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Welcome to the State Championships



On behalf of the Arizona Interscholastic Association, I would like to welcome all the participants, coaches, family and friends to our state championships. It is our pleasure to create an event that fans will enjoy and think about for years to come.

The AIA recognizes the hard work strength it took to get here, as well as the sacrifices made along the way. The membership continues to grow, opening more avenues for participation. And for that, we say thank you. The student-athletes, administrators, coaches and families have all earned our gratitude. You are what drives us.

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

Since the AIA’s inception in 1913, the association vigorously defends and promotes the positive developments of athletics, creates a culture that fosters self-governance and ethical behavior, and teaches, enforces, advocates and models the principles of the Arizona Accord and “Pursuing Victory With Honor.” Today, over 130,000 student-athletes statewide benefit from the leadership of our Board, administrators and hard-working coaches on an annual basis as we are “building character now ... for the future.”

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

DAVID HINES
AIA Executive Director

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Arizona Interscholastic Association

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Hamilton
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North Phoenix Prep
North Pointe Prep
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Perry
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Phoenix Country Day
Phoenix Day School Deaf
Pinnacle
Poston Butte
Queen Creek
Rancho Solano Prep
Raymond Kellis
Red Mountain
Saguaro
San Tan Foothills
Sandra Day O'Connor
Scottsdale Christian
Scottsdale Prep
Seton Catholic
Shadow Mountain
Shadow Ridge
Sierra Linda
Skyline
South Mountain
St. John Paul II Catholic
St. Mary's
Sunnyslope
Sunrise Mountain
Tempe
Tempe Prep
Thunderbird
Tolleson
Tonopah Valley
Trevor Browne
Trivium Prep
Valley Christian
Valley Lutheran
Valley Vista
Veritas Prep
Verrado
Washington
West Point
Westview
Westwood
Williams Field
Willow Canyon
Xavier Prep
Youngker

Tucson Area

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

Flagstaff Area

BASIS School - Flagstaff
Coconino
Flagstaff
Northland Prep

Yuma Area

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

1 Alchesay
2 Antelope
3 Ash Fork
4 Baboquivari
5 Bagdad
6 Benson
7 Bisbee
8 Blue Ridge
9 Bradshaw Mountain
10 Buena
11 Camp Verde
12 Casa Grande
13 Chinle
14 Chino Valley
15 Cibecue
16 Coolidge
17 Douglas
18 Duncan
19 El Capitan
20 East Fork Lutheran
21 Florence
22 Fort Thomas
23 Fredonia
24 Ganado

25 Globe
26 Grand Canyon
27 Greyhills Academy
28 Hayden
29 Holbrook
30 Hopi
31 Joseph City
32 Kingman
33 Kingman Academy
34 Lake Havasu
35 Lee Williams
36 Lourdes Catholic
37 Many Farms
38 Mayer
39 Miami
40 Mingus
41 Mogollon
42 Mohave
43 Mohave Accelerated
44 Monument Valley
45 Morenci
46 Nogales
47 Page
48 Parker
49 Patagonia
50 Payson
51 Pima
52 Piñon
53 Prescott
54 Ray
55 Red Mesa
56 Red Valley-Cove
57 Rio Rico
58 River Valley
59 Rough Rock
60 Round Valley
61 Safford
62 Sahuarita
63 Salome
64 San Carlos
65 San Manuel
66 San Simon
67 Santa Cruz
68 Sedona Red Rock
69 Seligman
70 Shonto Prep
71 Show Low
72 Snowflake
73 St. David
74 St. Johns
75 St. Michael
76 Superior
77 Thatcher
78 Tohono O'odham
79 Tombstone
80 Tuba City
81 Valley (Sanders)
82 Valley Union
83 Vista Grande
84 Walden Grove
85 Wickenburg
86 Willcox
87 Williams
88 Window Rock
89 Winslow

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D-I Boys Race Has a Highland Feel to It Desert Vista, Xavier, Highland Top Girls Contenders

By Les Willsey
azpreps365.com

Highland's Leo Daschbach is the state's top distance runner be it cross country or track. He's won an individual title in 2017 as a sophomore and was runner-up last year. There is one honor that's eluded him in his cross country career and that's being part of a team state champ. Daschbach seeks to remedy that and help his Highland teammates to that end on Saturday Nov. 16 at the D-I state meet at Cave Creek Golf Course.

Highland, Desert Vista and Brophy are the top contenders for team honors. The girls team race has some of the same contenders - Desert Vista, Highland and Xavier Prep.

On the girls side individually, newcomer to the high school ranks, but loaded with talent is race favorite freshman Lauren Ping from Desert Vista. Ping and older sister, junior Grace, moved to Arizona from Minnesota. Ping has dominated in meets vs. Arizona competition. She looks to take the title won last year by graduated champ - Chaparral's Abi Archer. Likely to give chase to Lauren Ping for the girls crown is Highland senior Caroline McLeskey, who was the third in D-I last year and Chaparral's Tiaree Towler, fourth last year.

The D-I boys race is the first of eight races on Saturday to determine the boys and girls champions in D-I, D-II, D-III and D-IV. Start time for D-I boys is 8:45 a.m. followed at 9:45 by the girls. All races are 5,000 meters.

A capsule look at the qualifying teams and top individuals for D-I races:

D-I BOYS

TEAM QUALIFIERS IN ORDER BY SECTION: Section I

- Brophy Prep, 2. Perry, 3. Chandler, 4. Cesar Chavez, 5. Hamilton, 6. Basha. **Individual section champ** - Xavier Black, Brophy. **Section II** - 1. Mesa Mountain View, 2. Mountain Ridge, 3. Skyline, 4. Red Mountain, 5. Liberty, 6. Chaparral. **Individual section champ**: Hunter Krasa, Mountain Ridge. **Section III** - 1. Highland, 2. Desert Vista, 3. Queen Creek, 4. Desert Ridge, 5. Shadow Ridge, 6. Corona del Sol, 7. Cibola, 8. Valley Vista. **Individual section champ**: Jose Palafox, Westview.

Defending team champ: Desert Vista, five titles in a row.

Defending individual champ: Sammy Van Alstine, Desert Vista.

Runners returning with top-25 finish last year: Leo Daschbach, Highland, Sammy Van Alstine, Desert Vista,



The medal winners at this year's Doug Conley Invite (azpreps365 photo).

Hunter Krasa, Mountain Ridge, Caden Resendez, Highland, Matthew Judd, Mesa Mountain View, Ernest Green, Highland, Zachary Johnson, Corona del Sol, Marcos Gonzalez, Brophy, Jose Acuna, Brophy, Sam Green, Highland, Demetrus Love, Desert Vista, Austin Clayton, Mountain Ridge. Other runners to watch: Salat Ibrahim, Alhambra.

D-I GIRLS

TEAM QUALIFIERS IN ORDER BY SECTION: Section I

- 1. Xavier, 2. Perry, 3. Hamilton, 4. Chandler, 5. Basha, 6. Maryvale. **Individual section champ** - Rujuta Sane, Hamilton. **Section II** - 1. Red Mountain, 2. Mesa Mountain View, 3. Pinnacle, 4. Liberty, 5. Skyline, 6. Chaparral. **Individual section champ**: Tiaree Towler, Chaparral. **Section III** - 1. Highland, 2. Desert Vista, 3. Desert Ridge, 4. Cibola, 5. Shadow Ridge, 6. Corona del Sol, 7. Queen Creek. **Individual section champ**: Caroline McLeskey, Highland.

Defending team champ: Xavier Prep. Defending individual champ: None.

Runners returning with top-25 finish last year:

Caroline McLeskey, Highland, Tiaree Towler, Chaparral, Mia Olsen, Xavier, Jamie Stelnik, Xavier, Olivia Thatcher, Desert Vista, Marina Dear, Highland, Niki Hemmerlin, Red Mountain, Grace Valandra, Xavier, Taylor Jacobs, Red Mountain, Emma Finchem, Highland, Katy Clausen, Desert Vista, Leonela Lizzarage, Chandler.



Rincon/University senior Grace Driskill (photo by Andy Morales, azpreps365)

By Andy Morales
azpreps365.com

The Flagstaff boys won their fourth championship in a row last year and the Flagstaff girls earned their fourth in a row, seven of the last eight and 14th overall since 1980.

Cienega junior Aydin Schilb won the individual title last fall and Sunrise Mountain senior Braedon Palmer took second. Former Marana standout Kyle Partin took third. In all, only seven seniors finished in the top twenty last year, only three appeared in the top nine and only one in the top six.

On the girl's side, Flagstaff senior Hana Hall took first, for-

mer North Canyon standout Stefana Purkovic took second and former Deer Valley standout Emily Stutesman came in third place. Besides Purkovic and Stutesman, there were four other seniors in the top twenty.

This year, Hall (17:35.6) and her freshman sister Mia Hall (18:07.9) have the top two times on the girl's side and Rincon/University senior Grace Driskill (18:15.0) has the third best time. Hall's state-winning time was 18:07.48 last fall.

Palmer (15:15.5) has the top time on the boy's side this fall, Campo Verde senior Kenny Edwards (15:23.1) is next and Deer Valley junior Randy Espinoza (15:28.6) has the third best time entering the state meet.

The section champions are:

Driskill (I), Hana Hall (II), Lake Havasu junior Isabella Sloma (III) and Casteel senior Cassidy Cann (IV),

Schilb (I), Mountain Ridge senior Hunter Krasa (II), Carly Hayden senior Benjamin Morfin (III) and Edwards (IV).

Hana Hall won the Four Corners Invitational, the Peaks XC Invite, the Holbrook Invitational and she came in 11th at the Nike Desert Twilight. Palmer won the Fountain Hills Invitational and the Peoria District Meet.

The Hall sisters, along with Jasmine and Lily, were raised in an Ethiopian orphanage for three years before they were adopted by Sara and Ryan Hall. The Halls moved from California to Flagstaff last summer.

"She comes to us with just an incredible attitude," Flagstaff head coach Trina Painter told the Arizona Republic last year. "She has a very humble heart but a huge work ethic. She sees no challenge as difficult, she just goes out there, she runs hard every day, she pushes her teammates, she encourages everyone and she has a sixth sense on how to race and compete. You don't even have to tell her what to do."

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Boys Individual State Champions

DIVISION I

YEAR	WINNER	SCHOOL	TIME/DISTANCE	COURSE
2018	Sammy Van Alstine	Tempe Desert Vista	16:03.08 (3.1)	Cave Creek Golf Course
2017	Leo Daschbach	Gilbert Highland	15:53 (3.1)	Cave Creek Golf Course
2016	Abdihamid Nur	Phoenix North	15:49 (3.1)	Cave Creek Golf Course
2015	D.J. Harris	Tempe Desert Vista	15:50 (3.1)	Cave Creek Golf Course
2014	Marcus Wheeler	Tempe Corona del Sol	15:36 (3.1)	Cave Creek Golf Course
2013	Nate Rodriguez	Tempe Corona del Sol	15:29.98 (3.1)	Cave Creek Golf Course
2012	Bernie Montoya	Yuma Cibola	15:14.24 (3.1)	Cave Creek Golf Course
2011	Bernie Montoya	Yuma Cibola	15:46.74 (3.1)	Cave Creek Golf Course
2010	Bernie Montoya	Yuma Cibola	15:38.20 (3.1)	Cave Creek Golf Course

DIVISION II

2018	Ayden Schillb	Vail Cienega	16:07.44 (3.1)	Cave Creek Golf Course
2017	Rylan Stubbs	Gilbert Campo Verde	15:54 (3.1)	Cave Creek Golf Course
2016	Manuel Olivo-Quinones	Sierra Vista Buena	15:41 (3.1)	Cave Creek Golf Course
2015	Diego Lopez	Glendale Apollo	16:14 (3.1)	Cave Creek Golf Course
2014	Nathan Thomas	Tucson Salpointe Catholic	15:53 (3.1)	Cave Creek Golf Course
2013	Harvey Nelson	Tucson Catalina Foothills	15:26.64 (3.1)	Cave Creek Golf Course
2012	Andy Trouard	Tucson Salpointe Catholic	16:01.99 (3.1)	Cave Creek Golf Course
2011	Eduardo Roa	Tempe McClintock	16:03.41 (3.1)	Cave Creek Golf Course
2010	Brandon Kocmoud	Peoria Sunrise Mountain	16:02.11 (3.1)	Cave Creek Golf Course

DIVISION III

2018	Bowen Martin	Page	16:02.7 (3.1)	Cave Creek Golf Course
2017	Matthew Bradley	Prescott	16:04 (3.1)	Cave Creek Golf Course
2016	Santiago Hardy	Chinle	15:27 (3.1)	Cave Creek Golf Course
2015	Santiago Hardy	Chinle	15:58 (3.1)	Cave Creek Golf Course
2014	Carlos Villarreal	Rio Rico	15:24 (3.1)	Cave Creek Golf Course
2013	Oscar Amaya	Rio Rico	15:47.57 (3.1)	Cave Creek Golf Course
2012	Jake Wynn	Scottsdale Saguaro	15:58.51 (3.1)	Cave Creek Golf Course
2011	Jake Wynn	Scottsdale Saguaro	15:39.59 (3.1)	Cave Creek Golf Course
2010	Billy Orman	Tuba City	15:03.32 (3.1)	Cave Creek Golf Course

