

GIRLS CROSS COUNTRY

TEAM CHAMPIONS

DIVISION I

Date Winner Coach Score Runner-up Coach Score

11/17/90 Mt.Carmel Dennis McClanahan 27 Poway Dan Schaitel 66
 11/23/91 Mt.Carmel Dennis McClanahan 23 Poway Dan Schaitel 112
 11/21/92 Mt.Carmel* Dennis McClanahan 34 Fallbrook Gary Lutgendorf 84
 11/20/93 Mt.Carmel Dennis McClanahan 35 Poway Dan Schaitel 82
 11/19/94 Vista Paul Kinder 80 Poway Dan Schaitel 113
 11/18/95 Orange Glen Mike Cummings 51 Vista Paul Kinder 66
 11/23/96 Fallbrook Gary Lutgendorf 51 Orange Glen Mike Cummings 70
 11/22/97 Valhalla Randy Montesanto 62 Rancho Bernardo Don Jones 80
 11/21/98 Mt.Carmel Dennis McClanahan 67 Torrey Pines Brent Thorne 83
 11/20/99 Rancho Bernardo Don Jones 83 Carlsbad Keith Van Asdalan 131
 11/18/00 Mt.Carmel Dennis McClanahan 63 Torrey Pines Brent Thorne 83
 11/17/01 Fallbrook Gary Lutgendorf 79 Carlsbad Keith Van Asdalan 129
 11/23/02 Torrey Pines Brent Thorne 93 Fallbrook Gary Lutgendorf 101
 11/22/03 El Camino Jeremy Gee 65 Rancho Bernardo Terry Dockery 97
 11/20/04 Rancho Bernardo Terry Dockery 55 El Camino Jeremy Gee 80
 11/19/05 Torrey Pines Brent Thorne 43 La Costa Canyon Bill Vice 82
 11/18/06 Torrey Pines Brent Thorne 39 Vista Ed Matheus 97
 11/17/07 Torrey Pines Brent Thorne 39 La Costa Canyon Bill Vice 103
 11/22/08 Torrey Pines Brent Thorne 44 RB Vista Tom Lux 61
 11/21/09 Torrey Pines* Brent Thorne 48 Rancho Bernardo Terry Dockery 74
 11/20/10 La Costa Canyon Bill Vice 45 Torrey Pines Brent Thorne 65
 11/19/11 Torrey Pines Brent Thorne 59 Vista Pete Brooks 86
 *State CIF Divisional Champion
 11/17/12 RBV 55 Torrey Pines Brent Thorne 65
 11/23/13 Torrey Pines Brent Thorne 85 RBV 100
 11/22/14 Torrey Pines Brent Thorne 57 San Marcos 71
 11/21/15 El Camino Terra Sarnacki 61 Torrey Pines Brent Thorne 89
 11/19/16 Westview Amanda Trujillo 65 Torrey Pines Brent Thorne 90

