

2010 PRESTATE ANALYSIS (POST STATE ANALYSIS BELOW)

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

From the four-time defending champion North Central boys -- one of the best teams in the nation -- to the Oroville girls qualifying for their first State meet ever, November 6 will bring together in Pasco any number of interesting stories. Here are a few of them.

One-hundred-six of this year's 152 teams competed at State in 2009, a repeat rate of 70%. Of those 106, 54 also qualified in 2007 and 2008. Nineteen of the 152 have appeared in at least 20 State meets.

Thirty-seven schools qualified both their boys' and girls' teams in 2010.

FIRST STATE APPEARANCES

Six teams will make their first State appearance. For the girls, only the 4A race lacks a newcomer, with 3A Bonney Lake and Liberty, 2A North Thurston, 1A White Salmon and B Oroville all qualifying for the first time ever. The only boys' race with a first-time team is Class B with Riverside Christian.

LONGEST GAPS SINCE LAST STATE APPEARANCE

The last time the Kentridge boys competed at State (1987), they finished 12th in the AAA race at Fort Worden. The classification system and the State meet venue have changed in the subsequent 22 years without the Chargers in attendance.

The Cedarcrest boys, who last qualified for State in 1989, also return after a long break. But neither Kentridge nor Cedarcrest come close to the record gap, held by the Naselle boys who finished 22nd (last) in the Division 1 classification in 1965, did not qualify for 42 years, and returned to place 15th in the 2008 B race.

The last time the Hoquiam girls competed at State was 1997. Those 12 years absent don't match the record, however, as the Meadowdale girls'

28 years without a State appearance (1978-2005).

LONGEST STATE STREAKS EXTENDED

The Bishop Blanchet boys will make their 33rd consecutive State appearance and 44th overall, both Washington State records. The Northwest Christian (Lacey) boys will compete in their 11th consecutive State meet for the second-longest active streak among boys' teams.

The Bellarmine Prep girls extend their string to 14 consecutive State appearances. Among girls' teams, only Seattle's Lakeside (21, 1977-1997), South Kitsap (16, 1989-2004), and Bellevue's Newport (15, 1994-2008) have had longer streaks.

For the ninth 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).

LONGEST STATE STREAKS ENDING

The Lakewood boys had qualified for State for 26 consecutive years, the second-longest streak in Washington State history. In that time, the Cougars had finished in the top-4 eleven times, including the 1989 A/B title. But in 2010 they finished 5th at the 2A Northwest District championships, 25 points from a State berth.

The Chelan girls had qualified for State for 9 consecutive years through 2009. The Lady Goats finished fifth at their Regional championships, 28 points (two places) from qualifying for State.

MOST HISTORICALLY ACCOMPLISHED PROGRAMS NOT TO QUALIFY

Mead boys. One of the greatest cross country programs in the country over the past quarter century, the Panthers have won 15 State titles and qualified for State every year between 1988 and 2008, never finishing worse than third. For the second consecutive year, however, the 4A East Regional competition proved too stiff, and Mead ended the season with a fifth-place finish, 40 points from qualifying.

Omak boys. 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. In 2010 they finished just one place, but 48 points from a State qualifier.

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 third among girls' programs. In a strong Northwest District, they finished tenth, six places and 118 points from qualifying.

Chelan girls. The Lady Goats have won 4 State titles, and captured 13 total State trophies in 21 appearances. A fifth-place finish in Wenatchee ended the 2010 season.

RECENTLY POWERFUL PROGRAMS THAT WILL BE ABSENT

4A boys. Mead will miss State for the second consecutive year...and third time in 25 years.

4A girls. Newport (Bellevue) finished 10th at District to miss State qualifying for the second year, after 15 consecutive appearances, and a State title (in 3A) as recently as 2007.

3A boys. Mount Spokane had finished among the top-7 in Pasco for four straight years. But with just two Greater Spokane League schools qualifying for the Regional championship, the Wildcats' season ended in Spokane, 15 points from advancing.

3A girls. Columbia River captured two trophies in the past four years. The Lady Chieftains snapped a streak of seven consecutive Pasco appearances with a 7th place showing at the Westside Classic, 72 points from qualifying.

2A boys. Defending champion Burlington-Edison had qualified for State for six straight years, winning titles in three of the past four years. The Tigers finished 7th in the powerful Northwest District, three places and 36 points from a return to Pasco.

2A girls. Squalicum captured State trophies for seven consecutive years but missed a Pasco trip for the second straight year after a sixth place District finish, 28 points from qualifying.

1A boys. Nooksack Valley went from non-qualifier in 2008 to State champion in 2009 and back to non-qualifier in 2010. The Pioneers finished 12th at the Westside Classic, seven places and 140 points from qualifying.

1A girls. Third-place at State the past two years, Chelan missed qualifying in 2010 by two places and 28 points.

B boys. Reardan had qualified for State for seven consecutive years, finishing in the top-4 five times in that span. A 15th place finish in 2009 showed the program slipping, however, and in 2010 the Indians finished 6th at their District championship, 19 points behind the final qualifying slot.

B girls. After four years of State-qualifying, Reardan will stay home for the second straight year. The Lady Indians came up 18 points short of qualifying at their District championship.

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, 2010 QUALIFYING TEAMS

44 Bishop Blanchet boys, 33rd consecutive
30 Columbia River boys, 3rd consecutive
28 Ferris boys, 3rd consecutive
27 Gig Harbor boys, 6th consecutive
26 Seattle Prep boys, 9th consecutive
25 Puyallup boys, first since 2007
25 Hale boys, first since 2008
24 Montesano boys, first since 2008
23 King's boys, first since 2008
23 Bellevue boys, 5th consecutive
21 North Central boys, 7th consecutive
20 Saint George's boys, 7th consecutive
19 Port Townsend boys, 2nd consecutive
19 Northwest Christian (Colbert) boys, 3rd consecutive
18 Redmond boys, 5th consecutive
18 Selah boys, 5th consecutive

17 Cheney boys, 5th consecutive
16 University boys, first since 2001
16 Connell boys, first since 2006
16 Tahoma boys, first since 2008
16 Mercer Island boys, 3rd consecutive
16 Cashmere boys, 3rd consecutive
15 Cedarcrest boys, first since 1989
15 Eisenhower boys, 4th consecutive
15 LaCenter boys, 7th consecutive
15 Sehome boys, 9th consecutive
14 Bellingham boys, first since 2007
14 Ilwaco boys, first since 2008
14 Lewis & Clark boys, 2nd consecutive
14 Washougal boys, 2nd consecutive
14 Hazen boys, 2nd consecutive
14 Ellensburg boys, 5th consecutive
14 Lindbergh boys, 6th consecutive
13 Oak Harbor boys, first since 1999
13 Lakeside (Nine Mile Falls) boys, 7th consecutive
13 Interlake boys, 3rd consecutive
12 Bellarmine Prep boys, 2nd consecutive
12 Everett boys, 2nd consecutive
12 Jackson boys, 5th consecutive
11 Lakes boys, first since 2001
11 Colville boys, 2nd consecutive
11 Lynden Christian boys, 4th consecutive
11 Northwest Christian (Lacey) boys, 11th consecutive
10 Garfield boys, 2nd consecutive
10 White Pass boys, 2nd consecutive
10 Camas boys, 2nd consecutive
10 Wright boys, 4th consecutive
10 Lake Stevens boys, 6th consecutive
9 Toledo boys, 2nd consecutive
9 Auburn Riverside boys, 9th consecutive
8 Federal Way boys, first since 1999
8 Meridian boys, 2nd consecutive
8 West boys, 3rd consecutive
8 Peninsula boys, 4th consecutive
8 North Kitsap boys, 6th consecutive
7 Kamiakin boys, 2nd consecutive
7 Morris boys, 4th consecutive
7 Royal boys, 6th consecutive
6 Liberty Bell boys, first since 2001
6 Onalaska boys, 2nd consecutive
6 Bear Creek boys, 6th consecutive
5 Olympic boys, first since 1996
5 Ocosta boys, first since 1999
5 Deer Park boys, 2nd consecutive
5 Squalicum boys, 3rd consecutive
5 Zillah boys, 4th consecutive
4 Kentridge boys, first since 1987
4 Skyline boys, first since 2008
4 North Beach boys, 3rd consecutive
4 Waitsburg-Prescott boys, 3rd consecutive
4 Mount Rainier Lutheran boys, 3rd consecutive
4 Tri Cities Prep boys, 4th consecutive

3 Kentwood boys, first since 2006
3 Mossyrock boys, 2nd consecutive
3 Kingston boys, 3rd consecutive
3 Republic boys, 3rd consecutive
2 Glacier Peak boys, first since 2008
2 Crosspoint boys, 2nd consecutive
2 Davenport boys, 2nd consecutive
1 Riverside Christian boys

GIRLS STATE CHAMPIONSHIP APPEARANCES,
2010 QUALIFYING TEAMS

31 Bellarmine Prep girls, 14th consecutive
27 Gig Harbor girls, 8th consecutive
26 Riverside girls, 6th consecutive
25 Eisenhower girls, 2nd consecutive
25 Lakeside (Seattle) girls, 2nd consecutive
20 Omak girls, 2nd consecutive
20 Capital girls, 11th consecutive
19 Mercer Island girls, first since 2008
19 Ephrata girls, 8th consecutive
18 Mead girls, first since 2006
18 Montesano girls, first since 2008
18 Redmond girls, 10th consecutive
17 South Kitsap girls, first since 2004
17 Tumwater girls, first since 2006
17 Tahoma girls, 8th consecutive
17 Saint George's girls, 9th consecutive
15 King's girls, 11th consecutive
14 Puyallup girls, first since 2004
13 Lakewood girls, 2nd consecutive
13 Stanwood girls, 3rd consecutive
13 Cedarcrest girls, 4th consecutive
13 Seattle Prep girls, 4th consecutive
13 North Kitsap girls, 4th consecutive
13 Sehome girls, 10th consecutive
12 Bellevue Christian girls, 3rd consecutive
11 Lindbergh girls, 2nd consecutive
11 Bellevue girls, 3rd consecutive
11 White Pass girls, 5th consecutive
11 LaCenter girls, 5th consecutive
10 Central Valley girls, 6th consecutive
10 Zillah girls, 7th consecutive
9 Shorewood girls, first since 2004
9 Jefferson girls, first since 2008
9 Camas girls, 3rd consecutive
8 Port Angeles girls, first since 2006
8 Oak Harbor girls, 2nd consecutive
8 Cle Elum-Roslyn girls, 2nd consecutive
8 Peninsula girls, 3rd consecutive
8 Lakeside (Nine Mile Falls) girls, 5th consecutive
8 Northwest Christian (Lacey) girls, 6th consecutive
8 Bellingham girls, 6th consecutive
7 Hoquiam girls, first since 1997

7 Northwest Christian (Colbert) girls,
2nd consecutive
7 Deer Park girls, 4th consecutive
7 Eastlake girls, 5th consecutive
7 Asotin girls, 7th consecutive
6 Highland girls, first since 2008
6 Mount Spokane girls, first since 2008
6 Stadium girls, 2nd consecutive
6 Cheney girls, 2nd consecutive
6 Ellensburg girls, 4th consecutive
6 Onalaska girls, 5th consecutive
5 Kamiakin girls, first since 2003
5 Cedar Park Christian girls, first
since 2006
5 Ocosta girls, first since 2007
5 Interlake girls, 2nd consecutive
5 Shadle Park girls, 2nd consecutive
5 Skyview girls, 3rd consecutive
5 Hockinson girls, 3rd consecutive

4 University Prep girls, first since
2007
4 Bear Creek girls, first since 2008
4 Bush girls, first since 2008
4 Kingston girls, 4th consecutive
3 Roosevelt girls, first since 2007
3 Jackson girls, first since 2008
3 Glacier Peak girls, 3rd consecutive
2 Prairie girls, 2nd consecutive
1 Bonney Lake girls
1 Liberty (Issaquah) girls
1 North Thurston girls
1 Oroville girls
1 White Salmon girls

2010 POST-STATE ANALYSIS

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

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 have showed their mortality and have not qualified a team since 2008. 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** (156) 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** (150) has competed at State a record 43 times, including the last 33 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 on this list 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 five 3A championships and two runner-up finishes in the last seven years, **North Central** (122) 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.

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) **Seattle Prep** (107) has won 3 championships. each in a different decade. The Panthers have finished among the top 4 on 16

occasions to go along with 3 individual titles. With 9 straight trophies (2002-2010) Prep along with North Central look to be legends in the making.

8) 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.

9) Fast rising **Burlington-Edison** (92) won 5 trophies in a row from 2005-2009 to move into the top 10. However they failed to qualify to State in 2010 due to brutal district competition. The Tigers are still looking for their first individual title but has placed 24 individuals on the podium.

10) **King's** (87) 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 26 runners climb the podium at state, but has failed to qualify at team in two of the last four years.

