3 other top-3 finishes
Riverside (42) – 2005 title, 6 other top-4 finishes
East Valley Yakima (36) – 3 straight titles plus a 3rd
Bellarmine Prep (35) – 1 title plus 3 trophies
Eastlake (34) – 2 straight titles plus 2 trophies
Chelan (27) – 4 trophies and a streak of 9 appearances
South Whidbey (27) – 4 trophies
Mount Baker (27) – 2 titles but hasn't appeared since 2005
STREAKING – to state every year
Capital (no trophies), King's, Bellarmine Prep,

BEST GIRLS DECADE:

00's King's (85 points)
90's Omak (61)
80's Edmonds (59)
00's Sehome (58)
90's Saint George's (55)
80's Issaquah (54)
00's Squalicum (53)
00's Gig Harbor (50)
00's NW Chr. Lacey (47)
90's Eisenhower (47)
90's East Valley-Spokane (47)
90's Chelan (46)
00's Saint George's (46)
00's Snohomish (45)
90's South Whidbey (44)
00's Newport-Bellevue (43)
90's Lakewood (42)

ALL-TIME GREATEST COMBINED PROGRAMS

- 1) **Mead (302 points)** - 46 State appearances, 16 titles, 37 trophies, 11 individual titles, 71 podium placers.
- 2) **Omak (220)** - 48 State appearances, 11 titles, 29 trophies, 4 individual titles, 54 podium placers.
- 3) **Joel Ferris (199)** - 33 State appearances, 10 titles, 27 trophies, 7 individual titles, 62 podium placers.
- 4) **Bishop Blanchet (191)** - 61 State appearances, 8 titles, 23 trophies, 6 individual titles, 38 podium placers.
- 5) **Edmonds-Woodway (190)** - 50 State appearances, 12 titles, 20 trophies, 2 individual titles, 41 podium placers.
- 5) **Gig Harbor (190)** - 52 State appearances, 6 titles, 24 trophies, 6 individual titles, 45 podium placers.
- 7) **Saint George's (185)** - 35 State appearances, 8 titles, 25 trophies, 4 individual titles, 47 podium placers.
- 8) **Mount Baker (178)** - 47 State appearances, 8 titles, 22 trophies, 4 individual titles, 48 podium placers.
- 9) **King's (173)** – 36 State appearances, 11 titles, 18 trophies, 6 individual titles, 51 podium placers.
- 10) **Riverside (169)** – 49 appearances, 4 titles, 25 trophies, 0 individual titles, 27 podium placers.
- 11) **Snohomish (166)** - 50 State appearances, 6 titles, 20 trophies, 3 individual titles, 43 podium placers.

NEXT 24 COMBINED PROGRAMS:

- | | |
|-----------------------------|----------------------------|
| 12) Eisenhower 153pts | 24) Montesano 109 |
| 13) Chelan 145 | 25) Lakewood 108 |
| 14) South Whidbey 132 | 26) East Valley-Yakima 107 |
| 15) Richland 131 | 27) Columbia River 101 |
| 16) Lakeside-Seattle 129 | 28) Ephrata 100 |
| 17) North Central 128 | 29) Issaquah 94 |
| 18) Newport-Bellevue 124 | 30) Burlington Edison 92 |
| 19) Seattle Prep 124 | 31) NW Christian Lacey 91 |
| 20) Sehome 121 | 32) Cashmere 87 |
| 21) West Valley-Spokane 117 | 33) Curtis 87 |
| 22) Bellarmine Prep 113 | 34) University 86 |
| 22) Selah 113 | 35) West Valley Yakima 84 |

BEST COMBINED PROGRAMS BY DIVISION

(Teams placed in current division, no matter where the points were earned)

- 1) Mead 302pts
- 2) Joel Ferris 199
- 3) Gig Harbor 190
- 3) Edmonds-Woodway 190
- 5) Snohomish 166
- 6) Eisenhower 153
- 7) Richland 131
- 8) Newport-Bellevue 124
- 9) Bellarmine Prep 113
- 10) Issaquah 99

- 11) Curtis 87
- 12) University 86
- 13) Olympia 68
- 14) Redmond 67
- 15) Lewis & Clark 65
- 16) Tahoma 59
- 17) Rogers (Spokane) 58
- 18) South Kitsap 55
- 18) Kennewick 55
- 20) Kelso 52

3A

- 1) Bishop Blanchet 191pts
- 2) Lakeside-Seattle 129
- 3) North Central 128
- 4) Seattle Prep 124
- 5) Columbia River 101
- 6) West Valley-Yakima 84
- 7) East Valley-Spokane 82
- 7) Shorecrest 82
- 9) Lynnwood 78
- 10) Shadle Park 73

- 11) Mercer Island 69
- 12) Nathan Hale 64
- 13) Renton 55
- 13) Capital 55
- 15) Bellevue 50
- 16) Mount Spokane 48
- 17) Mount Vernon 42
- 17) Everett 42
- 19) Mount Rainier 41
- 20) Sammamish 38

2A

- 1) Mount Baker 178pts
- 2) Riverside 169
- 3) South Whidbey 132
- 4) Sehome 121
- 5) West Valley-Spokane 117
- 6) Selah 113
- 7) Lakewood 108
- 8) East Valley-Yakima 107
- 9) Ephrata 100
- 10) Burlington-Edison 92

- 11) Cedarcrest/Tolt 71
- 12) Squalicum 71
- 13) Bellingham 50
- 13) Tumwater 49
- 15) Cheney 38
- 16) Wapato 36
- 17) Centralia 35
- 18) Colville 34
- 19) Washougal 30
- 20) Anacortes 27

1A

- 1) Omak 220pts
- 2) King's 173
- 3) Chelan 145
- 4) Montesano 109
- 5) Cashmere 89
- 6) Lakeside-9 mile 77
- 7) Port Townsend 61
- 8) Carroll 60
- 8) Charles Wright 56
- 10) Tonasket 55

- 10) Castle Rock 54
- 12) La Center 52
- 12) Bellevue Christian 45
- 14) Chewelah 44
- 15) Freeman 43
- 16) Lynden Christian 41
- 17) Ilwaco 36
- 18) Lake Roosevelt 35
- 19) Newport 34
- 20) Naches 31

B

- 1) Saint George's 185pts
- 2) Northwest Christian-Lacey 91
- 3) Seattle Lutheran 75
- 4) Northwest Christian-Colbert 57
- 5) Reardon 47
- 6) Pomeroy 43
- 6) White Pass 43
- 8) Liberty Bell 39
- 14) Wahkiakum 11
- 14) South Bend 11
- 14) Wilbur Creston 11

- 9) Colfax 28
- 10) Mary Walker 17
- 11) Trout Lake 15
- 12) Asotin 13
- 13) Republic 12
- 14) Odessa 11
- 14) Valley Christian 11

MOST TEAM STATE TITLES

BOYS:

- Mead 15
 Bishop Blanchet 8
 Joel Ferris 8
 Edmonds-Woodway 7
 Omak 7
 Richland 5
 Curtis 4
 King's 4
 Chelan 4
 North Central 4
 Burlington Edison 4
 Lakeside 9 Mile Falls 4

- King's 7
 Edmonds-Woodway 5
 Saint George's 5
 Mount Baker 5
 Newport (Bellevue) 5
 Gig Harbor 5
 Sehome 5
 Omak 4
 Chelan 4
 NW Chr. Lacey 4
 Snohomish 4
 Eisenhower 4
 Bellarmine Prep 4
 East Valley Spokane 4

- Mead 16
 Edmonds-Woodway 12
 Omak 11
 King's 11
 Joel Ferris 10
 Mount Baker 8
 Bishop Blanchet 8
 Chelan 8
 Saint George's 7
 Sehome 7
 Gig Harbor 6
 NW Chr. Lacey 6
 Snohomish 6
 East Valley Yakima 6
 Richland 6

GIRLS:

COMBINED:

MOST TEAM 2NDS:

BOYS:
Mead (8)
North Central (7)
Seattle Prep (6)
Saint George's (5)
West Valley-Spokane (5)
Gig Harbor (5)
Snohomish (4)
Joel Ferris (4)
Montesano (4)
Omak (4)
Sehome (4)

GIRLS:
South Whidbey (8)
Mead (7)
Riverside (6)
Eisenhower (5)
Chelan (4)
Saint George's (4)
Mount Baker (4)
Omak (4)

Mead (15)
South Whidbey (10)
Riverside (9)
Saint George's (9)
Omak (8)
North Central (7)
Gig Harbor (7)
Snohomish (7)
Joel Ferris (7)
Eisenhower (7)
Seattle Prep (7)

COMBINED:

LONGEST TITLE STREAKS

A huge year for fourpeats as 4 teams pulled off the feat. Amazing considering it had only been done 5 time before.

Mead boys 9 (1988-1996)
Richland boys 5 (1970-1974)
East Valley (Spokane) girls 4 (1994-1997)
King's boys 4 (1999-2002)
Ferris boys 4 (2003-2006)
King's girls 4 (2006-2009)
Sehome girls 4 (2006-2009)
NW Christian Lacey girls 4 (2006-2009)
North Central boys 4 (2006-2009)

MOST STATE TROPHIES:

BOYS:
Mead (26)
Joel Ferris (22)
Bishop Blanchet (17)
Omak (16)
Seattle Prep (15)
North Central (14)
Richland (13)
Saint George's (11)
Edmonds-Woodway (11)
West Valley-Spokane (11)
Lakewood (11)
Burlington Edison (11)
Gig Harbor (10)
Montesano (10)

Mount Baker (17)
Riverside (16)
Gig Harbor (14)
Saint George's (14)
Omak (13)
South Whidbey (13)
Bellarmine Prep (13)
Chelan (13)
Snohomish (12)
Eisenhower (12)
Lakeside-Seattle (12)
Mead (11)
King's (9)
Edmonds Woodway (9)
Newport Bellevue (9)

Mead (37)
Omak (29)
Joel Ferris (28)
Riverside (25)
Saint George's (25)
Gig Harbor (24)
Bishop Blanchet (23)
Mount Baker (22)
Edmonds-Woodway (20)
Snohomish (20)
Eisenhower (19)
Chelan (19)
King's (18)
Seattle Prep (18)
South Whidbey (18)
Richland (17)
Lakeside Seattle (16)

GIRLS:

COMBINED:

MOST STATE APPEARANCES

BOYS:
Blanchet 43
Edmonds-Woodway 32
Snohomish 29
Mead 29
Columbia River 29
Omak 28
Ferris 27
Kelso 26
Lakewood 26
Gig Harbor 26
Renton 25
Lakeside (Seattle) 25

GIRLS:
Bellarmine Prep 30
Mount Baker 26
Gig Harbor 26
Riverside 25
South Whidbey 24
Lakeside (Seattle) 24
Eisenhower 23
Kelso 22
Chelan 21
Columbia River 21
Snohomish 21
Olympia 21
Omak 20

COMBINED:
Blanchet 61
Gig Harbor 52
Snohomish 50
Columbia River 50
Riverside 49
Lakeside (Seattle) 49
Kelso 48
Omak 48
Edmonds-Woodway 47
Mount Baker 47
Mead 46
Olympia 45
Bellarmine Prep 41

LONGEST STATE APPEARANCE STREAKS

Blanchet boys 32 (1978-present)
Lakewood boys 26 (1984-present)
Lakeside (Seattle) girls 21 (1977-1997)
Gig Harbor boys 20 (1982-2001)
Mead boys 21 (1988-2008)
Nathan Hale boys 16 (1963-1978)
South Whidbey girls 16 (1989-2004)
South Kitsap girls 16 (1989-2004)

King's boys 16 (1991-2006)
 Newport-Bellevue girls 15 (1994-2008)
 Bellarmine Prep girls 13 (1997-present)
 Eisenhower girls 12 (1994-2005)
 Blanchet girls 11 (1990-2000)

TEAMS WITH MOST INDIVIDUAL STATE CHAMPIONS

BOYS

Mead – 11
 Joel Ferris – 6
 Bishop Blanchet – 5
 Selah – 5
 Lynnwood – 4
 Carrol – 4
 Sehome – 4
 Omak – 3
 King's – 3
 Gig Harbor – 3
 Shadle Park – 3
 Columbia River – 3
 Seattle Prep – 3
 Charles Wright – 3
 Jackson – 3
 Davenport – 3
 White River – 3
 Redmond – 3

GIRLS

Lakeside Seattle – 5
 West Valley Spokane – 4
 Shadle Park – 4
 Bellevue – 4
 King's – 3
 Bellarmine Prep – 3
 NW Chr. Colbert – 3
 Bellevue Chr. – 3
 Freeman – 3
 Goldendale – 3
 Gig Harbor – 3
 Saint George's – 3

COMBINED

Mead – 11
 Joel Ferris – 7
 Shadle Park – 7

Lakeside Seattle – 6
 King's – 6
 Carroll – 6
 Bishop Blanchet – 6
 Gig Harbor – 6
 Selah – 6
 Sehome – 5
 Freeman – 5
 Lynnwood – 5
 Bellevue – 4
 West Valley Spokane – 4
 Saint George's – 4
 Lewis & Clark – 4
 Lakes – 4
 Mount Baker – 4
 Ephrata – 4
 Seattle Prep – 4
 Omak – 4
 Charles Wright – 4

TEAMS WITH MOST INDIVIDUAL PODIUM PLACES

BOYS

Mead – 54
 Joel Ferris – 46
 Bishop Blanchet – 33
 North Central – 31
 King's – 25
 Snohomish – 24
 Omak – 24
 Burlington Edison – 24
 Gig Harbor – 22
 Selah – 20
 Lewis & Clark – 20
 Columbia River – 20
 Saint George's – 19
 Edmonds Woodway – 19
 Northwest Chr. Colbert – 19
 Shadle Park – 18
 Sehome – 18
 Rogers Spokane – 18
 East Valley Yakima – 18
 West Valley Spok. – 18
 Port Townsend – 18

