

# Swim & Dive (Girls) Championship Teams

## Division I

Year	Winning Team	Head Coach	Runner-up	Third Place
2021	Chaparral (357.5)	Russell Krzyzaznowski	Red Mountain (240)	Desert Vista (212)
2020	Chaparral (452.5)	Russell Krzyzaznowski	Xavier Prep (267)	Red Mountain (208)
2019	Chaparral (480)	Richie Krzyzaznowski	Xavier Prep (320)	Mountain View (Mesa) (209)
2018	Chaparral (477.5)	Richie Krzyzaznowski	Xavier Prep (301)	Mountain View (Mesa) (268)
2017	Xavier Prep (321)	Maureen Rankin	Chandler (263)	Mountain View (Mesa) (238.5)
2016	Desert Vista (274)	Shawn O'Connell	Chandler (245)	Hamilton (206)
2015	Chaparral (359)	Richie Krzyzaznowski	Desert Vista (234)	Pinnacle (219.5)
2014	Chaparral (365.5)	Nate Moore	Pinnacle (286.5)	Desert Vista (250)
2013	Desert Vista (278.5)	Shawn O'Connell	Xavier Prep (267)	Pinnacle (243)
2012	Xavier Prep (330)	Brian Hoffer	Pinnacle (245)	Mountain View (Mesa) (169)
2011	Xavier Prep (429)	Colleen Murphy	Pinnacle (194)	Mountain View (Mesa) (172)
2010	Xavier Prep (401)	Colleen Murphy	Chaparral (220)	Mountain View (Mesa) (209.5)

## Division II

Year	Winning Team	Head Coach	Runner-up	Third Place
2021	Desert Mountain (286)	Crystal Strimple	Campo Verde (256)	Salpointe Catholic (218)
2020	Desert Mountain (253)	Crystal Strimple	Campo Verde (223)	Cactus Shadows (204.5)
2019	Catalina Foothills (309.5)	Robyn Burton	Campo Verde (242)	Salpointe Catholic (183)
2018	Arcadia (266)	Erica McClurg	Catalina Foothills (245)	Campo Verde (164)
2017	Chaparral (554)	Richie Krzyzaznowski	Catalina Foothills (271)	Arcadia (264)
2016	Chaparral (404)	Richie Krzyzaznowski	Arcadia (266.5)	Catalina Foothills (198)
2015	Notre Dame (215)	Rebecca Strolc	Salpointe Catholic (181)	Verrado (180)
2014	Campo Verde (257)	Ben Scott	Salpointe Catholic (210.5)	Catalina Foothills (207)
2013	Catalina Foothills (256)	Ed Walter	Notre Dame (205.5)	Salpointe Catholic (189)
2012	Salpointe Catholic (246)	Chad Castillo	Arcadia (221)	Verrado (218)
2011	Arcadia (289)	Erica McClurg	Salpointe Catholic (262)	Verrado (261)
2010	Catalina Foothills (398)	R.J. Lundstrom	Arcadia (258)	Notre Dame (226)

## Division III

Year	Winning Team	Head Coach	Runner-up	Third Place
2021	Phoenix Country Day (329)	Michael Maczuga	Chandler Prep (193)	Valley Christian (161)
2020	Scottsdale Prep (289)	Nikita Denisyako	Pusch Ridge (231)	Phoenix Country Day (183)
2019	Scottsdale Prep (299)	Nikita Denisyako	Phoenix Country Day (272.5)	Pusch Ridge (184)
2018	Sabino (234)	Melanie Paulsen	Scottsdale Prep (205)	Seton Catholic (182)
2017	Sabino (259)	Melanie Paulsen	Scottsdale Prep (200)	Saguaro (161)
2016	Sabino (199)	Melanie Paulsen	Northland Prep (163)	American Leadership (QC) (149)

# Swim & Dive (Girls) Championship Teams

## Class 5A

### Division I

Year	Winning Team	Head Coach	Runner-up	Third Place
2009	Xavier Prep (546)	Colleen Murphy	Desert Vista (323)	Mountain View (Mesa) (303)
2008	Xavier Prep (396)	Colleen Murphy	Desert Vista (259)	Mountain View (Mesa) (232)
2007	Xavier Prep (411)	Colleen Murphy	Desert Mountain (348.5)	(TIE) Desert Vista (217) (TIE) Mountain View (Mesa) (217)
2006	Xavier Prep (507)	Jeff Seaquist	Mountain View (Mesa) (295)	Desert Vista (216)
2005	Xavier Prep (493.5)	Jeff Seaquist	Mountain View (Mesa) (281.5)	Corona del Sol (174)