DIVISION IV

2018	Jordan Black	North Phoenix Prep	16:05.27 (3.1)	Cave Creek Golf Course
2017	Talon Smith	Joseph City	16:39 (3.1)	Cave Creek Golf Course
2016	Wesley Cook	Pinon	16:16 (3.1)	Cave Creek Golf Course
2015	Zhariff Lee	Many Farms	16:34 (3.1)	Cave Creek Golf Course
2014	Adriano Joe	Pinon	16:24 (3.1)	Cave Creek Golf Course
2013	Josh Hoskinson	Phoenix Arizona Lutheran	16:14.24 (3.1)	Cave Creek Golf Course
2012	Kyle Cajero	Tucson Pusch Ridge Christian	16:25.07 (3.1)	Cave Creek Golf Course
2011	Nico Montanez	Tucson St. Augustine Catholic	16:16.97 (3.1)	Cave Creek Golf Course
2010	Justin Secakuku	Keams Canyon Hopi	16:12.54 (3.1)	Cave Creek Golf Course

5A CONFERENCE

2009 5A-1	Jorge Martinez	Phoenix Alhambra	15:43.67 (3.1)	Cave Creek Golf Course
2009 5A-2	Steve Magnuson	Oro Valley Ironwood Ridge	15:56.35 (3.1)	Cave Creek Golf Course
2008 5A-1	Jorge Martinez	Phoenix Alhambra	16:03.80 (3.1)	Cave Creek Golf Course
2008 5A-2	Alberto Tellez	Phoenix Camelback	16:20.90 (3.1)	Cave Creek Golf Course
2007 5A-1	Matt Boughton	Tempe Desert Vista	16:05.20 (3.1)	Cave Creek Golf Course
2007 5A-2	Jim Walmsley	Scottsdale Horizon	15:37.45 (3.1)	Cave Creek Golf Course
2006 5A-1	Matt Boughton	Tempe Desert Vista	16:20.00 (3.1)	Cave Creek Golf Course
2006 5A-2	Daniel Lovell	Anthem Boulder Creek	16:16.35 (3.1)	Cave Creek Golf Course
2005 5A-1	Garrett Kelly	Tempe Desert Vista	16:20.00 (3.1)	Cave Creek Golf Course
2005 5A-2	James Bogner	Paradise Valley	16:13.55 (3.1)	Cave Creek Golf Course
2004	Craig Breinholt	Gilbert Highland	15:27 (3.1)	Anthem Way
2003	Charles Hampton	Phoenix Brophy Prep	15:35 (3.1)	Anthem Way
2002	Charles Hampton	Phoenix Brophy Prep	15:14 (3.1)	Anthem Way
2001	Kevin Billington	Phoenix Trevor Browne	15:22 (3.0)	Anthem Way
2000	Kevin Billington	Phoenix Trevor Browne	16:04 (3.1)	Freestone Park (Gilbert)



Boys Individual State Champions

YEAR	WINNER	SCHOOL	TIME/DISTANCE	COURSE
1999	Juan Reyes	Phoenix Carl Hayden	15:46 (3.1)	Freestone Park (Gilbert)
1998	Juan Reyes	Phoenix Carl Hayden	16:05 (3.1)	Freestone Park (Gilbert)
1997	Anthony Francisco	Tucson Sunnyside	16:10 (3.1)	Freestone Park (Gilbert)
1996	Anthony Francisco	Tucson Sunnyside	16:17 (3.1)	Freestone Park (Gilbert)
1995	David Abril	Tucson Canyon del Oro	15:15 (2.9)	Fiesta Inn (Tempe)
1994	David Abril	Tucson Canyon del Oro	15:07 (2.9)	Fiesta Inn (Tempe)
1993	Nathan Nutter	Tempe Corona del Sol	15:41 (3.2)	Kennedy Park (Tucson)
1992	Webb Shelley	Mesa Westwood	16:41 (3.2)	Estrella Mountain Park
1991	Theo Molla	Tucson Rincon	16:20 (3.16)	Spook Hill Park (Mesa)
1990	Webb Shelley	Mesa Westwood	15:04 (3.1)	Prison Hills (Yuma)
1989	Niles Ward	Tempe Marcos de Niza	14:48 (2.9)	Arrowhead Ranch
1988	Chris Schurz	Mesa Westwood	15:45 (3.2)	Estrella Mountain Park
1987	Chris Schurz	Mesa Westwood	14:16 (2.9)	Thunderbird Park
1986	Chris Schurz	Mesa Westwood	16:10 (3.2)	Pima College (Tucson)
1985	Todd Lewis	Mesa Mountain View	16:53 (3.4)	Kiwanis Park (Tempe)
1984	Doug Hobbs	Mesa Westwood	15:06 (2.9)	Mouer Park (Tempe)
1983	Jeff Canada	Phoenix Greenway	15:51 (3.2)	Pima College (Tucson)
1982	Chris Caldwell	Tucson Amphitheater	no time/rain storm	Fountain Hills
1981	Jeff Canada	Phoenix Greenway	15:49 (3.1)	Kiwanis Park (Tempe)
1980	Tom Ansberry	Tucson Santa Rita	15:21 (3.1)	Tucson Santa Rita H.S.
1979	Tom Ansberry	Tucson Santa Rita	15:04 (3.0)	Fountain Hills
1978	Kerry Bogner	Scottsdale Coronado	14:52 (3.0)	Fountain Hills
1977	Dave Barney	Scottsdale Coronado	15:46 (3.2)	Tucson Santa Rita H.S.
1976	Robert Lopez	Glendale	15:27 (3.1)	Kiwanis Park (Tempe)
1975	Larry Martinez	Tucson Sunnyside	17:08 (3.3)	Estrella Mountain Park
1974	David Shoots	Tucson Amphitheater	16:52 (3.5)	Estrella Mountain Park
1973	David Shoots	Tucson Amphitheater	16:01 (3.2)	Estrella Mountain Park
1972	Ray Woolery	Phoenix Camelback	12:36 (2.8)	Prison Hills (Yuma)
1971	Rob Waugh	Phoenix Camelback	15:34 (3.2)	Phoenix East H.S.
1970	Chuck Walker	Prescott	10:26 (2.2)	Phoenix East H.S.
1969	Chuck Walker	Prescott	10:34 (2.2)	Phoenix East H.S.
1968	Dave Gladstone	Scottsdale Coronado	10:15 (2.1)	Papago Park (Phoenix)
1967	Ruben Moncivaz	Phoenix Union	9:33 (2.0)	Kennedy Park (Tucson)
1966	Mario Castro	Tucson Sunnyside	10:24 (2.1)	Papago Park (Phoenix)
1965	Mario Castro	Tucson Sunnyside	10:44 (2.0)	Papago Park (Phoenix)
1964	Manuel Alatorre	Mesa Westwood	10:32 (2.1)	Papago Park (Phoenix)
1963	David Mansfield	Yuma Kofa	10:59 (2.0)	Papago Park (Phoenix)
1962	David Mansfield	Yuma Kofa	10:48 (2.1)	Papago Park (Phoenix)
1961	John Donner	Tucson Catalina	10:48 (2.2)	Papago Park (Phoenix)
1960	John Donner	Tucson Catalina	10:42 (2.0)	Papago Park (Phoenix)
1959	Bill Jost	Phoenix Camelback	10:58 (2.0)	Papago Park (Phoenix)
1958	Tony Moreno	Bisbee	10:49 (2.0)	Papago Park (Phoenix)
1957	Ray Mobary	Tucson Pueblo	11:14 (2.2)	Papago Park (Phoenix)
1956	Ray White	Phoenix Union	11:11 (2.2)	Papago Park (Phoenix)
1955	Joe Robles	Tucson	7:57 (1.7)	Papago Park (Phoenix)

4A CONFERENCE

2009 4A-1	Sherod Hardt	Queen Creek	15:32.40 (3.1)	Cave Creek Golf Course
2009 4A-2	Brian Shrader	Flagstaff Sinagua	15:15.89 (3.1)	Cave Creek Golf Course
2008 4A-1	Alex Evans	Tucson Sabino	16:19.55 (3.1)	Cave Creek Golf Course
2008 4A-2	Brian Shrader	Flagstaff Sinagua	15:15.25 (3.1)	Cave Creek Golf Course
2007 4A-1	Ben Schild	Prescott	16:25.05 (3.1)	Cave Creek Golf Course
2007 4A-2	Brian Shrader	Flagstaff Sinagua	16:00.70 (3.1)	Cave Creek Golf Course
2006 4A-1	John Yatsko	Tempe McClintock	16:22.40 (3.1)	Cave Creek Golf Course
2006 4A-2	Victor Zazueta	Tucson Desert View	15:54.65 (3.1)	Cave Creek Golf Course
2005 4A-1	Ben Schild	Prescott	17:26.10 (3.1)	Cave Creek Golf Course
2005 4A-2	Victor Zazueta	Tucson Desert View	16:40.75 (3.1)	Cave Creek Golf Course
2004	Kenny Cormier	Douglas	15:10 (3.1)	Anthem Way
2003	Leif Lomeland	Page	16:02 (3.1)	Anthem Way
2002	Ben Reed	Tucson Catalina Foothills	15:23 (3.1)	Anthem Way



Boys Individual State Champions

YEAR	WINNER	SCHOOL	TIME/DISTANCE	COURSE
2001	Heath Hatch	Flagstaff Sinagua	17:20 (3.1)	Santa Rita H.S. (Tucson)
2000	Ted Gast	Tucson Sahuaro	16:33 (3.1)	Freestone Park (Gilbert)
1999	Heath Hatch	Flagstaff Sinagua	16:47 (3.1)	Freestone Park (Gilbert)
1998	Steve Crane	Phoenix Greenway	16:38 (3.1)	Freestone Park (Gilbert)
1997	Mike Walls	Glendale Apollo	17:09 (3.1)	Freestone Park (Gilbert)
1996	Brandon Strong	Paradise Valley	16:42 (3.1)	Freestone Park (Gilbert)
1995	Demian Quiroz	Tucson Rincon	15:29 (2.9)	Fiesta Inn (Tempe)
1994	Lee Doherty	Tucson Flowing Wells	15:13 (2.9)	Fiesta Inn (Tempe)
1993	Larry Yellowhair	Page	15:15 (2.9)	Fiesta Inn (Tempe)
1992	Tim Martin	Page	15:39 (3.1)	Paseo Park (Peoria)
1991	Theo Martin	Page	14:52 (3.1)	Thunderbird Park (Glendale)
1990	Theo Martin	Page	15:42 (3.1)	Thunderbird Park (Glendale)
1989	Kirk Bronander	Prescott	14:35 (2.9)	Thunderbird Park (Glendale)
1988	Kirk Bronander	Prescott	17:29 (3.2)	Estrella Mountain Park
1987	Bernie Semler	Tucson Rincon	14:54 (2.9)	Thunderbird Park (Glendale)
1986	Ray Andrade	Tucson Desert View	16:47 (3.2)	Pima College (Tucson)
1985	Scott Willbrandt	Tucson Flowing Wells	17:07 (3.4)	Kiwanis Park (Tempe)
1984	Thomas Florez	Glendale	16:28 (3.1)	Thunderbird Park (Glendale)
1983	Ruben Martinez	Flagstaff Coconino	16:30 (3.2)	Buckeye Hills
1982	Andy Endischee	Tuba City	16:29 (3.2)	Buckeye Hills
1981	Keith Morrison	Glendale Cactus	17:27 (3.2)	Estrella Mountain Park
1980	Keith Morrison	Glendale Cactus	17:56 (3.1)	Dysart H.S. (Peoria)
1979	Andy Almodova	Tucson Flowing Wells	17:09 (3.2)	Estrella Mountain Park
1978	Andy Almodova	Tucson Flowing Wells	15:37 (3.0)	Estrella Mountain Park
1977	Frank Nez	Flagstaff Coconino	18:01 (3.3)	Estrella Mountain Park
1976	Paul Neilson	Tolleson	17:50 (3.3)	Estrella Mountain Park
1975	Joseph Nelson	Tuba City	17:31 (3.3)	Estrella Mountain Park
1974	Jerry Keams	Holbrook	17:41 (3.3)	Estrella Mountain Park
1973	Arthur Redhair	Snowflake	15:07 (3.1)	Kennedy Park (Tucson)
1972	Wayne Taylor	Winslow	17:43 (3.2)	Estrella Mountain Park
1971	Woody Franklin	Winslow	15:04 (3.0)	Santa Rita H.S. (Tucson)
1970	Woody Franklin	Winslow	12:48 (2.5)	Estrella Mountain Park
1969	Alde Qumyintewa	Phoenix Indian School	11:17 (2.0)	Phoenix East H.S.
1968	(unknown)			