GIRLS

Mount Baker – 32
 Omak – 30
 Bellarmine Prep – 29
 Saint George's – 28
 King's – 26
 Eisenhower – 24
 Lakeside Seattle – 23
 Gig Harbor – 23
 Edmonds Woodway – 22
 Snohomish – 19
 NW Chr. Colbert – 18
 Carroll – 18
 South Whidbey – 18
 Mead – 17
 Joel Ferris – 16
 Sehome – 16
 West Valley Spokane – 16
 Ephrata – 16
 Bellevue Chr. – 16

COMBINED

Mead – 71
 Joel Ferris – 62
 Omak – 54
 King's – 51
 Mount Baker – 48
 Saint George's – 47
 Gig Harbor – 45
 Snohomish – 43
 Edmonds Woodway – 41
 Eisenhower – 41
 North Central – 40
 Bishop Blanchet – 38
 Northwest Chr. Colbert – 37
 Selah – 35
 Sehome – 34
 West Valley Spokane – 34
 Bellarmine Prep – 33
 Shadle Park – 33
 Lakeside Seattle – 32
 Lewis & Clark – 32

TEAMS WITH MOST INDIVIDUAL PODIUM PLACES BY DIVISION

BOYS

4A
 Mead – 53
 Joel Ferris – 44
 Snohomish – 24
 Gig Harbor – 21
 Edmonds Woodway – 19
 Lewis & Clark – 18
 Rogers Spokane – 18
 Richland – 17
 Eisenhower – 14
 Kennewick – 14
 University – 13
 Curtis – 13
 Kelso – 11
 Redmond – 11
 Issaquah – 11
 Evergreen Seattle – 11
 Mariner – 11

Nathan Hale – 17
 Shorecrest – 15
 Seattle Prep – 15
 Lynnwood – 13
 Renton – 13
 O'Dea – 12
 Shelton – 11
 East Valley Spokane – 10

2A

Burlington Edison – 21
 Selah – 20
 East Valley Yakima – 18
 West Valley Spokane – 18
 Sehome – 16
 Mount Baker – 16
 Riverside – 15
 Cedarcrest – 14
 Lakewood – 13
 Colville – 12
 Wapato – 11
 Ephrata – 10
 Anacortes – 10
 Ellensburg – 10

1A

Omak – 24
 King's – 24
 Montesano – 16
 Cashmere – 16
 Port Townsend – 16
 Chelan – 15
 Ilwaco – 15
 Castle Rock – 14
 Lake Roosevelt – 13
 Rochester – 12
 Charles Wright – 12
 Lakeside 9 Mile Falls – 12
 Chewelah – 11
 Newport Spokane – 10

B

Saint George's – 19
 NW Chr. Colbert – 18
 Colfax – 16
 Odessa – 11
 Seattle Lutheran – 9
 Reardan – 9

3A
 Bishop Blanchet – 32
 North Central – 28
 Columbia River – 19
 Shadle Park – 18

Northwest Chr. Lacey – 9
Pomeroy – 7
GIRLS
4A
Bellarmine Prep – 29
Edmonds Woodway – 22
Eisenhower – 22
Gig Harbor – 21
Snohomish – 19
Joel Ferris – 16
Mead – 16
Newport Bellevue – 14
Davis – 12
Battle Ground – 11
Lewis & Clark – 11
South Kitsap – 10

3A
Lakeside Seattle – 23
West Valley Yakima – 15
East Valley Spokane – 13
Shadle Park – 12
Bellevue – 11
Lynnwood – 11
Shorecrest – 10

COMBINED

4A
Mead – 69
Joel Ferris – 60
Snohomish – 43
Gig Harbor – 42
Edmonds Woodway – 41
Eisenhower – 36
Bellarmine Prep – 33
Lewis & Clark – 29
Rogers Spokane – 27
Richland – 22
Davis – 22
Kennewick – 21
Kelso – 20
Redmond – 20

3A
Bishop Blanchet – 37
North Central – 36
Lakeside Seattle – 32
Shadle Park – 30
Seattle Prep – 25
Shorecrest – 25
Columbia River – 25
Lynnwood – 24
East Valley Spokane – 23
West Valley Yakima – 22
Nathan Hale – 18
Bellevue – 17
Mount Rainier – 17

2A
Mount Baker – 48
Selah – 35
West Valley Spokane – 34
Sehome – 29
South Whidbey – 27
Ephrata – 26
Riverside – 25

LOWEST BOYS' TEAM SCORES BY DIVISION

4A BOYS

20 - Mead, 1992 AAA
28 - Mead, 1991 AAA
29 - Snohomish, 1965 2A, 26 teams
31 - Mead, 1993 AAA
31 - Curtis, 1965 1A, 22 teams
34 - Mead, 1996 AAA
41 - Mead, 1989 AAA
41 - Snohomish, 1963 1A, 26 teams
42 - Ferris, 2004 4A
43 - Mead, 1988 AAA
43 - Mead, 1990 AAA
45 - Lewis & Clark, 1966 2A, 26 teams

Tacoma Baptist – 6
Valley Christian – 6

Seattle Prep - 10
Mount Rainier – 9
North Central – 8
Capital – 8
Holy Names – 8

2A
Mount Baker – 32
South Whidbey – 18
Ephrata – 16
West Valley Spokane – 16
Selah – 15
Sehome – 13
Deer Park – 12
Riverside – 11
Lakewood – 10
Colville – 8
Squalicum – 8
Hockinson – 8
Cedarcrest / Tolt – 8

1A

Burlington Edison – 26
East Valley Yakima – 23
Lakewood – 23
Cedarcrest Tolt – 22
Colville – 20
Anacortes – 16

1A

Omak – 54
King's – 47
Carroll – 27
Cashmere – 26
Chelan – 26
Port Townsend – 25
Montesano – 22
Ilwaco – 21
Bellevue Chr. – 19
Lakeside 9 Mile Falls – 18
Charles Wright – 18
Vashon Island – 17
Lake Roosevelt - 17

B

Saint George's – 46
NW Chr. Colbert – 34
Colfax – 22
NW Chr. Lacey – 17
Seattle Lutheran – 15
Odessa – 14
Valley Chr. – 13
Pomeroy – 12
Trout Lake / Glenwood – 12
Mosseyrock – 11
Reardan – 11
Liberty Bell – 10
Tacoma Baptist – 10

46 – University, 1997 4A
46 – Mead, 1994 3A
46 – Ferris, 2004 4A
46 – Kennewick, 1979 3A
48 – University, 1998 4A
48 – Snohomish, 1964 1A, 33 teams
50 – Edmonds Woodway, 1990 3A

3A BOYS

23 – Rogers Spokane, 1963 2A, 25 teams
24 – North Central, 2008 3A
24 – Rogers Spokane, 1965 3A, 33 teams
27 – Franklin, 1964 2A, 32 teams
30 – Evergreen Seattle, 1963 1A, 26 teams
34 – Nathan Hale, 1966 3A 28 teams
35 – Mercer Island, 1962 1A, 23 teams

Omak – 30
King's – 23
Carroll – 18
Bellevue Chr. – 16
Chelan – 11
Cashmere – 10
Vashon Island – 10
Port Townsend – 9
Connell – 8
Bush – 8

B

Saint George's – 27
NW Chr. Colbert – 16
NW Chr. Lacey – 8
Valley Chr. – 7
Trout Lake / Glenwood – 7
Colfax – 6
Mosseyrock – 7
Seattle Lutheran – 6
Colfax – 6

36 - North Central, 2007 3A
36 - Shadle Park, 1963 2A, 25 teams
37 - Shadle Park, 1962 2A, 23 teams
42 - Ingraham, 1962 2A, 23 teams
43 - Tyee, 1976 AA
43 - Columbia River, 1964 1A, 33 teams
46 - Seattle Prep, 1966 1A, 25 teams
47 - North Central, 2009 3A
49 - Lynnwood, 1994 2A
50 - Seattle Prep, 1972 2A
53 - Rogers Spokane, 1962 2A, 23 teams
54 - Blanchet, 1984 3A
54 - Shorecrest, 1984 2A
54 - Ingraham, 1961 10 teams

2A BOYS

46 - Wapato, 1966 1A, 25 teams
47 - Selah, 1979 2A
49 - Selah, 1977 2A
53 - Burlington Edison, 1965 1A, 22 teams
55 - Burlington Edison, 2006 2A
57 - Riverside, 1983 1A
57 - Burlington Edison, 2009 2A
61 - Sehome, 2005 3A
63 - Burlington Edison, 2007 2A
63 - Sehome, 2007 2A
64 - Lakewood, 1989 1A
64 - Ephrata, 1987 1A
65 - Riverside, 2001 2A

LOWEST GIRLS' TEAM SCORES BY DIVISION

4A GIRLS

31 - Snohomish, 2003 4A,
43 - Edmonds, 1985 AA
45 - Ferris, 1991 3A
45 - Newport Bellevue, 1974 2A, 7 teams
46 - Shoreline, 1973 2A, 7 teams
47 - Edmonds, 1983 2A
51 - Issaquah, 1987 3A
58 - Edmonds, 1984 2A
60 - Cental Valley, 1982 3A
66 - Newport Bellevue, 2007 3A
67 - South Kitsap, 1997 4A
68 - Newport Bellevue, 1999 3A
68 - Eisenhower, 1994 3A

3A GIRLS

52 - Bellarmine Prep, 1979 3A
58 - Lynnwood, 1989 2A
59 - East Valley Spokane, 1997 3A
59 - Shadle Park, 2009 3A
61 - Chief Sealth, 1975
64 - Bellarmine Prep, 1977 3A
65 - West Valley Yakima, 2005 3A
65 - Lynnwood, 1988 2A
66 - Lakeside Seattle, 1991 2A
67 - Lakeside Seattle, 1982 2A
69 - East Valley Spokane, 1994 2A

2A GIRLS

35 - Mount Baker, 1978 1A, 7 teams
41 - Selah, 1974, 10 teams
42 - Washougal, 1986 1A
44 - Ephrata, 1997 2A, 8 teams
44 - Ephrata, 1984 1A
45 - West Valley Spokane, 1986 2A
51 - Newport, 1997 2A, 8 teams
51 - East Valley Yakima, 2002 2A, 8 teams
52 - Mount Baker, 2000 2A, 8 teams
52 - Mount Baker, 1999 2A, 8 teams
55 - Riverside, 1987 1A
57 - South Whidbey, 2002 2A, 8 teams
57 - Sehome, 2009 2A
58 - East Valley Yakima, 2003 2A, 8 teams
59 - East Valley Yakima, 2004 3A
60 - Mount Baker, 2001 2A, 8 teams
61 - Sehome, 2002 3A

1A GIRLS

1A BOYS

31 - Charles Wright, 2004 1A, 8 teams
37 - King's, 2001 1A/B, 16 teams
38 - Castle Rock, 1982 1A 12 teams
39 - Seattle Academy, 2005 1A, 8 teams
41 - Chelan, 1997 1A/B, 16 teams
45 - Lakeside 9 Mile, 2006 1A, 16 teams
47 - Omak, 1991 1A, 16 teams
47 - Lakeside 9 Mile, 1998 1A, 8 teams
49 - Lakeside 9 Mile, 1997 2A, 8 teams
54 - King's, 1999 1A, 16 teams
56 - Omak, 1990 1A, 16 teams

B BOYS

28 - Saint George's, 1993 B, 8 teams
31 - Saint George's, 2007 B, 8 teams
34 - NW Chr. Colbert, 1994 B, 7 teams
36 - Saint George's, 2006 B, 8 teams
37 - Saint George's, 1994 B, 7 teams
46 - Reardan, 2004 B, 8 teams
47 - Seattle Lutheran, 1993 B, 8 teams
47 - Seattle Lutheran, 1992 B, 6 teams
47 - Bridgeport Mansfield, 1993 B, 8 teams
49 - Reardan, 2005 B, 8 teams
41 - Mary Walker, 1994 B, 7 teams
50 - Seattle Lutheran, 1994 B, 7 teams
52 - NW Chr. Lacey, 2008 B, 16 teams

34 - Lakewood, 1993 A, 15 teams
35 - Bellevue Chr., 1973 1A, 4 teams
36 - King's, 2001 1A/B, 8 teams
38 - Chelan, 1997 1A/B, 8 teams
38 - Omak, 1998 2A, 8 teams
41 - Carroll, 1981 A/B, 12 teams
42 - Omak, 1993 A, 15 teams
43 - King's, 2002 1A/B, 8 teams
49 - King's, 2008 1A, 16 teams
56 - Chelan, 1990 1A, 16 teams

B GIRLS

18 - Saint George's, 1993 B, 6 teams
19 - Saint George's, 1994 B, 7 teams
20 - Carroll, 1982 A/B, 11 teams
28 - NW Chr. Lacey, 2009 B, 8 teams
31 - Saint George's, 1999 1A/B, 8 teams
34 - Carroll, 1983 A/B, 12 teams
34 - NW Christian (Lac), 2007 B, 8 teams
35 - Seattle Lutheran, 1993 B, 6 teams
36 - Saint George's, 1998 1A/B, 8 teams
41 - Carroll, 1981 1A, 12 teams
42 - Pomeroy, 1991 B, 5 teams
43 - Mary Walker, 1994 B, 7 teams

TEAM TITLES BY COACH:

Pat Tyson (Shorecrest/Mead, 14)
Tom Campbell (Edmonds-Woodway, 12)
Russ Brantner (Omak, 11)
Rod Wilcox (King's, 11)
Phil English (Carroll/Eisenhower, 9)

OTHER NOTABLE FACTS AND FIGURES

PARITY (sometimes everything changes.) New schools emerging. Competition rising. Some districts make getting to state as tough as state itself. The times are changing and with the new classifications coming in 2010 they will keep changing.