DIVISION II

Date Winner Coach Score Runner-up Coach Score

11/17/90 San Pasqual Will Wester 23 El Capitan Bill Cleves 84
 11/23/91 San Pasqual Will Wester 20 El Capitan Dick Wilkins 78
 11/21/92 San Pasqual Tim Whitehead 79 El Capitan Dick Wilkins 111
 11/20/93 El Capitan Bill Cleves 63 Torrey Pines Brent Thorne 77
 11/19/94 Torrey Pines Brent Thorne 45 El Capitan Bill Cleves 102
 11/18/95 Scripps Ranch Bob Oliver 45 Valhalla Randy Montesanto 72
 11/23/96 Valhalla Randy Montesanto 54 Scripps Ranch Bob Oliver 75
 11/22/97 Scripps Ranch Bob Oliver 71 West Hills Bill Cleves 74
 11/21/98 Ramona Dave Wilson 79 Scripps Ranch Bob Oliver 80
 11/20/99 La Jolla Tom Dorman 49 University City Jim McCarthy 112
 11/18/00 San Pasqual Patrick King 57 Ramona Dave Wilson 107
 11/17/01 San Pasqual* Patrick King 21 Helix Ray Mounts 74
 11/23/02 San Pasqual Patrick King 27 Helix Ray Mounts 69
 11/22/03 San Pasqual Patrick King 27 Scripps Ranch Bob Oliver 74
 11/20/04 Westview Lori Ammonette 66 Scripps Ranch Bob Oliver
 11/19/05 West Hills Bill Cleaves 78 University City Jim McCarthy 79
 11/18/06 University City Jim McCarthy 44 Mt. Carmel Dennis McClanahan 87
 11/17/07 Mt. Carmel Nate Boyer 52 Westview John Colson 58
 11/22/08 Valhalla Carter Yarbrough 60 Westview John Colson 90
 11/21/09 Valhalla Carter Yarbrough 46 Mission Hills Ryan Sharp 75
 11/20/10 Westview John Colson 53 Valhalla Kasey Shemwell 67
 11/19/11 La Costa Canyon Bill Vice 16 Westview John Colson 73
 *State CIF Divisional Champion
 11/17/12 La Costa Canyon Bill Vice 30 Rancho Bernardo Terry Dockery 66
 11/23/13 La Costa Canyon Bill Vice 40 Poway Bruce Jackson 84

11/22/14 Mt. Carmel Dennis McClanahan 67 La Costa Canyon Bill Vice 80
11/21/15 Westview Amanda Trujillo 52 Mt. Carmel Dennis McClanahan 57
11/19/16 Mt. Carmel Dennis McClanahan 58 Canyon Crest Academy Andrew Corman 71

DIVISION III

Date Winner Coach Score Runner-up Coach Score

11/17/90 La Jolla Bill Stock 17 USDHS Robert Ertl 51
11/23/91 USDHS Rob Ertl 40 La Jolla Bill Stock 41
11/21/92 OLP Ernest Borunda 51 La Jolla Tom Dorman 79
11/20/93 OLP Ernest & Carol Borunda 51 La Jolla Tom Dorman 57
11/19/94 USDHS Robert Winters 63 Ramona Dave Wilson 65
11/18/95 La Jolla Tom Dorman 31 Santana Dave Harper 58
11/23/96 Santana Dave Harper 27 Ramona Dave Wilson 51
11/22/97 Santana Dave Harper 34 USDHS Rob Winters 60
11/21/98 University City Jim McCarthy 35 La Jolla Tom Dorman 41
11/20/99 OLP Dan Keays 33 USDHS Dan Geiger 52
11/18/00 University City Jim McCarthy 37 La Jolla Tom Dorman 43
11/17/01 University City Jim McCarthy 44 Valley Center Mike Cummings 83
11/23/02 University City Jim McCarthy 50 Valley Center Mike Cummings 74
11/22/03 Valley Center Mike Cummings 66 USDHS Dan Geiger 91
11/20/04 Valley Center Mike Cummings 23 USDHS Dan Geiger 68
11/19/05 Valley Center Mike Cummings 49 La Jolla Roger Karnopp 65
11/18/06 OLP Dan Keays 50 La Jolla Roger Karnopp 55
11/17/07 University City Jim McCarthy 42 Cathedral Catholic Dan Geiger 64
11/22/08 Cathedral Catholic Dan Geiger 64 University City Jim McCarthy 87
11/21/09 Clairemont Sean Stevenson 22 Cathedral Catholic Dan Geiger 39
11/20/10 Clairemont Sean Stevenson 52 Cathedral Catholic Dan Geiger 55
11/19/11 Cathedral Catholic Dan Geiger 49 Clairemont Sean Stevenson 73
11/17/12 Cathedral Catholic Dan Geiger 57 El Capitan 94
11/23/13 Cathedral Catholic Dan Geiger 41 Del Norte Chris Jacobs 95
11/22/14 Cathedral Catholic Dan Geiger 43 Canyon Crest Academy Andrew Corman 66
11/21/15 La Costa Canyon Bill Vice 20 Cathedral Catholic Dan Geiger 59
11/19/16 La Costa Canyon Bill Vice 39 Cathedral Catholic Dan Geiger 47