3A CONFERENCE

2009	Billy Orman	Tuba City	15:44.36 (3.1)	Cave Creek Golf Course
2008	Ryan Yazzie	Tuba City	16:13.20 (3.1)	Cave Creek Golf Course
2007	Lance Williams	Tuba City	16:30.40 (3.1)	Cave Creek Golf Course
2006	Christopher Holve	Tuba City	16:23.55 (3.1)	Cave Creek Golf Course
2005	Matt Rowell	Lakeside Blue Ridge	17:01 (3.1)	Cave Creek Golf Course
2004	Gordon Segay	Window Rock	15:57 (3.1)	Anthem Way
2003	Gordon Segay	Window Rock	16:27 (3.1)	Anthem Way
2002	Eric Chavez	Rio Rico	15:34 (3.1)	Anthem Way
2001	Eric Chavez	Rio Rico	15:55 (3.0)	Anthem Way
2000	Josh Robles	Rio Rico	16:28 (3.1)	Freestone Park (Gilbert)
1999	Blaine Goklish	Whiteriver Alchesay	16:39 (3.1)	Freestone Park (Gilbert)
1998	Filbert Begay	Window Rock	16:26 (3.1)	Freestone Park (Gilbert)
1997	Lambert Watchman	Ganado	16:43 (3.1)	Freestone Park (Gilbert)
1996	Jose Gordon	Arizona Boys Ranch	16:50 (3.1)	Freestone Park (Gilbert)
1995	Chris Duncan	Camp Verde	16:05 (2.9)	Fiesta Inn (Tempe)
1994	Bryan Kee	Window Rock	15:31 (2.9)	Fiesta Inn (Tempe)
1993	Bryan Kee	Window Rock	15:12 (2.9)	Fiesta Inn (Tempe)
1992	Orlando Begay	Chinle	15:14 (3.1)	Kiwanis Park (Tempe)
1991	Elphonso Curley	Ganado	16:22 (3.2)	Estrella Mountain Park
1990	Alfred Tsosie	Window Rock	16:46 (3.2)	Estrella Mountain Park
1989	Alfred Tsosie	Window Rock	18:40 (3.2)	Estrella Mountain Park
1988	Kenneth James	Many Farms	18:04 (3.2)	Estrella Mountain Park
1987	Raymond Bahe	Many Farms	(unk.) (3.2)	Estrella Mountain Park
1986	Ricky Bedonie	Many Farms	16:09 (3.1)	Gilbert H.S.



Boys Individual State Champions

YEAR	WINNER	SCHOOL	TIME/DISTANCE	COURSE
1985	Ricky Bedonie	Many Farms	16:49 (3.2)	Kiwanis Park (Tempe)
1984	Julius Cly	Many Farms	16:45 (3.1)	Kiwanis Park (Tempe)
1983	Albert Claw	Chinle	16:12 (3.2)	Buckeye Hills
1982	Leo Biah	Ganado	16:46 (3.2)	Buckeye Hills
1981	Leo Biah	Ganado	17:29 (3.2)	Estrella Mountain Park
1980	Johnson Brown	Chinle	17:26 (3.2)	Estrella Mountain Park
1979	Darrel Trujillo	Phoenix Indian School	17:41 (3.2)	Estrella Mountain Park
1978	Darrell Trujillo	Phoenix Indian School	16:39 (3.3)	Estrella Mountain Park
1977	Alvin Begay	Ganado	17:48 (3.3)	Estrella Mountain Park
1976	Herman Sahneyah	Tuba City	17:25 (3.3)	Estrella Mountain Park
1975	Francisco Valisto	Ajo	17:41 (3.2)	Estrella Mountain Park
1974	Francisco Valisto	Ajo	18:03 (3.4)	Estrella Mountain Park
1973	Ruben Reyes	Florence	17:47 (3.3)	Estrella Mountain Park
1972	Harold Stanley	Monument Valley	17:39 (3.2)	Estrella Mountain Park
1971	Stanley Robbins	Window Rock	17:17 (3.3)	Phoenix East H.S.
1970	Chuck Foster	Window Rock	12:31 (2.5)	Estrella Mountain Park
1969	Ernie Aguilar	San Manuel	(unk.) (2.0)	Glendale CC
1968	(unknown)			
1967	Tom McKinoley	Bisbee	10:32 (2.1)	Papago Park (Phoenix)
1966	David Monogue	Phoenix Indian School	10:43 (2.1)	Papago Park (Phoenix)

1A/2A CONFERENCES

2009	Cody Rosengarten	Tombstone	16:09.14 (3.1)	Cave Creek Golf Course
2008	Cody Rosengarten	Tombstone	16:34.70 (3.1)	Cave Creek Golf Course
2007	Isaiah Klassen	Scottsdale Christian	16:19.85 (3.1)	Cave Creek Golf Course
2006	Tanner Carothers	Flagstaff Northland Prep	16:36.45 (3.1)	Cave Creek Golf Course
2005	Craig Curley	St. Michael	16:46 (3.1)	Cave Creek Golf Course
2004	Weston Jones	Red Mesa	15:50 (3.1)	Anthem Way
2003	David Mehlhorn	Chandler Valley Christian	16:50 (3.1)	Anthem Way
2002	Justin Prevatte	Tombstone	16:14 (3.1)	Anthem Way
2001	Alvin Thomas	Sanders Valley	16:21 (3.0)	Anthem Way
2000	Wes Winslow	Tombstone	16:57 (3.1)	Freestone Park (Gilbert)
1999	Devan Lomayaoma	Keams Canyon Hopi	16:10 (3.1)	Freestone Park (Gilbert)
1998	Devan Lomayaoma	Keams Canyon Hopi	16:39 (3.1)	Freestone Park (Gilbert)
1997	Ralston Lamson	Keams Canyon Hopi	16:57 (3.1)	Freestone Park (Gilbert)
1996	Kyle Goklich	Whiteriver Alchesay	16:39 (3.1)	Freestone Park (Gilbert)
1995	Juwan Nuvayokua	Keams Canyon Hopi	14:56 (2.9)	Fiesta Inn (Tempe)
1994	Larin Poleahla	Keams Canyon Hopi	15:43 (2.9)	Fiesta Inn (Tempe)
1993	Saul Maskey	Bisbee	15:33 (2.9)	Fiesta Inn (Tempe)
1992	Jay Lomayestewa	Keams Canyon Hopi	15:44 (3.1)	Kiwanis Park (Tempe)
1991	Clifford Allen	Many Farms	17:02 (3.2)	Estrella Mountain Park
1990	Tilford Tungovia	Keams Canyon Hopi	17:54 (3.2)	Estrella Mountain Park
1989	Kenneth James	Many Farms	19:26 (3.2)	Estrella Mountain Park
1983	Brian McGumphy	Benson	15:53 (3.2)	Pima College (Tucson)
1982	Daryl Thurber	Springerville Round Valley	16:11 (3.2)	Pima College (Tucson)
1981	Mike Lopez	Benson	14:40 (3.1)	Central Arizona College
1980	Jim Wichaoa	Baboquivari	14:35 (3.0)	Central Arizona College
1979	Pat Listo	Florence	17:28 (3.3)	Estrella Mountain Park
1978	Will Bribiescas	Superior	15:46 (3.0)	Estrella Mountain Park
1977	Edward Felix	Baboquivari	18:36 (3.3)	Estrella Mountain Park
1976	Lorenzo curly	Sanders Valley	18:14 (3.3)	Estrella Mountain Park
1975	Bruce Fay	Florence	18:46 (3.3)	Estrella Mountain Park
1974	Gerardo Monreal	Florence	18:32 (3.3)	Estrella Mountain Park

(1984 thru 1988 combined with 3A)

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Boys Team State Champs

DIVISION I

YEAR	WINNING TEAM	HEAD COACH	RUNNERUP	THIRD PLACE
2018.....	Tempe Desert Vista (31)	Chris Hanson	Gilbert Highland (41)	Phoenix Brophy Prep (105)
2017.....	Tempe Desert Vista (34)	Chris Hanson	Phoenix Brophy Prep (130)	Gilbert Highland (141)
2016.....	Tempe Desert Vista (57)	Chris Hanson	Phoenix Brophy Prep (70)	Tempe Corona del Sol (116)
2015.....	Tempe Desert Vista (43)	Chris Hanson	Phoenix Brophy Prep (124)	Mesa Mountain View (126)
2014.....	Tempe Desert Vista (46)	Chris Hanson	Mesa Mountain View (96)	Tempe Corona del Sol (126)
2013.....	Tempe Corona del Sol (48)	Teresa Hodge	Tempe Desert Vista (80)	Oro Valley Ironwood Ridge (100)
2012.....	Tempe Desert Vista (101)	Chris Hanson	Gilbert Highland (135)	Tempe Corona del Sol (147)
2011.....	Gilbert Highland (86)	Dave Montgomery	Tempe Desert Vista (123)	Mesa Mountain View (143)
2010.....	Phoenix Alhambra (102)	Carlos Borja	Mesa Mountain View (112)	Tempe Desert Vista (117)

DIVISION II

2018.....	Flagstaff (128)	Trina Painter	Gilbert Casteel (144)	Gilbert Campo Verde (150)
2017.....	Flagstaff (127)	Trina Painter	Gilbert Campo Verde (146)	Phoenix Deer Valley (172)
2016.....	Flagstaff (64)	Trina Painter	Gilbert Campo Verde (86)	Sierra Vista Buena (146)
2015.....	Flagstaff (68)	Trina Painter	Yuma Gila Ridge (101)	Phoenix Greenway (149)
2014.....	Yuma Gila Ridge (99)	Lucas Wolthuis	Phoenix Greenway (124)	Phoenix Shadow Mountain (166)
2013.....	Tucson Catalina Foothills (150)	Adam Columbo	Phoenix Greenway (159)	Marana Mountain View (186)
2012.....	Cave Creek Cactus Shadows (78)	Patty Egan	Oro Valley Canyon Del Oro (142)	Marana Mountain View (158)
2011.....	Oro Valley Canyon Del Oro (97)	Rick Glider	Tucson Ironwood Ridge (147)	Cave Ck. Cactus Shadows (186)
2010.....	Tucson Catalina Foothills (63)	Doug Keen	Peoria Sunrise Mountain (118)	Oro Valley Ironwood Ridge (152)

DIVISION III

2018.....	Page (35)	Tim Martin	Prescott (114)	Tucson Salpointe Catholic (152)
2017.....	Page (45)	MacArthur Lane	Tuba City (100)	Chinle (140)
2016.....	Page (77)	MacArthur Lane	Scottsdale Saguaro (98)	Ganado (121)
2015.....	Page (61)	MacArthur Lane	Chinle (65)	Tuba City (70)
2014.....	Page (44)	MacArthur Lane	Chinle (80)	Rio Rico (87)
2013.....	Tuba City (48)	Arvis Myron	Rio Rico (71)	Page (117)
2012.....	Rio Rico (29)	Stephen Schadler	Tuba City (73)	Scottsdale Saguaro (97)
2011.....	Chinle (71)	Shaun Martin	Rio Rico (86)	Tuba City (95)
2010.....	Chinle (77)	Shaun Martin	Flagstaff (94)	Cottonwood Mingus (119)

DIVISION IV

2018.....	Flagstaff Northland Prep (37)	Missy Acker	Keams Canyon Hopi (67)	North Phoenix Prep (142)
2017.....	Flagstaff Northland Prep (57)	Missy Acker	Keams Canyon Hopi (68)	Whiteriver Alchesay (149)
2016.....	Keams Canyon Hopi (56)	Rick Baker	Pinon (80)	Flagstaff Northland Prep (86)
2015.....	Keams Canyon Hopi (59)	Rick Baker	Many Farms (129)	Pinon (154)
2014.....	Keams Canyon Hopi (42)	Rick Baker	Pinon (104)	Glendale Prep (149)
2013.....	Keams Canyon Hopi (69)	Rick Baker	Pinon (124)	Tucson Pusch Ridge (147)
2012.....	Keams Canyon Hopi (56)	Rick Baker	Tucson Pusch Ridge (71)	Flagstaff Northland Prep (169)
2011.....	Keams Canyon Hopi (52)	Rick Baker	Flagstaff Northland Prep (81)	Phoenix Veritas Prep (171)
2010.....	Keams Canyon Hopi (58)	Rick Baker	Many Farms (111)	Pinon (136)

5A CONFERENCE

2009 5A-1.....	Phoenix Alhambra (84)	Carlos Borja	Tempe Corona del Sol (102)	Mesa Mountain View (113)
2009 5A-2.....	Oro Valley Ironwood Ridge (95)	Gary Forrest	Yuma Cibola (102)	Phoenix Camelback (146)
2008 5A-1.....	Tempe Desert Vista (96)	Chris Hanson	Phoenix Alhambra (98)	Gilbert Highland (152)
2008 5A-2.....	Tucson Sunnyside (60)	Ron Grant	Phoenix Camelback (110)	Tucson Ironwood Ridge (161)
2007 5A-1.....	Phoenix Alhambra (64)	Carlos Borja	Tempe Desert Vista (122)	Mesa Mountain View (167)
2007 5A-2.....	Marana Mountain View (70)	Dennis Hansen	Scottsdale Horizon (70)	Tucson Ironwood Ridge (103)
2006 5A-1.....	Tempe Desert Vista (75)	Chris Hanson	Scottsdale Horizon (90)	Mesa Mountain View (102)
2006 5A-2.....	Phoenix Shadow Mountain (67)	Greg Pestka	Marana Mountain View (119)	Scottsdale Desert Mt. (158)
2005 5A-1.....	Tempe Desert Vista (56)	Chris Hanson	Tucson Salpointe (159)	Sierra Vista Buena (160)
2005 5A-2.....	Phoenix Carl Hayden (90)	Gary Anderson	Phoenix Shadow Mountain (102)	Marana Mountain View (120)