THEY CAN THROW A PARTY BUT CAN'T DANCE.

Pasco is the greatly appreciated host of the state meet but their boys or girls have never scored.

WELCOME BACK IN A BIG WAY.

Shadle Park girls won in 2009 after a 6 year absence.
Northwest Christian-Colbert placed 3rd after a 10 year absence.

FREQUENTLY A BRIDE.

Shadle Park won the first boys' State championship in 1959. Three years later in 1962 the Highlanders became the first team to win a second title. **Richland** (1972, 1973 and 1974) was the first boys team to win 3, 4 and 5 titles. **Edmonds-Woodway's** ten titles between 1982 and 1990 made them the first school to win 6, 7, 8, 9, 10, 11 and 12 titles. Then **Mead** (2001, 2002 and 2007) became the first boys team to win 13, 14 and 15 championships.

Shoreline and **Bellevue Christian** won the first girls' State championships in 1973 but have never repeated. **Bellarmino Prep** and **Mount Baker** both won repeat titles in 1977 and 1978 to be the first girls teams to 2 titles. In 1979 **Bellarmino Prep** threepeated to be the first girls team to 3 titles. Edmonds-Woodway won their fourth title in 1985 and 6th in 1987 to be the first to 4 and 5. **King's** girls won their 6th title in 2008 and 7th in 2009 to hold the current record of titles and be the first to both 6 and 7.

PERFECTION.

The **Chief Sealth** girls first competed at State in 1975, and finished 1st of 15 teams. The girls' championship that year did not separate by classification. The Lady Seahawks have not returned to State since, making them the only team -- boys or girls -- to have a perfect record at State.

INDIVIDUAL PERFECTION.

Few individuals have been on 4 state championship teams. Obviously it is hard for a freshman to make a state championship team.

During Mead's 9 year title streak, no individual ran all four years at state. 2 boys and 7 girls have accomplished the feat.

The honored few are;

Randy Rice-Richland 70-73,

Cara Smith-East Valley Spokane 94-97,

Ann Marie Adams-East Valley Spokane 94-97,

Brandon Thompson-King's 99-02,

Adele Eslinger-King's 06-09,

Morgan Hamm-King's 06-09,

Makenzie Taylor-King's 06-09

Annie Moore-Sehome 06-09

Ashlee Giesman-NW Chr.Lacey 06-09

POST RACE NOTES

2008 Burlington-Edison's win over Sehome marks the sixth time in State history that two teams have been tied for first through five runners. The 1966 race didn't seek to break the tie, and both teams were declared champions.

The greatest contest ever has to be the 1993 A boys race, with three teams finishing within one point, and the deciding sixth place runners just 6 seconds apart.

1966 Div 1 - Seattle Prep 46, Wapato 46

1986 AA boys - Edmonds 79 (sixth 31), Gig Harbor 79 (sixth 57)

1993 A boys - Omak 91 (sixth 46), Riverside 91 (sixth 50), Chewelah 92

2000 2A boys - East Valley (Yakima) 113 (sixth 69), South Whidbey 113 (sixth 87)

2004 4A girls - Bellarmine Prep 84 (sixth 57), Gig Harbor 84 (sixth 67)

Other State championships have been decided by three points or fewer.

1-Point Difference

1959 - Shadle Park 98, Wenatchee 99

1961 - Lewis & Clark 53, Ingraham 54

1967 AA - Franklin 144, Highline 145

1970 A - Columbia River 125, Mead 126

1973 AA girls - Shoreline girls 46, Snohomish girls 47

1979 AA girls - Centralia 97, Selah 98

1991 A girls - Lakewood 53, South Whidbey 54

1991 B boys - Pomeroy 54, Saint George's 55

1999 4A boys - University 81, Mount Spokane 82

2005 3A girls - West Valley (Yakima) 65, Squalicum 66

2005 B boys - Reardan 49, Saint George's 50

2008 4A girls - Eastlake 96, Gig Harbor 97

2-Point Difference

1979 A boys - Colfax 117, Montesano 119

1987 AA girls - Edmonds 101, Hanford 103

1988 AAA girls - Mead 70, Eisenhower 72

1992 B girls - Seattle Lutheran 50, Saint George's 52

1998 4A girls - Marysville-Pilchuck 127, Shadle Park 129

1999 3A boys - Lakeside (Seattle) 108, Seattle Prep 110

2009 2A boys - Sehome 57, Kingston 59

3-Point Difference

1984 AAA boys - Blanchet 54, Redmond 57

1991 B girls - Pomeroy 42, Seattle Lutheran 45

1994 B boys - Northwest Christian (Colbert) 34, Saint George's 37

1999 2A boys - Omak 71, East Valley (Yakima) 74

2004 3A girls - Squalicum 106, Newport (Bellevue) 109

2007 B girls - Northwest Chr.(Lacey) 34, Saint George's 37

Largest Margins of Victory by Division (listed in winning school's present division)

4A Boys

110 points - 1992 3A Mead 20, Richland 130

90 - 1991 3A boys Mead 28, Redmond 118

90 - 1974 2A boys Curtis 53, Cleveland 143

85 - 1971 3A boys Richland 63, Ferris 148

79 - 1976 3A boys Mead 73, Nathan Hale 152

75 - 1994 3A boys Mead 46, Richland 121

72 - 1988 3A boys Mead 43, Ferris 115

71 - 1993 3A boys Mead 31, Kennewick 102

68 - 1998 4A boys University 48, Mead 116

68 - 1990 3A boys Mead 43, University 111

68 – 1989 3A boys Mead 41, University 109
67 – 1965 3A boys Rogers(Spok) 24, Garfield 91
60 – 1985 3A boys Redmond 51, Sammamish 111
53 – 1987 3A boys Eisenhower 105, North Central 158
52 – 1996 3A boys Mead 34, University 86
51 – 1968 2A boys Ferris 61, Snohomish 112
47 – 1979 3A boys Kennewick 46, North Central 93
46 – 2004 4A boys Joel Ferris 46, Mead 92
41 – 1978 3A boys Kennewick 71, North Central 112
32 – 2009 4A boys Ferris 68, Henry Jackson 100

3A Boys

89 – 1991 2A boys Blanchet 60, Bellingham 149
74 – 2007 3A boys North Central 36, Seattle Prep 110
74 – 1986 3A boys Blanchet 87, Lakes 161
71 – 2009 3A boys North Central 47, Peninsula 118
57 – 1966 3A boys Nathan Hale 34, Shorecrest 91
55 – 1977 3A boys North Central 69, Mead 124
50 – 2008 3A boys North Central 24, Seattle Prep 74
50 – 1972 2A boys Seattle Prep 50, East Bremerton 100
49 – 1973 2A boys Curtis 72, Pullman 131

2A Boys

52 – 1967 1A boys Burlington-Edison 71, East Valley(Spok) 123
49 – 1977 2A boys Selah 49, Glacier 98
49 – 1968 1A boys WF West 99, Mead 148
48 – 1978 2A boys Selah 69, Peninsula 117
38 – 2001 2A boys Riverside 65, Naches 103
28 – 2009 2A boys Burlington Edison 57, Sehome 85

1A Boys

95 – 1982 A/B boys Castle Rock 38, Tonasket 133
87 – 1997 A/B boys Chelan 41, LaCenter 129
78 – 1999 A/B boys King's 54, Liberty Bell 132
68 – 1972 1A boys Omak 60, Montesano 128
61 – 1991 1A boys Omak 47, Riverside 108
56 – 2002 2A boys Naches 81, Ephrata 137
53 – 2006 1A boys Lakeside(9 mile falls) 45, King's 98
50 – 2001 A/B boys King's 37, Liberty Bell 87
42 – 2004 1A boys Charles Wright 31, Seattle Academy 73
41 – 1984 A/B boys Cashmere 58, Montesano 99

B Boys

42 – 2007 B boys Saint George's 31, NW Christian Lacey 73
35 – 1998 A boys Liberty Bell 68, Saint George's 103
25 – 2008 B boys NW Christian Lacey 52, Reardan 77

4A Girls

61 – 1991 3A girls Joel Ferris 45, University 106
54 – 2003 4A girls Snohomish 31, Bellarmine Prep 85
49 – 2000 3A girls Newport(Bell) 77, Bishop Blanchet 126
49 – 1977 3A girls Bellarmine 64, Shorecrest 113
47 – 1999 3A girls Newport(Bell) 68, Eastmont 115
44 – 1978 2A girls Olympia 91, Ferndale 135
41 – 1992 3A girls University 79, Mead 120
39 – 1986 3A girls Issaquah 86, Mead 125
38 – 1997 4A girls South Kitsap 67, Eisenhower 105
34 – 2005 4A girls Gig Harbor 73, Mt. Spokane 107
25 – 1999 4A girls Eisenhower 73, Marysville-Pilchuck 98
24 – 2009 4A girls Eastlake 100, Tahoma 124

3A Girls

54 – 1988 2A girls Lynnwood 65, Edmonds 119
40 – 1975 girls Sealth 61, Edmonds 101
28 – 1996 2A girls East Valley Spokane 81, South Whidbey 109
26 – 1997 girls East Valley Spokane 58, Newport Bellevue 85

2A Girls

63 – 2003 3A girls Squalicum 66, West Valley(Yak) 129
62 – 1984 A/B girls Ephrata 44, Mount Baker 106
53 – 2004 2A girls East Valley(Yak) 59, King's 112
51 – 2006 3A girls Squalicum 80, Mount Spokane 131
44 – 1986 A/B girls Washougal 42, Lynden Chr. 86
29 – 2000 A girls Mt Baker 52, Riverside 81
28 – 2005 2A girls Riverside 110, Port Townsend 138

1A Girls

- 89 – 2004 A/B girls Zillah 58, Cedar Park Chr. 147
- 49 – 2003 1A girls King's 48, Warden 97
- 47 – 1982 A/B girls Carroll 20, Mount Baker 67
- 45 – 2002 A/B girls King's 45, Freeman 88
- 42 – 1997 A/B girls Chelan 38, Saint George's 80
- 37 – 1996 A/B girls Omak 53, Chelan 90
- 37 – 1982 2A girls Lakeside 67, East Valley(Spok) 104
- 33 – 2001 A girls King's 36, Wellpinit 69
- 33 – 1998 2A girls Omak 38, Riverside 71
- 31 – 2009 1A girls King's 49, LaCenter 80
- 29 – 2006 1A girls King's 73, Chelan 102
- 29 – 2005 1A girls Charles Wright 77, Zillah 106
- 27 – 2009 1A girls King's 83, LaCenter 110

B Girls

- 58 – 2009 B girls NW Christian Lacey 28, White Pass 86
- 51 – 1999 A/B girls Saint George's 31, Wahkiakum 82
- 29 – 1998 A/B Saint George's 36, Chelan 65
- 25 – 2000 B girls Saint George's 56, King's 81
- 22 – 2006 B girls NW Christian Lacey 54, St. George's 76

THE GREATEST PERFORMANCES IN WASHINGTON CROSS COUNTRY STATE CHAMPIONSHIP HISTORY SINCE 1988.

Considering the course, venue and distance changes; it is too arguable to compare all years. Since the change to a 5K course in 1997, course changes are minimal and allow for a comparison with few arguments.