DIVISION IV

Date Winner Coach Score Runner-up Coach Score

11/17/90 Coronado Melvin Bechtel Jr. 20 Calvin Christian Bill Stout 58
11/23/91 Coronado Melvin Bechtel Jr. 21 Calvin Christian Bill Stout 46
11/21/92 Coronado Mel Bechtel 23 Bishop's Mark Tibbetts 53
11/20/93 Bishop's Vince Stumpo 31 Coronado Mel Bechtel 61
11/19/94 Bishop's Vince Stumpo 19 Coronado Mel Bechtel 64
11/18/95 Bishop's Wendy Svatek 35 Coronado Mel Bechtel 44
11/23/96 USDHS Bob Winters 27 Coronado Mel Bechtel 35
11/22/97 Coronado Mel Bechtel 15 No runner-up
11/21/98 Valley Center Mike Cummings 34 Coronado Mel Bechtel 56
11/20/99 Valley Center Mike Cummings 25 Clairemont Sean Stevenson 75
11/18/00 Coronado Mel Bechtel 42 Palo Verde Troy Freese 59
11/17/01 LJCD S. Bakhiet/S. Sanders 27 Mountain Empire Bill LeBlanc 64
11/23/02 LJCD S. Bakhiet/S. Sanders 31 Mountain Empire Bill LeBlanc 73
11/22/03 LJCD S. Sanders/S. Tadder 31 Coronado Mel Bechtel 53
11/20/04 LJCD S. Sanders/S. Tadder 40 Bishop's Mary Fran Cullen 54
11/19/05 LJCD Scott Sanders 39 Bishop's Mary Fran Cullen 57
11/18/06 Bishop's Mary Fran Cullen 35 LJCD Scott Sanders 65
11/17/07 Bishop's Mary Fran Cullen 31 Francis Parker Matt Schellenberg 50
11/22/08 Coronado George Green 28 Bishop's Adam Weiner 38
11/21/09 Coronado George Green 18 Bishop's Adam Weiner 64
11/20/10 Del Norte Jake McNeeley 42 Coronado George Green 44
11/19/11 Coronado George Green 42 Francis Parker Matt Schellenberg 55
11/17/12 Clairemont Sean Stevenson 39 Coronado George Green 44
11/23/13 Coronado George Green 40 Francis Parker Matt Schellenberg 56
11/22/14 Coronado George Green 32 Mission Vista Joe Crosswhite 90
11/21/15 Coronado George Green 56 Santana John Bobof 94

11/19/16 Coronado George Green 26 Sage Creek Jacob Feiring 47

DIVISION V

Date Winner Coach Score Runner-up Coach Score

11/23/96 LJCD Renee Milton 38 Francis Parker John Lown 38
11/22/97 Bishop's Wendy Svatek 49 Francis Parker John Lown 52
11/21/98 Calvin Christian Bill Stout 69 LJCD Renee Milton 78
11/20/99 Calvin Christian Bill Stout 38 Bishop's Wendy Svatek 52
11/18/00 LJCD Sarah Bakhiet 47 Calvin Christian Bill Stout 72
11/17/01 Julian Bill Porter 21 Calvin Christian Bill Stout 57
11/23/02 Julian Bill Porter 27 SF Christian Paul Lyons 51
11/22/03 SF Christian Paul Lyons 28 Julian Bill Porter 35
11/20/04 SF Christian Paul Lyons 26 Julian Bill Porter 36
11/19/05 SF Christian Jill Gregson 36 Calvin Christian Bill Stout 54
11/18/06 Julian Bill Porter 20 Calvary Christian G.W. Damron 43
11/17/07 Julian Bill Porter 26 Calvin Christian Bill Stout 36
11/22/08 Calvin Christian John Gregor Macdougall 37 Tri-City Christian Cheri Wengronowitz 50
11/21/09 Calvin Christian John Gregor Macdougall 27 Pacific Ridge Steve Edwards 32
11/20/10 Pacific Ridge Steve Edwards 15 Julian Rich Wolf 62
11/19/11 Pacific Ridge Steve Edwards 17 Classical Academy Chedley Benattia 63
11/17/12 Francis Parker Matt Schellenberg 49 Pacific Ridge Steve Edwards 51
11/23/13 Pacific Ridge Steve Edwards 46 LJCD Scott Sanders 54
11/22/14 Francis Parker Matt Schellenberg 26 LJCD Scott Sanders 64
11/21/15 Francis Parker Matt Schellenberg 39 Mountain Empire Bill LeBlanc 56
11/19/16 Francis Parker Matt Schellenberg 37 LJCD Scott Sanders 80