Boys Team State Champs

YEAR	WINNING TEAM	HEAD COACH	RUNNERUP	THIRD PLACE
2004	Mesa Mountain View (85)	Kyle Sawyer	Tempe Desert Vista (110)	Gilbert Highland (125)
2003	Phoenix Brophy Prep (129)	Mike Keahon	Mesa Mountain View (133)	Tempe Desert Vista (140)
2002	Tempe Desert Vista (109)	Chris Hanson	Phoenix Shadow Mountain (134)	Scottsdale Desert Mt. (147)
2001	Phoenix Shadow Mountain (87)	Gregg Pestka	Mesa Mountain View (98)	Tempe Mountain Pointe (114)
2000	Tempe Mountain Pointe (104)	Jeff Hengesbach	Glendale Mountain Ridge (113)	Scottsdale Horizon (128)
1999	Scottsdale Horizon (112)	Don Gardina	Mesa Mountain View (142)	Mesa Dobson (149)
1998	Scottsdale Horizon (109)	Don Gardina	Gilbert Highland (120)	Mesa Dobson (127)
1997	Mesa Dobson (74)	Kyle Sawyer	Tempe Mountain Pointe (110)	Tucson Sunnyside (123)
1996	Mesa Westwood (80)	Kyle Sawyer	Scottsdale Horizon (99)	Phoenix Brophy Prep (111)
1995	Mesa Westwood (85)	Kyle Sawyer	Scottsdale Horizon (86)	Mesa Mountain View (133)
1994	Mesa Westwood (56)	Kyle Sawyer	Phoenix Deer Valley (80)	Tucson Canyon del Oro (134)
1993	Mesa Westwood (60)	Kyle Sawyer	Tucson Canyon del Oro (92)	Tempe Mountain Pointe (172)
1992	Tempe Corona del Sol (36)	Sabrina Robinson	Mesa Westwood (93)	Tucson Canyon del Oro (127)
1991	Mesa Westwood (80)	Kyle Sawyer	Tempe Corona del Sol (147)	Glendale Apollo (161)
1990	Mesa Westwood (49)	Kyle Sawyer	Mesa Red Mountain (88)	Tucson Sahuaro (104)
1989	Phoenix Trevor Browne (42)	Dave Cruickshank	Mesa Westwood (95)	Phoenix Shadow Mountain (152)
1988	Phoenix Trevor Browne (53)	Dave Cruickshank	Mesa Westwood (81)	Tucson Sahuaro (106)
1987	Mesa Mountain View (54)	Mike Jackson	Phoenix Trevor Browne (55)	Tucson Amphitheater (108)
1986	Phoenix Trevor Browne (32)	Dave Cruickshank	Mesa Mountain View (115)	Mesa Westwood (180)
1985	Phoenix Trevor Browne (73)	Dave Cruickshank	Glendale Apollo (135)	Mesa Mountain View (139)
1984	Tucson Sahuaro (75)	Jeff Lockwood	Tucson Sunnyside (135)	Mesa Westwood (141)
1983	Mesa Westwood (107)	Mike Gray	Tucson Sahuaro (123)	Phoenix Thunderbird (161)
1982	Tucson Santa Rita (118)	Ken Radon	Tucson Palo Verde (167)	Mesa Mountain View (195)
1981	Casa Grande (77)	Bill Allen	Tucson Amphitheater (99)	Phoenix Greenway (117)
1980	Tucson Santa Rita (58)	Ken Radon	Phoenix Greenway (66)	Tucson Palo Verde (134)
1979	Tucson Santa Rita (109)	Ken Radon	Tucson Sahuaro (156)	Tucson Palo Verde (169)
1978	Tucson Santa Rita (111)	Gary Stefan	Tucson Palo Verde (125)	Scottsdale Coronado (140)
1977	Scottsdale Coronado (97)	Jim Ryder	Tucson Palo Verde (121)	Tucson Sunnyside (136)
1976	Scottsdale Coronado (66)	Jim Ryder	Tucson Palo Verde (77)	Tucson Sunnyside (88)
1975	Tucson Sunnyside (67)	Jim Mielke	Glendale (127)	Mesa Westwood (129)
1974	Phoenix South Mountain (71)	Joe Ehlers	Tucson Sunnyside (101)	Phoenix Alhambra (197)
1973	Tempe Union (47)	Doug Conley	Phoenix South Mountain (158)	Sierra Vista Buena (180)
1972	Phoenix South Mountain (110)	Joe Ehlers	Tempe Union (112)	Tucson Pueblo (135)
1971	Phoenix North (49)	Ron Houser	Phoenix Camelback (93)	Casa Grande/Sunnyside (166)
1970	Phoenix South Mountain (84)	Joe Ehlers	Tucson Sahuaro (91)	Phoenix West (102)

4A CONFERENCE

2009 4A-1	Tucson Catalina Foothills (43)	Doug Keen	Prescott Valley Bradshaw Mt. (110)	Tucson Flowing Wells (116)
2009 4A-2	Cottonwood Mingus (55)	Jim Bostwick	Rio Rico (66)	Flagstaff (81)
2008 4A-1	Tucson Catalina Foothills (59)	Doug Keen	Cave Creek Cactus Shadows (85)	Tucson Sabino (92)
2008 4A-2	Rio Rico (46)	Rodger Bristow	Tucson Catalina (65)	Cottonwood Mingus (66)
2007 4A-1	Tucson Sabino (56)	Sylvia Kniest	Tucson Catalina Foothills (73)	Phoenix Shadow Mountain (113)
2007 4A-2	Cottonwood Mingus (36)	Jim Bostwick	Rio Rico (67)	Tucson Catalina (104)
2006 4A-1	Tucson Catalina Foothills (74)	Doug Keen	Tucson Catalina (120)	Tucson Sabino (128)
2006 4A-2	Rio Rico (64)	Rodger Bristow	Cottonwood Mingus (65)	Flagstaff (75)
2005 4A-1	Phoenix Greenway (71)	Scott Giddings	Tucson Ironwood Ridge (125)	Phoenix Thunderbird (129)
2005 4A-2	Page (31)	Mark Lomeland	Rio Rico (66)	Flagstaff (126)
2004	Page (40)	Mark Lomeland	Flagstaff (94)	Cactus Shadows (96)
2003	Page (62)	Mark Lomeland	Tucson Catalina Foothills (89)	Flagstaff Coconino (174)
2002	Tucson Catalina Foothills (46)	Ron Grant	Page (92)	Phoenix Washington (103)
2001	Tucson Catalina Foothills (70)	Ron Grant	Flagstaff Coconino (76)	Prescott (104)
2000	Tucson Catalina Foothills (99)	Ron Grant	Tucson Sahuaro (126)	Page (158)
1999	Page (78)	Jim Trapp	Tucson Catalina Foothills (118)	Tucson Palo Verde (154)
1998	Page (93)	Jim Trapp	Tucson Catalina Foothills (106)	Phoenix Greenway (122)
1997	Page (78)	Jim Trapp	Tucson Catalina Foothills (90)	Scottsdale Chaparral (144)



Boys Team State Champs

YEAR	WINNING TEAM	HEAD COACH	RUNNERUP	THIRD PLACE
1996	Douglas (84)	Dave Bond	Tucson Catalina Foothills (91)	Phoenix Moon Valley (131)
1995	Page (76)	Jim Trapp	Douglas (117)	Chinle (132)
1994	Douglas (87)	Dave Bond	Page (97)	Lake Havasu (125)
1993	Lake Havasu (104)	Ray Reynolds	Tucson Flowing Wells (108)	Chinle (113)
1992	Page (27)	Mark Lomeland	Glendale Cactus (136)	Tucson Sahuaro (154)
1991	Page (30)	Mark Lomeland	Flagstaff (95)	Phoenix Greenway (127)
1990	Page (35)	Mark Lomeland	Flagstaff (78)	Flagstaff Coconino (87)
1989	Page (43)	Mark Lomeland	Glendale (116)	Flagstaff (148)
1988	Tuba City (81)	John Goatcher	Page (130)	Tucson Rincon (154)
1987	Globe (103)	Ben Marin	Lake Havasu (114)	Prescott (125)
1986	Prescott (81)	Paul Bixler	Scottsdale Arcadia (97)	Lake Havasu (161)
1985	Lake Havasu (94)	Ray Reynolds	Tucson Flowing Wells (101)	Tucson Palo Verde (127)
1984	Tuba City (55)	Charles Carter	Glendale (73)	Tucson Flowing Wells (80)
1983	Tuba City (49)	Bud Davis	Nogales (90)	Lake Havasu (103)
1982	Tuba City (24)	Bud Davis	Nogales (81)	Kingman (101)
1981	Tuba City (35)	Bud Davis	Nogales (91)	Cottonwood Mingus Union (94)
1980	Tuba City (38)	Bud Davis	Nogales (72)	Cottonwood Mingus Union (101)
1979	Tuba City (62)	Bud Davis	Chinle (111)	Globe (131)
1978	Tuba City (54)	Bud Davis	Chinle (60)	Tucson Flowing Wells (82)
1977	Flagstaff Coconino (44)	Jack Boehle	Gilbert (61)	Winslow (75)
1976	Winslow (49)	Dave Conatser	Holbrook (54)	San Manuel (105)
1975	Tuba City (20)	Bud Davis	Winslow (70)	Holbrook (129)
1974	Holbrook (45)	W.B. Wolfington	Winslow (50)	Tuba City (82)
1973	Winslow (27)	Dave Conatser	Flagstaff Coconino (67)	Snowflake (99)
1972	Winslow (32)	Dave Conatser	Flagstaff Coconino (68)	San Manuel (93)
1971	Phoenix Indian School (37)	Vic Hall	Winslow (45)	Flagstaff Coconino (87)
1970	Phoenix Indian School (34)	Joe Michelitch	Winslow (54)	Flagstaff Coconino (87)

3A CONFERENCE

2009	Tuba City (42)	Carlton Perry	Chinle (55)	Ganado (123)
2008	Tuba City (68)	Carlton Perry	Chinle (90)	Sedona Red Rock (106)
2007	Tuba City (28)	Carlton Perry	Chinle (77)	Ganado (93)
2006	Keams Canyon Hopi (51)	Rick Baker	Chinle (62)	Ganado (65)
2005	Keams Canyon Hopi (62)	Rick Baker	Tuba City (65)	Ganado (67)
2004	Keams Canyon Hopi (61)	Rick Baker	Rio Rico (74)	(TIE) Ganado (75)
				Tuba City (75)
2003	Keams Canyon Hopi (24)	Rick Baker	Rio Rico (51)	Tuba City (83)
2002	Keams Canyon Hopi (32)	Rick Baker	Window Rock (71)	Tuba City (78)
2001	Keams Canyon Hopi (41)	Rick Baker	Rio Rico (47)	Window Rock (62)
2000	Rio Rico (53)	Stephen Schadler	Window Rock (61)	Whiteriver Alchesay (113)
1999	Tuba City (70)	Arvis Myron	Rio Rico (99)	Winslow (104)
1998	Ganado (69)	Jim Lujan	Window Rock (64)	Tuba City (108)
1997	Window Rock (52)	Leonard Chee	Ganado (116)	Winslow (131)
1996	Arizona Boys Ranch (52)	Ken Johnson	Window Rock (72)	Bradshaw Mountain (101)
1995	Monument Valley (87)	Bob Nash	Bradshaw Mountain (89)	Window Rock (95)
1994	Monument Valley (83)	James Lujan	Ganado (99)	Window Rock (101)
1993	Tuba City (34)	Milfred Tewawina	Window Rock (85)	Winslow (101)
1992	Chinle (45)	Lon Mason	Lake Havasu (86)	Window Rock (101)
1991	Chinle (39)	Lon Mason	Ganado (59)	Tuba City (74)
1990	Tuba City (31)	Troy Honahnie	Monument Valley (41)	Chinle (48)
1989	Chinle (48)	Lon Mason	Monument Valley (53)	Tuba City (69)
1988	Monument Valley (102)	Bob Nash	Chinle (123)	Sanders Valley (127)
1987	Monument Valley (88)	Ray Spackman	Chinle (93)	Hopi (113)
1986	Bisbee (59)	Leonard Suarez	Monument Valley (93)	Tuba City (96)
1985	Many Farms (84)	Fernando Roman	Tuba City (86)	Bisbee (94)