BEST BOYS TEAM PERFORMANCES SINCE 1997 (The 5K Years)

AVERAGE	TEAM		
15:36	08 North Central 3A 1 st	16:15	03 Eisenhower 4A 2 ND
15:45	09 North Central 3A 1 st	16:15	09 Issaquah 4A 3 rd
15:50	98 University 4A 1 ST	16:16	09 Eisenhower 4A 4 th
15:52	04 Joel Ferris 4A 1 ST	16:16	09 Lewis & Clark 4A 5 th
15:52	09 Joel Ferris 4A 1 st	16:17	02 Mead 4A 1 ST
16:02	08 Seattle Prep 3A 2 nd	16:17	98 Mead 4A 2 ND
16:03	04 Mead 4A 2 ND	16:18	04 Aub-Riverside 4A 4 TH
16:03	04 Eisenhower 4A 3 RD	16:19	05 Mead 4A 2 ND
16:03	09 Henry Jackson 4A 2 nd	16:19	08 Redmond 4A 4 th
16:05	01 Mead 4A 1 ST	16:20	04 Bish Blanchet 3A 1 ST
16:08	08 Mead 4A 1 st	16:21	04 North Central 3A 2 ND
16:09	03 Joel Ferris 4A 1 ST	16:21	98 Lewis & Clark 4A 3 RD
16:10	08 Henry Jackson 4A 2 nd	16:21	09 Auburn Riverside 4A 6 th
16:10	08 Joel Ferris 4A 3 rd	16:22	08 Skyline 4A 5 th
16:11	03 Mead 4A 3 RD	16:22	06 Mead 4A 2 ND
16:11	01 Mt. Spokane 4A 2 ND	16:23	98 Joel Ferris 4A 4 TH
16:12	06 Joel Ferris 4A 1 ST	16:23	99 Mead 4A 3 RD
16:13	97 University 4A 1 ST	16:23	99 Mt. Spokane 4A 2 ND
16:14	05 Joel Ferris 4A 1 ST	16:23	09 Redmond 4A 7 th

BEST BOYS TEAM PERFORMANCES BY DIVISION SINCE 1997

4A BOYS

AVERAGE	TEAM		
15:50	98 University 1 ST	16:17	02 Mead 1 ST
15:52	04 Joel Ferris 1 ST	16:17	98 Mead 2 ND
15:52	09 Joel Ferris 1 st	16:18	04 Auburn-Riverside 4 TH
16:03	04 Mead 2 ND	16:19	05 Mead 2 ND
16:03	04 Eisenhower 3 RD	16:19	08 Redmond 4 th
16:03	09 Henry Jackson 2 nd	16:21	98 Lewis & Clark 3 RD
16:05	01 Mead 1 ST	16:21	09 Auburn Riverside 6 th
16:08	08 Mead 1 st	16:22	06 Mead 2 nd
16:09	03 Joel Ferris 1 ST	16:22	08 Skyline 5 th
16:10	08 Henry Jackson 2 nd	16:23	99 Mt. Spokane 2 ND
16:10	08 Joel Ferris 3 rd	16:23	99 Mead 3 RD
16:11	03 Mead 3 RD	16:23	98 Joel Ferris 4 TH
16:11	01 Mt. Spokane 2 ND	16:23	09 Redmond 7 th
16:12	06 Joel Ferris 1 ST	16:24	99 University 1 ST
16:13	97 University 1 ST	16:25	09 Kamiakin 8 th
16:14	05 Joel Ferris 1 ST	16:25	09 Gig Harbor 9 th
16:15	03 Eisenhower 2 ND	16:26	08 Eisenhower 6 th
16:15	09 Issaquah 3 rd	16:29	08 Gig Harbor 7 th
16:16	09 Eisenhower 4 th	16:29	03 Mt. Spokane 4 TH
16:16	09 Lewis & Clark 5 th		

3A BOYS

15:36	08 North Central 1 st	16:33	03 West Valley Yak 1 ST
15:45	09 North Central 1 st	16:33	98 Squalicum 2 ND
16:02	08 Seattle Prep 2 nd	16:33	97 Seattle Prep 2 ND
16:20	04 Bishop Blanchet 1 ST	16:35	03 Seattle Prep 2 ND
16:21	04 North Central 2 ND	16:37	99 Eastmont 3 RD
16:23	08 Lindbergh 4 th	16:37	09 Lindbergh 6 th
16:24	08 Bellevue 3 rd	16:39	05 Sehome 1 ST
16:24	09 Peninsula 2 nd	16:40	06 Seattle Prep 2 ND
16:24	09 Bellevue 3 rd	16:40	03 Skyline 3 RD
16:25	07 North Central 1 ST	16:40	01 Bishop Blanchet 1 ST
16:25	09 Mt. Spokane 5 th	16:40	98 O'Dea 5 TH
16:28	98 West Valley Yak 1 ST	16:41	98 East Valley Spok 4 TH
16:28	09 Seattle Prep 4 th	16:42	99 Seattle Prep 2 ND
16:30	08 Mercer Island 5 th	16:42	08 Mt. Spokane 6 th
16:30	97 Capital 1 ST	16:43	98 Lakeside Seattle 6 TH
16:31	04 Seattle Prep 4 TH	16:44	09 Bishop Blanchet 7 th
16:31	99 Lakeside Seattle 1 ST	16:44	06 North Central 1 ST
16:32	04 East Valley Spok 3 RD		

2A BOYS

16:25	09 Burlington Edison 1 st	16:29	99 Omak 1 ST
16:27	08 Sehome 1 st	16:31	09 Sehome 2 nd

16:34 08 Burlington-Edison 2nd
 16:37 99 East Valley (Yak) 2nd
 16:41 09 Squalicum 3rd
 16:46 99 South Whidbey 3RD
 16:47 01 Riverside 1ST
 16:48 08 Cheney 4th
 16:49 08 Squalicum 3rd
 16:49 09 Lakewood 4th
 16:52 97 Lakeside (Spol) 1ST
 16:53 98 Omak 2ND
 16:55 98 Lakeside (Spok) 1ST
 16:55 08 Riverside 5th
 16:58 06 Burlington Edison 1ST
 17:00 07 Sehome 2ND
 17:00 06 Sehome 2ND
 17:00 99 Riverside 4TH
 17:01 01 Naches 2ND

17:01 09 Ellensburg 5th
 17:02 07 Burlington Edison 1ST
 17:03 08 Selah 6th
 17:03 08 Lakewood 7th
 17:06 01 East Valley (Yak) 3RD
 17:07 99 Lynden Christian 6TH
 17:07 09 Mark Morris 6th
 17:11 99 Port Townsend 8TH
 17:12 99 Naches 5TH
 17:12 98 East Valley (Yak) 3RD
 17:12 08 Tumwater 9th
 17:12 09 Colville 7th
 17:13 97 East Valley (Yak) 2ND
 17:14 01 Ephrata 4TH
 17:15 08 Ellensburg 8th
 17:16 99 Ephrata 7TH

1A BOYS

16:46 97 Chelan 1ST
 16:49 04 Charles Wright 1ST
 16:59 01 King's 1ST
 16:59 08 Lakeside-Spo 1st
 17:05 08 Charles Wright 2nd
 17:08 99 King's 1ST
 17:08 98 Liberty Bell 1ST
 17:14 03 Charles Wright 1ST
 17:15 06 Lakeside -9 Mile 1ST
 17:16 05 Seattle Academy 1ST
 17:19 07 Royal 1ST
 17:19 09 Port Townsend 2nd
 17:20 05 Charles Wright 2ND
 17:24 04 Seattle Academy 2ND

17:24 98 Cashmere 3RD
 17:25 08 King's 3rd
 17:28 01 Liberty Bell 2ND
 17:30 98 Freeman 5TH
 17:31 07 Lakeside -9 Mile 2ND
 17:31 09 Nooksack Valley 1st
 17:32 98 St. George's 2nd
 17:33 03 King's 2ND
 17:36 02 King's 1ST
 17:37 98 Toledo 4TH
 17:38 09 Seattle Christian 3rd
 17:39 05 Ilwaco 3RD
 17:39 04 Highland 3RD
 17:39 99 Liberty Bell 2ND

B BOYS

17:29 08 NW Chr. Lacey 1st
 17:41 09 NW Chr. Lacey 1st
 17:47 08 Reardan 2nd
 17:52 07 Saint George's 1ST
 17:52 06 Saint George's 1ST
 17:56 09 Republic 2nd
 18:03 06 Reardan 2ND
 18:06 08 Republic 3rd
 18:11 04 NW Chr. Lacey 2ND
 18:12 08 Valley Chr. 5th

18:13 04 Reardan 1ST
 18:16 05 Reardan 1ST
 18:16 05 Saint George's 2ND
 18:18 08 NW Chr. Colbert 4th
 18:20 09 Mosseyrock 3rd
 18:21 09 Mt. Rainier Luth. 4th
 18:31 08 Mt. Rainier Luth. 6th
 18:33 07 NW Chr. Lacey 2ND
 18:34 09 Tri-Cities Prep 5th
 18:38 04 Odessa 3RD

BEST INDIVIDUAL PERFORMANCES SINCE 1997

TIME

RUNNER

15:06 09 Shane Moskowitz – Central Kitsap 4A 1ST
 15:10 98 Adam Tenforde – Hanford 3A 1ST
 15:15 09 Ben Johnston – North Central 3A 1st
 15:18 99 Michael Kiter – Shadle Park 4A 1ST
 15:18 98 Ian Johnson – University 4A 1ST
 15:18 98 Sean Knapp – Gig Harbor 4A 2ND
 15:18 08 Michael Miller – Mt. Rainier 3A 1st
 15:18 08 Mack Young – Redmond 4A 1st
 15:20 09 Drew O'Donoghue-McDonald 3A 2nd
 15:21 08 Shane Moskowitz – Central Kitsap 4A 2nd
 15:22 09 Connor Peloquin – Gig Harbor 4A 2nd
 15:24 04 Kelly Spady – Kamiak 4A 1ST
 15:24 04 Robbie Barany – Eisenhower 4A 2ND
 15:24 03 Evan Garber – Mead 4A 1ST
 15:24 03 David Kinsella – Inglemoor 4A 2ND
 15:25 03 Laef Barnes – Mead 4A 3RD
 15:25 08 Andrew Kempel – North Central 2nd
 15:27 08 Julian Blake Cowan – Auburn Riv. 4A 3rd
 15:28 09 Chris Borg – Peninsula 3A 3rd
 15:29 99 Matt Harriman – Omak 2A 1ST
 15:29 08 Andrew Gonzales – Southridge 4A 4th
 15:29 09 Alexander Avila – North Central 3A 4th
 15:30 08 Simon Sorensen – Skyline 4A 5th
 15:30 03 Charles Cummings – Eisenhower 4A 4TH
 15:30 01 Jesse Fayant – Mead 4A 1ST
 15:30 08 Jeff Howard – North Central 3A 3rd
 15:30 09 Kyle Boe – Columbia River 3A 5th

15:31 03 Justin Houck – Ferris 4A 5TH
 15:31 09 Casey Adams – North Central 3A 6th
 15:31 09 Adam Thorne – Ferris 4A 3rd
 15:32 01 Chris Lukezic – Auburn 4A 2ND
 15:32 06 Max O'Donoghue-McDonald-SeattlePrep 3A 1ST
 15:32 98 Javon Broderick – O'Dea 3A 2ND
 15:32 09 Kenji Bierig – Lewis & Clark 4th
 15:33 09 Tyler King – Oak Harbor 5th
 15:33 98 Tom Becker – Mt. Spokane 4A 3RD
 15:34 08 Kevin Rosaaen – Wilson 4A 6th
 15:35 04 Charles Cummings – Eisenhower 4A 3RD
 15:35 98 Dustin Duke – Jackson 3A 3RD
 15:36 02 Carl Moe – Auburn Riverside 4A 1ST
 15:36 97 Dustin Duke – Jackson 3A 1ST
 15:37 01 Cameron Schwehr – Mt. Spokane 4A 3RD
 15:37 09 Allan Schroeder – Mt. Spokane 3A 7th
 15:37 09 Mack Young – Redmond 6th
 15:38 04 Laef Barnes – Mead 4A 4TH
 15:38 01 Tyler Campbell – Auburn 4A 4TH
 15:38 03 Jeff Helmer – Jackson 4A 6TH
 15:38 03 Tom Wyatt – Charles Wright 1A 1ST
 15:39 07 Miles Unterreiner – Gig Harbor 4A 1ST
 15:39 08 Ben Johnston – North Central 3A 4th
 15:39 09 Timothy Cummings – Eisenhower 7th
 15:39 98 Matt Harriman – Omak 2A 1ST

BEST INDIVIDUAL PERFORMANCES BY DIVISION SINCE 1997

4A BOYS

15:06	09 Shane Moskowitz – Central Kitsap 1 ST		
15:18	99 Michael Kiter – Shadle Park 1 ST	15:33	98 Tom Becker – Mt. Spokane 3 RD
15:18	98 Ian Johnson – University 1 ST	15:33	09 Tyler King – Oak Harbor 5 th
15:18	98 Sean Knapp – Gig Harbor 2 ND	15:34	08 Kevin Rosaaen – Wilson 6 th
15:18	08 Mack Young – Redmond 1 st	15:35	04 Charles Cummings – Eisenhower 3 RD
15:21	08 Shane Moskowitz – Central Kitsap 2 nd	15:36	02 Carl Moe – Auburn Riverside 1 ST
15:22	09 Conner Peloquin – Gig Harbor 2 nd	15:37	01 Cameron Schwehr – Mt. Spokane 3 RD
15:24	04 Kelly Spady – Kamiak 1 ST	15:37	09 Mack Young – Redmond 6 th
15:24	04 Robbie Barany – Eisenhower 2 ND	15:38	04 Laef Barnes – Mead 4 TH
15:24	03 Evan Garber – Mead 1 ST	15:38	01 Tyler Campbell – Auburn 4 TH
15:24	03 David Kinsella – Inglemoor 2 ND	15:38	03 Jeff Helmer – Jackson 6 TH
15:25	03 Laef Barnes – Mead 3 RD	15:39	09 Timothy Cummings – Eisenhower 7 th
15:27	08 Julian Blake Cowan – Auburn Riv. 3 rd	15:39	07 Miles Unterreiner – Gig Harbor 1 ST
15:29	08 Andrew Gonzales – Southridge 4 th	15:40	05 Jeff Helmer – Jackson 1 ST
15:30	03 Charles Cummings – Eisenhower 4 TH	15:40	02 Rich Nelson – Shadle Park 2 ND
15:30	01 Jesse Fayant – Mead 1 ST	15:40	04 Ben Poffenroth – Joel Ferris 5 TH
15:31	03 Justin Houck – Ferris 5 TH	15:41	04 Derry Bettls – Edmonds Woodway 6 TH
15:31	09 Adam Thorne – Ferris 3 rd	15:41	09 Andrew Gardner – Mead 8 th
15:32	01 Chris Lukezic – Auburn 2 ND	15:42	99 Dale Fox – Shelton 2 ND
15:32	09 Kenji Bierig – Lewis & Clark 4 th		