CLASS 3A

Date Winner Coach Score Runner-up Coach Score

11/22/78 Valhalla Mark Gabler 55 Helix Mike Muirhead 61
11/28/79 Monte Vista Bill Clauder 61 Helix Mike Muirhead 65
11/26/80 Mt.Carmel Dennis McClanahan 64 Monte Vista Bill Clauder 80
11/25/81 Monte Vista Bill Clauder 63 Valhalla Don Roberson 70
11/24/82 Mt.Carmel Dennis McClanahan 64 Valhalla Manuel Guaderama 72
11/23/83 Vista Ed Matheus 64 Mt.Carmel Dennis McClanahan 94
11/21/84 Vista Ed Matheus 44 Bonita Vista Dewey Matthews 58
11/27/85 Vista Ed Matheus 38 Mira Mesa Terry Hollisten 81
11/26/86 Vista Ed Matheus 43 El Capitan Dave Storm 67
11/21/87 Poway Dan Schaitel 60 San Dieguito Mike Davis 65
11/11/88 Poway Dan Schaitel 47 Mt.Carmel Dennis McClanahan 47
11/10/89 Mt.Carmel Dennis McClanahan 35 Poway Dan Schaitel 51

CLASS 2A

Date Winner Coach Score Runner-up Coach Score

11/23/77 Helix Mike Muirhead 27 Monte Vista Rudi Friberg 88
11/22/78 Mt.Carmel Dennis McClanahan 78 El Capitan Dave Storm 81
11/28/79 El Capitan Dave Storm 56 Serra Bob Oliver 93
11/26/80 El Capitan Dave Storm 54 Serra Bob Oliver 73
11/25/81 Torrey Pines Jim Temples 52 San Pasqual Will Wester 75
11/24/82 San Pasqual Will Wester 47 Sweetwater Tim Tyler 74
11/23/83 Valhalla Don Roberson 72 Bonita Vista Dewey Matthews 74
11/21/84 San Pasqual Will Wester 41 Hilltop Dale Fleet 71
11/27/85 San Pasqual Will Wester 49 El Camino Martin Nolasco 59
11/26/86 San Pasqual Will Wester 40 Valhalla Don Roberson 88
11/21/87 La Jolla Bill Stock 35 Fallbrook Gary Lugendorf 56
11/11/88 RB Vista Ed Matheus 79 Helix John Geary 83
11/10/89 El Capitan Bill Cleaves 80 Monte Vista Javier Sandoval 85

CLASS 1A

Date Winner Coach Score Runner-up Coach Score

11/23/77 Mt.Carmel Dennis McClanahan 70 Ramona Dan Matheny 93
11/22/78 Fallbrook Walt Parry 51 Coronado Dick Satterlee 66
11/28/79 Fallbrook Walt Parry 54 Coronado Dick Satterlee 67
11/26/80 USDHS Brian Bigley 33 Coronado Carolyn Satterlee 67
11/25/81 Coronado Carolyn Satterlee 53 Southwest Fred Sills 60
11/24/82 Clairemont Pat Osmon 48 La Jolla Chuck Boyer 59

