

Honolulu Marathon Hawaii High School Athletic Association

Cross Country State Championships Patsy Mink Central Oahu Regional Park, Oahu Saturday, November 1, 2014

## HONOLULU MARATHON

HHSAA CROSS COUNTRY STATE CHAMPIONSHIPS
SATURDAY, NOVEMBER 1, 2014 PATSY MINK CENTRAL OAHU REGIONAL PARK, OAHU

## HAWAII HIGH SCHOOL ATHLETIC ASSOCIATION

| Executive Director | Chris Chun |
| :---: | :---: |
| Office Manager | Russ Aoki |
| Director of Information | Hoku Haliniak |
| Asst. Director of Information | Wes Nakama |
| Cross Country Coordinator. | John Medeiros |

## TOURNAMENT COMMITTEE



## SPECIAL THANKS

Honolulu Marathon Association
Dr. Jim Barahal, Executive Director
Richard Sutton, Jr
Jeanette Chun
Kalani High School Mitchell Otani, Principal

Greg Van Cantfort, Athletic Director

# HONOLULU MARATHON / HHSAA STATE CROSS COUNTRY CHAMPIONSHIPS <br> Saturday, November 1, 2014 <br> Central Regional Oahu Park <br> TOURNAMENT INFORMATION 

## I. Representation

Each league shall determine the method of selecting their entries, subject to the following limitations of cross-country runners allocated to the league.
A. Representation for the tournament is limited to 200 boys and 200 girls.
B. Representation by a league is determined by dividing the league's number of teams by the total number of teams represented in the various leagues. All fractions of more than one-half shall be counted if possible to the next whole number with highest percentages and number of entries being used to keep the total number of entries per division to 200.
C. The following format was determined based on the number of schools participating within the leagues.

Visit www.sportshigh.com under the Cross Country page for the most current tournament rep.

|  | BOYS | GIRLS |
| :---: | :---: | :---: |
| OIA | 65 | 68 |
| ILH | 48 | 44 |
| BIIF | 42 | 44 |
| MIL | 34 | 32 |
| KIF | 11 | 12 |
| TOTAL | 200 | 200 |

Each Athletic Director must submit Official School Entry Form (see enclosed entry form) to their League Cross Country Coordinator by Monday, October 20, 2014, 9:00 a.m.

Each League Cross Country Coordinator must submit their Official League Entry Form to John Medeiros by 12:00 noon, Monday, October 27, 2014.

## II. Tournament Format and Time Schedule

## Format

Girls race first during even numbered years (i.e. 2012, 2014, 2016); the boys race first during odd numbered years (i.e. 2013, 2015, 2017). Schedule is subject to change at HHSAA Executive Director's discretion.

Race Distances
Girls: Three-mile run - one race
Boys: Three-mile run - one race

## Time Schedule

## Friday, October 31, 2014

3:30-5:30 p.m.
5:45 p.m.

Course Inspection
Coaches' meeting (CORP Pool)

Saturday, November 1, 2014

6:15-7:15 a.m.
7:30 a.m.
7:15 a.m.
8:15 a.m.
8:30 a.m.
8:30 a.m.
9:00 a.m.
9:15 a.m.
10:15 a.m.

Course inspection
Coaches' meeting @ finish line
Girls' warm-up time
Last call for girls' race
Girls' race begins; boys' warm-up time
Boys' warm-up time
Last call for boys' race
Boys' race begins
Presentation of Awards

## III. Coaches' and Officials' Meeting

All coaches or their designees are required to attend the coaches' meeting at 5:45 p.m., on Friday, October 31 at CORP Pool.

The following will be finalized at the coaches meeting:

1. Coaches will check the forms to finalize entries.
2. Meet officials will answer any questions regarding the boys and girls courses.
3. Schools' starting positions will be determined.
4. Race numbers and computer chips for each runner will be issued.
5. Other pertinent information will be discussed as necessary.

Late changes may be permitted only upon direct verification (written or verbal) from a physician or athletic trainer to the Sport Coordinator.
Deadline: Saturday, November 1, 2014, 7:30 a.m.