3A BOYS

15:10	98 Adam Tenforde – Hanford 1 ST	15:45	04 Max O'Donoghue-McDonald-Sea Prep 2 ND
15:15	09 Ben Johnston – North Central 1 st	15:45	09 Abraham Berhe – Ingraham 11 th
15:18	08 Michael Miller – Mt. Rainier 1 st	15:45	09 Trevor Thompson – Lindbergh 12 th
15:20	09 Drew O'Donoghue-McDonald – Seattle Prep 2 nd	15:47	08 Matt Miland – Lindbergh 10 th
15:25	08 Andrew Kempel – North Central 2 nd	15:47	08 Alex Avila – North Central 11 th
15:28	09 Chris Borg – Peninsula 3 rd	15:47	09 Nathan Weitz – Shadle Park 13 th
15:29	09 Alexander Avila – North Central 4 th	15:48	98 Jared Christianson – West Valley Yak 6 TH
15:30	08 Jeff Howard – North Central 3 rd	15:49	09 Tabor Reedy – North Kitsap 14 th
15:30	09 Kyle Boe – Columbia River 5 th	15:50	01 Steve Mull – Bishop Blanchet 1 ST
15:31	09 Casey Adams – North Central 4 th	15:50	98 Kevin Engelhardt – Highline 7 th
15:32	06 Max O'Donoghue-McDonald-Sea Prep 1 ST	15:50	09 Hunter Johnson – Mt. Spokane 15 th
15:32	98 Javon Broderick – O'Dea 2 ND	15:51	08 Kyle Boe – Columbia River 12 th
15:35	98 Dustin Duke – Jackson 3 RD	15:51	03 Brian Govier – Mercer Island 1 ST
15:36	97 Dustin Duke – Jackson 1 ST	15:51	99 Peter Furia – Lakeside Seattle 1 ST
15:37	09 Allan Schroeder – Mt. Spokane 7 th	15:51	98 Tomm Johnson – Squalicum 8 TH
15:39	08 Ben Johnston – North Central 4 th	15:51	98 Peter Furia – Lakeside Seattle 9 TH
15:40	08 Leon Dean – North Central 5 th	15:51	97 Scott Johnson – Sammamish 2 ND
15:40	09 Joel Ambo – Bellevue 8 th	15:52	03 Connor Kilpatric – Seattle Prep 2 ND
15:40	09 Michael Williams – Bellevue 9 th	15:53	98 Jim Marlow – East Valley Spokane 10 TH
15:42	98 Mike Kamm – Interlake 4 TH	15:54	08 Nathan Weitz – Shadle Park 13 th
15:42	08 Abraham Berhe – Ingraham 6 th	15:54	05 Max O'Donoghue-McDonald-Seattle Prep 1 ST
15:42	09 Steven Robinson – Bishop Blanchet 10 th	15:55	08 Trevor Thompson – Lindbergh 14 th
15:43	08 Drew O'Donoghue-McDonald Sea Prep 7 th	15:55	99 Fraser Kitchell – Lakeside Seattle 2 ND
15:43	08 Charlie McDonald – Sea Prep 8 th	15:56	04 Chris Ahl – Bishop Blanchet 3 RD
15:44	98 Ben Koss – Capital 5 TH	15:56	03 Woody Favinger – Sehome 3 RD
15:45	04 Sam Ahlbeck – Lindbergh 1 ST	15:56	97 Ben Koss – Capital 3 RD
15:45	08 Allan Schroeder – Mount Spokane 9 th	15:57	99 Dan McLean – Kennedy 3 RD
		15:57	97 Adam Tenforde – Hanford 4 TH

2A BOYS

15:29	99 Matt Harriman – Omak 1 ST
15:39	98 Matt Harriman – Omak 1 ST
15:43	01 Matt Owens – East Valley Yakima 1 ST
15:47	09 Scott Carlyle – Sehome 1 ST
15:51	06 Jake Riley – Sehome 1 ST
15:51	99 Hendrick Kok – Lynden Christian 2 ND
15:52	09 Dakota Parker – W F West 2 nd
15:54	99 Ivan Bannon – Ilwaco 3 RD
15:59	99 Jake Haskins – Port Townsend 4 TH
16:01	09 Tyler Williams – Burlington Edison 3 rd
16:02	07 Justin Rose – Colville 1 ST
16:04	99 Braden Giswold – South Whidbey 5 TH
16:06	08 James Currell – Selah 1 st
16:08	08 Clinton Overman – Sehome 2 nd
16:09	08 Todd Jackson – Elma 3 rd
16:09	08 Scott Carlyle – Sehome 4 th
16:10	08 Steven Acosta – Tumwater 5 th
16:10	08 Arick Zachman – Cheney 6 th
16:11	08 Justin Degenhardt – West Valley Spo 7 th
16:13	09 Dylan Croeni – Washougal 4 th
16:14	99 Owen Farcy – Vashon 6 TH
16:14	08 Tyler Williams – Burlington-Ed 8 th
16:14	09 Taylor Guske – Lakewood 5 th
16:15	08 Nick Devier – Lakewood 9 th
16:16	04 Eric Burck – Ephrata 1 ST
16:16	08 Joey Nyberg – Riverside 10 th
16:16	09 Antonio Morales – Burlington Edison 6 th
16:16	09 Danny Gibson – Squalicum 7 th

16:17 99 Matt Owens – East Valley Yakima 7TH
 16:17 08 Connor Whan – Burlington-Ed. 11th
 16:18 99 Brett Hargrave – Washougal 8th
 16:18 97 Mike Witt – Lakesdie 9 Mile Falls 1ST
 16:19 08 Marc Fuhrmeister – Squalicum 12th
 16:19 07 Abdi Giire – Foster 2ND
 16:19 01 Brett Carter – Naches 2ND
 16:19 99 Preston Brashers – Stevenson 9TH
 16:20 99 Brett Perkins – South Whidbey 10TH
 16:20 08 Daniel Issa – Cheney 13th
 16:21 97 Matt Harriman – Omak 2ND
 16:22 03 Michael Dols – Chelan 1ST

1A BOYS

15:38 03 Tom Wyatt – Charles Wright 1ST
 15:47 98 John Russell – Freeman 1ST
 15:56 08 Quinton Decker – Pt.Townsend 1st
 15:59 03 Steven Vandenburg – NW Chr Colbert 2ND
 16:01 98 Phil Olson – Tacomas Baptist 2ND
 16:04 97 Ned Miller – Darrington 1ST
 16:07 97 Joey Hord – LaCenter 2ND
 16:08 99 Todd Arnold – Ocosta 1ST
 16:09 04 Alex Crabill – Charles Wright 1ST
 16:09 98 Todd Arnold – Ocosta 3RD
 16:10 08 Bereket Piatt – Pt.Townsend 2nd
 16:10 08 Alex Johnson – Seattle Aca. 3rd
 16:10 09 Bereket Piatt – Port Townsend 1st
 16:12 01 Reid Carrel – Freeman 1ST
 16:12 97 Ivan Bannon – Ilwaco 3RD
 16:14 08 Josh Alexander – Lakeside Spo 4th

16:16 08 Max LeBerge – Charles Wright 5th
 16:17 06 Rigoberto Jimenez – Royal 1ST
 16:18 07 Humberto Jimenez – Royal 1ST
 16:18 07 Rigoberto Jimenez – Royal 2ND
 16:19 99 Jesse Klemish – Mary Walker 2ND
 16:22 08 Seth Pierson – Cashmere 6th
 16:23 09 Habtamu Rubio – Port Townsend 2nd
 16:25 01 Adam Roe – King's 2ND
 16:25 97 Alberto Granado – Chelan 4TH
 16:26 02 Brandon Thompson – King's 1ST
 16:26 98 Seth Miller – Cashmere 4th
 16:27 01 William Smallwood – Wellpinit 3RD
 16:27 97 Kelan McKeirman – Pomeroy 6th
 16:27 09 Max LeBerge – Charles Wright 3rd
 16:28 06 Humberto Jimenez – Royal 2ND
 16:28 97 Josh Palmanteer – Lake Roosevelt 7TH

B BOYS

16:12 08 Jeff Pope – Valley Chr. 1st
 16:25 09 Lucas Graham – NW Chr. Lacey 1st
 16:40 07 Matt Cronrath – Odessa 1st
 16:41 09 Justin Holden – NW Chr. Lacey 2nd
 16:42 07 Jeff Pope – Valley Christian 2ND
 16:52 08 Scott Strang – Odessa 2nd
 17:01 06 Brad Serdar – Reardan 1ST
 17:01 08 Justin Holden – NW Chr.Lacey 3rd
 17:01 08 Micah Cushman – NW Chr.Lacey 4th
 17:03 04 Gabe Molinaro – NW Chr. Lacey 1ST
 17:03 04 Brett Fowler – Asotin 2ND

17:04 06 Herschel Sanche – Klickitat 2ND
 17:04 06 Jeff Pope – Valley Christian 3RD
 17:05 08 Marcus Adkins – Reardan 5th
 17:05 09 Nik Michel – Republic 3rd
 17:06 05 Brad Serdar – Reardan 1ST
 17:07 07 Herschel Sanche – Klickitat 3rd
 17:07 09 Jon Bennett – Republic 4th
 17:08 05 Brett Fowler – Asotin 2ND
 17:13 07 Brian Angove – Saint George's 4TH
 17:15 06 Brian Angove – Saint George's 4th
 17:15 09 Ethan Perry – White Pass 5th

BEST GIRLS TEAM PERFORMANCES SINCE 1997

AVERAGE TEAM

19:04	03 Snohomish 4A 1 ST	19:27	09 Tahoma 4A 2 nd
19:06	04 Bellarmine Prep 4A 1 ST	19:28	08 Eastlake 4A 1 st
19:11	09 Shadle Park 3A 1 st	19:28	99 Marysville Pil 4A 2 ND
19:14	04 Gig Harbor 4A 2 ND	19:28	09 Gig Harbor 4A 4 th
19:16	08 Gig Harbor 4A 2 nd	19:29	97 South Kitsap 4A 1 ST
19:16	09 Glacier Peak 3A 2 nd	19:34	08 Sehome 2A 1 st
19:17	05 Gig Harbor 4A 1 ST	19:34	01 North Central 4A 1 ST
19:20	05 Mt. Spokane 4A 2 ND	19:37	97 Newport Bell 3A 2 ND
19:21	04 Snohomish 4A 3 RD	19:37	99 South Kitsap 4A 3 RD
19:21	97 East Valley Spok 3A 1 ST	19:37	08 Mercer Island 3A 1 st
19:21	09 Eastlake 4A 1 st	19:37	09 Bellarmine Prep 4A 5 th
19:21	09 Stanwood 4A 3 rd	19:37	09 Redmond 4A 6 th
19:22	03 BellarminePrep 4A 2 ND	19:38	08 Cedarcrest 2A 2 nd
19:22	09 Kingston 2A 2 nd	19:38	06 Gig Harbor 4A 1 ST
19:23	99 Eisenhower 4A 1 ST	19:38	99 Newport Bell 3A 1 ST
19:24	98 EastValley Spok3A 2 ND	19:39	08 Seattle Prep 3A 2 ND
19:25	98 Newport Bell 3A 1 ST	19:39	98 Shadle Park 4A 2 ND

BEST GIRLS TEAM PERFORMANCES BY DIVISION SINCE 1997

4A GIRLS

AVERAGE TEAM

19:04	03 Snohomish 1 ST	19:27	09 Tahoma 2 nd
19:06	04 Bellarmine Prep 1 ST	19:28	08 Eastlake 1 st
19:14	04 Gig Harbor 2 ND	19:28	99 Marysville Pilchuck 2 ND
19:16	08 Gig Harbor 2 nd	19:28	09 Gig Harbor 4 th
19:17	05 Gig Harbor 1 ST	19:29	97 South Kitsap 1 ST
19:20	05 Mt. Spokane 2 ND	19:34	01 North Central 1 ST
19:21	04 Snohomish 3 RD	19:37	99 South Kitsap 3 RD
19:21	09 Eastlake 1 st	19:37	09 Bellarmine Prep 5 th
19:21	09 Stanwood 3 rd	19:37	09 Redmond 6 th
19:22	03 Bellarmine Prep 2 ND	19:38	06 Gig Harbor 1 ST
19:23	99 Eisenhower 1 ST	19:39	98 Shadle Park 2 ND

19:41 06 Thomas Jefferson 2ND
 19:41 05 Thomas Jefferson 3RD
 19:41 04 Thomas Jefferson 4TH
 19:41 08 Stanwood 4th
 19:41 02 Snohomish 1ST

3A GIRLS

19:11 09 Shadle Park 1ST
 19:16 09 Glacier Peak 2nd
 19:21 97 East Valley (Spo) 1ST
 19:24 98 East Valley (Spo) 2ND
 19:25 98 Newport Bellevue 1ST
 19:37 08 Mercer Island 1st
 19:37 97 Newport Bellevue 2ND
 19:38 99 Newport Bellevue 1ST
 19:39 08 Seattle Prep 2nd
 19:41 05 West Valley (Yak) 1ST
 19:44 08 Columbia River 5th
 19:45 98 Selah 3RD
 19:45 05 Squalicum 2ND
 19:46 08 Mt.Spokane 3rd
 19:48 02 Sehome 1ST
 19:49 04 West Valley (Yak) 4TH
 19:50 08 North Kitsap 4th

2A GIRLS

19:22 09 Kingston 2nd
 19:34 08 Sehome 1st
 19:38 08 Cedarcrest 2nd
 19:41 09 Sehome 1st
 19:46 08 Sequim 4th
 19:49 08 Squalicum 3rd
 20:00 98 Omak 1st
 20:01 01 Mount Baker 1ST
 20:04 09 Cedarcrest 3rd
 20:05 99 Mount Baker 1ST
 20:06 08 Deer Park 5th
 20:09 09 Cheney 4th
 20:21 97 Ephrata 1ST
 20:24 08 Riverside 6th
 20:26 07 Sehome 1st
 20:26 04 East Valley Yakima 1ST
 20:26 99 Omak 2ND
 20:26 98 Riverside 2ND
 20:27 06 Sehome 1st