11) The second-most accomplished school since 1990, **Saint George's** (85) 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.

TOP 40 BOYS TEAMS:

- | | |
|-----------------------------------|-----------------------------|
| 12) Gig Harbor (80) | 26) Mount Baker (57) |
| 13) Snohomish (77) | 27) Cashmere (56) |
| 14) Montesano (76) | 28) Shorecrest (54) |
| 14) Lakeside-Nine Mile Falls (76) | 28) Shadle Park (54) |
| 16) Columbia River (75) | 30) Lewis & Clark (52) |
| 16) University (75) | 31) Ephrata (50) |
| 18) Riverside (72) | 31) Castle Rock (50) |
| 19) West Valley-Spokane (71) | 33) NW Christian Lacey (49) |
| 19) East Valley-Yakima (71) | 33) Redmond (49) |
| 21) Curtis (70) | 33) Lakeside – Seattle (49) |
| 21) Sehome (70) | 33) Nathan Hale (49) |
| 23) Selah (65) | 37) Charles Wright (48) |
| 24) Lakewood (63) | 37) Tonasket (48) |
| 25) Eisenhower (61) | 39) West Valley Yakima (47) |

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

4A

- | | |
|------------------------|--------------------------|
| 1) Mead 228 | 13) Newport Bellevue 38 |
| 2) Joel Ferris 156 | 14) Issaquah 36 |
| 3) Edmonds-Woodway 110 | 15) Puyallup 33 |
| 4) Richland 103 | 16) Olympia 30 |
| 5) Gig Harbor 80 | 17) Wilson 29 |
| 6) Snohomish 77 | 18) Jackson 28 |
| 7) Curtis 70 | 18) Tahoma 28 |
| 8) Eisenhower 61 | 20) South Kitsap 22 |
| 9) Lewis & Clark 52 | 20) Garfield 22 |
| 10) Redmond 49 | 20) Kent-Meridian 22 |
| 11) Kennewick 43 | 23) Mountlake Terrace 19 |
| 12) Rogers-Spokane 39 | |

3A

- | | |
|------------------------|---------------------------|
| 1) Bishop Blanchet 150 | 8) Nathan Hale 49 |
| 2) North Central 122 | 10) West Valley-Yakima 47 |
| 2) Seattle Prep 107 | 11) Lynnwood 39 |
| 4) Columbia River 75 | 12) Renton 38 |
| 4) University 75 | 13) Capital 36 |
| 6) Shadle Park 54 | 13) Franklin 36 |
| 6) Shorecrest 54 | 15) Mount Vernon 35 |
| 8) Lakeside-Seattle 49 | |

- 15) Bellevue 35
- 17) Kelso 28
- 18) O'Dea 27
- 18) Mt. Spokane 27
- 18) Mt. Rainier 27
- 18) Mercer Island 27
- 22) Highline 24

2A

- 1) Burlington-Edison 92
- 2) West Valley-Spokane 71
- 3) East Valley-Yakima 71
- 5) Sehome 70
- 6) Selah 65
- 7) Lakewood 63
- 14) East Valley Spokane 26
- 15) Tyee 25
- 16) Wapato 24
- 17) Lindbergh 22
- 18) Tumwater 21
- 18) Port Angeles 21
- 20) W F West 19
- 20) Squalicum 19
- 22) Anacortes 18
- 22) Elensburg 18

1A

- 1) Omak 129
- 2) King's 87
- 3) Montesano 76
- 3) Lakeside-9 mile 76
- 5) Riverside 72
- 6) Cashmere 56
- 7) Castle Rock 50
- 8) Tonasket 48
- 8) Charles Wright 48
- 10) Chelan 44
- 11) Chewelah 40
- 12) Colville 36

B

- 1) Saint George's 85
- 2) Northwest Christian-Lacey 49
- 3) Northwest Christian-Colbert 44
- 4) Reardon 39
- 5) Seattle Lutheran 38
- 6) Liberty Bell 33
- 7) Lake Roosevelt 26
- 8) Colfax 25
- 9) Republic 19

- 8) Mount Baker 57
- 9) Ephrata 50
- 10) Cedarcrest / Tolt 38
- 10) South Whidbey 37
- 12) Cheney 32
- 13) Bellingham 30

- 13) Port Townsend 34
- 14) Naches 28
- 15) Freeman 27
- 16) Ilwaco 24
- 17) Connell 22
- 18) Seattle Academy 22
- 19) Rochester 21
- 19) LaCenter 21
- 21) Nooksack Valley 17
- 21) Carroll 17

- 10) Pomeroy 15
- 11) White Pass 14
- 12) Tri Cities Prep 13
- 13) South Bend 11
- 14) Trout Lake 10
- 14) Odessa 10
- 16) Lyle 9
- 17) Wilbur Creston 8
- 17) 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
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
ALL-TIME GREATEST GIRLS' PROGRAMS

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 (112) 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 23 of the last 24 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.

2) **Eisenhower** - As the greatest girls' program east of the Cascades, the Cadets (112) have won five titles, five times been runners-up, and collected a total of 13 trophies. They have won 2 individual titles and placed 24 runners on the podium and after a drought

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

2000s

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,

2010s ?? Let's give it another year.

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)

in the late 00's the Cadets won again 2010.

4) **Riverside** - The Rams (107) have won 3 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 15 girls on the podium.

5) **Saint George's** - First qualifying for State in 1992, the Dragons (102) 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.

6) **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.

7) **Bellarmino Prep** - The Lions (99) have more State appearances (31) than any other girls' team and are pushing a streak of 14 straight appearances. They've won 4 championships in those 31 trips, plus posted 9 other top-4 finishes. B.Prep has won 3 individual titles and placed 29 girls on the podium.

8) **Omak** - The dominant program during the 1990s, the Pioneers (96) won 4 championships between 1992 and 1998. They've placed in the top-4 a total of 14 times and placed 3rd in 2010 after an eight year 3 point drought. Omak has one individual title but has placed 31 girls on the podium.

9) **King's** - With only 4 appearances before this century, King's (96) earns a record 7 Titles (4 in a row) along with three 2nds. The 85 points in the 2000s 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 27 runners on the podium.

10) **South Whidbey** - The Falcons (95) won their 1st and only state title in 1979. They have been runners-up a record 8 times and have a total of 13 top-4 finishes. They have never won an individual title but have placed 18 girls on the podium. The Falcons have only scored 3 points since 2003 but they have the second longest girl's streak of 16 years to state (1989-2004) and have made 24 appearances.

11) **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.

TOP 40 GIRLS' TEAMS:

12) Newport-Bellevue (86)
13) Lakeside-Seattle (81)
14) Edmonds Woodway (80)
15) Mead (75)
16) Sehome (71)
17) Issaquah (63)
18) Northwest Chr. Lacey (57)
19) East Valley-Spokane (56)
20) Squalicum (53)
21) Ephrata (51)
22) Selah (49)
23) West Valley-Spokane (46)
23) Ferris (46)
23) Lakewood (46)
26) Mercer Island (44)

27) Carroll (43)
28) Bishop Blanchet (42)
29) Eastlake (41)
30) Lynnwood (39)
31) Olympia (38)
32) Seattle Lutheran (37)
32) West Valley Yakima (37)
32) Tahoma (37)
35) East Valley Yakima (36)
36) Montesano (35)
36) Cedarcrest/Tolt (35)
36) White Pass (35)
39) Cashmere (34)
39) South Kitsap (34)

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

4A - 5 of the top 10 4A girls teams did not make it to state in 2010 but the top 3 remain consistent

1) Gig Harbor 112pts - 8 year streak with 6 trophies
2) Eisenhower 112 - the legends are back with 1st title and or trophy since 2002
3) Bellarmino Prep 99 - 14 year streak continues but no trophy since 2004
4) Snohomish 89 - 2 year drought
5) Newport-Bellevue 86 - 2 year drought
6) Edmonds-Woodway 80 - hasn't scored since 2006

7) Mead 75 - 2 points since 2001
8) Issaquah 63 - hasn't scored 1998
9) Joel Ferris 46 - hasn't scored since 1995
10) Eastlake 41 - moving up fast with 5 trophies in a row
11) Olympia 38 - 2 year streak ends
12) Tahoma 37 - 8 year streak with 3 trophies
13) South Kitsap 34 - back after 5 year drought
14) Richland 28 - 5 year streak ends

- 15) Stanwood 27 – 3 year trophy streak
- 16) Marysville-Pilchuck 26 – 3 year drought
- 17) Cascade Everett 23 – hasn't scored since 1996
- 17) Central Valley 23 – 6 year streak
- 19) Federal Way 21 – hasn't scored since 1999

3A - 6 of the top 10 did not make it to state in 2010

- 1) Lakeside-Seattle 81pts – even opting up they are the legends of 3A
- 2) Mercer Island 44 – consistent program
- 4) Bishop Blanchet 42 – 2 year drought
- 5) Lynnwood 39 – hasn't scored since 1999
- 6) West Valley-Yakima 37 – missed out 2 of last 3 years
- 7) Shorecrest 28 – hasn't scored since 1994
- 8) Everett 27 – hasn't scored since 1987
- 8) Columbia River 27 - 7 year streak ends
- 10) Shadle Park 26 – 2 trophies in a row
- 11) Shorewood 25 – breaks a 5 year drought
- 12) Bellevue 24 – 3 year streak
- 12) Kelso 24 – 10 year streak follow by 2 year drought
- 12) Sammamish 24 – hasn't scored since 1989
- 15) Seattle Prep 23 – 4 year streak with 2 trophies

2A - 7 of the top 10 did not make it to state in 2010

- 1) Mount Baker 121pts – the legend of 2A but when will they return?
- 2) South Whidbey 95 – hasn't scored since 2007
- 3) Sehome 71 – moving up fast, 10 year streak continues
- 4) East Valley Spokane 56 – 1 point since 1999
- 5) Squalicum 53 – 7 trophy years followed by 2 absences
- 6) Ephrata 51 – 8 year streak but no recent trophies
- 7) Selah 49 – 2 points since 1999
- 8) West Valley-Spokane 46 – 3 year drought
- 8) Lakewood 46 – 2 year streak
- 10) East Valley-Yakima 36 – 1 point since 2006
- 11) Cedarcrest / Tolt 35 – 4 year streak with 2 trophies
- 12) Tumwater 29 – 3 points since 1993

1A- Reclassification brings a new leader

- 1) Riverside 107 – 6 year streak continues.
- 2) Chelan 101pts – 9 year streak ends
- 3) Omak 96 – trophies for first time since 2001
- 3) King's 96 – moving up fast but a very competitive top 4, 11 year streak continues.
- 5) Carroll 43 – closed school is amazingly ranked this high, haven't scored since 1985.
- 6) Montesano 35 – 2 points since 1997
- 7) Cashmere 34 – 2 points since 1989
- 8) LaCenter 33 – moving up fast with a 5 year streak
- 9) Bellevue Christian 31 – 1973 state champions
- 10) Lynden Christian 29 – 3 points in the last 11 years

B

- 1) Saint George's 102pts – legends of the Bs continues a 9 year streak
- 2) Northwest Christian-Lacey 57 – 5 titles in a row and 6 year streak
- 3) Seattle Lutheran 37 – hasn't scored since 1996
- 4) White Pass 35 – 5 trophies in a row
- 5) Pomeroy 28 – 1 point since 1996

19) Thomas Jefferson 21 – back after ending an 8 year streak

- 21) Lewis & Clark 20 – hasn't scored since 2004
- 21) Redmond 20 – 10 year streak with 1 trophy

16) Mount Spokane 22 – scored in 6 of 8 years with 3 trophies

- 17) Hanford 21 – 2 year drought
- 18) Capital 20 – 11 year streak, 20 total years to state and no trophies
- 19) University 18 – hasn't scored since 2004
- 19) Enumclaw 18 – 4 year streak ends
- 19) Eastmont 18 – hasn't scored since 2001
- 19) Glacier Peak 18 – hunch they will moving up quickly, 2 trophies in a row
- 23) Renton 17
- 23) Shoreline 17
- 25) Nathan Hale 16
- 25) North Central 16

13) Bellingham 25 – 6 year streak with 4 trophies

- 14) Centralia 20 – 1 point since 1983
- 14) North Kitsap 20 – 4 year streak with 2 trophies
- 16) Washougal 17 – 4 points since 1987
- 17) Cheney 14 – 2 trophies in a row
- 18) Wapato 12 – hasn't scored since 1994
- 18) Sequim 12 – 7 year streak followed by a 2 year drought
- 18) Port Angeles 12 – 4 points since 1985
- 21) Lindbergh 11 – 2 year streak but only 2 points since 1996
- 22) Kingston 10 – 4 year streak
- 23) Anacortes 9 – no points since 1999

11) Port Townsend 28 – hasn't scored since 2005

- 12) Zillah 25 – 7 year streak
- 13) Newport 19 – hasn't scored since 1997
- 14) Freeman 16 – 1 point in the last 5 years
- 15) Lakeside 9 Mile – 3 trophies in a row
- 16) Tenino 13 – hasn't scored since 1993
- 16) Charles Wright 13 – hasn't scored since 2006
- 16) Ilwaco 13 – 1 point since 2005
- 16) Annie Wright 13 – hasn't scored since 2001
- 20) Granger 12 – hasn't scored since 1990
- 20) Nooksack Valley 12 – 5 year streak ends.