11/23/83 El Camino Dayle Mazzarella 66 Coronado Kathy Langdoc 77
11/24/84 El Camino Dayle Mazzarella 49 Ramona Dave Wilson 59
11/27/85 La Jolla Bill Stock 44 Ramona Dave Wilson 63
11/26/86 El Camino Dayle Mazzarella 47 Coronado Melvin Bechtel 68
11/20/87 San Pasqual Will Wester 40 Coronado Melvin Bechtel
11/11/88 La Jolla Bill Stock 31 San Pasqual Will Wester 33
11/10/89 San Pasqual Will Wester 23 La Jolla Bill Stock 96

CLASS 1AA

Date Winner Coach Score Runner-up Coach Score

11/10/89 Coronado Mel Bechtel 42 Calvin Christian William Stout 63

INDIVIDUAL CHAMPIONS

CLASS 3A

1978 — Cheryl Flowers, Valhalla (12:58 Time)
1979 — Susan Gelley, Monte Vista (13:26)
1980 — Sheli Lachel, Monte Vista (12:32.2)
1981 — Sheli Lachel, Monte Vista (13:24.1)
1982 — Sandy Blakeslee, Vista (13:28.3)
1983 — Leslie Noll, Mt.Carmel (12:00)
1984 — Darci Arreola, Grossmont (14:22)
1985 — Darci Arreola, Grossmont (14:39)
1986 — Kira Jorgensen, Vista (16:13.3)
1987 — Jaime Butler, San Dieguito (15:15)
1988 — Tara Barnhart, Poway (15:14.1)
1989 — Milena Glusac, Fallbrook (15:12)

CLASS 2A

1977 — Carol Keller, Helix (13:08.7 Time)
1978 — Anne Zampardo, Hilltop (13:11)
1979 — Teresa Foskett, El Capitan (13:54)
1980 — Terri Brown, San Pasqual (13:44.1)
1981 — Sally Moyer, Serra (13:42.2)
1982 — Sharon Lewis, San Pasqual (14:23.6)
1983 — Pauline Stehly, Orange Glen (11:50)
1984 — Kerry Panno, San Pasqual (15:20)
1985 — Laura Chapel, University City (14:53)
1986 — Nicole Nugent, Torrey Pines (16:05.7)
1987 — Allison Maxwell, University City (14:58)
1988 — Kira Jorgensen, RB Vista (14:10.5)
1989 — Milena Glusac, Fallbrook (15:12)

CLASS 1A

1977 — Terri Brown, San Pasqual (13:43.8 Time)
1978 — Terri Brown, San Pasqual (13;13)
1979 — Terri Brown, San Pasqual (13:24)
1980 — Ruthie Truscott, Santa Fe Christian (13;46.7)
1981 — Kim Sterton, Coronado (13:49.9)
1982 — Jerri Frost, University City (14:42.3)
1983 — Katherine Riddle, Coronado (12:21)
1984 — Mona Cross, El Camino (15:50)
1985 — Karen Karcher, Ramona (15:41)
1986 — Karen Karcher, Ramona (16:37.7)
1987 — Kira Jorgensen, RB Vista (14:08)
1988 — Deanna Hadley, San Pasqual (15:02.1)
1989 — Deanna Hadley, San Pasqual (14:52)

CLASS 1AA

1989 — Viviana Reza, Coronado (16:19 Time)

DIVISION I

1990 — Susan Scott, Mt.Carmel (15:09 Time)
1991 — Milena Glusac, Fallbrook (14:31.6)
1992 — *Milena Glusac, Fallbrook (14:19)
1993 — Claire Becker, Bonita Vista (15:16.4)
1994 — Nicole Caster, Granite Hills (15:09)
1995 — Sarah Wilkins, Rancho Bernardo (15:09)