1A GIRLS

20:23 08 King's 1st
 20:32 98 Saint George's 1ST
 20:45 07 King's 1st
 20:45 98 Chelan 2ND
 20:49 08 LaCenter 2nd
 20:51 09 King's 1st
 20:54 04 Zillah 1st
 20:58 01 King's 1ST
 21:05 98 LaCenter 3RD
 21:07 02 King's 1ST
 21:09 06 King's 1ST
 21:10 08 Chelan 3rd
 21:11 07 LaCenter 2ND
 21:11 09 LaCenter 2nd
 21:11 09 Northwest 5th
 21:12 99 Saint George's 1ST

B GIRLS

20:19 09 NW Christian Lacey 1st
 21:16 07 NW Christian Lacey 1ST
 21:39 07 Saint George's 2ND
 21:49 09 White Pass 2nd
 21:54 09 NW Christian Colbert 3rd
 21:55 08 NW Christian Lacey 1st
 22:03 08 Asotin 2nd
 22:08 08 Saint George's 3rd

19:42 97 Lewis & Clark 3RD
 19:42 09 Eisenhower 7th
 19:43 02 Bellarmine Prep 2ND
 19:43 08 Central Valley 3rd
 19:43 99 Gonzaga Prep 4th

19:50 04 Squalicum 1ST
 19:51 98 Bishop Blanchet 4TH
 19:52 97 Bishop Blanchet 3RD
 19:52 02 Bellevue 2ND
 19:52 04 Bellevue 3RD
 19:53 04 Newport Bellevue 2ND
 19:56 08 Hanford 6th
 19:56 09 Columbia River 4th
 19:58 08 Glacier Peak 7th
 19:58 06 Squalicum 1ST
 20:03 03 Squalicum 1ST
 20:03 98 Issaquah 5TH
 20:03 09 North Kitsap 3rd
 20:04 99 Eastmont 2ND
 20:08 07 Newport Bellevue 1ST
 20:08 07 Lakeside Seattle 2ND

20:33 02 East Valley Yakima 1ST
 20:34 98 Mount Baker 3RD
 20:35 07 Bellingham 2ND
 20:37 08 Kingston 7th
 20:38 08 Bellingham 8th
 20:39 98 Connell 4TH
 20:41 03 East Valley Yakima 1ST
 20:41 09 Deer Park 5th
 20:42 09 Ephrata 7th
 20:43 09 Bellingham 6th
 20:44 09 Riverside 8th
 20:45 97 Newport 2ND
 20:46 06 Sequim 4TH
 20:46 04 King's 2ND
 20:48 06 Riverside 2ND
 20:51 01 Omak 3RD
 20:52 06 Bellingham 3RD
 20:52 99 Riverside 3RD

21:14 05 Charles Wright 1ST
 21:14 03 King's 1ST
 21:14 97 Chelan 1ST
 21:20 08 Lakeside(Spok) 4th
 21:21 09 Lakeside(Spok) 4th
 21:26 09 Chelan 3rd
 21:35 04 Cedar Park Chr. 2ND
 21:35 98 Lynden Christian 4TH
 21:45 06 Chelan 2ND
 21:46 08 Bellevue Chr. 5th
 21:46 06 Nooksack Valley 3RD
 21:49 00 Saint George's 1ST
 21:50 05 Zillah 2ND
 21:50 04 Saint George's 3RD
 21:50 01 Wellpinit 2ND

22:19 06 NW Christian Lacey 1ST
 22:49 07 White Pass 3RD
 23:04 06 Saint George's 2nd
 23:05 09 Saint George's 4th
 23:10 08 White Pass 4th
 23:10 09 Crosspoint Academy 5th
 23:19 08 Riverside Chr. 5th
 23:23 07 Reardan 4TH

BEST GIRLS INDIVIDUAL PERFORMANCES SINCE 1997

TIME RUNNER

17:35 05 Megan O'Reilly - Mount Spokane 4A 1ST

17:53 04 Brie Felnagle - Bellarmine Prep 4A 1ST

17:58	09 Anna Dailey – Garfield 4A 1 ST	18:23	05 Anna Layman - Central Valley 4A 3 RD
18:00	08 Alyssa Andrews – Gig Harbor 4A 1 ST	18:23	99 Erin Krogel - Shadle Park 4A 1 ST
18:01	09 Maddie Meyers – Northwest 1A 1 ST	18:23	09 Devin McMahon – Redmond 4A 3 RD
18:06	09 Ruby Roberts – Kingston 2A 1 ST	18:24	05 Paige Pattilo - Bothell 4A 4 TH
18:08	09 Amy-Eloise Neal – Glacier Peak 3A 1 ST	18:25	08 Andrea Nelson – Shadle Park 3A 1 ST
18:09	09 Katie Knight – North Central 3A 2 ND	18:25	08 Allison Cutting – Sequim 2A 1 ST
18:10	98 Melaine Frostad – East Valley Spokane 3A 1 ST	18:25	05 Michelle Schubert - West Valley(Yak) 3A 1 ST
18:10	05 Jessica Pixler - Eastlake 4A 2 ND	18:25	09 Priscilla Timmons – Skyview 4A 4 TH
18:13	06 Kenna Patrick - Thomas Jefferson 4A 1 ST	18:26	02 Amber Nickelson - Lake Stevens 4A 1 ST
18:13	09 Tansey Lystad – Juanita 3A 3 RD	18:26	07 Andrea Nelson - Shadle Park 4A 1 ST
18:14	03 Brie Felnagle - Bellarmine Prep 4A 1 ST	18:27	05 Stephanie Marcy - Sequim 3A 2 ND
18:16	06 Andrea Nelson - Shadle Park 4A 3 RD	18:27	99 Megan Johnson - Seattle Prep 3A 1 ST
18:16	06 Nicole Cochran - Bellarmine Prep 4A 3 RD	18:27	03 Stephanie Lenihan - Davis 4A 2 ND
18:17	09 Minna Fields – Stanwood 4A 2 ND	18:27	04 Stephanie Sipes - Gig Harbor 4A 2 ND
18:20	08 Sandra Martinez – AC Davis 4A 2 ND	18:28	06 Stephanie Marcy - Sequim 2A 1 ST
18:20	01 Jessie McLaughlin - Olympia 4A 1 ST	18:28	98 Kim Stone - Bethel 4A 1 ST
18:21	98 Megan Johnson - Seattle Prep 3A 2 ND	18:29	01 Amanda Miller - Eastmont 3A 1 ST
18:22	01 Bobeya Krishnek - Mount Baker 2A 1 ST	18:29	01 Meredith Crane - Davis 4A 2 ND

BEST GIRLS INDIVIDUAL PERFORMANCES BY DIVISION SINCE 1997

4A GIRLS

17:35	05 Megan O'Reilly - Mount Spokane 1 ST	18:26	07 Andrea Nelson - Shadle Park 1 ST
17:53	04 Brie Felnagle - Bellarmine Prep 1 ST	18:26	02 Amber Nickelson - Lake Stevens 1 ST
17:58	09 Anna Dailey – Garfield 1 ST	18:27	04 Stephanie Sipes - Gig Harbor 2 ND
18:00	08 Alyssa Andrews – Gig Harbor 1 ST	18:27	03 Stephanie Lenihan - Davis 2 ND
18:10	05 Jessica Pixler - Eastlake 2 ND	18:28	98 Kim Stone - Bethel 1 ST
18:13	06 Kenna Patrick - Thomas Jefferson 1 ST	18:29	01 Meredith Crane - Davis 2 ND
18:14	03 Brie Felnagle - Bellarmine Prep 1 ST	18:32	08 Sarah Lord – Redmond 3 RD
18:16	06 Andrea Nelson - Shadle Park 3 RD	18:32	06 Kayla Evans - Bellarmine Prep 4 TH
18:16	06 Nicole Cochran - Bellarmine Prep 3 RD	18:32	01 Laura Hodgson - North Central 3 RD
18:17	09 Minna Fields – Stanwood 2 ND	18:34	99 Erin Deasy - Gig Harbor 2 ND
18:20	08 Sandra Martinez – AC Davis 2 ND	18:34	97 Emily Hawkins - Joel Ferris 1 ST
18:20	01 Jessie McLaughlin - Olympia 1 ST	18:35	98 Haley Acre - Olympic 2 ND
18:23	05 Anna Layman - Central Valley 3 RD	18:36	05 Nicole Cochran - Bellarmine Prep 5 TH
18:23	99 Erin Krogel - Shadle Park 1 ST	18:37	09 Baylee Mires – Mead 5 TH
18:23	09 Devin McMahon – Redmond 3 RD	18:38	08 Shannon Moskowitz – Central Kitsap 4 TH
18:24	05 Paige Pattilo - Bothell 4 TH	18:39	08 Jade Borseth – Stanwood 5 TH
18:25	09 Priscilla Timmons – Skyview 4 TH	18:39	04 Becca Noble - Rogers - Spokane 3 RD

3A GIRLS

18:08	09 Amy-Eloise Neale – Glacier Peak 1 ST	18:36	00 Jodee Adams-Moore Newport - Bellevue 1 ST
18:09	09 Katie Knight – North Central 2 ND	18:37	05 Bronwyn Crossman - Squalicum 4 TH
18:10	98 Melaine Frostad - East Valley – Spokane 1 ST	18:37	09 Andrea Nelson – Shadle Park 4 TH
18:13	09 Tansey Lystad – Juanita 3 RD	18:38	09 Kendra Weitz – Shadle Park 5 TH
18:21	98 Megan Johnson - Seattle Prep 2 ND	18:39	08 Lindsay Benster – Mercer Island 3 RD
18:25	08 Andrea Nelson – Shadle Park 1 ST	18:39	04 Michelle Schubert - West Valley-Yakima 1 ST
18:25	05 Michelle Schubert - West Valley - Yakima 1 ST	18:40	09 Allison Clark – Columbia River 6 TH
18:27	99 Megan Johnson - Seattle Prep 1 ST	18:40	99 Rose Wetzel - Bishop Blanchet 3 RD
18:27	05 Stephanie Marcy - Sequim 2 ND	18:41	97 Melaine Frostad - East Valley - Spokane 1 ST
18:29	01 Amanda Miller - Eastmont 1 ST	18:41	03 Isley Gonzalez - Sunnyside 1 ST
18:30	98 Melissa Frostad - East Valley - Spokane 3 RD	18:42	08 Sarah Bobbe – Columbia River 4 TH
18:31	05 Kelsey Walker - Bellevue 3 RD	18:42	09 Sarah Bobbe – Columbia River 7 TH
18:32	99 Jodee Adams-Moore Newport - Bellevue 2 ND	18:43	97 Anna Blue - Capital 2 ND
18:32	01 Anna Blue - Capital 4 TH	18:43	98 Jessica McLaughlin - Olympia 6 TH
18:35	08 Carey Parker – Seattle Prep 2 ND	18:43	02 Marie Foushee - Bellevue 1 ST
18:35	98 Ray Rogers - Seattle Prep 2 ND	18:44	06 Bronwyn Crossman - Squalicum 1 ST
18:36	98 Jodee Adams-Moore Newport - Bellevue 5 TH		

2A GIRLS

18:06	09 Ruby Roberts – Kingston 1 ST	18:54	03 Katrina Drennen - Orting 1 ST
18:22	01 Bobeya Krishnek - Mount Baker 1 ST	18:55	08 Marina Roberts – Kingston 7 TH
18:25	08 Allison Cutting – Sequim 1 ST	18:55	06 Shannon Porter - Hockinson 2 ND
18:28	06 Stephanie Marcy - Sequim 1 ST	18:55	04 Hannah Granger - Port Townsend 2 ND
18:33	04 Brittney Sanchez - Grandview 1 ST	18:57	97 Staci Hunter - Ephrata 1 ST
18:34	08 Ruby Roberts – Kingston 2 ND	19:01	06 Annie Moore - Sehome 3 RD
18:38	09 Marina Roberts – Kingston 2 ND	19:04	09 Annie Moore – Sehome 4 TH
18:39	07 Ruby Roberts - Kingston 1 ST	19:06	08 Sophie Curl – Squalicum 8 TH
18:44	08 Caroline Austin – WF West 3 RD	19:08	98 Emily Turner - Omak 2 ND
18:46	08 Torin Shriver – Centralia 4 TH	19:09	08 Annie Moore – Sehome 9 TH
18:49	01 Kristen Rohde - Mount Baker 2 ND	19:09	02 Breanne Siebol - East Valley Yak 1 ST
18:49	98 Staci Hunter - Ephrata 1 ST	19:10	08 Cara Strodel – Cedarcrest 10 TH
18:49	09 Sanne Holland – Cheney 3 RD	19:10	08 Amanda Wilson – Riverside 11 TH
18:52	08 Shannon Porter – Hockinson 5 TH	19:11	07 Annie Moore - Sehome 2 ND
18:53	08 Mimi Krieger – Sehome 6 TH	19:11	99 Emily Turner - Omak 1 ST

19:12 04 Sierra Cook - Klahowya 3RD
19:13 07 Shannon Porter - Hockinson 3RD
19:13 04 Kayelynn Joachims - Ephrata 4TH

19:14 01 Katie Prichard - Riverside 3RD
19:15 02 Tara Ward - Woodland 2ND
19:15 09 Rhiannon Alexander - Granite Falls 5th