### Division II

Year	Winning Team	Head Coach	Runner-up	Third Place
2009	Chaparral (386)	Pinnacle (326)	Desert Mountain (282)	
2008	Pinnacle (368)	Jodi Lamell	Boulder Creek (265)	Horizon (237)
2007	Pinnacle (383)	Cheri White	Horizon (300.5)	Rincon (198.5)
2006	Desert Mountain (484)	Christine Bodmer	Sandra Day O'Connor (212)	Ironwood (191.5)
2005	Desert Mountain (508.5)	Christine Bodmer	North (236)	Centennial (175)

## Class 5A

Year	Winning Team	Head Coach	Runner-up	Third Place
2004	Xavier Prep (443)	Jeff Seaquist	Desert Mountain (297)	Mountain View (Mesa) (187)
2003	Xavier Prep (430.5)	Jeff Seaquist	Mountain View (Mesa) (238)	Salpointe Catholic (166)
2002	Xavier Prep (329)	Jeff Seaquist	Mountain View (Mesa) (176)	Red Mountain (151)
2001	Xavier Prep (312)	Jeff Seaquist	Shadow Mountain (210)	Horizon (192)
2000	Xavier Prep (301)	Jeff Seaquist	Corona del Sol (199)	Salpointe Catholic (167)
1999	Xavier Prep (298)	Gerry Seaquist	Shadow Mountain (243)	Mountain View (Mesa) (234)
1998	Mountain View (Mesa) (269)	Nicki Barna	Xavier Prep (205)	Corona del Sol (186)
1997	Xavier Prep (445)	Gerry Seaquist	Dobson (279)	Red Mountain (189)
1996	Xavier Prep (404)	Gerry Seaquist	Salpointe Catholic (252)	Shadow Mountain (238)
1995	Xavier Prep (435)	Gerry Seaquist	Salpointe Catholic (333)	Mountain View (Mesa) (202)
1994	Xavier Prep (463)	Gerry Seaquist	Salpointe Catholic (278)	Mountain View (Mesa) (231)
1993	Xavier Prep (449)	Gerry Seaquist	Salpointe Catholic (269)	Mountain View (Mesa) (248)
1992	Xavier Prep (454)	Gerry Seaquist	Mountain View (Mesa) (250)	Salpointe Catholic (192)
1991	Xavier Prep (440)	Gerry Seaquist	Mountain View (Mesa) (247)	Salpointe Catholic (198)
1990	Xavier Prep (466)	Jeff Seaquist	Mountain View (Mesa) (256)	Saguaro (162)
1989	Xavier Prep (378)	Gerry Seaquist	Mountain View (Mesa) (185)	Amphitheater (164)
1988	Xavier Prep (176)	Jeff Seaquist	Mountain View (Mesa) (100)	Westwood (87)
1987	Dobson (135)	Connie Michaelson	Xavier Prep (133)	Saguaro (85)
1986	Xavier Prep (114)	Jeff Seaquist	Shadow Mountain (106)	Dobson (102)
1985	Xavier Prep (182)	Gerry Seaquist	Dobson (124)	Amphitheater (101)
1984	Arcadia (118)	Brad Herring	Dobson (104)	Xavier Prep (99)
1983	Arcadia (103)	N/A	Saguaro (98)	Catalina (95)
1982	Sahuaro (134)	Kelly McConnell	Yuma Union (122)	Arcadia (107)
1981	Arcadia (196)	Dale Blasius	Yuma Union (120)	Shadow Mountain (73)
1980	Arcadia (243)	Dale Blasius	Thunderbird (153)	Coronado (81)
1979	Arcadia (210)	Dale Blasius	Thunderbird (196)	Westwood (95)
1978	Arcadia (227)	Dale Blasius	Thunderbird (151)	Westwood (120)
1977	Arcadia (195)	Ann Chadwick	Westwood (148)	Coronado (109)
1976	Westwood (176)	Sally Bixby	Thunderbird (107)	Shadow Mountain (104)
1975	Agua Fria (155)	Dick Forshier	Westwood (141)	Thunderbird (128)