Boys Team State Champs

YEAR	WINNING TEAM	HEAD COACH	RUNNERUP	THIRD PLACE
1984	Phoenix Indian School (71)	Joe Morris	Monument Valley (92)	Bisbee (97)
1983	Ganado (71)	John Peroni	Bisbee (91)	Chinle (104)
1982	Ganado (40)	John Peroni	Many Farms (51)	Holbrook (90)
1981	Ganado (61)	Tony Ruffo	Holbrook (66)	Chinle (79)
1980	Ganado (65)	Tony Ruffo	Chinle (71)	Many Farms (97)
1979	Ganado (78)	Tony Ruffo	Many Farms (80)	Phoenix Indian School (96)
1978	Phoenix Indian School (50)	Joe Morris	Monument Valley (60)	Ganado (84)
1977	Tuba City (20)	Bud Davis	Chinle (75)	(unk.)
1976	Tuba City (22)	Bud Davis	Ganado (unk.)	(unk.)
1975	Ganado (30)	Barney McLvov	Cottonwood Mingus Union (73)	Ajo (87)
1974	Ganado (32)	Barney McLvov	Ajo (54)	Buckeye (119)
1973	Tuba City (49)	Bud Davis	Holbrook (63)	Ganado (100)
1972	Holbrook (45)	Boyd Wolfington	Ganado (66)	Tuba City (86)
1971	Tuba City (26)	Bud Davis	Holbrook (59)	Window Rock (111)
1970	Tuba City (85)	Bud Davis	Snowflake (98)	San Manuel (116)

1A/2A CONFERENCES

2009	Keams Canyon Hopi (27)	Rick Baker	Many Farms (62)	Canyon State (162)
2008	Keams Canyon Hopi (28)	Rick Baker	Many Farms (67)	Tombstone (141)
2007	Keams Canyon Hopi (34)	Rick Baker	Chandler Valley Christian (118)	Scottsdale Christian (122)
2006	St. Michael (80)	Kelly Upshaw	Scottsdale Christian (117)	Chandler Valley Christian (131)
2005	Flagstaff Northland Prep (49)	Mike Elder	St. Michael (63)	Scottsdale Christian (76)
2004	Flagstaff Northland Prep (73)	Mike Elder	Red Mesa (85)	St. Michael (89)
2003	Chandler Valley Christian (103)	Dan Kuiper	Valley Sanders (110)	Scottsdale Christian (156)
2002	Tombstone (94)	Roger Bristow	Many Farms (98)	Scottsdale Christian (103)
2001	Sanders Valley (48)	Lucas Lucio	St. Michael (58)	Chandler Valley Christian (124)
2000	Keams Canyon Hopi (39)	Rick Baker	St. Michael (63)	Sanders Valley (76)
1999	Keams Canyon Hopi (15)	Rick Baker	Sanders Valley (84)	Tombstone (86)
1998	Keams Canyon Hopi (22)	Rick Baker	Tombstone (89)	San Carlos (92)
1997	Keams Canyon Hopi (19)	Rick Baker	Tombstone (90)	Thatcher (111)
1996	Keams Canyon Hopi (32)	Rick Baker	Sanders Valley (81)	Tombstone (87)
1995	Keams Canyon Hopi (19)	Rick Baker	Sanders Valley (80)	Whiteriver Alchesay (88)
1994	Keams Canyon Hopi (40)	Rick Baker	Bisbee (66)	Sanders Valley (68)
1993	Keams Canyon Hopi (47)	Rick Baker	Sanders Valley (65)	Bisbee (69)
1992	Keams Canyon Hopi (43)	Rick Baker	Bisbee (61)	Many Farms (65)
1991	Keams Canyon Hopi (31)	Rick Baker	Bisbee (82)	Sanders Valley (92)
1990	Keams Canyon Hopi (38)	Rick Baker	Sanders Valley (47)	Red Mesa (130)
1989	Many Farms (45)	Frank Begay	Sanders Valley (55)	Keams Canyon Hopi (92)
1983	Ajo (29)	Terry Orr	Sanders Valley (70)	Benson (80)
1982	Baboquivari (35)	Bob Kahn	Ajo (54)	Benson (106)
1981	Baboquivari (36)	Bob Kahn	Whiteriver Alchesay (39)	Show Low (82)
1980	Florence (63)	Dave English	Winkelman Hayden (77)	Whiteriver Alchesay (80)
1979	Florence (36)	Dave English	Baboquivari (57)	Whiteriver Alehesay (77)
1978	Florence (32)	Jack Hamilton	Superior (45)	Whiteriver Alchesay (47)
1977	Whiteriver Alchesay (31)	Frank Hatfield	Florence (43)	Superior (51)
1976	Whiteriver Alchesay (35)	Frank Hatfield	Florence (44)	Superior (87)
1975	Florence (38)	Dave English	Sanders Valley (55)	Whiteriver Alchesay (58)
1974	Florence (55)	Dave English	Willcox (60)	Springerville Round Valley (78)

(1984 thru 1988 combined with 3A Conference)

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D-III: Page Expects to Battle Salpointe, Prescott for State Team Title



The 2019 Page Boys Coss Country team took home the section title a week ago (photo courtesy of Page High School).

***By Oree Foster
azpreps365.com***

Page placed three scoring runners in the top nine to post a six-point victory, 52-58, over Prescott for the boy's Division III, Section IV team championship at Hidden Cove Golf Course in Holbrook.

Page junior Trent Holiday won the individual championship, touring the 5K course in 16:27. Sand Devil junior Rex Martin crossed the finish line in third place, negotiating the course in 16:46.

Senior Skyler Sandoval was Page's third finisher, claiming ninth place with a 16:58. Page sophomore Colton Yazzie completed the race in 17:15, and Sand Devil freshman Gavyn Begay turned in a 17:40 for 24th place to round out the team scoring for Page.

Page's sixth and seventh non-scoring runners are freshmen. Shayden Begay was clocked in 17:55.07 for 33rd place, followed by Quentin Davis in 34th place, posting a 17:55.75.

Page has won five state championships in a row and 16 boy's state titles. Former head coach

MacArthur Lane guided Page boy's team to four straight state championships.

Tim Martin coached Page to the state title last year. His twin brother, Theo, is the Sand Devils current head coach. Theo Martin won a pair of state championships, coaching Page's girl's program to the 2009 and 2010 state crowns.

Page head coach Theo Martin said the Sand Devils' runners have to tighten up its team spread.

"The team will have to tighten up the team spread, 1 to 5 runners, 40 seconds and possibly 1 to 7 runners, 45 seconds," Martin said. "We will have to run in packs of three and four. We will have to run at our best to break the front group up. We will have to use top runner Trent (Holiday) and stay with him."

Martin said last week's Division III, Section IV runner-up Prescott, Salpointe Catholic of Tucson and his Page team are expected to challenge for the state championship.

Martin pointed out that Rio Rico's Rashan Tinoco-Mira is the individual favorite to win the individual state championship. Walden Grove's Jonathan Lane and Palo Verde's Abraham Valenzuela are expected to push Tinoco-Mira.

"We will race the best we can," Martin said. "All the teams in the top 21 will be challenging."

Martin said his team has aches and pains, but will be ready to race on Saturday.

The state championship is scheduled for Saturday at Cave Creek Golf Course in Phoenix.



Girls Individual State Champions

DIVISION I

YEAR	WINNER	SCHOOL	TIME/DISTANCE	COURSE
2018	Abi Archer	Scottsdale Chaparral	17:56.22 (3.1)	Cave Creek Golf Course
2017	Haley Wolf	Tempe Desert Vista	18:38 (3.1)	Cave Creek Golf Course
2016	Jesselyn Bries	Phoenix Sandra Day O'Connor	18:03 (3.1)	Cave Creek Golf Course
2015	Sarah Carter	Phoenix Xavier Prep	18:09 (3.1)	Cave Creek Golf Course
2014	Dani Jones	Tempe Desert Vista	17:26 (3.1)	Cave Creek Golf Course
2013	Dani Jones	Tempe Desert Vista	18:00.80 (3.1)	Cave Creek Golf Course
2012	Sarah Fakler	Phoenix Xavier Prep	18:02.25 (3.1)	Cave Creek Golf Course
2011	Sarah Fakler	Phoenix Xavier Prep	17:48.19 (3.1)	Cave Creek Golf Course
2010	Sarah Fakler	Phoenix Xavier Prep	18:26.97 (3.1)	Cave Creek Golf Course

DIVISION II

2018	Hana Hall	Flagstaff	18:07.48 (3.1)	Cave Creek Golf Course
2017	Abi Archer	Scottsdale Chaparral	17:58 (3.1)	Cave Creek Golf Course
2016	Abi Archer	Scottsdale Chaparral	18:29 (3.1)	Cave Creek Golf Course
2015	Courtney Lewis	Flagstaff	18:36 (3.1)	Cave Creek Golf Course
2014	Bridgette Doucet	Tucson Canyon Del Oro	18:07 (3.1)	Cave Creek Golf Course
2013	Tatiana Gillick	Flagstaff	18:28.96 (3.1)	Cave Creek Golf Course
2012	Tatiana Gillick	Flagstaff	18:55.25 (3.1)	Cave Creek Golf Course
2011	Tatiana Gillick	Flagstaff	18:29.64 (3.1)	Cave Creek Golf Course
2010	Kylee Kieser	Tempe Marcos de Niza	18:53.01 (3.1)	Cave Creek Golf Course

DIVISION III

2018	Samantha Schadler	Rio Rico	18:01.32 (3.1)	Cave Creek Golf Course
2017	Samantha Schadler	Rio Rico	18:06 (3.1)	Cave Creek Golf Course
2016	Allie Schadler	Rio Rico	17:03 (3.1)	Cave Creek Golf Course
2015	Allie Schadler	Rio Rico	17:04 (3.1)	Cave Creek Golf Course
2014	Allie Schadler	Rio Rico	18:14 (3.1)	Cave Creek Golf Course
2013	Allie Schadler	Rio Rico	18:38.18 (3.1)	Cave Creek Golf Course
2012	Diana Garcia	Tempe	18:39.19 (3.1)	Cave Creek Golf Course
2011	Rolonda Jumbo	Chinle	18:27.20 (3.1)	Cave Creek Golf Course
2010	Rolonda Jumbo	Chinle	18:34.55 (3.1)	Cave Creek Golf Course

DIVISION IV

2018	Aliandrea Upshaw	St. Michael	18:18.33 (3.1)	Cave Creek Golf Course
2017	Maya Smith	Flagstaff Northland Prep	18:01 (3.1)	Cave Creek Golf Course
2016	Maya Smith	Flagstaff Northland Prep	18:21 (3.1)	Cave Creek Golf Course
2015	Maya Smith	Flagstaff Northland Prep	18:20 (3.1)	Cave Creek Golf Course
2014	Maya Smith	Flagstaff Northland Prep	19:25 (3.1)	Cave Creek Golf Course
2013	Valentina Nyhart	Flagstaff Northland Prep	19:39.72 (3.1)	Cave Creek Golf Course
2012	Anna Long	Scottsdale Christian	18:54.12 (3.1)	Cave Creek Golf Course
2011	Sarah MacDonald	Tucson Pusch Ridge Christian	18:55.28 (3.1)	Cave Creek Golf Course
2010	Chelena Betoney	Sanders Valley	19:52.44 (3.1)	Cave Creek Golf Course

5A CONFERENCE

2009 5A-1	Jessica Tonn	Phoenix Xavier Prep	17:28.16 (3.1)	Cave Creek Golf Course
2009 5A-2	Sarah Miville	Oro Valley Ironwood Ridge	19:14.81 (3.1)	Cave Creek Golf Course
2008 5A-1	Jessica Tonn	Phoenix Xavier Prep	17:50.90 (3.1)	Cave Creek Golf Course
2008 5A-2	Lacey Kalinen	Pinnacle	19:27.30 (3.1)	Cave Creek Golf Course
2007 5A-1	Nadya Bishton	Glendale Mountain Ridge	17:28.25 (3.1)	Cave Creek Golf Course
2007 5A-2	Sarah Miville	Oro Valley Ironwood Ridge	18:57.10 (3.1)	Cave Creek Golf Course
2006 5A-1	Nadya Bishton	Glendale Mountain Ridge	18:11.40 (3.1)	Cave Creek Golf Course
2006 5A-2	Lindsay Prescott	Glendale Sandra Day O'Connor	18:41.25 (3.1)	Cave Creek Golf Course
2005 5A-1	Kristen Phillips	Tempe Mountain Pointe	19:15.30 (3.1)	Cave Creek Golf Course
2005 5A-2	Tara Erdman	Tucson Flowing Wells	19:11.00 (3.1)	Cave Creek Golf Course
2004	Kristen Phillips	Tempe Mountain Pointe	18:32 (3.1)	Anthem Way
2003	Ellen Mork	Tucson Flowing Wells	19:11 (3.1)	Anthem Way
2002	Valerie McGregor	Marana Mountain View	18:22 (3.1)	Anthem Way
2001	Sally Meyerhoff	Tempe Mountain Pointe	17:15 (3.0)	Anthem Way
2000	Sally Meyerhoff	Tempe Mountain Pointe	18:48 (3.1)	Freestone Park (Gilbert)
1999	Sara Gorton	Tempe Mountain Pointe	18:29 (3.1)	Freestone Park (Gilbert)
1998	Sara Gorton	Tempe Mountain Pointe	18:34 (3.1)	Freestone Park (Gilbert)
1997	Mary Barreto	Phoenix Xavier	19:14 (3.1)	Freestone Park (Gilbert)