6) Northwest Chr. Colbert 21 – 2 trophies in a row

- 7) Warden 15 – hasn't scored since 2006
- 8) Asotin 13 – 7 year streak
- 9) Mary Walker 10 – hasn't scored since 1994
- 9) Wellpinit 9 – hasn't scored since 2002
- 10) Reardan 8 – 2 year drought
- 10) Wahkiakum 8 – hasn't scored since 2000

1970's

Bellarmino (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) –
00's Riverside (42)

ALL-TIME GREATEST COMBINED PROGRAMS

- 1) **Mead (303 points)** - 47 State appearances, 16 titles, 37 trophies, 11 individual titles, 73 podium placers.
- 2) **Omak (225)** - 49 State appearances, 11 titles, 30 trophies, 4 individual titles, 55 podium placers.
- 3) **Joel Ferris (202)** - 34 State appearances, 10 titles, 28 trophies, 7 individual titles, 64 podium placers.
- 4) **Bishop Blanchet (192)** - 62 State appearances, 8 titles, 23 trophies, 6 individual titles, 39 podium placers.
- 4) **Gig Harbor (192)** - 54 State appearances, 6 titles, 24 trophies, 6 individual titles, 45 podium placers.
- 6) **Edmonds-Woodway (190)** - 50 State appearances, 12 titles, 20 trophies, 2 individual titles, 41 podium placers.
- 7) **Saint George's (187)** - 37 State appearances, 8 titles, 25 trophies, 4 individual titles, 48 podium placers.
- 8) **King's (183)** – 38 State appearances, 11 titles, 20 trophies, 6 individual titles, 53 podium placers.
- 9) **Riverside (179)** – 50 appearances, 5 titles, 26 trophies, 0 individual titles, 30 podium placers.
- 10) **Mount Baker (178)** - 47 State appearances, 8 titles, 22 trophies, 4 individual titles, 48 podium placers.
- 11) **Eisenhower (173)** – 39 appearances, 7 titles, 21 trophies, 2 individual titles, 45 podium placers

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

2000's 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
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
Bellarmino 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, Bellarmino Prep,

2010's – coming next year

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)

12) **Snohomish (166)** - 50 State appearances, 6 titles, 20 trophies, 3 individual titles, 44 podium placers.

TOP 40 COMBINED PROGRAMS:

- | | |
|-----------------------------|----------------------------|
| 13) Chelan 145 | 27) NW Christian Lacey 106 |
| 14) Sehome 141 | 28) Columbia River 102 |
| 15) North Central 138 | 29) Ephrata 101 |
| 16) South Whidbey 132 | 30) Issaquah 99 |
| 17) Richland 131 | 31) University 93 |
| 18) Lakeside-Seattle 130 | 32) Burlington Edison 92 |
| 18) Seattle Prep 130 | 33) Cashmere 90 |
| 20) Newport-Bellevue 124 | 33) Lakeside 9 Mile |
| 21) West Valley-Spokane 117 | 35) Curtis 87 |
| 22) Bellarmine Prep 115 | 36) West Valley Yakima 84 |
| 23) Selah 114 | 37) Shorecrest 82 |
| 24) Montesano 111 | 37) East Valley Spokane 82 |
| 25) Lakewood 109 | 39) Shadle Park 80 |
| 26) East Valley-Yakima 107 | 40) Lynnwood 78 |

BEST COMBINED PROGRAMS BY DIVISION

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

4A

- | | |
|-------------------------|-----------------------------|
| 1) Mead 303pts | 13) Redmond 69 |
| 2) Joel Ferris 202 | 14) Olympia 68 |
| 3) Gig Harbor 192 | 15) Tahoma 65 |
| 4) Edmonds-Woodway 190 | 16) Rogers (Spokane) 58 |
| 5) Eisenhower 173 | 17) South Kitsap 56 |
| 6) Snohomish 166 | 18) Kennewick 55 |
| 7) Richland 131 | 19) Puyallup 46 |
| 8) Newport-Bellevue 124 | 20) Eastlake 42 |
| 9) Bellarmine Prep 115 | 21) Wilson 40 |
| 10) Issaquah 99 | 22) Marysville-Pillchuck 39 |
| 11) Curtis 87 | 23) Stanwood 36 |
| 12) Lewis & Clark 72 | 23) Central Valley 36 |

3A

- | | |
|---------------------------|----------------------|
| 1) Bishop Blanchet 192pts | 13) Bellevue 59 |
| 2) North Central 138 | 14) Capital 56 |
| 3) Lakeside-Seattle 130 | 15) Renton 55 |
| 3) Seattle Prep 130 | 16) Kelso 52 |
| 5) Columbia River 102 | 17) Mount Spokane 49 |
| 6) University 93 | 18) Everett 43 |
| 7) West Valley-Yakima 84 | 19) Mount Vernon 42 |
| 8) Shorecrest 82 | 20) Mount Rainier 41 |
| 9) Shadle Park 80 | 21) Sammamish 38 |
| 10) Lynnwood 78 | 22) Franklin 36 |
| 11) Mercer Island 71 | 23) Eastmont 35 |
| 12) Nathan Hale 65 | |

2A

- | | |
|----------------------------|---------------------|
| 1) Mount Baker 178pts | 11) Squalicum 72 |
| 2) Sehome 141 | 13) Bellingham 55 |
| 3) South Whidbey 132 | 14) Tumwater 50 |
| 4) West Valley-Spokane 117 | 15) Cheney 46 |
| 5) Selah 114 | 16) Wapato 36 |
| 6) Lakewood 109 | 17) Centralia 35 |
| 7) East Valley-Yakima 107 | 18) Port Angeles 33 |
| 8) Ephrata 101 | 18) Lindbergh 33 |
| 9) Burlington-Edison 92 | 20) Washougal 31 |
| 10) East Valley Spokane 82 | 21) North Kitsap 28 |
| 11) Cedarcrest/Tolt 73 | |

1A

- 1) Omak 225pts
- 2) King's 183
- 3) Riverside 179
- 4) Chelan 145
- 5) Montesano 111
- 6) Cashmere 90
- 6) Lakeside-9 mile 90
- 8) Port Townsend 62
- 9) Charles Wright 61
- 10) Carroll 60
- 11) Tonasket 55

- 12) Castle Rock 54
- 12) La Center 54
- 14) Bellevue Christian 46
- 15) Chewelah 44
- 16) Freeman 43
- 17) Lynden Christian 42
- 18) Colville 41
- 19) Ilwaco 37
- 20) Newport 34
- 21) Naches 31
- 22) Zillah 30

B

- 1) Saint George's 187pts
- 2) Northwest Christian-Lacey 106
- 3) Seattle Lutheran 75
- 4) Northwest Christian-Colbert 65
- 5) White Pass 49
- 6) Reardon 47
- 7) Pomeroy 43
- 8) Liberty Bell 40
- 9) Lake Roosevelt 35
- 10) Colfax 28
- 18) Wahkiakum 11
- 18) South Bend 11
- 18) Wilbur Creston 11

- 11) Republic 19
- 12) Warden 18
- 13) Mary Walker 17
- 14) Trout Lake/ Glenwood 15
- 15) Asotin 14
- 16) Tri-Cities Prep 13
- 17) Ocosta 12
- 18) Odessa 11
- 18) Valley Christian 11

MOST TEAM STATE TITLES

BOYS:

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

- Sehome 6
- NW Chr. Lacey 5
- Eisenhower 5
- Edmonds-Woodway 5
- Saint George's 5
- Mount Baker 5
- Newport (Bellevue) 5
- Gig Harbor 5
- Omak 4
- Chelan 4
- Snohomish 4
- Bellarmine Prep 4
- East Valley Spokane 4

- Omak 11
- King's 11
- Joel Ferris 10
- Sehome 9
- Mount Baker 8
- Bishop Blanchet 8
- Chelan 8
- Saint George's 8
- Eisenhower 7
- NW Chr. Lacey 7
- Gig Harbor 6
- Snohomish 6
- East Valley Yakima 6
- Richland 6
- North Central 6

GIRLS:

- King's 7

COMBINED:

- Mead 16
- Edmonds-Woodway 12

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)
- University (4)

GIRLS:

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

COMBINED:

- 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)

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)
Sehome girls 5 (2006-2010)
NW Christian Lacey girls 5 (2006-2010)
North Central boys 5 (2006-2010)
East Valley (Spokane) girls 4 (1994-1997)
King's boys 4 (1999-2002)
Ferris boys 4 (2003-2006)
King's girls 4 (2006-2009)

MOST STATE TROPHIES:

BOYS:

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

Mount Baker (17)
Riverside (17)
Gig Harbor (14)
Saint George's (14)
Omak (14)
South Whidbey (13)
Bellarmine Prep (13)
Chelan (13)
Eisenhower (13)
Snohomish (12)
Lakeside-Seattle (12)
Mead (11)
King's (10)
Edmonds Woodway (9)
Newport Bellevue (9)

Omak (30)
Joel Ferris (28)
Riverside (26)
Saint George's (25)
Gig Harbor (24)
Bishop Blanchet (23)
Mount Baker (22)
Eisenhower (21)
Edmonds-Woodway (20)
Snohomish (20)
King's (20)
Chelan (19)
Seattle Prep (19)
South Whidbey (18)
Richland (17)
Lakeside Seattle (16)
NW Christian Lacey (16)
North Central (16)

GIRLS:

COMBINED:

Mead (37)

MOST STATE APPEARANCES

BOYS:

Blanchet 44
Edmonds-Woodway 35
Columbia River 30
Snohomish 29
Mead 29
Omak 28
Ferris 28
Gig Harbor 27
Kelso 26
Lakewood 26
Seattle Prep 26
Renton 25
Lakeside (Seattle) 25
Nathan Hale 25
Puyallup 25

GIRLS:

Bellarmine Prep 31
Gig Harbor 27
Mount Baker 26
Riverside 26
Lakeside (Seattle) 25
South Whidbey 24
Eisenhower 24
Kelso 22
Chelan 21
Columbia River 21
Snohomish 21
Olympia 21
Omak 21
Capital 20

COMBINED:

Blanchet 62
Gig Harbor 54
Columbia River 51
Snohomish 50
Riverside 50
Lakeside (Seattle) 50
Edmonds-Woodway 50
Omak 49
Kelso 48
Mount Baker 47
Mead 47
Olympia 45
Bellarmine Prep 43
Montesano 42
Capital 41

LONGEST STATE APPEARANCE STREAKS

Blanchet boys 33 (1978-present)
Lakewood boys 26 (1984-2009)
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 14 (1997-present)
 Eisenhower girls 12 (1994-2005)
 Blanchet girls 11 (1990-2000)
 King's girls 11 (2000-2010)

TEAMS WITH MOST INDIVIDUAL STATE CHAMPIONS

BOYS

Mead – 11
 Joel Ferris – 6
 Bishop Blanchet – 5
 Selah – 5
 Sehome – 5
 Lynnwood – 4
 Carrol – 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
 Lewis & Clark – 3
 NW Christian Lacey – 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
 Northwest – 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 – 6
 Lewis & Clark – 5
 Freeman – 5
 Lynnwood – 5
 Bellevue – 4
 West Valley Spokane – 4
 Saint George's – 4
 Lakes – 4
 Mount Baker – 4
 Ephrata – 4
 Seattle Prep – 4
 Omak – 4
 Charles Wright – 4
 NW Christian Lacey – 4

TEAMS WITH MOST INDIVIDUAL PODIUM PLACES

BOYS

Mead – 55
 Joel Ferris – 48
 North Central – 35
 Bishop Blanchet – 33
 King's – 26
 Snohomish – 25
 Omak – 24
 Burlington Edison – 24
 Gig Harbor – 22
 Lewis & Clark – 21
 Selah – 20
 Columbia River – 20
 Port Townsend - 20
 Saint George's – 20
 Edmonds Woodway – 19
 Northwest Chr. Colbert – 19
 Eisenhower – 19
 Sehome – 19
 Shadle Park – 18
 Rogers Spokane – 18
 East Valley Yakima – 18
 West Valley Spok. – 18
 West Valley Spokane - 34
 Bellarmine Prep – 33
 Lakeside Seattle – 32
 Riverside – 30