1996 — Tricia Matson, Fallbrook (15:15)
1997 — Andrea Clemens, Valhalla (15:06.6)
1998 — Courtney Baird, Helix (16:09)
1999 — Julie Komosinski, Torrey Pines (16:04)
2000 — Julie Komosinski, Torrey Pines (16:20)
2001 — Lindsay de la Montaigne, Rancho Bernardo (16:03)
2002 — Sariah St.Laurent, El Camino (16:31)
2003 — Sariah St.Laurent, El Camino (16:04)
2004 — Lindsay de la Montaigne, Rancho Bernardo (16:08)
2005 — Katy Andrews, La Costa Canyon (16:23)
2006 — Katy Andrews, La Costa Canyon (16:23)
2007 — Molly Grabill, Rancho Bernardo (16:02)
2008 — Molly Grabill, Rancho Bernardo (15:50)
2009 — Molly Grabill, Rancho Bernardo (15:25 - course record)
2010 — Molly Grabill, Rancho Bernardo (15:25)
2011 — Brianna Miller, Carlsbad (15:57)
2012 — Nicolette Sorensen, Torrey Pines (16:17)
2013 — Ashley Cope, Vista (16:33)
2014 — Jacqueline Garner, Torrey Pines (16:29)
2015 — Paige Carter, San Marcos (17:16)
2016 — Erica Barrett, Westview (16:36)

DIVISION II

1990 — Milena Glusac, Fallbrook (14:30 Time)
1991 — Melissa Kim, San Pasqual (15:17.3)
1992 — Michele Cox, Escondido (14:44)
1993 — Stephanie Nelle, Valhalla (15:29.4)
1994 — DeVon Straitiff, Torrey Pines (15:18)
1995 — DeVon Straitiff, Torrey Pines (15:10.2)
1996 — Emily McFarland, Scripps Ranch (15:15)
1997 — Desiree Davila, Hilltop (14:48.7)
1998 — Desiree Davila, Hilltop (16:30)
1999 — Desiree Davila, Hilltop (16:12)
2000 — Loretta Kilmer, Ramona (16:15)
2001 — Clare Rethmeier, San Pasqual (16:16)
2002 — Clare Rethmeier, San Pasqual (16:04)
2003 — Claire Rethmeier, San Pasqual (15:28)
2004 — Brooke Kerby, San Pasqual, (16:21)
2005 — Missy Barclay, Westview (16:34)
2006 — Sarah Vitug, University City (16:52)
2007 — Elizabeth Apgar, Lincoln (16:25)
2008 — Elizabeth Apgar, Lincoln (16:38)
2009 — Erin Menefee, Mt. Carmel (16:21)
2010 — Meghan Breadmore, Point Loma (16:29)
2011 — Kelly Lawson, La Costa Canyon (15:54)
2012 — Emma Abrahamson, La Costa Canyon (15:56)
2013 — Emma Abrahamson, La Costa Canyon (16:04)
2014 — Nia Akins, Rancho Bernardo (16:46)
2015 — Nia Akins, Rancho Bernardo (16:39)
2016 — Kira Loren, Canyon Crest (16:31)

DIVISION III

1990 — Julie Schoene, La Jolla (15:40 Time)
1991 — Jennifer Stuart, West Hills (16:27.4)
1992 — Michelle O'Connor, Our Lady of Peace (15:42)
1993 — Michelle O'Conner, Our Lady of Peace (15:55.0)
1994 — Veronica Clark, Ramona (15:20)
1995 — Courtney Baird, USDHS (15:10.3)
1996 — Kim Pace, Santana (15:57)
1997 — Kim Pace, Santana (15:45.7)
1998 — Michelle Barrack, USDHS (16:48)
1999 — Rosa Serna, Mission Bay (17:30)

2000 — Jenna Timinsky, San Dieguito Academy (16:16)
2001 — *Jenna Timinsky, San Dieguito Academy (15:37)
2002 — Jessie Ooms, University City (16:26)
2003 — Marie Raffray, San Dieguito Academy (16:30)
2004 — Alicia Nugent, Valhalla (16:51)
2005 — Bridie McCarey, Clairemont (16:49)
2006 — Sammy Silva, OLP (16:58)
2007 — Sammy Silva, OLP (16:24)
2008 — *Sammy Silva, OLP (15:55)
2009 — Caitlin Krol, Cathedral Catholic (16:48)
2010 — Caitlin Krol, Cathedral Catholic (16:20)
2011 — Savannah Roberts, Clairemont (16:28)
 *State CIF Individual Divisional Champion
2012 — Anne Charles, Canyon Crest Academy (16:04)
2013 — Anne Charles, Canyon Crest Academy (16:34)
2014 — Kelly Bernd, Canyon Crest (16:44)
2015 — McKenna Brown, La Costa Canyon (16:30)
2016 — Kristin Fahy, La Costa Canyon (15:51)