1A GIRLS 5K

18:01 09 Maddie Meyers - Northwest 1st
18:53 08 Maddie Meyers - Northwest 1st
19:00 98 Laura Halverson - Freeman 1ST
19:01 04 Jane Larson - Cedar Park Chr 1ST
19:03 03 Kysa Cronan - Odessa 1ST
19:09 03 Allison Ritchie - Seattle Chr 2ND
19:14 04 Sadie Bjornsen - Liberty Bell 2ND
19:15 06 Lizzie Jewson - Charles Wright 1ST
19:16 07 Olivia Thomas - King's 1ST
19:20 98 Cassie Sloan - Columbia Burbank 2ND
19:22 05 Jane Larson - Cedar Park Chr 1ST
19:30 99 Laura Halverson - Freeman 1ST
19:31 06 Olivia Thomas - King's 2ND
19:32 04 Chelsea Schilter - Toutle Lake 3RD
19:32 03 Jane Larson - Cedar Park Chr 3RD

19:32 01 Ashley Hadway - NW Chr Colbert 1ST
19:34 08 Olivia Thomas - King's 2nd
19:37 03 Jenny Knezovich - Reardan 4TH
19:37 09 Eliza Rice - Northwest 2nd
19:38 04 Emily Timmer - Tacoma Baptist 4TH
19:40 97 Samantha Clarke - Saint George's 1ST
19:40 04 Lisa Mensonides - Tacoma Baptist 5TH
19:40 98 Samantha Clarke - Saint Georges 3RD
19:41 08 Chanda Romney - Forks 3rd
19:41 04 Terece Hahn - Newport 6TH
19:41 00 Laura Halverson - Freeman 1ST
19:42 98 Kristina Black - Chelan 4TH
19:43 08 Gaby Guillen - Chelan 4th
19:44 02 Rachel Strand - King's 1ST

B GIRLS

18:36 09 Morgan Willson - Colfax 1st
19:14 07 Joscelyn Minton - NW Chr Lacey 1ST
19:18 08 Neola Putnam - Trout Lake/Glenwood 1st
19:20 06 Lisa Vandenburg - NW Chr Colbert 1st
19:23 09 Mikel Elliott - White Pass 2nd
19:32 07 Lisa Vandenburg - NW Chr Colbert 2ND
19:37 08 Kate Reidy - Saint George's 2nd
19:41 09 Elizabeth Weber - NW Chr. Lacey 3rd
19:42 08 Lisa Vandenburg - NW Chr. Colbert 3rd
19:45 06 Joscelyn Minton - NW Chr Lacey 2ND

19:54 08 Mikel Elliott - White Pass 4th
19:55 06 Neola Putnam - Glenwood 3RD
19:55 07 Mikel Elliott - White Pass 3RD
20:00 09 Christina Anderson - NW Chr. Colbert 4th
20:00 09 Hailey Bredeson - NW Chr. Lacey 5th
20:05 09 Joanna Sowers - NW Chr. Lacey 6th
20:10 08 BreAnna Romerdahl - Mt. Rainier Luth. 5th
20:12 07 Katie Reidy - Saint George's 4TH
20:16 06 Andrea Collins - Liberty Spangle 4TH

1988 – 1996 SUN WILLOWS BESTS (The 3 mile years)

While it is tempting to compare previous courses, it is far too debatable.

However we must not forget about the early years of Sun Willows 3.0 mile history.

BEST BOYS TEAM PERFORMANCES 1988-1996

Boys 3.0 miles

14:56	93 Mead 3A 1 ST	15:39	93 Kennewick 3A 2 ND
15:06	88 Mead 3A 1 ST	15:39	94 Lynnwood 2A 1 ST
15:09	90 Mead 3A 1 ST	15:40	88 Edmonds 2A 1 ST
15:09	89 Mead 3A 1 ST	15:43	93 Lynnwood 2A 1 ST
15:11	92 Mead 3A 1 ST	15:44	94 Gig Harbor 2A 2 ND
15:14	91 Mead 3A 1 ST	15:44	96 East Valley Yak 2A 1 ST
15:17	95 Joel Ferris 3A 2 ND	15:45	91 Redmond 3A 2 ND
15:19	90 Edmonds Wood 2A 1 ST	15:46	94 Richland 3A 2 ND
15:21	96 Mead 3A 1 ST	15:47	88 Colville 2A 2 ND
15:21	94 Mead 3A 1 ST	15:49	95 Lynnwood 2A 3 RD
15:22	95 Mead 3A 1 ST	15:51	95 West Valley Spo 2A 2 ND
15:25	90 University 3A 2 ND	15:51	90 Gig Harbor 2A 4 TH
15:26	88 Joel Ferris 3A 2 ND	15:52	93 Gig Harbor 2A 2 ND
15:31	95 Gig Harbor 2A 1 ST	15:53	96 University 3A 2 ND
15:33	91 Bishop Blanchet 2A 1 ST	15:54	89 University 3A 2 ND
15:34	90 West Valley Spo 2A 2 ND	15:55	92 Richland 3A 2 ND
15:35	90 Bellingham 2A 3 RD	15:55	91 Shorecrest 2A 4 TH

BEST BOYS TEAM PERFORMANCES BY DIVISION 1988-1996

3A Boys 3.0 miles

14:56	93 Mead 1 ST	15:22	95 Mead 1 ST
15:06	88 Mead 1 ST	15:25	90 University 2 ND
15:09	90 Mead 1 ST	15:26	88 Joel Ferris 2 ND
15:09	89 Mead 1 ST	15:39	93 Kennewick 2 ND
15:11	92 Mead 1 ST	15:45	91 Redmond 2 ND
15:14	91 Mead 1 ST	15:46	94 Richland 2 ND
15:17	95 Joel Ferris 2 ND	15:53	96 University 2 ND
15:21	96 Mead 1 ST	15:54	89 University 2 ND
15:21	94 Mead 1 ST	15:55	92 Richland 2 ND

2A Boys 3.0 miles

15:19	90 Edmonds Woodway 1 ST	15:52	93 Gig Harbor 2 ND
15:31	95 Gig Harbor 1 ST	15:55	91 Shorecrest 4 TH
15:33	91 Bishop Blanchet 1 ST	15:56	88 Gig Harbor 3 RD
15:34	90 West Valley Spokane 2 ND	15:57	91 Bellingham 2 ND
15:35	90 Bellingham 3 RD	15:58	91 Cheney 3 RD
15:39	94 Lynnwood 1 ST	15:58	95 West Valley Yakima 4 TH
15:40	88 Edmonds 1 ST	16:01	96 Capital 2 ND
15:43	93 Lynnwood 1 ST	16:02	89 Cheney 1 ST
15:44	94 Gig Harbor 2 ND	16:06	89 Edmonds 3 RD
15:44	96 East Valley Yakima 1 ST	16:06	88 Tumwater 4 TH
15:47	88 Colville 2 ND	16:07	92 Bishop Blanchet 1 ST
15:49	95 Lynnwood 3 RD	16:08	89 West Valley Yakima 2 ND
15:51	95 West Valley Spokane 2 ND	16:11	92 Gig Harbor 2 ND
15:51	90 Gig Harbor 4 TH		

1A Boys 3.0 miles

15:56	90 Omak 1 ST	16:16	93 Riverside 2 ND
15:56	91 Omak 1 ST	16:18	90 Colfax 3 RD
15:58	90 Lake Roosevelt 2 ND	16:19	93 Omak 1 ST
15:58	95 Chewelah 1 ST	16:21	91 Riverside 2 ND
16:06	96 Chewelah 1 ST	16:21	94 Omak 1 ST
16:07	88 Ephrata 1 ST	16:22	93 Chewelah 3 RD
16:09	88 Lakewood 2 ND	16:23	89 Omak 2 ND
16:12	95 Chelan 2 ND	16:33	92 Chewelah 1 ST
16:12	96 Chelan 2 ND	16:37	94 King's 2 ND
16:14	89 Lakewood 1 ST	16:40	92 Omak 2 ND

B Boys 3.0 miles

16:43	91 Saint George's 2 ND	17:19	94 Mary Walker 3 RD
16:52	91 Pomeroy 1 ST	17:26	92 Saint George's 2 ND
17:04	91 Trout Lake 3 RD	17:29	94 Northwest Christian 1 ST
17:06	92 Seattle Lutheran 1 ST	17:32	93 Seattle Lutheran 2 ND
17:15	93 Saint George's 1 ST	17:34	92 Trout Lake 4 TH
17:16	94 Saint George's 2 ND	17:39	92 Wilbur Creston 3 RD

BEST BOYS INDIVIDUAL PERFORMANCES 1988-1996

BOYS 3.0M

14:10	93 Matthew David - Mead 3A 1 ST	14:32	90 David Gurry - Blanchet 3A 1 ST
14:28	88 Chris Lewis - Mead 3A 1 ST	14:36	90 Ty Whitten - University 3A 2 ND
14:29	89 Greg Kuntz - Mead 3A 1 ST	14:36	88 Don Higgins - Wilson 3A 2 ND

14:36	90 Andy Heily - Eastside Catholic 2A 1 ST	14:43	88 Andy Harris - Eisenhower 3A 4 TH
14:37	88 Stuart Burnham - Joel Ferris 3A 3 RD	14:44	91 Aaron Taylor - Shelton 2A 1 ST
14:37	90 Richard Brown - Tumwater 2A 2 ND	14:45	88 Andy Maris - White River 2A 1 ST
14:38	90 Nick Pavach - Blanchet 3A 3 RD	14:46	93 Micah Davis - Mead 3A 2 ND
14:38	89 David Gurry - Blanchet 3A 2 ND	14:48	93 Rob Aubrey - Mead 3A 3 RD
14:40	96 Isaac Hawkins - Joel Ferris 3A 1 ST	14:48	88 Erin Scroggins - Mountain View 3A 5 TH
14:40	92 Matthew Davis - Mead 3A 1 ST	14:49	91 Matthew Davis - Mead 3A 1 ST
14:41	95 Isaac Hawkins - Joel Ferris 3A 1 ST		

BEST BOYS INDIVIDUAL PERFORMANCES BY DIVISION 1988-1996

3A BOYS 3.0M

14:10	93 Matthew David - Mead 1 ST	14:46	93 Micah Davis - Mead 2 ND
14:28	88 Chris Lewis - Mead 1 ST	14:48	93 Rob Aubrey - Mead 3 RD
14:29	89 Greg Kuntz - Mead 1 ST	14:48	88 Erin Scroggins - Mountain View 5 TH
14:32	90 David Gurry - Blanchet 1 ST	14:49	91 Matthew David - Mead 1 ST
14:36	90 Ty Whitten - University 2 ND	14:52	94 Micah Davis - Mead 1 ST
14:36	88 Don Higgins - Wilson 2 ND	14:54	89 Nathan Davis - Mead 3 RD
14:37	88 Stuart Burnham - Joel Ferris 3 RD	14:55	96 Joey Corr - Eastlake 2 ND
14:38	90 Nick Pavach - Blanchet 3 RD	14:56	95 Paul Harkins - Joel Ferris 2 ND
14:38	89 David Gurry - Blanchet 2 ND	14:56	90 Yukon Dagenhart - Mead 4 TH
14:40	96 Isaac Hawkins - Joel Ferris 1 ST	14:57	94 Jon Hedengren - Richland 2 ND
14:40	92 Matthew David - Mead 1 ST	14:57	90 Troy Gallant - Marysville Pillchuck 5 TH
14:41	95 Isaac Hawkins - Joel Ferris 1 ST	14:58	90 Stephen Barbieri - Gonzaga Prep 6 TH
14:43	88 Andy Harris - Eisenhower 4 TH		

2A BOYS 3.0M

14:36	90 Andy Heily - Eastside Catholic 1 ST	14:55	88 Erik Gibson - Cleveland 4 TH
14:37	90 Richard Brown - Tumwater 2 ND	14:56	89 Andy Maris - White River 1 ST
14:44	91 Aaron Taylor - Shelton 1 ST	14:57	90 Aaron Taylor - Shelton 6 TH
14:45	88 Andy Maris - White River 1 ST	15:00	88 Jason Monhollen - Stanwood 5 TH
14:50	90 Sam Alexander - Bellingham 3 RD	15:01	96 Dustin Duke - Jackson 1 ST
14:51	88 Brett Allsop - Sehome 2 ND	15:03	91 Michael Galeana - Hoquiam 3 RD
14:51	90 Kien Tseng - Edmonds Woodway 4 TH	15:03	95 Cary Stidham - Nathan Hale 2 ND
14:51	91 Aaron Davis - East Valley Spokane 2 ND	15:04	95 Matt Pearson - O'Dea 3 RD
14:54	90 Erik Gibson - Cleveland 5 TH	15:05	88 Mark Lacey - Clarkston 6 TH
14:54	95 Geoff Perry - Gig Harbor 1 ST	15:05	90 Donovan Shanahan - Cheney 7 TH
14:55	88 Buck Stewart - Yelm 3 RD	15:05	91 Jon Cluett - Lakeside Seattle 4 TH