GIRLS

Mount Baker – 32
 Omak – 31
 Bellarmine Prep – 29
 Saint George's – 28
 King's – 27
 Eisenhower – 26
 Lakeside Seattle – 23
 Gig Harbor – 23
 Edmonds Woodway – 22
 NW Chr. Colbert - 20
 Snohomish – 19
 Carroll – 18
 South Whidbey – 18
 Mead – 18
 Shadle Park – 17
 Sehome – 17
 Joel Ferris – 16
 West Valley Spokane – 16
 Ephrata – 16
 Bellevue Chr. - 16

COMBINED

Mead – 73
 Joel Ferris – 64
 Omak – 55
 King's - 53
 Mount Baker – 48
 Saint George's – 48
 Gig Harbor – 45
 Eisenhower – 45
 Snohomish – 44
 Edmonds Woodway – 41
 North Central - 41
 Bishop Blanchet – 39
 Northwest Chr. Colbert - 39
 Shadle Park - 36
 Sehome - 36
 Selah – 35
 Lewis & Clark - 34

TEAMS WITH MOST INDIVIDUAL PODIUM PLACES BY DIVISION

BOYS

4A
Mead – 55
Joel Ferris – 48
Snohomish – 25
Gig Harbor – 22
Lewis & Clark – 21
Eisenhower - 19
Edmonds Woodway – 19
Rogers Spokane – 18
Richland – 17
Kennewick – 14
University – 13
Curtis – 13
Redmond – 12
Issaquah – 11
Evergreen Seattle – 11
Mariner – 11
Jackson - 11
Davis - 10

3A
Bishop Blanchet – 34
North Central – 31
Columbia River – 20
Shadle Park – 19
Nathan Hale – 17
Seattle Prep – 16
Shorecrest – 15
University - 15
Lynnwood – 13
Renton – 13
O’Dea – 12
Kelso - 11

GIRLS

4A
Bellarmine Prep – 29
Eisenhower – 26
Gig Harbor – 23
Edmonds Woodway – 22
Snohomish – 19
Mead – 18
Joel Ferris – 16
Newport Bellevue – 14
Davis – 13
Lewis & Clark – 13
Battle Ground – 11
South Kitsap – 10
Redmond – 10
Rogers (Spokane) – 9
Walla Walla – 9
Olympia – 9
Issaquah – 8

3A
Lakeside Seattle – 23
Shadle Park - 17
West Valley Yakima – 15
East Valley Spokane – 13
Bellevue – 11
Lynnwood – 11

Shelton – 11
Mt Spokane - 11
Mercer Island - 10
Lakeside (Seattle) – 9
Mt Vernon – 9
Oak Harbor - 9

2A
Burlington Edison – 24
Selah – 20
Sehome – 19
East Valley Yakima – 18
West Valley Spokane – 18
Mount Baker – 16
Cedarcrest – 14
Lakewood – 14
Ellensburg – 12
East Valley (Spokane) - 11
Wapato – 12
Bellingham - 10
Ephrata – 10
Anacortes – 10
Tumwater – 9
Lindbergh – 9
Cheney - 9
South Whidbey - 9

1A
King’s – 26
Omak – 24
Port Townsend – 20
Cashmere – 17
Montesano – 16

Shorecrest – 10
Seattle Prep - 10
North Central – 10
Mount Rainier – 9
Kelso – 9
Eastmont – 9
Shorewood - 9
Hanford - 8
Columbia River - 8
Capital – 8
Holy Names – 8
Peninsula - 8

2A
Mount Baker – 32
South Whidbey – 18
Sehome – 17
Ephrata – 16
West Valley Spokane – 16
Selah – 15
East Valley (Spokane) - 13
Deer Park – 12
Riverside – 11
Lakewood – 11
Cedarcrest / Tolt – 11
Squalicum – 9
Kingston - 8

Riverside - 15
Chelan – 15
Charles Wright – 15
Ilwaco – 15
Lakeside 9 Mile Falls – 14
Colville - 14
Castle Rock – 14
Lake Roosevelt – 13
Rochester – 12
Chewelah – 11
Royal - 11
Tonasket – 10
Newport (Spokane) – 10
Onalaska - 9
Carroll - 9

B
Saint George’s – 120
NW Chr. Colbert – 19
Colfax – 16
Lake Roosevelt - 13
Northwest Chr. Lacey – 13
Odessa – 11
Reardan – 10
Seattle Lutheran – 9
Republic - 8
Pomeroy – 7
Valley Christian – 7
Tacoma Baptist – 7
Davenport - 7

Hockinson – 8

1A
Omak – 31
King’s – 27
Carroll – 18
Bellevue Chr. – 16
Riverside - 15
Chelan – 11
Cashmere – 11
Vashon Island – 10
Port Townsend – 9
Lakeside (9 Mile) - 9
Connell – 8
Charles Wright – 8
Colville – 8
Freeman - 8
Montesano - 8
Bush – 8

B
Saint George’s – 28
NW Chr. Colbert – 20
NW Chr. Lacey – 15
Colfax – 8
Valley Chr. – 7
Trout Lake / Glenwood – 7

Mosseyrock – 7
White Pass - 7
COMBINED
4A
Mead – 73
Joel Ferris – 64
Eisenhower – 45
Gig Harbor – 45
Snohomish – 44
Edmonds Woodway – 41
Lewis & Clark – 34
Bellarmine Prep – 33
Rogers Spokane – 27
Richland – 23
Davis – 23
Redmond – 22
Kennewick – 21
Newport (Bellevue) – 19
Issaquah - 19

3A
North Central – 41
Bishop Blanchet – 39
Shadle Park – 36
Lakeside Seattle – 32
Columbia River – 28
Seattle Prep – 26
Shorecrest – 25
Lynnwood – 24
West Valley Yakima – 22
University – 21
Kelso - 20
Nathan Hale – 19
Bellevue – 19
Mount Rainier – 17

2A
Mount Baker – 48
Sehome – 36
Selah – 35
West Valley Spokane – 34
Burlington Edison – 29
South Whidbey – 27
Ephrata – 26
Lakewood – 25
Cedarcrest Tolt – 25
East Valley Spokane - 24

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

Seattle Lutheran – 6

East Valley Yakima – 23
Ellensburg - 17
Anacortes – 16
Squalicum – 16
Bellingham – 16
Wapato - 16

1A
Omak – 55
King's – 53
Riverside – 30
Port Townsend – 29
Cashmere – 28
Carroll – 27
Chelan – 26
Montesano – 24
Lakeside 9 Mile Falls – 23
Charles Wright – 23
Colville - 22
Ilwaco – 22
Bellevue Chr. – 19
Vashon Island – 17
Tonasket – 16
Freeman - 15

B
Saint George's – 48
NW Chr. Colbert – 39
NW Chr. Lacey – 28
Colfax – 24
Lake Roosevelt - 17
Seattle Lutheran – 15
Odessa – 14
Valley Chr. – 14
Pomeroy – 12
Trout Lake / Glenwood– 12
Mosseyrock – 12
Reardan – 12
White Pass – 11
Tacoma Baptist – 11
Davenport - 10
Liberty Bell – 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

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
43 – North Central, 2010 3A
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

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

41 – Glacier Peak, 2010 3A
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

65 – Riverside, 2001 2A

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

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

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:

MOST BOYS TITLES BY COACH:

Pat Tyson (Shorecrest/Mead) - 14
Shorecrest 1984-85, Mead 1988-96, 2000-'02
Russ Brantner (Omak) - 7
Tom Campbell (Edmonds) – 7
Leo Genest (Bishop Blanchet) – 6
Jon Knight (North Central) – 5
Mike Hadway (Ferris) - 5
Rod Wilcox (King's) – 4

MOST GIRLS TITLES BY COACH:

Phil English (Carroll/Eisenhower) – 8
Carroll 1981-1983, Eisenhower 1989,'94,'99,'00'10
Rod Wilcox (King's) - 7

Mark Kerr (Sehome) – 6
Tom Campbell (Edmonds) – 5
Dan Parker (Snohomish, Glacier Peak) – 5
Russ Brantner (Omak) – 4
Bill Kehoe (NW Christian) – 4
Mark Anderson (Chelan) – 4
Ross Thomas (St. George's) – 4
Nick Lazanis (East Valley Spokane) – 4

MOST COMBINED TITLES BY COACH:

Pat Tyson (Shorecrest/Mead) - 14
Tom Campbell (Edmonds) – 12
Phil English (Carroll/Eisenhower) – 11
Russ Brantner (Omak) – 11
Rod Wilcox (King's) – 11
Mark Kerr (Sehome) – 9
Bill Kehoe (NW Christian) – 6
Pete Steiner (East Valley Yakima) – 6
Leo Genest (Bishop Blanchet) – 6

OTHER NOTABLE FACTS AND FIGURES

OUT OF NO WHERE AND BACK

Nooksack Valley's boys team went from not making it to state in 2008 to State Champions in 2009 then back to not qualifying in 2010. Add to that that they did not even qualify an individual to state in 2010. I hope the traveling trophy made it to Pasco.

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 girls placed 3rd in 2009 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 (now Shorewood) 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** three-

peated 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 girls team 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.

In 2010 three teams (Sehome's girls, North Central's boys and NW Chr. Lacey's girls) extended their title streaks to five in a row.

However none of them had an individual on the last four years of their streaks.

Nothing but success – Sehome's Annie Moore not only won 4 team titles but placed individually on the podium from 06-09. During Mead's 9 year boys 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
- 56 – 2010 3A boys North Central 43, University 99
- 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

66 – 2010 3A girls Glacier Peak 41, Shadle Park 107
54 – 1988 2A girls Lynnwood 65, Edmonds 119
40 – 1975 3A girls Sealth 61, Edmonds 101
28 – 1996 2A girls East Valley Spokane 81, South Whidbey 109
26 – 1997 3A 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
34 – 2010 2A girls Sehome 86, Cheney 120
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 – 2010 B girls NW Christian Lacey 44, NW Christian Colbert 66
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	16:12	06 Joel Ferris 4A 1 ST
15:45	09 North Central 3A 1 st	16:12	10 Auburn Riverside 4A 3 rd
15:47	10 North Central 3A 1 st	16:13	97 University 4A 1 ST
15:50	98 University 4A 1 ST	16:14	05 Joel Ferris 4A 1 ST
15:52	04 Joel Ferris 4A 1 ST	16:14	10 University 3A 2 nd
15:52	09 Joel Ferris 4A 1 st	16:15	03 Eisenhower 4A 2 ND
16:02	08 Seattle Prep 3A 2 nd	16:15	09 Issaquah 4A 3 rd
16:02	10 Lewis and Clark 4A 2 nd	16:16	09 Eisenhower 4A 4 th
16:03	04 Mead 4A 2 ND	16:16	09 Lewis & Clark 4A 5 th
16:03	04 Eisenhower 4A 3 RD	16:17	02 Mead 4A 1 ST
16:03	09 Henry Jackson 4A 2 nd	16:17	98 Mead 4A 2 ND
16:05	10 Eisenhower 4A 1 st	16:18	04 Aub-Riverside 4A 4 TH
16:05	01 Mead 4A 1 ST	16:19	05 Mead 4A 2 ND
16:08	08 Mead 4A 1 st	16:19	08 Redmond 4A 4 th
16:09	03 Joel Ferris 4A 1 ST	16:19.4	10 Sehome 2A 1 st
16:10	08 Henry Jackson 4A 2 nd	16:20	04 Bish Blanchet 3A 1 ST
16:10	08 Joel Ferris 4A 3 rd	16:21	04 North Central 3A 2 ND
16:11	03 Mead 4A 3 RD	16:21	98 Lewis & Clark 4A 3 RD
16:11	10 Joel Ferris 4A 4 th	16:21	09 Auburn Riverside 4A 6 th
16:11	01 Mt. Spokane 4A 2 ND	16:21	10 Seattle Prep 3A 3 rd

BEST BOYS TEAM PERFORMANCES BY DIVISION SINCE 1997

4A BOYS

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

3A BOYS

15:36	08 North Central 1 st	15:47	10 North Central 1 st
15:45	09 North Central 1 st	16:02	08 Seattle Prep 2 nd

16:14 10 University 2nd
 16:20 04 Bishop Blanchet 1ST
 16:21 04 North Central 2ND
 16:21 10 Seattle Prep 3rd
 16:23 08 Lindbergh 4th
 16:24 08 Bellevue 3rd
 16:24 09 Peninsula 2nd
 16:24 09 Bellevue 3rd
 16:25 07 North Central 1ST
 16:25 09 Mt. Spokane 5th
 16:27 10 Bellevue 4th
 16:28 98 West Valley Yak 1ST
 16:28 09 Seattle Prep 4th
 16:30 08 Mercer Island 5th
 16:30 97 Capital 1ST
 16:30 10 Kamiakin 5th
 16:31 04 Seattle Prep 4TH
 16:31 99 Lakeside Seattle 1ST
 16:32 04 East Valley Spok 3RD