## IV. Code-of-Conduct

A. The coach shall have direct responsibility for the conduct of team members prior to, during, and after tournament competition (in the hotel, in public, at the tournament, transportation to and from sites, etc.).
B. The HHSAA Executive Director may establish a common curfew hour as needed.
C. The drinking of alcoholic beverages, smoking, drug use, loud, unruly, or destructive behavior will not be tolerated.
D. Coaches are requested to inform their athletes of hotel rules and regulations. Please emphasize the importance of appropriate conduct and behavior, and consideration for other guests at the hotel. Schools and students will be charged for damages incurred by them at the hotel.
E. It is recommended that schools inform parents regarding Code-of-Conduct in writing. (Revised: Oct. 16, 2014)

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# HONOLULU MARATHON / HHSAA CROSS COUNTRY STATE CHAMPIONSHIPS 

## November 1, 2014 at Central Oahu Regional Park

## BOYS ENTRY

School: $\qquad$

Coach: $\qquad$

Coach Cell: $\qquad$ Coach Email: $\qquad$
Please TYPE or PRINT.
Substitute runners will be taken from the alternate list only.
Please be sure to check the runners' names carefully.
At the coaches meeting, all coaches should check the names again.

|  | First Name | Last Name | GRADE | DATE OF <br> BIRTH <br> (Mo./Day/Yr.) | DATE OF 1st <br> ENTRY INTO <br> 9t |
| :---: | :--- | :--- | :--- | :--- | :--- |
| 1. |  |  |  |  |  |
| 2. |  |  |  |  |  |
| 3. |  |  |  |  |  |
| 4. |  |  |  |  |  |
| 5. |  |  |  |  |  |
| 6. |  |  |  |  |  |
| 7. |  |  |  |  |  |

The above named entries are accurate and complete.
Entry Deadline: Monday, October 27, 2014, NOON.

E-mail form to BOTH the HHSAA office and the HHSAA cross country coordinator:
HHSAA office: roster@hhsaa.org
HHSAA XC Coordinator John Medeiros: imedeiros@assets-school.net

## HONOLULU MARATHON / HHSAA CROSS COUNTRY STATE CHAMPIONSHIPS November 1, 2014 at Central Oahu Regional Park

## GIRLS ENTRY

School: $\qquad$

Coach: $\qquad$

Coach Cell: $\qquad$ Coach Email: $\qquad$
Please TYPE or PRINT.

Substitute runners will be taken from the alternate list only.
Please be sure to check the runners' names carefully.
At the coaches meeting, all coaches should check the names again.

|  | First Name | Last Name | GRADE | DATE OF <br> BIRTH <br> (Mo./Day/Yr.) | DATE OF ${ }^{\text {st }}$ <br> ENTRY INTO <br> 9h |
| :---: | :--- | :--- | :--- | :--- | :--- |
| 1. |  |  |  |  |  |
| 2. |  |  |  |  |  |
| 3. |  |  |  |  |  |
| 4. |  |  |  |  |  |
| 5. |  |  |  |  |  |
| 6. |  |  |  |  |  |
| 7. |  |  |  |  |  |

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## CROSS COUNTRY

## I. SPECIFIC OBJECTIVES

A. To determine the individual and team state Cross Country championships for boys and girls.
B. To promote interest in Cross Country running for both students and adults.
C. To recognize the combined efforts of all participating teams and schools in the tournament.
D. To encourage the highest principles and standards of attitude and general behavior.
E. To promote the highest principles of good citizenship in tournament competitions.
II. OFFICIALS
A. Officials shall be selected from the host league.
III. ELIGIBILITY
A. There shall be a maximum of 160 each for boys and girls (rev. 08/2009). Representation by a league is determined by dividing the league's number of teams by the total number of teams represented in the various leagues. All fractions of more than on-half shall be counted if possible to the next whole number with the highest percentages and number of entries being used to keep the total number or entries per division to 160.
B. All contestants must have completed a medical examination based on HHSAA and league requirements.
C. A school may enter one to a maximum of seven runners. A school that enters less than five runners is not eligible for the state team title. Point total of the first five runners scoring for a school shall determine the state team championship.