DIVISION IV

1990 — Zuryash Nebyelul, Lincoln Prep (16:48 Time)
1991 — Anjie Hansen, Coronado (17:17.3)
1992 — Marissa Hurwitz, Bishop's (15:50)
1993 — Jessica Lunt, Coronado (16:46.6)
1994 — Marissa Hurwitz, Bishop's (16:04)
1995 — Marissa Hurwitz, Bishop's (15:35.8)
1996 — Courtney Baird, USDHS (16:09)*
1997 — Alexis Clarke, Coronado (16:44.7)
1998 — Jenna Timinsky, San Dieguito (16:48)
1999 — Jenna Timinsky, San Dieguito (17:05)
2000 — Judy Jimenez, Clairemont (18:29)
2001 — Lauren Swigert, LJCD (17:29)
2002 — Lauren Swigert, LJCD (17:07)
2003 — LaToya Cunningham, LJCD (17:17)
2004 — Robin Kuntz, Bishop's (17:19)
2005 — Valerie Christy, LJCD (17:13)
2006 — Lauren Pischel, LJCD (17:12)
2007 — Elizabeth Schulze, Bishop's (17:39)
2008 — Sallie Privett, Coronado (17:38)
2009 — Annie Lovering, Coronado (17:30)
2010 — Lauren Collins, Bishop's (17:28)
2011 — Nicole Davies, Coronado (16:47)
2012 — Gabrielle Tinsley, Clairemont (17:11)
2013 — Chandler Johnson, Clairemont (16:53)
2014 — Sienna Santiago, High Tech High SD (16:41)
2015 — Renee Phillips, Coronado (17:02)
2016 — Renee Phillips, Coronado (16:28)

DIVISION V

1996 — Lindsay Weinberg, LJCD (16:42 Time)
1997 — Angela Petersen, Francis Parker (15:13)*
1998 — Angela Petersen, Francis Parker (16:17)
1999 — Kaili Shumilak, Bishop's
2000 — Angela Petersen, Francis Parker (17:39)
2001 — Nicole Bastian, Julian (19:27)
2002 — Serena Gannon, Julian (18:34)
2003 — Serena Gannon, Julian (18:24)
2004 — Jaclyn Christopher, Santa Fe Christian (18:25)
2005 — Elizabeth Apgar, Calvary Christian (17:37)
2006 — Elizabeth Apgar, Calvary Christian (17:57)
2007 — Chelsea Servi, Tri-City Christian (19:32)
2008 — Keely Craig, Calvin Christian (19:24)

2009 — Keely Craig, Calvin Christian (18:35)
2010 — Delaney Miller, Pacific Ridge (17:58)
2011 — Delaney Miller, Pacific Ridge (17:35)
 *State CIF Individual Divisional Champion
2012 — Delaney Miller, Pacific Ridge (17:17)
2013 — Natalia LaSpada, LJCD (16:26)
2014 — Brooke Trossen, Francis Parker (17:03)
2015 — Brooke Trossen, Francis Parker (17:48)
2016 — Brooke Trossen, Francis Parker (16:40)

CIFSDS HALL OF CHAMPIONS/MEDIA PLAYER OF THE YEAR

2009 — Molly Grabill, Rancho Bernardo
2010 — Molly Grabill, Rancho Bernardo
2011 — Kelly Lawson, La Costa Canyon
2012 — Emma Abrahamson, La Costa Canyon
2013 — Emma Abrahamson, La Costa Canyon
2014 — Kelly Bernd, Canyon Crest
2015 — Nia Akins, Rancho Bernardo
2016 — Jennifer Kerr, San Dieguito Academy