16:33 03 West Valley Yak 1ST
 16:33 98 Squalicum 2ND
 16:33 97 Seattle Prep 2ND
 16:35 03 Seattle Prep 2ND
 16:37 99 Eastmont 3RD
 16:37 09 Lindbergh 6th
 16:39 05 Sehome 1ST
 16:40 06 Seattle Prep 2ND
 16:40 03 Skyline 3RD
 16:40 01 Bishop Blanchet 1ST
 16:40 98 O'Dea 5TH
 16:41 98 East Valley Spok 4TH
 16:42 99 Seattle Prep 2ND
 16:42 08 Mt. Spokane 6th
 16:43 98 Lakeside Seattle 6TH
 16:44 09 Bishop Blanchet 7th
 16:44 06 North Central 1ST
 16:44 10 Bishop Blanchett 6th

2A BOYS

16:19.4 10 Sehome 1st
 16:25 09 Burlington Edison 1st
 16:27 08 Sehome 1st
 16:29 99 Omak 1ST
 16:31 09 Sehome 2nd
 16:32.7 10 Lindbergh 2nd
 16:34 08 Burlington-Edison 2nd
 16:37 99 East Valley (Yak) 2nd
 16:37.0 10 Mark Morris 4th
 16:41 09 Squalicum 3rd
 16:42.5 10 Bellingham 3rd
 16:46 99 South Whidbey 3RD
 16:46.6 10 Squalicum 5th
 16:47 01 Riverside 1ST
 16:48 08 Cheney 4th
 16:49 08 Squalicum 3rd
 16:49 09 Lakewood 4th
 16:52 97 Lakeside (Spok) 1ST
 16:52.0 10 Kingston 7th
 16:53 98 Omak 2ND
 16:54.3 10 Cedarcrest 6th
 16:55 98 Lakeside (Spok) 1ST
 16:55 08 Riverside 5th
 16:58 06 Burlington Edison 1ST
 16:59.1 10 W F West 10th
 16:59.7 10 Ellensburg 9th

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
 17:01.0 10 Interlake 8th
 17:02 07 Burlington Edison 1ST
 17:02.7 10 Deer Park 11th
 17:03 08 Selah 6th
 17:03 08 Lakewood 7th
 17:05.6 10 Cheney 12th
 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
 17:11.6 10 Selah 14th
 17:12 99 Naches 5TH
 17:12 98 East Valley (Yak) 3RD
 17:12 08 Tumwater 9th
 17:12 09 Colville 7th
 17:12.4 10 North Kitsap 15th
 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
 16:57.5 10 Lakeside-9 Mile 1st
 16:59 01 King's 1ST
 16:59 08 Lakeside-9 Mile 1st
 17:00.8 10 Colville 2nd
 17:05 08 Charles Wright 2nd
 17:08 99 King's 1ST
 17:08 98 Liberty Bell 1ST
 17:09.0 10 Charles Wright 3rd
 17:14 03 Charles Wright 1ST
 17:14.2 10 King's 4th
 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
 17:28.4 10 Lynden Christian 6th
 17:29.3 10 La Center 5th
 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

17:25.3 10 NW Chr. Lacey 3rd
 17:26.5 10 Tri Cities Prep 1st
 17:29 08 NW Chr. Lacey 1st
 17:32.7 10 Republic 2nd
 17:41 09 NW Chr. Lacey 1st
 17:43.4 10 Davenport 4th
 17:47 08 Reardan 2nd
 17:49.1 10 Mt Rainier Lutheran 5th
 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
 18:28.2 10 Saint George's 6th
 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
 15:09.0 10 Kenji Bierig – Lewis and Clark 4A 1st
 15:10 98 Adam Tenforde – Hanford 3A 1ST
 15:11.3 10 Nathan Weitz – Shadle Park 3A 1st
 15:15 09 Ben Johnston – North Central 3A 1st
 15:16.9 10 Tyler King – Coupeville 1A 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
 15:20.4 10 Vince Hamilton – North Central 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
 15:24.4 10 Anthony Armstrong – Kamiakin 3A 3rd
 15:24.7 10 Jeff Bastian – Glacier Peak 3A 4th
 15:25 03 Laef Barnes – Mead 4A 3RD
 15:25 08 Andrew Kempel – North Central 2nd
 15:26.1 10 Andrew Gardner – Mead 4A 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
 15:30.8 10 Scott Carlyle – Sehome 2A 1st
 15:30.9 10 Aaron Nelson – Walla Walla 4A 3rd
 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
 15:31.9 10 Dylan Croeni – Washougal 2A 2nd
 15:32 01 Chris Lukezic – Auburn 4A 2ND
 15:32 06 MaxODonoghueMcDonald-SeattlePrep3A 1ST
 15:32 98 Javon Broderick – O'Dea 3A 2ND
 15:32 09 Kenji Bierig – Lewis & Clark 4th
 15:32.2 10 Korey Krotzer – Auburn Riverside 4A 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
 15:34.8 10 Casey Adams – North Central 3A 5th
 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

BEST INDIVIDUAL PERFORMANCES BY DIVISION SINCE 1997

4A BOYS

15:06 09 Shane Moskowitz – Central Kitsap 1ST
 15:09.0 10 Kenji Bierig – Lewis and Clark 1st
 15:18 99 Michael Kiter – Shadle Park 1ST
 15:18 98 Ian Johnson – University 1ST
 15:18 98 Sean Knapp – Gig Harbor 2ND
 15:18 08 Mack Young – Redmond 1st

15:21 08 Shane Moskowitz – Central Kitsap 2nd
 15:22 09 Conner Peloquin – Gig Harbor 2nd
 15:24 04 Kelly Spady – Kamiak 1ST
 15:24 04 Robbie Barany – Eisenhower 2ND

15:24	03 Evan Garber – Mead 1 ST	15:36	02 Carl Moe – Auburn Riverside 1 ST
15:24	03 David Kinsella – Inglemoor 2 ND	15:37	01 Cameron Schwehr – Mt. Spokane 3 RD
15:25	03 Laef Barnes – Mead 3 RD	15:37	09 Mack Young – Redmond 6 th
15:26.1	10 Andrew Gardner – Mead 2 nd	15:37.6	10 Alex Kimsey – Joel Ferris 5 th
15:27	08 Julian Blake Cowan – Auburn Riv. 3 rd	15:38	04 Laef Barnes – Mead 4 TH
15:29	08 Andrew Gonzales – Southridge 4 th	15:38	01 Tyler Campbell – Auburn 4 TH
15:30	03 Charles Cummings – Eisenhower 4 TH	15:38	03 Jeff Helmer – Jackson 6 TH
15:30	01 Jesse Fayant – Mead 1 ST	15:39	09 Timothy Cummings – Eisenhower 7 th
15:30.9	10 Aaron Nelson – Walla Walla 3 rd	15:39	07 Miles Unterreiner – Gig Harbor 1 ST
15:31	03 Justin Houck – Ferris 5 TH	15:40	05 Jeff Helmer – Jackson 1 ST
15:31	09 Adam Thorne – Ferris 3 rd	15:40	02 Rich Nelson – Shadle Park 2 ND
15:32	01 Chris Lukezic – Auburn 2 ND	15:40	04 Ben Poffenroth – Joel Ferris 5 TH
15:32	09 Kenji Bierig – Lewis & Clark 4 th	15:40.1	10 Jacob Smith – Wenatchee 11 th
15:32.2	10 Korey Krotzer – Auburn Riverside 4 th	15:41	04 Derry Bettls – Edmonds Woodway 6 TH
15:33	98 Tom Becker – Mt. Spokane 3 RD	15:41	09 Andrew Gardner – Mead 8 th
15:33	09 Tyler King – Oak Harbor 5 th	15:42	99 Dale Fox – Shelton 2 ND
15:34	08 Kevin Rosaaen – Wilson 6 th	15:42.8	10 Nate Brennand – Olympia 7 th
15:35	04 Charles Cummings – Eisenhower 3 RD		

3A BOYS

15:10	98 Adam Tenforde – Hanford 1 ST	15:45	09 Abraham Berhe – Ingraham 11 th
15:11.3	10 Nathan Weitz – Shadle Park 1 st	15:45	09 Trevor Thompson – Lindbergh 12 th
15:15	09 Ben Johnston – North Central 1 st	15:46.3	10 Izaic Yorks – Lakes 7 th
15:18	08 Michael Miller – Mt. Rainier 1 st	15:47	08 Matt Miland – Lindbergh 10 th
15:20	09 Drew O'Donoghue-McDonald – Seattle Prep	15:47	08 Alex Avila – North Central 11 th
2 nd		15:47	09 Nathan Weitz – Shadle Park 13 th
15:20.4	10 Vince Hamilton – North Central 2 nd	15:48	98 Jared Christianson – West Valley Yak 6 TH
15:24.4	10 Anthony Armstrong – Kamiakin 3 rd	15:48.7	10 Curtis King – Peninsula 8 th
15:24.7	10 Jeff Bastian – Glacier Peak 4 th	15:49	09 Tabor Reedy – North Kitsap 14 th
15:25	08 Andrew Kempel – North Central 2 nd	15:49.0	10 Jon Smith – University 9 th
15:28	09 Chris Borg – Peninsula 3 rd	15:50	01 Steve Mull – Bishop Blanchet 1 ST
15:29	09 Alexander Avila – North Central 4 th	15:50	98 Kevin Engelhardt – Highline 7 TH
15:30	08 Jeff Howard – North Central 3 rd	15:50	09 Hunter Johnson – Mt. Spokane 15 th
15:30	09 Kyle Boe – Columbia River 5 th	15:51	08 Kyle Boe – Columbia River 12 th
15:31	09 Casey Adams – North Central 4 th	15:51	03 Brian Govier – Mercer Island 1 ST
15:32	06 Max O'Donoghue-McDonald-Sea Prep 1 ST	15:51	99 Peter Furia – Lakeside Seattle 1 ST
15:32	98 Jaxon Broderick – O'Dea 2 ND	15:51	98 Tomm Johnson – Squaticum 8 TH
15:34.8	10 Casey Adams – North Central 5 th	15:51	98 Peter Furia – Lakeside Seattle 9 TH
15:35	98 Dustin Duke – Jackson 3 RD	15:51	97 Scott Johnson – Sammamish 2 ND
15:36	97 Dustin Duke – Jackson 1 ST	15:52	03 Connor Kilpatric – Seattle Prep 2 ND
15:37	09 Allan Schroeder – Mt. Spokane 7 th	15:52.2	10 Angelo Comeaux – Everett 10 th
15:39	08 Ben Johnston – North Central 4 th	15:53	98 Jim Marlow – East Valley Spokane 10 TH
15:40	08 Leon Dean – North Central 5 th	15:53.6	10 Steven Robinson – Bishop Blanchet 11 th
15:40	09 Joel Ambo – Bellevue 8 th	15:54	08 Nathan Weitz – Shadle Park 13 th
15:40	09 Michael Williams – Bellevue 9 th	15:54	05 Max O'Donoghue-McDonald-Seattle Prep 1 ST
15:42	98 Mike Kamm – Interlake 4 TH	15:55	08 Trevor Thompson – Lindbergh 14 th
15:42	08 Abraham Berhe – Ingraham 6 th	15:55	99 Fraser Kitchell – Lakeside Seattle 2 ND
15:42	09 Steven Robinson – Bishop Blanchet 10 th	15:55.2	10 Keith Williams – North Central 12 th
15:42.9	10 Aaron Elefson – Mercer Island 6 th	15:55.6	10 Andrew Wordell – North Central 13 th
15:43	08 Drew O'Donoghue-McDonald Sea Prep 7 th	15:56	04 Chris Ahl – Bishop Blanchet 3 RD
15:43	08 Charlie McDonald – Sea Prep 8 th	15:56	03 Woody Favinger – Sehome 3 RD
15:44	98 Ben Koss – Capital 5 TH	15:56	97 Ben Koss – Capital 3 RD
15:45	04 Sam Ahlbeck – Lindbergh 1 ST	15:56.0	10 Hunter Johnson – Mount Spokane 14 th
15:45	08 Allan Schroeder – Mount Spokane 9 th	15:57	99 Dan McLean – Kennedy 3 RD
15:45	04 Max O'Donoghue-McDonald-Sea Prep 2 ND	15:57	97 Adam Tenforde – Hanford 4 TH

2A BOYS

15:29	99 Matt Harriman – Omak 1 ST
15:30.8	10 Scott Carlyle – Sehome 1 st
15:31.9	10 Dylan Croeni – Washougal 2 nd
15:39	98 Matt Harriman – Omak 1 ST
15:42.8	10 Conner Ballew – Archbishop Murphy 3 rd
15:43	01 Matt Owens – East Valley Yakima 1 ST