Girls Individual State Champions

YEAR	WINNER	SCHOOL	TIME/DISTANCE	COURSE
1996	Mary Barreto	Phoenix Xavier	14:46 (2.4)	Freestone Park (Gilbert)
1995	Mary Barreto (so)	Phoenix Xavier	14:39 (2.4)	Fiesta Inn (Tempe)
1994	Judy Barreto	Phoenix Xavier	14:36 (2.4)	Fiesta Inn (Tempe)
1993	Tegan Freestone (fr)	Mesa Westwood	14:20 (2.2)	Kennedy Park (Tucson)
1992	Virginia Pedersoli	Tucson Amphitheater	14:47 (2.1)	Estrella Mountain Park
1991	Virginia Pedersoli	Tucson Amphitheater	14:14 (2.3)	Spook Hill Park (Mesa)
1990	Amber Clark	Mesa Dobson	14:08 (2.3)	Prison Hills (Yuma)
1989	Amber Clark	Mesa Dobson	11:25 (1.9)	Thunderbird Park (Glendale)
1988	Amber Clark (fr)	Mesa Dobson	13:54 (2.0)	Estrella Mountain Park
1987	Tracy Jarman	Shadow Mountain	10:55 (1.9)	Thunderbird Park (Glendale)
1986	Tracy Jarman	Shadow Mountain	11:20 (2.1)	Pima College (Tucson)
1985	Carol Moore	Tucson Canyon del Oro	13:49 (2.5)	Kiwanas Park (Tempe)
1984	Laura Goodwin	Tucson Palo Verde	13:45 (2.3)	Mouer Park (Tempe)
1983	Trina Leopold	Scottsdale Horizon	11:54 (2.1)	Pima College (Tucson)
1982	Mary Curetain	Tucson Amphitheater	no time/rain storm	Fountain Hills
1981	Lisa Anetzberger	Phoenix Alhambra	13:30 (2.3)	Kiwanas Park (Tempe)
1980	Millicent Anderson	Tucson Canyon del Oro	13:58 (2.5)	Tucson Santa Rita H.S.
1979	Lisa Anetzberger (so)	Phoenix Alhambra	11:05 (2.0)	Fountain Hills
1978	Stacy Hartsfield (fr)	Scottsdale Arcadia	10:40 (2.0)	Kiwanas Park (Tempe)

4A CONFERENCE

2009 4A-1	Zahira Jimenez	Nogales	18:59.09 (3.1)	Cave Creek Golf Course
2009 4A-2	Aeoleone Bristow	Rio Rico	19:22.39 (3.1)	Cave Creek Golf Course
2008 4A-1	Christina Price	Sabino	19:16.20 (3.1)	Cave Creek Golf Course
2008 4A-2	Aeoleone Bristow	Rio Rico	19:07.05 (3.1)	Cave Creek Golf Course
2007 4A-1	Lindsay Prescott	Glendale Sandra Day O'Connor	18:34.15 (3.1)	Cave Creek Golf Course
2007 4A-2	Hannah Henson	Rio Rico	18:46.90 (3.1)	Cave Creek Golf Course
2006 4A-1	Ashley Chirco	Tucson Rincon	19:21.85 (3.1)	Cave Creek Golf Course
2006 4A-2	Katrina Lee	Page	19:14.55 (3.1)	Cave Creek Golf Course
2005 4A-1	Andrea Crowe	Tucson Catalina Foothills	20:34.50 (3.1)	Cave Creek Golf Course
2005 4A-2	Kari Hardt	Queen Creek	18:42.45 (3.1)	Cave Creek Golf Course
2004	Kelsey Greathouse	Prescott Valley Bradshaw Mountain	19:01 (3.1)	Anthem Way
2003	Angela Camillo	Cave Creek Cactus Shadows	19:21 (3.1)	Anthem Way
2002	Annie Falor	Flagstaff	18:08 (3.1)	Anthem Way
2001	Jennifer Klein	Prescott	20:19 (3.1)	Santa Rita H.S. (Tucson)
2000	Jennifer Klein	Prescott	19:33 (3.1)	Freestone Park (Gilbert)
1999	Amber Quigley	Tucson Sunnyside	19:11 (3.1)	Freestone Park (Gilbert)
1998	Kristel Redhair	Page	19:46 (3.1)	Tucson Santa Rita H.S.
1997	Lisa Aguilera	Peoria Centennial	19:58 (3.1)	Freestone Park (Gilbert)
1996	Kristel Redhair	Page	19:36 (3.1)	Freestone Park (Gilbert)
1995	Jennifer Maritta	Tucson Catalina Foothills	18:18 (2.9)	Fiesta Inn (Tempe)
1994	Jennifer Maritta	Tucson Catalina Foothills	18:32 (2.9)	Fiesta Inn (Tempe)
1993	Jennifer Varga	Tucson Santa Rita	14:43 (2.4)	Fiesta Inn (Tempe)
1992	Autrnn McManis	Page	14:47 (2.4)	Paseo Park (Peoria)
1991	Carla Estrella	Tucson Santa Rita	15:01 (2.3)	Thunderbird Park (Glendale)
1990	Crista Matthews	Lake Havasu	14:13 (2.2)	Thunderbird Park (Glendale)
1989	Crista Matthews	Lake Havasu	11:22 (1.9)	Thunderbird Park (Glendale)
1988	Nancy George	Tucson Rincon	14:59 (2.0)	Estrella Mountain Park
1987	Lisa Hill	Prescott	11:16 (1.9)	Thunderbird Park (Glendale)
1986	Gretchen Butts	Prescott	12:10 (2.1)	Pima College (Tucson)
1985	Anke Mebold	Tucson Rincon	14:18 (2.4)	Kiwanas Park (Tempe)
1984	Janis Posey	Tuba City	11:05 (1.9)	Thunderbird Park (Glendale)
1983	Janis Posey	Tuba City	13:10 (2.2)	Buckeye Hills
1982	Janis Posey (fr)	Tuba City	13:24 (2.2)	Buckeye Hills
1981	Colleen Talahutewa	Tuba City	13:23 (2.2)	Estrella Mountain Park
1980	Kelly Bates	Flagstaff Coconino	10:19 (2.0)	Dysart H.S. (Peoria)
1979	Millicent Anderson	Tucson Canyon del Oro	12:38 (2.0)	Estrella Mountain Park
1978	Kellie Cathey	San Manuel	16:37 (3.0)	Estrella Mountain Park
1977	Kathy Terrell	Kingman	13:30 (2.2)	Estrella Mountain Park
1976	Lisa Feyerelsen	Flagstaff Coconino	14:10 (2.2)	Estrella Mountain Park

3A CONFERENCE

2009	Rolonda Jumbo	Chinle	18:40.99 (3.1)	Cave Creek Golf Course
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Girls Individual State Champions

YEAR	WINNER	SCHOOL	TIME/DISTANCE	COURSE
2008	Rolonda Jumbo	Chinle	18:14.30 (3.1)	Cave Creek Golf Course
2007	Jessica Rydberg	Lakeside Blue Ridge	20:00.00 (3.1)	Cave Creek Golf Course
2006	Charnelle Curley	Chinle	19:48.25 (3.1)	Cave Creek Golf Course
2005	Janeen Yazzie	Winslow	20:20 (3.1)	Cave Creek Golf Course
2004	Kari Hardt	Queen Creek	18:12 (3.1)	Anthem Way
2003	Whitney Hardt	Springerville Round Valley	19:03 (3.1)	Anthem Way
2002	Whitney Hardt	Springerville Round Valley	18:33 (3.1)	Anthem Way
2001	Whitney Hardt	Payson	18:28 (3.0)	Anthem Way
2000	Jodie Denike	Chino Valley	19:31 (3.1)	Freestone Park (Gilbert)
1999	Ciji Honahni	Tuba City	19:56 (3.1)	Freestone Park (Gilbert)
1998	Alvina Begay	Ganado	19:03 (3.1)	Freestone Park (Gilbert)
1997	Alvina Begay	Ganado	19:22 (3.1)	Freestone Park (Gilbert)
1996	Kimberly Wilkins	Round Valley	19:47 (3.1)	Freestone Park (Gilbert)
1995	Zandra Tahy	Ganado	18:27 (2.9)	Fiesta Inn (Tempe)
1994	Terri Kelewood	Ganado	18:36 (2.9)	Fiesta Inn (Tempe)
1993	Esmeralda Thomas	Holbrook	18:46 (2.9)	Fiesta Inn (Tempe)
1992	Danielle Bornfeld	Monument Valley	12:51 (2.2)	Kiwanis Park (Tempe)
1991	Danielle Bornfeld	Monument Valley	13:38 (2.2)	Estrella Mountain Park
1990	Danielle Bornfeld	Monument Valley	13:03 (2.2)	Estrella Mountain Park
1989	Danielle Bornfeld	Monument Valley	13:18 (2.0)	Estrella Mountain Park
1988	Fayetta Dale (fr)	Window Rock	14:09 (2.0)	Estrella Mountain Park
1987	Michelle Jensen	Kayenta Monument Valley	(unk.) (2.0)	Estrella Mountain Park
1986	Lucille Teller	Chinle	13:54 (2.1)	Gilbert H.S.
1985	Janice Posey	Tuba City	14:52 (2.2)	Kiwanis Park (Tempe)
1984	Harriet Wagner	Phoenix Indian School	14:51 (2.2)	Kiwanis Park (Tempe)
1983	Harriet Wagner	Phoenix Indian School	13:32 (2.2)	Buckeye Hills
1982	Patty Lopez	Bisbee	13:47 (2.2)	Buckeye Hills
1981	Tammy Jones	Ajo	13:39 (2.3)	Estrella Mountain Park
1980	Tammie Sanderson	Page	13:25 (2.0)	Estrella Mountain Park
1979	Bev Koerber	Bullhead City Mohave	13:50 (2.0)	Estrella Mountain Park
1978	(unknown)			
1977	Laven Begay	Window Rock	14:05 (2.1)	Estrella Mountain Park

1A/2A CONFERENCES

2009	Chelena Betoney	Sanders Valley	19:36.28 (3.1)	Cave Creek Golf Course
2008	Andrea Klimowksi	Northland Prep	20:20.45 (3.1)	Cave Creek Golf Course
2007	DeAnn Honanie	Keams Canyon Hopi	19:30.10 (3.1)	Cave Creek Golf Course
2006	Jillian Klassen	Scottsdale Christian	19:12.30 (3.1)	Cave Creek Golf Course
2005	Jillian Klassen	Scottsdale Christian	20:23 (3.1)	Cave Creek Golf Course
2004	Jillian Klassen	Scottsdale Christian	19:34 (3.1)	Anthem Way
2003	Kelly Spartonos	Yuma Catholic	20:03 (3.1)	Anthem Way
2002	Julie-Anne Bailey	Chandler Valley Christian	19:48 (3.1)	Anthem Way
2001	Julie-Anne Bailey	Chandler Valley Christian	19:46 (3.0)	Anthem Way
2000	Katie Sammons	Chandler Valley Christian	20:06 (3.1)	Freestone Park (Gilbert)
1999	Martina Goklish	Keams Canyon Hopi	19:51 (3.1)	Freestone Park (Gilbert)
1998	Wendi Lewis (jr)	Keams Canyon Hopi	20:37 (3.1)	Freestone Park (Gilbert)
1997	Wendi Lewis (so)	Keams Canyon Hopi	20:11 (3.1)	Freestone Park (Gilbert)
1996	Wendi Lewis (fr)	Keams Canyon Hopi	20:29 (3.1)	Freestone Park (Gilbert)
1995	Sherida Rogers	Willcox	19:52 (2.9)	Fiesta Inn (Tempe)
1994	Kelley Upshaw	St. Michael	19:23 (2.9)	Fiesta Inn (Tempe)
1993	Jessie Dodd	Bisbee	19:43 (2.9)	Fiesta Inn (Tempe)
1992	Myra Truax	Whiteriver Alchesay	13:39 (3.1)	Kiwanis Park (Tempe)
1991	Angela Herreras (fr)	Benson	14:06 (2.2)	Estrella Mountain Park
1990	Caroline Sekaquaptewa	Keams Canyon Hopi	14:12 (2.2)	Estrella Mountain Park
1989	Myra Truax	Whiteriver Alchesay	13:52 (2.2)	Estrella Mountain Park
1983	Alisa Comaduran	Benson	16:00 (2.4)	Pima College (Tucson)
1982	Wendy Camin (fr)	Benson	16:27 (2.4)	Pima College (Tucson)
1981	Alisa Comaduran	Benson	12:42 (2.0)	Central Arizona College
1980	Alisa Comaduran (fr)	Benson	11:42 (2.0)	Central Arizona College

(1984 thru 1988 combined with Class 3A)



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By Oree Foster
azpreps365.com

St. Michael turned in a strong performance, as the Lady Cardinals swept through competition to easily win the girl's Division IV, Section III championship at Hidden Cove Golf Course in Holbrook.