# Swim & Dive (Girls) Championship Teams

## Class 5A cont'd

<b>Year</b>	<b>Winning Team</b>	<b>Head Coach</b>	<b>Runner-up</b>	<b>Third Place</b>
1974	Washington (90)	Brian Methany	Agua Fria (31)	Thunderbird (30)
1973	Xavier Prep (294)	Mary Faith	Washington (287)	Agua Fria (190)
1972	Washington (493)	Brian Methany	Sunnyslope (303)	Apollo (291)

# Swim & Dive (Girls) Championship Teams

## Class 4A

### Division I

Year	Winning Team	Head Coach	Runner-up	Third Place
2009	Catalina Foothills (450)	R.J. Lundstrom	Canyon del Oro (284)	Sabino (251)
2008	Chaparral (415.5)	Laura Winslow	Catalina Foothills (386)	Sabino (199)
2007	Catalina Foothills (398)	R.J. Lundstrom	Chaparral (376.5)	Sabino (196)
2006	Catalina Foothills (419)	Dale Payne	Chaparral (358)	Pinnacle (298)
2005	Catalina Foothills (439)	Nicole Sayers-Penkalski	Chaparral (308)	Millennium (261)

### Division II

Year	Winning Team	Head Coach	Runner-up	Third Place
2009	Arcadia (497)	Erica McClurg	Notre Dame (254)	Thunderbird (225.5)
2008	Arcadia (489)	Erica McClurg	Notre Dame (267)	Mingus Union (262)
2007	Arcadia (475.5)	Erica Jones	Flagstaff (322)	Notre Dame (268.5)
2006	Arcadia (374)	Erica Jones	Sunnyslope (279)	Cactus Shadows (206)
2005	Sunnyslope (375)	Brian Metheny	Arcadia (356)	Cactus Shadows (189)

## Class 4A

Year	Winning Team	Head Coach	Runner-up	Third Place
2004	Catalina Foothills (322.5)	Nicole Penkalski	Chaparral (290)	Sunnyslope (233)
2003	Catalina Foothills (319)	Nicole Penkalski	Sunnyslope (234.5)	Chaparral (219)
2002	Catalina Foothills (314)	Nicole Penkalski	Rincon (310)	Chaparral (250)
2001	Catalina Foothills (353)	Nicole Penkalski	Arcadia (285)	Rincon (271)
2000	Catalina Foothills (347)	Nicole Penkalski	Chaparral (344)	Arcadia (262)
1999	Arcadia (414)	Erica Jones	Catalina Foothills (411)	Chaparral (321)
1998	Arcadia (322)	Erica Jones	Sabino (299)	Chaparral (291)
1997	Chaparral (303)	Jim Ware	Sabino (291)	Arcadia (289)
1996	Rincon (277)	Mike Ward	(TIE) Sabino (255) (TIE) Arcadia (255)	
1995	Arcadia (301)	Karen Morrison	Paradise Valley (221)	Rincon (204)
1994	Arcadia (378)	Carl Van Faasen	Rincon (262)	Chaparral (186)
1993	Arcadia (349)	Matt McCarthy	Rincon (236)	Sabino (204)
1992	Arcadia (309)	Jack Giles	Sabino (231)	Sahuaro (217)
1991	Arcadia (364)	Jack Giles	Ironwood (217)	Sahuaro (215)
1990	Arcadia (442)	Jack Giles	Sabino (198)	Rincon (182)
1989	Arcadia (153)	Jack Giles	Sabino (143)	Cactus (134)

# Swim & Dive (Girls) Championship Teams

## Class 1A/2A/3A

<b>Year</b>	<b>Winning Team</b>	<b>Head Coach</b>	<b>Runner-up</b>	<b>Third Place</b>
2009	Valley Christian (423)	Ben Swanholm	Phoenix Country Day (316)	Pusch Ridge (275)
2008	Valley Christian (455)	Ben Swanholm	Pusch Ridge (390)	Sedona Red Rock (249)
2007	Phoenix Christian (344)	Danielle Smyers	Phoenix Country Day (309)	Valley Christian (280)