15:47 09 Scott Carlyle – Sehome 1ST
 15:51 06 Jake Riley – Sehome 1ST
 15:51 99 Hendrick Kok – Lynden Christian 2ND
 15:52 09 Dakota Parker – W F West 2nd
 15:54 99 Ivan Bannon – Ilwaco 3RD
 15:55.6 10 Nicholas Schippers – Kingston 4th
 15:58.0 10 Chase Bussing – Mark Morris 5th
 15:58.4 10 Nate Starr – Mark Morris 6th
 15:59 99 Jake Haskins – Port Townsend 4TH
 15:59.3 10 Dayde Collins – Deer Park 7th
 16:01 09 Tyler Williams – Burlington Edison 3rd
 16:02 07 Justin Rose – Colville 1ST
 16:02.8 10 Dakota Parker – W F West 8th
 16:04 99 Braden Giswold – South Whidbey 5TH
 16:05.5 10 Nick Lobb – Bellingham 9th
 16:06 08 James Currell – Selah 1st
 16:08 08 Clinton Overman – Sehome 2nd
 16:08.5 10 Patrick Gibson – Squalicum 10th
 16:09 08 Todd Jackson – Elma 3rd
 16:09 08 Scott Carlyle – Sehome 4th
 16:10 08 Steven Acosta – Tumwater 5th
 16:10 08 Arick Zachman – Cheney 6th
 16:10.3 10 Jeffrey Ott – Ellensburg 11th
 16:11 08 Justin Degenhardt – West Valley Spo 7th
 16:13 09 Dylan Croeni – Washougal 4th
 16:14 99 Owen Farcy - Vashon 6TH
 16:14 08 Tyler Williams – Burlington-Ed 8th
 16:14 09 Taylor Guske – Lakewood 5th
 16:14.6 10 David Elliott – Squalicum 12th
 16:15 08 Nick Devier – Lakewood 9th
 16:15.0 10 Marcus Dickson – White River 13th
 16:16 04 Eric Burck – Ephrata 1ST
 16:16 08 Joey Nyberg – Riverside 10th
 16:16 09 Antonio Morales – Burlington Edison 6th
 16:16 09 Danny Gibson – Squalicum 7th
 16:16.9 10 Luke Garcia – Lindbergh 14th
 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
 16:20.0 10 Cody Edwards – East Valley-Spokane 15th
 16:20.8 10 Mark Garcia – Lindbergh 16th
 16:20 08 Daniel Issa – Cheney 13th
 16:21 97 Matt Harriman – Omak 2ND
 16:22 03 Michael Dols – Chelan 1ST

1A BOYS

15:16.9	10 Tyler King – Coupeville 1 st	16:04	97 Ned Miller – Darrington 1 ST
15:38	03 Tom Wyatt – Charles Wright 1 ST	16:07	97 Joey Hord – LaCenter 2 ND
15:47	98 John Russell – Freeman 1 ST	16:08	99 Todd Arnold – Ocosta 1 ST
15:47.5	10 Todd Jackson – Elma 2 nd	16:09	04 Alex Crabill – Charles Wright 1 ST
15:50.4	10 Habtamu Rubio – Port Townsend 3 rd	16:09	98 Todd Arnold – Ocosta 3 RD
15:53.2	10 Hap Emmons – King's 4 th	16:10	08 Bereket Piatt – Pt. Townsend 2 nd
15:56	08 Quinton Decker – Pt. Townsend 1 st	16:10	08 Alex Johnson – Seattle Aca. 3 rd
15:59	03 Steven Vandenburg – NW Chr Colbert 2 ND	16:10	09 Bereket Piatt – Port Townsend 1 st
16:01	98 Phil Olson – Tacomas Baptist 2 ND	16:12	01 Reid Carrel – Freeman 1 ST
16:03.9	10 Bereket Piatt – Port Townsend 5 th	16:12	97 Ivan Bannon – Ilwaco 3 RD

16:13.7 10 Colton Hastings – Colville 6th
 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
 16:18.9 10 Stephen Bottoms – Onalaska 7th
 16:19 99 Jesse Klemish – Mary Walker 2ND
 16:21.5 10 Ethan Tonnemaker – Royal 8th
 16:22 08 Seth Pierson – Cashmere 6th
 16:23 09 Habtamu Rubio – Port Townsend 2nd

16:24.3 10 Travis Hensley – Charles Wright 9th
 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 McKeirnan – 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

16:05.9 10 Justin Holden – NW Chr. Lacey 1st
 16:06.4 10 Maxwell Choka – St. George’s 2nd
 16:12 08 Jeff Pope – Valley Chr. 1st
 16:25 09 Lucas Graham – NW Chr. Lacey 1st
 16:32.4 10 Jon Bennett – Republic 3rd
 16:40 07 Matt Cronrath – Odessa 1ST
 16:41 09 Justin Holden – NW Chr. Lacey 2nd
 16:42 07 Jeff Pope – Valley Christian 2nd
 16:46.7 10 Seth Deal – Waitsburg-Prescott 4th
 16:52 08 Scott Strang – Odessa 2nd
 16:52.5 10 Lucas Graham – NW Chr. Lacey 5th
 16:54.2 10 Ryan Zeller – Davenport 6th
 16:54.9 10 Nick Lumetta – Tri Cities Prep 7th
 16:56.0 10 Austin Telford – Davenport 8th
 17:00.3 10 Cody Erickson – Liberty Spangle 9th
 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

18:42.8	10 Glacier Peak 3A 1 st	19:27	09 Tahoma 4A 2 nd
19:04	03 Snohomish 4A 1 ST	19:28	08 Eastlake 4A 1 st
19:06	04 Bellarmine Prep 4A 1 ST	19:28	99 Marysville Pil 4A 2 ND
19:11	09 Shadle Park 3A 1 st	19:28	09 Gig Harbor 4A 4 th
19:14	04 Gig Harbor 4A 2 ND	19:28.5	10 Tahoma 4A 3 rd
19:16	08 Gig Harbor 4A 2 nd	19:29	97 South Kitsap 4A 1 ST
19:16	09 Glacier Peak 3A 2 nd	19:33.9	10 Kamiakin 3A 4 th
19:16.2	10 Eastlake 4A 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
19:17.6	10 Eisenhower 4A 1 st	19:34.5	10 Stanwood 4A 4 th
19:19.6	10 Shadle Park 3A 2 nd	19:37	97 Newport Bell 3A 2 ND
19:20	05 Mt. Spokane 4A 2 ND	19:37	99 South Kitsap 4A 3 RD
19:21	04 Snohomish 4A 3 RD	19:37	08 Mercer Island 3A 1 st
19:21	97 East Valley Spok 3A 1 ST	19:37	09 Bellarmine Prep 4A 5 th
19:21	09 Eastlake 4A 1 st	19:37	09 Redmond 4A 6 th
19:21	09 Stanwood 4A 3 rd	19:38	08 Cedarcrest 2A 2 nd
19:22	03 BellarminePrep 4A 2 ND	19:38	06 Gig Harbor 4A 1 ST
19:22	09 Kingston 2A 2 nd	19:38	99 Newport Bell 3A 1 ST
19:23	99 Eisenhower 4A 1 ST	19:39	08 Seattle Prep 3A 2 nd
19:24	98 EastValley Spok3A 2 ND	19:39	98 Shadle Park 4A 2 ND
19:25	98 Newport Bell 3A 1 ST		

BEST GIRLS TEAM PERFORMANCES BY DIVISION SINCE 1997

4A GIRLS

AVERAGE TEAM

19:04	03 Snohomish 1 ST	19:16	08 Gig Harbor 2 nd
19:06	04 Bellarmine Prep 1 ST	19:16.2	10 Eastlake 2 nd
19:14	04 Gig Harbor 2 ND	19:17	05 Gig Harbor 1 ST

19:17.6 10 Eisenhower 1ST
 19:20 05 Mt. Spokane 2ND
 19:21 04 Snohomish 3RD
 19:21 09 Eastlake 1ST
 19:21 09 Stanwood 3RD
 19:22 03 Bellarmine Prep 2ND
 19:23 99 Eisenhower 1ST
 19:27 09 Tahoma 2ND
 19:28 08 Eastlake 1ST
 19:28 99 Marysville Pilchuck 2ND
 19:28 09 Gig Harbor 4TH
 19:28.5 10 Tahoma 3RD
 19:29 97 South Kitsap 1ST
 19:34 01 North Central 1ST
 19:34.5 10 Stanwood 4TH
 19:37 99 South Kitsap 3RD

3A GIRLS

18:42.8 10 Glacier Peak 1ST
 19:11 09 Shadle Park 1ST
 19:16 09 Glacier Peak 2ND
 19:19.6 10 Shadle Park 2ND
 19:21 97 East Valley (Spo) 1ST
 19:24 98 East Valley (Spo) 2ND
 19:25 98 Newport Bellevue 1ST
 19:33.9 10 Kamiakin 4TH
 19:37 08 Mercer Island 1ST
 19:37 97 Newport Bellevue 2ND
 19:38 99 Newport Bellevue 1ST
 19:39 08 Seattle Prep 2ND
 19:40.7 10 Peninsula 5TH
 19:41 05 West Valley (Yak) 1ST
 19:41.8 10 Oak Harbor 3RD
 19:44 08 Columbia River 5TH
 19:45 98 Selah 3RD
 19:45 05 Squalicum 2ND
 19:46 08 Mt.Spokane 3RD

2A GIRLS

19:22 09 Kingston 2ND
 19:34 08 Sehome 1ST
 19:36 10 Sehome 1ST
 19:38 08 Cedarcrest 2ND
 19:41 09 Sehome 1ST
 19:46 08 Sequim 4TH
 19:47 10 Cheney 2ND
 19:49 08 Squalicum 3RD
 19:55 10 North Kitsap 5TH
 19:57 10 Interlake 4TH
 19:59 10 Bellingham 3RD
 20:00 98 Omak 1ST
 20:01 01 Mount Baker 1ST
 20:01 10 Lindbergh 6TH
 20:04 09 Cedarcrest 3RD
 20:05 99 Mount Baker 1ST
 20:05 10 Kingston 7TH
 20:06 08 Deer Park 5TH
 20:09 09 Cheney 4TH
 20:21 97 Ephrata 1ST
 20:21 10 Lakewood 8TH
 20:24 08 Riverside 6TH
 20:26 07 Sehome 1ST
 20:26 04 East Valley Yakima 1ST

19:37 09 Bellarmine Prep 5TH
 19:37 09 Redmond 6TH
 19:38 06 Gig Harbor 1ST
 19:39 98 Shadle Park 2ND
 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
 19:41.7 10 Skyview 6TH
 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

19:48 02 Sehome 1ST
 19:49 04 West Valley (Yak) 4TH
 19:50 08 North Kitsap 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

20:26 99 Omak 2ND
 20:26 98 Riverside 2ND
 20:27 06 Sehome 1ST
 20:32 10 Cedarcrest 9TH
 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
 20:49 10 Ephrata 10TH
 20:51 01 Omak 3RD
 20:52 06 Bellingham 3RD
 20:52 99 Riverside 3RD

1A GIRLS

20:23	08 King's 1 st	21:14	03 King's 1 ST
20:32	98 Saint George's 1 st	21:14	97 Chelan 1 ST
20:42	10 Riverside 1 st	21:19	10 University Prep 5 th
20:45	07 King's 1 st	21:20	08 Lakeside(Spok) 4 th
20:45	98 Chelan 2 nd	21:20	10 Lakeside(Spok) 4 th
20:49	08 LaCenter 2 nd	21:21	09 Lakeside(Spok) 4 th
20:51	09 King's 1 st	21:26	09 Chelan 3 rd
20:54	04 Zillah 1 st	21:35	04 Cedar Park Chr. 2 nd
20:58	01 King's 1 st	21:35	98 Lynden Christian 4 th
20:58	10 King's 2 nd	21:37	10 La Center 7 th
21:05	98 LaCenter 3 rd	21:45	06 Chelan 2 nd
21:06	10 Omak 3 rd	21:45	10 Cedar Park Christian 6 th
21:07	02 King's 1 st	21:46	08 Bellevue Chr. 5 th
21:09	06 King's 1 st	21:46	06 Nooksack Valley 3 rd
21:10	08 Chelan 3 rd	21:49	00 Saint George's 1 st
21:11	07 LaCenter 2 nd	21:50	05 Zillah 2 nd
21:11	09 LaCenter 2 nd	21:50	04 Saint George's 3 rd
21:11	09 Northwest 5 th	21:50	01 Wellpinit 2 nd
21:12	99 Saint George's 1 ST	21:50	10 Bellevue Christian 8 th
21:14	05 Charles Wright 1 ST		