St. Michael swept the top three positions, with the Lady Cardinal runners finishing eighth, ninth, 10th and in 12th places. The Lady Cardinals won the Division IV, Section III title with 23 points, and Northland Prep of Flagstaff was the runner-up with 72 points.

St. Michael captured the D-IV state championship last year, the program's fourth title in school history. St. Michael head coach Kelly Bia, who is in her fourth year, said after Saturday's state meet that the Lady Cardinals will have to run together as a team.

"The key is number two through number seven runners," Bia said. "They have to be within one minute of each other and our number one leading the way. Every single runner putting in their part and using the hills to our advantage."

St. Michael senior Ali Upshaw captured the Division IV, Section III individual championship.

Upshaw toured the 5K course in 18:32, and Lady Cardinals freshman Amber Woody was second, posting a 20:33. St. Michael junior Chiara Holgate claimed third place, negotiating the terrain in 20:47.

Lady Cardinals junior Ashley Phillips was clocked in 21:58 for eighth place, and St. Michael freshman Nizhoniibaa Phillips was clocked in 22:04 for ninth place for the team's fifth scoring runner.

St. Michael junior Auri Quintana claimed 10th place, touring the course in 22:12. Lady Cardinals Lynelle Slim garnered 12th place, posting a 22:20.

Bia said one of the Lady Cardinals' seven runners has to take the leadership role when the race begins.

"Keeping in contact is key from the moment the gun sounds and running together," Bia said. "But we also can't wait for someone to lead the group. Somebody has got to take the leadership role and push the pace. I know the Phillip's (Ashley and Nizhoniibaa) are capable of pushing the pace for the group."

Bia said the key to St. Michaels' success this year is rebuilding and accountability.

"The work they put in off season is key," Bia said. "All the girls are hard workers. They can get outside their comfort zone and have confidence in each other that



The 2019 St. Michael's girls cross country team is ready to defend its state title from a year ago (photo courtesy of St. Michael High School).

each young lady is working hard, so they have to work hard."

Bia said the teams to watch at the state meet are Glendale Prep and Northland Prep.

"Glendale Prep and Northland Prep have good programs," Bia said. "You always have to be aware and know where you would want your runners to be in the race and who to watch."

Bia said runners to watch are Grace Tipton of North Phoenix Prep, Ani Durrel of Glendale Prep and Nizhoni James of Valley Sanders.

Bia said the Lady Cardinals are ready to face the tough hills on the course.

"We want to come and race tough on the hills," she said. "It's hilly and I believe that works with us. We work a lot on hills, so it's going to be who can race the hills the best."

Bia said the team is ready to race.

She noted that some of the runners have aches and pain.

"All the runners are pretty healthy," Bia said. "Auri (Quintana) has been fighting a hip/quad issue that she's been working with. She seems to be coming along. We just have some nags here and there, but for most part we are healthy coming into the state meet."

The state meet is scheduled for Saturday at Cave Creek Golf Course in Phoenix.



Girls Team State Champs

DIVISION I

YEAR	WINNING TEAM	HEAD COACH	RUNNERUP	THIRD PLACE
2018	Phoenix Xavier Prep (71)	Dave Van Sickle	Chandler (93)	Gilbert Highland (105)
2017	Chandler (55)	Matt Lincoln	Phoenix Xavier Prep (77)	Tempe Desert Vista (124)
2016	Tempe Desert Vista (20)	Jeff Messer	Chandler (105)	Gilbert Highland (112)
2015	Chandler (46)	Matt Lincoln	Phoenix Xavier Prep (51)	Tempe Desert Vista (56)
2014	Tempe Desert Vista (30)	Jeff Messer	Phoenix Xavier Prep (83)	Gilbert Highland (140)
2013	Tempe Desert Vista (60)	Jeff Messer	Phoenix Xavier Prep (70)	Mesa Mountain View (145)
2012	Phoenix Xavier (55)	Jeff Messer	Mesa Mountain View (75)	Tempe Desert Vista (105)
2011	Phoenix Xavier (22)	Dave Van Sickle	Phoenix Desert Vista (81)	Gilbert Highland (98)
2010	Phoenix Xavier (37)	Dave Van Sickle	Phoenix Desert Vista (94)	Mesa Mountain View (106)

DIVISION II

2018	Flagstaff (94)	Trina Painter	Phoenix North Canyon (96)	Peoria Sunrise Mountain (120)
2017	Flagstaff (49)	Trina Painter	Scottsdale Chaparral (80)	Phoenix North Canyon (127)
2016	Flagstaff (63)	Trina Painter	Scottsdale Chaparral (105)	Tucson Catalina Foothills (196)
2015	Flagstaff (59)	Trina Painter	Peoria Sunrise Mountain (156)	Tucson Catalina Foothills (158)
2014	Tucson Catalina Foothills (84)	Mike Smith	Flagstaff (96)	Casa Grande Vista Grande (120)
2013	Flagstaff (34)	Trina Painter	Tucson Catalina Foothills (87)	Prescott (186)
2012	Flagstaff (63)	Trina Painter	Tucson Catalina Foothills (103)	CC Cactus Shadows (131)
2011	Flagstaff (62)	Trina Painter	Tucson Sahuaro (93)	Tucson Catalina Foothills (105)
2010	Nogales (77)	Anna Rodriguez	Tempe Marcos de Niza (97)	Tucson Sahuaro (128)

DIVISION III

2018	Tucson Salpointe Catholic (66)	Mike Urbanski	Prescott (129)	Ganado (145)
2017	Ganado (101)	Anna James	Flagstaff Coconino (108)	Tucson Salpointe Catholic (116)
2016	Tucson Salpointe Catholic (97)	Mike Urbanski	Flagstaff Coconino (118)	Ganado (119)
2015	Page (64)	MacArthur Lane	Window Rock (110)	Rio Rico (115)
2014	Page (65)	MacArthur Lane	Window Rock (96)	Chinle (102)
2013	Rio Rico (89)	Stephen Schadler	Cottonwood Mingus (132)	Page (149)
2012	Page (51)	MacArthur Lane	Cottonwood Mingus (58)	Chinle (110)
2011	Chinle (74)	Shaun Martin	Page (77)	Scottsdale Saguaro (99)
2010	Page (94)	Theodore Martin	Chinle (98)	Flagstaff (108)

DIVISION IV

2018	St. Michael (63)	Kelly Bia	Keams Canyon Hopi (102)	Chandler Prep (137)
2017	Flagstaff Northland Prep (70)	Missy Acker	Keams Canyon Hopi (134)	St. Michael (137)
2016	Flagstaff Northland Prep (78)	Missy Acker	Keams Canyon Hopi (118)	Scottsdale Prep (149)
2015	Scottsdale Prep (64)	Bob Shisler	Flagstaff Northland Prep (74)	Keams Canyon Hopi (112)
2014	Flagstaff Northland Prep (37)	Missy Acker	Scottsdale Prep (139)	QC American Leadership (159)
2013	Keams Canyon Hopi (38)	Laverne Lomakema	Tucson Pusch Ridge (56)	Scottsdale Prep (69)
2012	Keams Canyon Hopi (47)	Laverne Lomakema	Tucson Pusch Ridge (62)	Flagstaff Northland Prep (87)
2011	Keams Canyon Hopi (39)	Elmer Yazzie	Tucson Pusch Ridge (78)	Flagstaff Northland Prep (83)
2010	Keams Canyon Hopi (31)	Laverne Lomakema	Sedona Red Rock (66)	Flagstaff Northland Prep (92)

5A CONFERENCE

2009 5A-1	Phoenix Xavier (31)	Dave Van Sickle	Tempe Desert Vista (74)	Gilbert Highland (77)
2009 5A-2	Oro Valley Ironwood Ridge (40)	Rob Clouse	Phoenix Pinnacle (66)	Tucson Sunnyside (115)
2008 5A-1	Phoenix Xavier (87)	Dave Van Sickle	Mesa Mountain View (95)	Gilbert Highland (145)
2008 5A-2	Oro Valley Ironwood Ridge (38)	Rob Clouse	Phoenix Pinnacle (60)	Tucson Sunnyside (104)
2007 5A-1	Phoenix Xavier (69)	Dave Van Sickle	Glendale Mountain Ridge (89)	Mesa Mountain View (94)
2007 5A-2	Oro Valley Ironwood Ridge (44)	Rob Clouse	Marana Mountain View (47)	Tempe Marcos de Niza (98)
2006 5A-1	Tucson Salpointe Catholic (82)	Malisa Carino	Phoenix Xavier (111)	Glendale Mountain Ridge (121)
2006 5A-2	Glendale Sandra Day O'Connor (28)	Brian Dempsey	Marana Mountain View (87)	Tucson Flowing Wells (111)
2005 5A-1	Tempe Mountain Pointe (58)	Geoffrey Owers	Tempe Desert Vista (103)	Glendale Mountain Ridge (116)
2005 5A-2	Marana Mountain View (61)	Dennis Hansen	Glendale Sandra Day O'Connor (7)	Tucson Flowing Wells (102)
2004	Tucson Flowing Wells (73)	Amanda Fish	Tempe Mountain Pointe (75)	Tempe Desert Vista (100)
2003	Tempe Mountain Pointe (60)	Geoffrey Owers	Tempe Desert Vista (97)	Glendale Mountain Ridge (150)
2002	Tempe Mountain Pointe (51)	Geoffrey Owers	Tempe Desert Vista (78)	Scottsdale Desert Mt. (127)
2001	Tempe Mountain Pointe (37)	Geoffrey Owers	Phoenix Xavier (128)	Marana Mountain View (129)
2000	Tempe Desert Vista (41)	Chris Hanson	Gilbert (116)	Glendale Mountain Ridge (120)
1999	Glendale Mountain Ridge (49)	Scott Pestka	Tempe Mountain Pointe (116)	Tempe Desert Vista (131)
1998	Tempe Desert Vista (69)	Chris Hanson	Phoenix Xavier (85)	Scottsdale Desert Mt. (172)
1997	Phoenix Xavier (112)	Dave Van Sickle	Scottsdale Desert Mountain (145)	Kingman (146)



Girls Team State Champs

YEAR	WINNING TEAM	HEAD COACH	RUNNERUP	THIRD PLACE
1996	Phoenix Xavier (60)	Dave Van Sickle	Scottsdale Horizon (68)	Mesa Westwood (111)
1995	Phoenix Xavier (32)	Dave Van Sickle	Mesa Westwood (107)	Tempe Desert Vista (113)
1994	Glendale Deer Valley (44)	Lynne Hallford	Phoenix Xavier (50)	Gilbert (84)
1993	Glendale Deer Valley (32)	Lynne Hallford	Gilbert (62)	Tempe Mountain Pointe (130)
1992	Gilbert (80)	Stacy Gardner	Glendale Deer Valley (83)	Tucson Canyon del Oro (143)
1991	Mesa Red Mountain (74)	David Hines	Glendale Deer Valley (156)	Phoenix Moon Valley (160)
1990	Tucson Sahuaro (92)	Jeff Lockwood	Mesa Red Mountain (119)	Tucson Canyon del Oro (122)
1989	Tucson Sahuaro (88)	Jeff Lockwood	Chandler (105)	Tucson Canyon del Oro (119)
1988	Tucson Sahuaro (89)	Jeff Lockwood	Mesa (101)	Tucson Canyon del Oro (133)
1987	Phoenix Shadow Mountain (97)	Richard Garcia	Glendale Apollo (133)	Tucson Salpointe (149)
1986	Phoenix Shadow Mountain (77)	Richard Garcia	Tempe Corona del Sol (94)	Sierra Vista Buena (112)
1985	Phoenix Shadow Mountain (76)	Richard Garcia	Tucson Canyon del Oro (93)	Mesa Westwood (129)
1984	Tucson Amphitheater (85)	Sam McClung	Tucson Canyon del Oro (102)	Prescott (120)
1983	Scottsdale Horizon (78)	Kathy Newsome	Phoenix Washington (101)	Tucson Canyon del Oro (107)
1982	Sierra Vista Buena (118)	Dick Haines	Tucson Amphitheater (140)	Scottsdale Coronado (146)
1981	Scottsdale Chaparral (126)	Dick Stolper	Tucson Sahuaro (141)	Tucson Palo Verde (170)
1980	Tucson Sahuaro (64)	Jeff Lockwood	Scottsdale Coronado (75)	Scottsdale Chaparral (157)
1979	Scottsdale Coronado (48)	Dave Archibald	Tucson Sahuaro (109)	Sierra Vista Buena (120)
1978	Scottsdale Coronado (51)	Dave Archibald	Sierra Vista Buena (80)	Phoenix Alhambra (109)
1977	Sierra Vista Buena (41)	Dick Haines	Phoenix Alhambra (43)	Prescott (82)