1A BOYS 3.0M

14:57	88 Brent Hooper - Montesano 1 ST	15:21	89 Brent Hooper - Montesano 2 ND
15:00	88 Kieran Slate - Colfax 2 ND	15:21	95 Christian Laugen - Saint George's 1 ST
15:00	96 Ross Jorgusen - Toledo 1 ST	15:21	96 Hector Rodriguez - Chelan 3 RD
15:06	90 Brent Hooper - Montesano 1 ST	15:22	90 Mac Lavier - Lakewood 2 ND
15:08	96 Justin Murray - Lakewood 2 ND	15:23	93 Joe Atkinson - Port Townsend 3 RD
15:10	93 Andy Davis - Cashmere 1 ST	15:24	96 Kevin Smith - Ridgefield 4 TH
15:12	95 Jim Reed - Ridgefield 1 ST	15:25	93 Will Woodward - King's 4 TH
15:15	89 Shad James - Omak 1 ST	15:25	95 Ross Jorgusen - Toledo 2 ND
15:17	91 Jason Odem - King's 1 ST	15:25	95 Justin Murray - Lakewood 3 RD
15:18	93 Jon Murray - Lakewood 2 ND	15:26	88 Erick Goldman - University Prep 4 TH
15:19	88 Paul Talbot - Rochester 3 RD	15:26	93 Derek Churck - Onalaska 5 TH
15:20	91 Ernie Ammons Ilwaco 2 ND	15:26	95 David Yarnell - Chewelah 4 TH

B BOYS 3.0M

14:57	93 Tim Briggs - Davenport 1 ST	16:00	93 Chamberlain Franklin - Bush 2 ND
15:01	92 Tim Briggs - Davenport 1 ST	16:11	92 Bobby Mathews - Seattle Lutheran 3 RD
15:31	91 Tim Briggs - Davenport 1 ST	16:11	93 Christian Laugen - Saint George's 3 RD
15:38	91 James Johnson - Saint George's 2 ND	16:14	92 Bill Persons - St. John Endicott 4 TH
15:41	91 Daniel Noyes - University Prep 3 RD	16:16	94 Christian Laugen - Saint George's 1 ST
15:41	92 James Johnson - Saint George's 2 ND	16:17	92 Mario Lopez - Trout Lake 5 TH
15:56	91 Bobby Mathews - Seattle Lutheran 4 TH	16:23	91 Wendall Cass - Pomeroy 6 TH
15:57	91 Bill Hagan - St. John Endicott 5 TH	16:23	91 Les Mangis - Mary Walker 7 TH

BEST GIRLS TEAM PERFORMANCES 1988-1996

Girls 3.0 miles

18:01	90 Rogers-Spokane 3A 1 ST	18:36	91 Lakeside Seattle 2A 1 ST
18:01	91 Joel Ferris 3A 1 ST	18:43	96 Snohomish 3A 1 ST
18:14	88 Eisenhower 3A 2 ND	18:44	93 Richland 3A 1 ST
18:17	90 Eisenhower 3A 3 RD	18:45	88 Lynnwood 2A 1 ST
18:18	90 Joel Ferris 3A 2 ND	18:48	96 Mead 3A 2 ND
18:18	95 Snohomish 3A 1 ST	18:49	96 East Valley Spok 2A 1 ST
18:22	95 Eisenhower 3A 2 ND	18:50	93 Mead 3A 2 ND
18:22	95 Joel Ferris 3A 3 RD	18:52	95 East Valley Spok 2A 1 ST
18:26	88 Mead 3A 1 ST	18:53	90 Lynnwood 2A 1 ST
18:27	94 Eisenhower 3A 1 ST	18:53	96 South Whidbey 2A 2 ND
18:34	94 Mead 3A 2 ND	18:54	95 South Whidbey 2A 2 ND
18:35	91 University 3A 2 ND	18:54	96 Eisenhower 3A 3 RD
18:57	90 Gig Harbor 2A 2 ND	18:59	93 Gig Harbor 2A 2 ND
18:57	91 Bishop Blanchet 2A 2 ND		
18:58	93 Shorecrest 2A 1 ST		

BEST GIRLS TEAM PERFORMANCES BY DIVISION 1988-1996

3A Girls 3.0 miles

18:01	91 Joel Ferris 1 ST	18:22	95 Joel Ferris 3 RD	18:48	96 Mead 2 ND
18:01	90 Rogers-Spokane 1 ST	18:26	88 Mead 1 ST	18:50	93 Mead 2 ND
18:14	88 Eisenhower 2 ND	18:27	94 Eisenhower 1 ST	18:54	96 Eisenhower 3 RD
18:17	90 Eisenhower 3 RD	18:34	94 Mead 2 ND	19:13	92 University 1 ST
18:18	95 Snohomish 1 ST	18:35	91 University 2 ND	19:17	92 Mead 2 ND
18:18	90 Joel Ferris 2 ND	18:43	96 Snohomish 1 ST	19:22	89 Eisenhower 1 ST
18:22	95 Eisenhower 2 ND	18:44	93 Richland 1 ST	19:29	89 Issaquah 2 ND

2A Girls 3.0 miles

18:36	91 Lakeside Seattle 1 ST	19:03	94 East Valley Spokane 1 ST
18:45	88 Lynnwood 1 ST	19:04	94 South Whidbey 2 ND
18:49	96 East Valley Spokane 1 ST	19:06	88 Lakeside Seattle 3 RD
18:52	95 East Valley Spokane 1 ST	19:07	95 Gig Harbor 3 RD
18:53	90 Lynnwood 1 ST	19:08	93 Lakeside Seattle 3 RD
18:53	96 South Whidbey 2 ND	19:15	88 Edmonds 2 ND
18:54	95 South Whidbey 2 ND	19:15	89 Lynnwood 1 ST
18:57	90 Gig Harbor 2 ND	19:21	91 West Valley Yakima 4 TH
18:57	91 Bishop Blanchet 2 ND	19:24	91 Gig Harbor 3 RD
18:58	93 Shorecrest 1 ST	19:43	92 Lakeside Seattle 2 ND
18:59	93 Gig Harbor 2 ND	19:49	89 Lakeside Seattle 2 ND
19:00	90 West Valley Yakima 3 RD	19:51	92 Gig Harbor 1 ST

1A Girls 3.0 miles

19:03	93 Lakewood 1 ST	19:49	95 Omak 1 ST
19:10	93 Omak 2 ND	19:51	94 Omak 2 ND
19:22	90 Chelan 1 ST	19:54	96 Chelan 2 ND
19:35	90 South Whidbey 2 ND	19:55	95 Mount Baker 2 ND
19:38	91 South Whidbey 2 ND	19:59	88 Riverside 2 ND
19:38	94 Lakewood 1 ST	20:06	93 Tonasket 3 RD
19:40	91 Lakewood 1 ST	20:10	89 Chelan 1 ST
19:43	96 Omak 1 ST	20:12	92 Lakewood 2 ND
19:48	88 Chelan 1 ST	20:16	89 Riverside 2 ND
19:48	92 Omak 1 ST		

B Girls 3.0 miles

20:25	94 Saint George's 1 ST	21:21	93 Seattle Lutheran 2 ND
20:39	93 Saint George's 1 ST	21:22	92 Seattle Lutheran 1 ST
21:02	91 Pomeroy 1 ST	21:56	92 Saint George's 2 ND
21:09	91 Seattle Lutheran 2 ND	22:19	94 Mary Walker 2 ND

BEST GIRLS INDIVIDUAL PERFORMANCES 1988-1996

GIRLS 3.0M

16:55	91 Heidi VanBorkulo - Bishop Blanchet 2A 1 ST	17:24	91 Sarna Renfro - Bellarmine Prep 3A 2 ND
16:55	90 Sarah Schwald - Rogers-Spokane 3A 1 ST	17:24	88 Carrie Moller - Rogers-Spokane 3A 3 RD
16:59	93 Sarna Renfro - Bellarmine Prep 3A 1 ST	17:25	90 Mea Caviezel - Joel Ferris 3A 4 TH
17:04	88 Robin Bryson - Eisenhower 3A 1 ST	17:26	91 Diandra Simon - Joel Ferris 3A 3 RD
17:06	90 Robin Bryson - Eisenhower 3A 2 ND	17:26	88 Carissa Seward - Goldendale 1A 1 ST
17:17	91 Kim Schmolka - South Kitsap 3A 1 ST	17:31	90 Barb Richardson - Waterville 1A 1 ST
17:17	91 Suzanna Matsen - Lakeside-Seattle 2A 2 ND	17:32	95 Laura Snipes - Snohomish 3A 1 ST
17:18	88 Lisa Dressel - Rogers-Spokane 3A 2 ND	17:33	96 Kim Stone - Bethel 3A 1 ST
17:19	93 Jessica Fry - Rogers-Spokane 3A 2 ND	17:33	92 Sarna Renfro - Bellarmine Prep 3A 1 ST
17:19	96 Ann Ramsey - Lakeside-Seattle 2A 1 ST	17:33	91 Colleen Nicoulin - Interlake 3A 4 TH
17:21	90 Jessica Fry - Rogers-Spokane 3A 3 RD	17:33	90 Joline Stachelii - Bellarmine Prep 3A 5 TH
17:22	88 Helene Wilburn - Lakeside-Sea 2A 1 ST		

BEST GIRLS INDIVIDUAL PERFORMANCES BY DIVISION 1988-1996

3A GIRLS 3.0M

16:55	90 Sarah Schwald - Rogers-Spokane 1 ST	17:32	95 Laura Snipes - Snohomish 1 ST
16:59	93 Sarna Renfro - Bellarmine Prep 1 ST	17:33	96 Kim Stone - Bethel 1 ST
17:04	88 Robin Bryson - Eisenhower 1 ST	17:33	92 Sarna Renfro - Bellarmine Prep 1 ST
17:06	90 Robin Bryson - Eisenhower 2 ND	17:33	91 Colleen Nicoulin - Interlake 4 TH
17:17	91 Kim Schmolka - South Kitsap 1 ST	17:33	90 Joline Stachelii - Bellarmine Prep 5 TH
17:18	88 Lisa Dressel - Rogers-Spokane 2 ND	17:36	88 Kristin Wellman - Shadle Park 4 TH
17:19	93 Jessica Fry - Rogers-Spokane 2 ND	17:39	96 Kate Bradshaw - Issaquah 2 ND
17:21	90 Jessica Fry - Rogers-Spokane 3 RD	17:40	95 Tammi Green - Kelso 2 ND
17:24	91 Sarna Renfro - Bellarmine Prep 2 ND	17:40	91 Emily Johnson - University 5 TH
17:24	88 Carrie Moller - Rogers-Spokane 3 RD	17:40	88 Melanie Kosin - Eisenhower 5 TH
17:25	90 Mea Caviezel - Joel Ferris 4 TH	17:41	94 Aleah Thome - Eisenhower 1 ST
17:26	91 Diandra Simon - Joel Ferris 3 RD	17:41	90 Sarna Renfro - Decatur 6 TH

2A GIRLS 3.0M

16:55	91 Heidi VanBorkulo - Bishop Blanchet 1 ST	17:40	91 Christine Dehlendorf - Lakeside-Sea 3 RD
17:17	91 Suzanna Matsen - Lakeside-Seattle 2 ND	17:42	90 Suzanna Matsen - Lakeside-Seattle 1 ST
17:19	96 Ann Ramsey - Lakeside-Seattle 1 ST	17:43	91 Jenny Campbell - Highline 4 TH
17:22	88 Helene Wilburn - Lakeside-Seattle 1 ST	17:43	92 Suzanna Matsen - Lakeside-Seattle 1 ST

17:46 95 Ann Ramsey - Lakeside-Seattle 1ST
17:47 96 Megan Johnson - Seattle Prep 2ND
17:48 90 Kristen Fargher - Gig Harbor 2ND
17:48 94 Jeannette Zimmer - Cheney 1ST
17:49 90 Jennifer Davis - Bremerton 3RD
17:50 91 Joelle Brayton - Stanwood 5TH

17:54 88 Erika Klein - Edmonds 3RD
17:56 88 Casi Montoya - Eastmont 4TH
17:57 91 Gilia Angell - Shorecrest 6TH
17:58 95 Anna Blue - Capital 2ND

1A GIRLS 3.0M

17:26 88 Carissa Seward - Goldendale 1ST
17:31 90 Barb Richardson - Waterville 1ST
17:59 93 Mathea Kok - Bellevue Chr. 1ST
18:07 88 Stacey Brown - Omak 2ND
18:15 89 Robyn Slate - Colfax 1ST
18:19 90 Rachel Rieke - Cascade-Leavenworth 2ND
18:24 90 Kelley Marsh - South Whidbey 3RD
18:24 91 Tanya Robinson - Tenino 1ST
18:27 91 Kelley Marsh - South Whidbey 2ND
18:30 88 Vesta Coufal - Chewelah 3RD
18:31 93 Marie VanBrunt - Omak 2ND

18:31 96 Katie Park - Mount Baker 1ST
18:32 89 Jessica Brathoyd - Tenino 2ND
18:32 93 Amy King - King's 3RD
18:32 93 Elena Gonzalez - Cashmere 4TH
18:34 91 Amy Molina - Chelan 3RD
18:35 88 Kelly Charbonneau - Valley Chr. 4TH
18:35 93 Megan Hendrickson - Lakewood 5TH
18:36 93 Danielle Bradshaw - Liberty Bell 6TH
18:37 89 Kelly Charbonneau - Valley Chr.. 3RD
18:38 88 Robyn Slate - Colfax 5TH
18:39 95 Amy King - King's 1ST

B GIRLS 3.0M

19:21 91 Kelly Charbonneau - Northwest Chr. 1ST
19:38 92 Kymi Quackenbush - Christian Faith 1ST
19:38 92 Angela Pearson - Trout Lake 2ND
19:42 91 Kymi Quackenbush - Christian Faith 2ND
19:42 92 Angela Melville - Mary Walker 3RD
19:44 94 Eddie Deniro - Saint George's 1ST

19:44 94 Melissa Harbill - Saint George's 2ND
19:52 92 Stacie Marriott - Davenport 4TH
19:56 93 Chrissy Peterson - Saint George's 1ST
19:58 91 Kathy Fuchs - Pomeroy 3RD
19:58 93 Debra Emerson - Pomeroy 2ND