B GIRLS

20:19	09 NW Christian Lacey 1 st	22:13.1	10 Oroville 4 th
20:31.5	10 NW Christian Lacey 1 st	22:19	06 NW Christian Lacey 1 st
21:04.9	10 NW Christian Colbert 2 nd	22:37.9	10 Saint George's 5 th
21:16	07 NW Christian Lacey 1 st	22:38.1	10 Asotin 6 th
21:37.2	10 White Pass 3 rd	22:49	07 White Pass 3 rd
21:39	07 Saint George's 2 nd	23:04	06 Saint George's 2 nd
21:49	09 White Pass 2 nd	23:05	09 Saint George's 4 th
21:54	09 NW Christian Colbert 3 rd	23:10	08 White Pass 4 th
21:55	08 NW Christian Lacey 1 st	23:10	09 Crosspoint Academy 5 th
22:03	08 Asotin 2 nd	23:19	08 Riverside Chr. 5 th
22:08	08 Saint George's 3 rd	23:23	07 Reardan 4 th

BEST GIRLS INDIVIDUAL PERFORMANCES SINCE 1997

TIME RUNNER

17:31.8	10 Amy Eloise Neale – Glacier Peak 3A 1 st	18:15.5	10 Baylee Mires – Mead 4A 5 th
17:33.9	10 Maddie Meyers – Northwest 1A 1 st	18:16	06 Andrea Nelson - Shadle Park 4A 3 RD
17:35	05 Megan O'Reilly - Mount Spokane 4A 1 st	18:16	06 Nicole Cochran - Bellarmine Prep 4A 3 RD
17:38.0	10 Katie Knight – North Central 3A 2 nd	18:16.4	10 Priscilla Timmons – Skyview 4A 6 th
17:44.4	10 Tansey Lystad – Inglemoor 4A 1 st	18:17	09 Minna Fields – Stanwood 4A 2 nd
17:50.2	10 Anastasia Kosykh – Eastlake 4A 2 nd	18:17.8	10 Lucy Cheadle – Roosevelt 4A 7 th
17:53	04 Brie Felnagle - Bellarmine Prep 4A 1 st	18:20	08 Sandra Martinez – AC Davis 4A 2 nd
17:58	09 Anna Dailey – Garfield 4A 1 st	18:20	01 Jessie McLaughlin - Olympia 4A 1 ST
18:00	08 Alyssa Andrews – Gig Harbor 4A 1 st	18:21	98 Megan Johnson - Seattle Prep 3A 2 ND
18:01	09 Maddie Meyers – Northwest 1A 1 st	18:22	01 Bobeya Krishnek - Mount Baker 2A 1 ST
18:03.1	10 Katie Bianchini – Glacier Peak 3A 3 rd	18:23	05 Anna Layman - Central Valley 4A 3 RD
18:06	09 Ruby Roberts – Kingston 2A 1 st	18:23	99 Erin Krogel - Shadle Park 4A 1 ST
18:08	09 Amy-Eloise Neal – Glacier Peak 3A 1 st	18:23	09 Devin McMahon – Redmond 4A 3 rd
18:09	09 Katie Knight – North Central 3A 2 nd	18:24	05 Paige Pattilo - Bothell 4A 4 th
18:10	98 Melaine Frostad – East Valley Spokane 3A 1 ST	18:24.6	10 Kendra Weitz – Shadle Park 3A 5 th
18:10	05 Jessica Pixler - Eastlake 4A 2 ND	18:25	08 Andrea Nelson – Shadle Park 3A 1 st
18:10.7	10 Chandler Olson – Woodinville 4A 3 rd	18:25	08 Allison Cutting – Sequim 2A 1 st
18:11.0	10 Minna Fields – Stanwood 4A 4 th	18:25	05 Michelle Schubert – West Valley(Yak) 3A 1 ST
18:13	06 Kenna Patrick - Thomas Jefferson 4A 1 ST	18:25	09 Priscilla Timmons – Skyview 4A 4 th
18:13	09 Tansey Lystad – Juanita 3A 3 rd	18:26	02 Amber Nickelson - Lake Stevens 4A 1 ST
18:14	03 Brie Felnagle - Bellarmine Prep 4A 1 st	18:26	07 Andrea Nelson - Shadle Park 4A 1 ST
18:15.0	10 Erin Hegarty – Hanford 3A 4 th	18:27	05 Stephanie Marcy - Sequim 3A 2 ND

18:27	99 Megan Johnson - Seattle Prep 3A 1 ST	18:28	98 Kim Stone - Bethel 4A 1 ST
18:27	03 Stephanie Lenihan - Davis 4A 2 ND	18:29	01 Amanda Miller - Eastmont 3A 1 ST
18:27	04 Stephanie Sipes - Gig Harbor 4A 2 ND	18:29	01 Meredith Crane - Davis 4A 2 ND
18:28	06 Stephanie Marcy - Sequim 2A 1 ST		

BEST GIRLS INDIVIDUAL PERFORMANCES BY DIVISION SINCE 1997

4A GIRLS

17:35	05 Megan O'Reilly - Mount Spokane 1 st	18:25	09 Priscilla Timmons - Skyview 4 th
17:44.4	10 Tansey Lystad - Inglesmoor 1 st	18:26	07 Andrea Nelson - Shadle Park 1 ST
17:50.2	10 Anastasia Kosykh - Eastlake 2 nd	18:26	02 Amber Nickelson - Lake Stevens 1 ST
17:53	04 Brie Felnagle - Bellarmine Prep 1 st	18:27	04 Stephanie Sipes - Gig Harbor 2 ND
17:58	09 Anna Dailey - Garfield 1 st	18:27	03 Stephanie Lenihan - Davis 2 ND
18:00	08 Alyssa Andrews - Gig Harbor 1 st	18:28	98 Kim Stone - Bethel 1 ST
18:10	05 Jessica Pixler - Eastlake 2 nd	18:29	01 Meredith Crane - Davis 2 nd
18:10.7	10 Chandler Olson - Woodinville 3 rd	18:29.9	10 Jasmine Johnson - Federal Way 8 th
18:11.0	10 Minna Fields - Stanwood 4 th	18:31.3	10 Alison Keenan - Lewis and Clark 9 th
18:13	06 Kenna Patrick - Thomas Jefferson 1 st	18:32	08 Sarah Lord - Redmond 3 rd
18:14	03 Brie Felnagle - Bellarmine Prep 1 st	18:32	06 Kayla Evans - Bellarmine Prep 4 TH
18:15.5	10 Baylee Mires - Mead 5 th	18:32	01 Laura Hodgson - North Central 3 RD
18:16	06 Andrea Nelson - Shadle Park 3 RD	18:33.5	10 Rachel Atwood - Aubrun Riverside 10 th
18:16	06 Nicole Cochran - Bellarmine Prep 3 rd	18:34	99 Erin Deasy - Gig Harbor 2 ND
18:16.4	10 Priscilla Timmons - Skyview 6 th	18:34	97 Emily Hawkins - Joel Ferris 1 ST
18:17	09 Minna Fields - Stanwood 2 nd	18:34.9	10 Mayra Chavez - Eisenhower 11 th
18:17.8	10 Lucy Cheadle - Roosevelt 7 th	18:35	98 Haley Acre - Olympic 2 ND
18:20	08 Sandra Martinez - AC Davis 2 nd	18:36	05 Nicole Cochran - Bellarmine Prep 5 TH
18:20	01 Jessie McLaughlin - Olympia 1 ST	18:37	09 Baylee Mires - Mead 5 th
18:23	05 Anna Layman - Central Valley 3 RD	18:38	08 Shannon Moskowitz - Central Kitsap 4 th
18:23	99 Erin Krogel - Shadle Park 1 ST	18:38.1	10 Katie Mahoney - Richland 12 th
18:23	09 Devin McMahan - Redmond 3 rd	18:39	08 Jade Borseth - Stanwood 5 th
18:24	05 Paige Pattilo - Bothell 4 TH	18:39	04 Becca Noble - Rogers - Spokane 3 RD

3A GIRLS

17:31.8	10 Amy Eloise Neale - Glacier Peak 1 st	18:35	08 Carey Parker - Seattle Prep 2 nd
17:38.0	10 Katie Knight - North Central 2 nd	18:35	98 Ray Rogers - Seattle Prep 2 ND
18:03.1	10 Katie Bianchini - Glacier Peak 3 rd	18:36	98 Jodee Adams-Moore Newport - Bellevue 5 TH
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
18:15.0	10 Erin Hegarty - Hanford 4 th	18:39	08 Lindsay Benster - Mercer Island 3 rd
18:21	98 Megan Johnson - Seattle Prep 2 nd	18:39	04 Michelle Schubert - West Valley-Yakima 1 ST
18:24.6	10 Kendra Weitz - Shadle Park 5 th	18:40	09 Allison Clark - Columbia River 6 th
18:25	08 Andrea Nelson - Shadle Park 1 st	18:40	99 Rose Wetzler - Bishop Blanchet 3 RD
18:25	05 Michelle Schubert - West Valley - Yakima 1 st	18:41	97 Melaine Frostad - East Valley - Spokane 1 ST
18:27	99 Megan Johnson - Seattle Prep 1 st	18:41	03 Isley Gonzalez - Sunnyside 1 ST
18:27	05 Stephanie Marcy - Sequim 2 nd	18:42	08 Sarah Bobbe - Columbia River 4 th
18:29	01 Amanda Miller - Eastmont 1 ST	18:42	09 Sarah Bobbe - Columbia River 7 th
18:30	98 Melissa Frostad - East Valley - Spokane 3 RD	18:43	97 Anna Blue - Capital 2 ND
18:31	05 Kelsey Walker - Bellevue 3 RD	18:43	98 Jessica McLaughlin - Olympia 6 TH
18:32	99 Jodee Adams-Moore Newport - Bellevue 2 ND	18:43	02 Marie Foushee - Bellevue 1 ST
18:32	01 Anna Blue - Capital 4 th	18:44	06 Bronwyn Crossman - Squalicum 1 ST
18:34.8	10 Katie Morris - Shadle Park 6 th		

2A GIRLS

18:02.8	10 Sarah Reiter - Lindbergh 1 st	18:34	08 Ruby Roberts - Kingston 2 nd
18:06	09 Ruby Roberts - Kingston 1 st	18:38	09 Marina Roberts - Kingston 2 nd
18:22	01 Bobeya Krishnek - Mount Baker 1 st	18:39	07 Ruby Roberts - Kingston 1 st
18:25	08 Allison Cutting - Sequim 1 st	18:44	08 Caroline Austin - WF West 3 rd
18:26.3	10 Marina Roberts - Kingston 2 nd	18:45.9	10 Sanne Holland - Cheney 3 rd
18:28	06 Stephanie Marcy - Sequim 1 st	18:46	08 Torin Shriver - Centralia 4 th
18:33	04 Brittney Sanchez - Grandview 1 st	18:49	01 Kristen Rohde - Mount Baker 2 nd

18:49	98 Staci Hunter - Ephrata 1 st	19:04	09 Annie Moore – Sehome 4 th
18:49	09 Sanne Holland – Cheney 3 rd	19:06	08 Sophie Curl – Squalicum 8 th
18:52	08 Shannon Porter – Hockinson 5 th	19:08	98 Emily Turner - Omak 2 nd
18:53	08 Mimi Krieger – Sehome 6 th	19:08.0	10 Rose Bishop – Kingston 9 th
18:54	03 Katrina Drennen - Orting 1 st	19:09	08 Annie Moore – Sehome 9 th
18:54.6	10 Reagan Colyer – North Kitsap 4 th	19:09	02 Breanne Siebol - East Valley Yak 1 ST
18:55	08 Marina Roberts – Kingston 7 th	19:10	08 Cara Strodel – Cedarcrest 10 th
18:55	06 Shannon Porter - Hockinson 2 nd	19:10	08 Amanda Wilson – Riverside 11 th
18:55	04 Hannah Granger - Port Townsend 2 nd	19:11	07 Annie Moore - Sehome 2 nd
18:57	97 Staci Hunter - Ephrata 1 st	19:11	99 Emily Turner - Omak 1 st
18:57.2	10 Brittany Gappa – Squalicum 5 th	19:12	04 Sierra Cook - Klahowya 3 rd
19:00.5	10 Anna Patti – Lindbergh 6 th	19:13	07 Shannon Porter – Hockinson 3 rd
19:01	06 Annie Moore - Sehome 3 rd	19:13	04 Kayelynn Joachims - Ephrata 4 th
19:01.3	10 Cara Strodel – Cedarcrest 7 th	19:13.0	10 Katie Delahunt – Sehome 10 th
19:02.0	10 Kathleen Ramsey – North Kitsap 8 th	19:14	01 Katie Prichard - Riverside 3 rd