4A CONFERENCE

2009 4A-1	Nogales (47)	Manny Gatica	Cave Creek Cactus Shadows (88)	Tucson Sabino (114)
2009 4A-2	Page (72)	Theo Martin	Flagstaff (75)	Rio Rico (76)
2008 4A-1	Phoenix Sandra Day O'Connor (66)	Brian Dempsey	Scottsdale Saguaro (77)	Nogales (110)
2008 4A-2	Flagstaff (74)	Trina Painter	Page (82)	Rio Rico (94)
2007 4A-1	Glendale Sandra Day O'Connor (47)	Brian Dempsey	Cave Creek Cactus Shadows (74)	Nogales (86)
2007 4A-2	Rio Rico (79)	Rodger Bristow	Flagstaff (84)	Tucson Catalina (94)
2006 4A-1	Tucson Catalina (45)	Kathleen Espinoza	Scottsdale Saguaro (67)	Tucson Ironwood Ridge (101)
2006 4A-2	Page (37)	Mark Lomeland	Flagstaff (59)	Flagstaff Coconino (100)
2005 4A-1	Tucson Catalina Foothills (69)	Eric Grossman	Tucson Ironwood Ridge (90)	Scottsdale Saguaro (138)
2005 4A-2	Page (42)	Mark Lomeland	Flagstaff (59)	Rio Rico (101)
2004	Flagstaff (77)	Sharon Falor	Page (110)	Tucson Catalina Foothills (113)
2003	Flagstaff (55)	Sharon Falor	Tucson Catalina Foothills (69)	Cactus Shadows (134)
2002	Flagstaff (34)	Sharon Falor	Tucson Catalina Foothills (96)	Scottsdale Arcadia (101)
2001	Flagstaff (57)	Sharon Falor	Chinle (88)	CC Cactus Shadows (97)
2000	Flagstaff (76)	Sharon Falor	Page (113)	(TIE) Scottsdale Chaparral (177)
			Chinle (177)	Prescott (177)
1999	Page (74)	Jim Trapp	Tucson Catalina Foothills (104)	Chinle (124)
1998	Page (38)	Mark Lomeland	Chinle (105)	Catalina Foothills (107)
1997	Chinle (43)	Steve Keiser	Page (45)	Catalina Foothills (85)
1996	Chinle (53)	Steve Keiser	Tucson Flowing Wells (54)	Peoria Centennial (115)
1995	Tucson Catalina Foothills (86)	Ron Grant	Chinle (88)	Gilbert (102)
1994	Chinle (77)	Steve Keiser	Peoria Centennial (101)	Tucson Sabino (137)
1993	Chinle (65)	Steve Keiser	Page (82)	Mesa Mountain View (162)
1992	Page (60)	Paul Worthen	Marana Mountain View (107)	Glendale Cactus (137)
1991	Page (76)	Paul Worthen	Glendale Cactus (77)	Tucson Sahuaro (134)
1990	Flagstaff (58)	Dusty Sullivan	Tucson Desert View (134)	Douglas (144)
1989	Lake Havasu (47)	Ray Reynolds	Prescott (110)	Flagstaff (120)
1988	Lake Havasu (75)	Ray Reynolds	Mesa Red Mountain (93)	Flagstaff (114)
1987	Prescott (38)	Tim Carter	Tuba City (109)	Scottsdale Arcadia (126)
1986	Prescott (47)	Tim Carter	Lake Havasu (60)	Glendale Cactus (134)
1985	Prescott (69)	Tim Carter	Lake Havasu (102)	Glendale Cactus (152)
1984	Tuba City (27)	Janet Lomakema	Lake Havasu (87)	Window Rock (97)
1983	Tuba City (21)	Janet Lomakema	Nogales (82)	Winslow (88)
1982	Tuba City (18)	Janet Lomekema	Cottonwood Mingus Union (95)	Nogales (104)
1981	Tuba City (30)	Steve Shapiro	Tucson Flowing Wells (71)	Lake Havasu (103)
1980	Flagstaff (33)	Clair Harris	Tuba City (43)	Tucson Flowing Wells (88)
1979	Tucson Flowing Wells (53)	Hayden Smith	Tuba City (68)	Flagstaff (113)
1978	Tuba City (40)	Janet Tsingine	Winslow (84)	Tucson Canyon del Oro (114)
1977	Winslow (44)	Dave Conatser	Tucson Canyon del Oro (83)	Flagstaff (89)
1976	Winslow (37)	Dave Conatser	Flagstaff Coconino (47)	Flagstaff (73)



Girls Team State Champs

3A CONFERENCE

YEAR	WINNING TEAM	HEAD COACH	RUNNERUP	THIRD PLACE
2009	Chinle (34)	Shaun Martin	Sedona Red Rock (85)	Tuba City (96)
2008	Chinle (50)	Shaun Martin	Tuba City (71)	Lakeside Blue Ridge (79)
2007	Chinle (50)	Melissa Martin	Lakeside Blue Ridge (62)	Winslow (70)
2006	Chinle (40)	Melissa Martin	Winslow (103)	Ganado (111)
2005	Ganado (61)	Anaa James	(TIE) Window Rock (90)	Winslow (90)
2004	Ganado (41)	Anna James	Window Rock (84)	Keams Canyon Hopi (117)
2003	Keams Canyon Hopi (31)	Harvey Honyouti	Ganado (72)	Springerville Round Valley (76)
2002	Keams Canyon Hopi (55)	Harvey Honyouti	Ganado (83)	Window Rock (97)
2001	Payson (53)	Chuck Hardt	Keams Canyon Hopi (65)	Ganado (77)
2000	Tuba City (43)	Milfred Tewawina	Payson (75)	Window Rock (91)
1999	Tuba City (26)	Milfred Tewawina	Ganado (67)	Winslow (117)
1998	Tuba City (53)	Milfred Tewawina	Ganado (59)	Window Rock (72)
1997	Tuba City (43)	Milfred Tewawina	Window Rock (67)	Ganado (116)
1996	Ganado (50)	Jim Lujan	Fountain Hills (72)	Monument Valley (115)
1995	Ganado (32)	Dave Hamons	Window Rock (87)	Fountain Hills (87)
1994	Ganado (33)	Jim Lujan	Monument Valley (85)	Round Valley (90)
1993	Monument Valley (47)	Darryl Reichard	Ganado (82)	Tuba City (84)
1992	Monument Valley (49)	Darryl Reichard	Ganado (59)	Chinle (74)
1991	Monument Valley (28)	Ralph Farr	Ganado (68)	Tuba City (100)
1990	Monument Valley (30)	Ralph Farr	Tuba City (49)	Ganado (84)
1989	Monument Valley (39)	Ralph Farr	(unknown)	(unknown)
1988	Hopi (36)	Harvey Honyouti	Monument Valley (59)	Chinle (90)
1987	Hopi (42)	Harvey Honyouti	Monument Valley (43)	Window Rock (82)
1986	Tuba City (26)	Janet Lomakema	Monument Valley (73)	Chinle (86)
1985	Monument Valley (51)	Ralph Farr	Tuba City (57)	Window Rock (129)
1984	Monument Valley (39)	Ralph Farr	Page (94)	Many Farms (122)
1983	Monument Valley (54)	Ralph Farr	Page (58)	Bisbee (91)
1982	Bisbee (19)	Leonard Suarez	Many Farms (71)	Monument Valley (93)
1981	Ajo (64)	Jose Nogales	Monument Valley (75)	Chinle (81)
1980	Monument Valley (56)	Ralph Farr	Bullhead City Mohave (70)	Chinle (89)
1979	Bullhead City Mohave (56)	Paul Tribb	Ganado (64)	Monument Valley (65)
1978	Monument Valley (unk.)	Ralph Farr	(unknown)	(unknown)
1977	Window Rock (34)	Bill Cowley	Monument Valley (35)	(unknown)

1A/2A CONFERENCES

2009	Keams Canyon Hopi (52)	Laverne Lomakema	Flagstaff Northland Prep (54)	Sanders Valley (76)
2008	Keams Canyon Hopi (32)	Laverne Lomakema	Flagstaff Northland Prep (51)	Sanders Valley (81)
2007	Keams Canyon Hopi (36)	Harvey Honyouti	Flagstaff Northland Prep (46)	Chandler Valley Christian (90)
2006	Chandler Valley Christian (90)	Erika Jackson	Sanders Valley (91)	Yuma Catholic (98)
2005	Yuma Catholic (42)	Ralph Farr	Pinon (65)	Tempe Prep (138)
2004	Yuma Catholic (94)	Ralph Farr	Scottsdale Christian (101)	Sanders Valley (117)
2003	Sanders Valley (70)	Lucas Lucio	Many Farms (74)	Yuma Catholic (90)
2002	St. Michael (69)	Terry Thompson	Many Farms (92)	Tombstone (94)
2001	St. Michael (46)	Terry Thompson	Many Farms (72)	Bisbee (113)
2000	Keams Canyon Hopi (22)	Harvey Honyouti	St. Michael (77)	Chandler Valley Christian (94)
1999	Keams Canyon Hopi (20)	Harvey Honyouti	St. Michael (98)	Willcox (134)
1998	Keams Canyon Hopi (36)	Harvey Honyouti	Tombstone (103)	Willcox (122)
1997	Keams Canyon Hopi (23)	Harvey Honyouti	Willcox (57)	Sanders Valley (138)
1996	Keams Canyon Hopi (25)	Harvey Honyouti	Whiteriver Alchesay (56)	Willcox (83)
1995	St. Michael (30)	Gary Morrow	Hopi (68)	Whiteriver Alchesay (87)
1994	Keams Canyon Hopi (28)	Harvey Honyouti	Willcox (63)	Benson (69)
1993	Keams Canyon Hopi (42)	Harvey Honyouti	Benson (59)	Bisbee (73)
1992	Keams Canyon Hopi (43)	Harvey Honyouti	Whiteriver Alchesay (69)	Sanders Valley (88)
1991	Keams Canyon Hopi (32)	Harvey Honyouti	Whiteriver Alchesay (79)	Benson (100)
1990	Keams Canyon Hopi (18)	Harvey Honyouti	Monument Valley (62)	Whiteriver Alchesay (68)
1989	Keams Canyon Hopi (31)	Harvey Honyouti	Whiteriver Alchesay (87)	Chandler Valley Christian (112)
1983	Ajo (29)	Jose Nogales	Benson (39)	Baboquivari (71)
1982	Benson (31)	Jerry Lee	Ajo (38)	Willcox (79)
1981	Show Low (30)	Jim Hart	Benson (51)	Baboquivari (63)
1980	Show Low (30)	Jim Hart	Florence (81)	Benson (85)

Valley's James Is Ready to End Distance Racing Career on a High Note

By Oree Foster
azpreps365.com

Valley Sanders senior Nizhoni James constantly improved throughout the cross country season, becoming one the state's top distance runners.

Competing against Division IV, Section III distance runners, James claimed fourth place, finishing behind the St. Michael Lady Cardinals top three finishers at Hidden Cove Golf Course in Holbrook last Friday.

St. Michael senior phenom Ali Upshaw was the overall champion, posting an 18:32. Lady Cardinals teammates Amber Woody (2nd, 20:33) and Chiara Holgate (3rd, 20:47) finished ahead of James.

A top all-around athlete, James covered the 5K course in 20:54. James said her season is going well.

"From the beginning of the season to now, I believe that I have improved," James said. "The sectionals meet has proved that I am on the right track, heading into state. Throughout the season, I do feel like I have competed to the best of my abilities. Only a few races I feel as if I could have ran a little harder or finished with a better time or place. Overall, I feel great about my accomplishments for this season."

James said the course at Hidden Cove Golf Course was flat with rocks and some grass.

She said there was one portion of the course where runners ran up twice.

"I've ran there multiple times throughout my high school career, so I have gotten familiar with running it," James said. "It is a different course than I am usually used to. Most courses I run are sandy and they have plenty of hills, I feel like I could have had a better time, if I stayed relaxed and if I could have a really good pace that I stuck with throughout the whole course."

A mainstay on Valley's basketball team, James has been a varsity starter for the Lady Pirates since her freshmen season.

"I play multiple positions in basketball and I'm comfortable changing sports when needed," James said. "Last year I decided to try softball for the first time. I ended up becoming one of the team's pitchers and first baseman."

James said she has set a pair of immediate goals for the state cross country meet.

"My goal at the state meet is to break a 20-minute time and get a new personal record for myself," James said. "Another goal for me would be to finish in the top 10 or even the top five. I want to be proud of myself by finishing my last high school cross country race strong. I do feel like I am ready to compete at the state meet. I may not have a full team this year, but I am ready to compete and make my family and friends proud."

Since her freshmen year, James has qualified for the cross country state meet.



Photo of Nizhoni James courtesy of Valley High School

"I feel like I did good all three years that I have gone, but I could have done better," she said. "My freshmen year, I took 18th place. My sophomore year, I took 21st place. My junior year, I took eighth place."

After graduation in May 2020, James said her plans is to continue her education and possibly run cross country or play basketball.

"I am going to college and major in dental hygiene or physical therapy," James said. "I want to compete in cross country or basketball."

James said she plans on attending Northern Arizona University, although she would no compete in cross country or basketball.

James said she is exploring offers from in and out of state colleges to run cross country or play basketball.

The cross country state championships are scheduled for Saturday at Cave Creek Golf Course in Phoenix.

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