1A GIRLS 5K

17:33.9	10 Maddie Meyers – Northwest 1 st	19:32	01 Ashley Hadway - NW Chr Colbert 1 st
18:01	09 Maddie Meyers – Northwest 1 st	19:34	08 Olivia Thomas – King’s 2 nd
18:53	08 Maddie Meyers – Northwest 1 st	19:37	03 Jenny Knezovich - Reardan 4 th
19:00	98 Laura Halverson - Freeman 1 st	19:37	09 Eliza Rice – Northwest 2 nd
19:01	04 Jane Larson - Cedar Park Chr 1 st	19:38	04 Emily Timmer - Tacoma Baptist 4 th
19:03	03 Kysa Cronan - Odessa 1 st	19:39.0	10 Audrey Western – University Prep 4 th
19:09	03 Allison Ritchie - Seattle Chr 2 nd	19:40	97 Samantha Clarke - Saint George's 1 st
19:14	04 Sadie Bjornsen - Liberty Bell 2 nd	19:40	04 Lisa Mensonides - Tacomas Baptist 5 th
19:15	06 Lizzie Jewson - Charles Wright 1 st	19:40	98 Samantha Clarke - Saint Georges 3 rd
19:16	07 Olivia Thomas - King’s 1 st	19:41	08 Chanda Romney – Forks 3 rd
19:20	98 Cassie Sloan - Columbia Burbank 2 nd	19:41	04 Terece Hahn - Newport 6 th
19:22	05 Jane Larson - Cedar Park Chr 1 st	19:41	00 Laura Halverson - Freeman 1 st
19:23.3	10 Marissa Hielkema – Lynden Chr. 2 nd	19:42	98 Kristina Black - Chelan 4 th
19:27.5	10 Jess Mildes – Riverside 3 rd	19:43	08 Gaby Guillen – Chelan 4 th
19:30	99 Laura Halverson - Freeman 1 st	19:43.5	10 Kacey Kemper – King’s 5 th
19:31	06 Olivia Thomas - King’s 2 nd	19:44	02 Rachel Strand - King’s 1 st
19:32	04 Chelsea Schilter - Toutle Lake 3 rd		
19:32	03 Jane Larson - Cedar Park Chr 3 rd		

B GIRLS

18:36	09 Morgan Willson – Colfax 1 st	19:42	08 Lisa Vandenburg – NW Chr. Colbert 3 rd
18:44.8	10 Sierra Speiker – Oroville 1 st	19:45	06 Joscelyn Minton - NW Chr Lacey 2 nd
18:57.7	10 Morgan Willson – Colfax 2 nd	19:52.1	10 Hailey Bredeson – NW Chr. Lacey 7 th
19:14	07 Joscelyn Minton - NW Chr Lacey 1 st	19:54	08 Mikel Elliott – White Pass 4 th
19:18	08 Neola Putnam – Trout Lake/Glenwood 1 st	19:55	06 Neola Putnam - Glenwood 3 RD
19:18.2	10 Anna Henry – NW Chr Colbert 3 rd	19:55	07 Mikel Elliott - White Pass 3 RD
19:20	06 Lisa Vandenburg - NW Chr Colbert 1 st	20:00	09 Christina Anderson – NW Chr. Colbert 4 th
19:20.6	10 Nicole Anderson – White Pass 4 th	20:00	09 Hailey Bredeson – NW Chr. Lacey 5 th
19:23	09 Mikel Elliott – White Pass 2 nd	20:05	09 Joanna Sowers – NW Chr. Lacey 6 th
19:32	07 Lisa Vandenburg - NW Chr Colbert 2 nd	20:09.7	10 Christina Anderson – NW Chr. Colbert 8 th
19:35.5	10 Catie Arrigoni – Oroville 5 th	20:10	08 BreAnna Romerdahl – Mt.Rainier Luth.
19:37	08 Kate Reidy – Saint George’s 2 nd	5 th	
19:37.8	10 Joanna Sowers – NW Chr. Lacey 6 th	20:12	07 Katie Reidy - Saint George's 4 TH
19:41	09 Elizabeth Weber – NW Chr. Lacey 3 rd	20:16	06 Andrea Collins - Liberty Spangle 4 TH

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	16:12	95 Chelan 2 ND
15:56	91 Omak 1 ST	16:12	96 Chelan 2 ND
15:58	90 Lake Roosevelt 2 ND	16:14	89 Lakewood 1 ST
15:58	95 Chewelah 1 ST	16:16	93 Riverside 2 ND
16:06	96 Chewelah 1 ST	16:18	90 Colfax 3 RD
16:07	88 Ephrata 1 ST	16:19	93 Omak 1 ST
16:09	88 Lakewood 2 ND	16:21	91 Riverside 2 ND

16:21 94 Omak 1ST
 16:22 93 Chewelah 3RD
 16:23 89 Omak 2ND

16:33 92 Chewelah 1ST
 16:37 94 King's 2ND
 16:40 92 Omak 2ND

B Boys 3.0 miles

16:43 91 Saint George's 2ND
 16:52 91 Pomeroy 1ST
 17:04 91 Trout Lake 3RD
 17:06 92 Seattle Lutheran 1ST
 17:15 93 Saint George's 1ST
 17:16 94 Saint George's 2ND

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

BEST BOYS INDIVIDUAL PERFORMANCES 1988-1996

BOYS 3.0M

14:10 93 Matthew Davis - Mead 3A 1ST
 14:28 88 Chris Lewis - Mead 3A 1ST
 14:29 89 Greg Kuntz - Mead 3A 1ST
 14:32 90 David Gurry - Blanchet 3A 1ST
 14:36 90 Ty Whitten - University 3A 2ND
 14:36 88 Don Higgins - Wilson 3A 2ND
 14:36 90 Andy Heily - Eastside Catholic 2A 1ST
 14:37 88 Stuart Burnham - Joel Ferris 3A 3RD
 14:37 90 Richard Brown - Tumwater 2A 2ND
 14:38 90 Nick Pavach - Blanchet 3A 3RD
 14:38 89 David Gurry - Blanchet 3A 2ND

14:40 96 Isaac Hawkins - Joel Ferris 3A 1ST
 14:40 92 Matthew Davis - Mead 3A 1ST
 14:41 95 Isaac Hawkins - Joel Ferris 3A 1ST
 14:43 88 Andy Harris - Eisenhower 3A 4TH
 14:44 91 Aaron Taylor - Shelton 2A 1ST
 14:45 88 Andy Maris - White River 2A 1ST
 14:46 93 Micah Davis - Mead 3A 2ND
 14:48 93 Rob Aubrey - Mead 3A 3RD
 14:48 88 Erin Scroggins - Mountain View 3A 5TH
 14:49 91 Matthew Davis - Mead 3A 1ST

BEST BOYS INDIVIDUAL PERFORMANCES BY DIVISION 1988-1996

3A BOYS 3.0M

14:10 93 Matthew Davis - Mead 1ST
 14:28 88 Chris Lewis - Mead 1ST
 14:29 89 Greg Kuntz - Mead 1ST
 14:32 90 David Gurry - Blanchet 1ST
 14:36 90 Ty Whitten - University 2ND
 14:36 88 Don Higgins - Wilson 2ND
 14:37 88 Stuart Burnham - Joel Ferris 3RD
 14:38 90 Nick Pavach - Blanchet 3RD
 14:38 89 David Gurry - Blanchet 2ND
 14:40 96 Isaac Hawkins - Joel Ferris 1ST
 14:40 92 Matthew David - Mead 1ST
 14:41 95 Isaac Hawkins - Joel Ferris 1ST
 14:43 88 Andy Harris - Eisenhower 4TH

14:46 93 Micah Davis - Mead 2ND
 14:48 93 Rob Aubrey - Mead 3RD
 14:48 88 Erin Scroggins - Mountain View 5TH
 14:49 91 Matthew David - Mead 1ST
 14:52 94 Micah Davis - Mead 1ST
 14:54 89 Nathan Davis - Mead 3RD
 14:55 96 Joey Corr - Eastlake 2ND
 14:56 95 Paul Harkins - Joel Ferris 2ND
 14:56 90 Yukon Dagenhart - Mead 4TH
 14:57 94 Jon Hedengren - Richland 2ND
 14:57 90 Troy Gallant - Marysville Pillchuck 5TH
 14:58 90 Stephen Barbieri - Gonzaga Prep 6TH

2A BOYS 3.0M

14:36 90 Andy Heily - Eastside Catholic 1ST
 14:37 90 Richard Brown - Tumwater 2ND
 14:44 91 Aaron Taylor - Shelton 1ST
 14:45 88 Andy Maris - White River 1ST
 14:50 90 Sam Alexander - Bellingham 3RD
 14:51 88 Brett Allsop - Sehome 2ND
 14:51 90 Kien Tseng - Edmonds Woodway 4TH
 14:51 91 Aaron Davis - East Valley Spokane 2ND
 14:54 90 Erik Gibson - Cleveland 5TH
 14:54 95 Geoff Perry - Gig Harbor 1ST
 14:55 88 Buck Stewart - Yelm 3RD

14:55 88 Erik Gibson - Cleveland 4TH
 14:56 89 Andy Maris - White River 1ST
 14:57 90 Aaron Taylor - Shelton 6TH
 15:00 88 Jason Monhollen - Stanwood 5TH
 15:01 96 Dustin Duke - Jackson 1ST
 15:03 91 Michael Galeana - Hoquiam 3RD
 15:03 95 Cary Stidham - Nathan Hale 2ND
 15:04 95 Matt Pearson - O'Dea 3RD
 15:05 88 Mark Lacey - Clarkston 6TH
 15:05 90 Donovan Shanahan - Cheney 7TH
 15:05 91 Jon Cluett - Lakeside Seattle 4TH

1A BOYS 3.0M

14:57 88 Brent Hooper - Montesano 1ST
 15:00 88 Kienan Slate - Colfax 2ND
 15:00 96 Ross Jorgusen - Toledo 1ST
 15:06 90 Brent Hooper - Montesano 1ST
 15:08 96 Justin Murray - Lakewood 2ND

15:10 93 Andy Davis - Cashmere 1ST
 15:12 95 Jim Reed - Ridgefield 1ST
 15:15 89 Shad James - Omak 1ST
 15:17 91 Jason Odem - King's 1ST
 15:18 93 Jon Murray - Lakewood 2ND

15:19	88 Paul Talbot – Rochester 3 RD	15:24	96 Kevin Smith – Ridgefield 4 TH
15:20	91 Ernie Ammons Ilwaco 2 ND	15:25	93 Will Woodward – King's 4 TH
15:21	89 Brent Hooper – Montesano 2 ND	15:25	95 Ross Jorgusen – Toledo 2 ND
15:21	95 Christian Laugen – Saint George's 1 ST	15:25	95 Justin Murray – Lakewood 3 RD
15:21	96 Hector Rodriguez – Chelan 3 RD	15:26	88 Erick Goldman – University Prep 4 TH
15:22	90 Mac Lavier – Lakewood 2 ND	15:26	93 Derek Church – Onalaska 5 TH
15:23	93 Joe Atkinson – Port Townsend 3 RD	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	19:10	93 Omak 2 ND
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19:22	90 Chelan 1 ST	19:51	94 Omak 2 ND
19:35	90 South Whidbey 2 ND	19:54	96 Chelan 2 ND
19:38	91 South Whidbey 2 ND	19:55	95 Mount Baker 2 ND
19:38	94 Lakewood 1 ST	19:59	88 Riverside 2 ND
19:40	91 Lakewood 1 ST	20:06	93 Tonasket 3 RD
19:43	96 Omak 1 ST	20:10	89 Chelan 1 ST
19:48	88 Chelan 1 ST	20:12	92 Lakewood 2 ND
19:48	92 Omak 1 ST	20:16	89 Riverside 2 ND
19:49	95 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 Caviezal - 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 Caviezal - 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	17:48	90 Kristen Fargher - Gig Harbor 2 ND
17:17	91 Suzanna Matsen - Lakeside-Seattle 2 ND	17:48	94 Jeannette Zimmer - Cheney 1 ST
17:19	96 Ann Ramsey - Lakeside-Seattle 1 ST	17:49	90 Jennifer Davis - Bremerton 3 RD
17:22	88 Helene Wilburn - Lakeside-Seattle 1 ST	17:50	91 Joelle Brayton - Stanwood 5 TH
17:40	91 Christine Dehlendorf - Lakeside-Sea 3 RD	17:54	88 Erika Klein - Edmonds 3 RD
17:42	90 Suzanna Matsen - Lakeside-Seattle 1 ST	17:56	88 Casi Montoya - Eastmont 4 TH
17:43	91 Jenny Campbell - Highline 4 TH	17:57	91 Gilia Angell - Shorecrest 6 TH
17:43	92 Suzanna Matsen - Lakeside-Seattle 1 ST	17:58	95 Anna Blue - Capital 2 ND
17:46	95 Ann Ramsey - Lakeside-Seattle 1 ST		
17:47	96 Megan Johnson - Seattle Prep 2 ND		

1A GIRLS 3.0M

17:26	88 Carissa Seward - Goldendale 1 ST	17:31	90 Barb Richardson - Waterville 1 ST
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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 Brathovd - 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