## IV. RULES GOVERNING TOURNAMENT

A. National Federation Cross Country Rules shall prevail with HHSAA modification, as needed.
B. Whenever possible, on the day of the meet, allow participants to walk the course up to the time of the final call for the first race.
C. The Rules Committee shall consist of the HHSAA Executive Director, the Sport Coordinator, and the Tournament Director, whom shall act on any protest or unusual circumstances, whenever necessary.
D. No one will be permitted on the course while the championships are in progress.

## V. TOURNAMENT REPRESENTATION

Each league shall determine the method of selecting their entries, subject to the following limitations of cross-country runners allocated to the league:
A. Representation for the tournament is limited to 200 boys and 200 girls (rev. 08/2014).
B. Representation by a league is determined by dividing the league's number of teams by the total number of teams represented in the various leagues. All fractions of more than one-half shall be counted to the next whole number, with highest percentages considered to keep the total number of entries at the specified limits for boys and girls. In case of a tie for the last entry, the last entry shall be awarded to the host league.
C. The slot for a qualified participant who cannot participate in the meet belongs only to the league in which that athlete participates. Substitutions will come from the list of league alternates, following that league's rule for
qualifiers to state tournaments. If the league cannot fill the vacancy with an alternate, the vacancy will remain unfilled.
D. In the team competition, a Division I and II team champion will be recognized. (Rev. 06/2012)
VI. TOURNAMENT FORMAT AND TIME SCHEDULE
A. Race Distances

1. Girls: Three-mile run - one race
2. Boys: Three-mile run - one race
B. Time Schedule
(Note: Boys and girls races shall alternate going first annually.)

| 6:15-7:15 a.m. | Course inspection |
| ---: | :--- |
| 7:30 a.m. | Coaches' meeting |
| 7:45 a.m. | Girls' warm-up |
| 8:15 a.m. | Last call for girls' race |
| 8:30 a.m. | Girls' race begins |
| 8:30 a.m. | Boys' warm-up |
| 9:00 a.m. | Last call for boys' race |
| 9:15 a.m. | Boys' race begins |
| 10:15 a.m. | Presentation of awards |

C. Electronic Scoring/Timing System

An electronic scoring/timing system is to be used. A back-up scoring/timing system shall be used as well. Race numbers (to be supplied by HHSAA) will be assigned to each runner by the HHSAA Cross Country Coordinator.
VII. SIZE OF TEAM

Schools may bring an unlimited number of individuals as long as their league qualifies them and that league's entries do not exceed the total number allocated by the formula for determining representation.
VIII. SEEDING

Lanes shall be chosen by random drawing in the following groups of teams, in the following order:
A. League champions
B. Scoring teams
C. Non-scoring teams
IX. UNIFORMS
A. All contestants are required to wear cross country uniforms designated by their respective schools, preferably with school identifying insignia. Shoes are required.
B. Uniforms do not need printed numbers on the front and back of uniform. Race numbers (to be supplied by HHSAA) will be assigned to each runner by the HHSAA Cross Country Coordinator.
X. AWARDS
A. Permanent championship trophies for boys and girls teams.
B. Permanent runner-up trophies for girls and boys teams.
C. Eight gold medals for boys and girls championship team members.
D. Individual awards: The first 20 individuals for girls and boys shall be awarded medals ( $1^{\text {st }}$ place, gold; $2^{\text {nd }}$ place, silver; 18 bronze medals for places $3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19$, and 20 ).
E. Schools may order extra medals for team members at their own expense.

## XI. TRANSPORTATION

All schools are responsible for their own air and ground transportation reservations.
XII. EVALUATION
A. Any future recommendations concerning the state meet shall be submitted to the HHSAA Executive Director in writing within two weeks after the meet.
B. Official results of the tournament are to be submitted by the Sport Coordinator to the HHSAA Executive Director as soon as possible after the meet.


Hawaii High School Athletic Association

- P.O. Box 62029 • Honolulu, Hawail 96839 • Phone: (808) 587-4495 • FAX: (808) 587-4496
- www.sportshigh.com - info@hhsaa.org •


## 2014 HONOLULU MARATHON / HHSAA CROSS COUNTRY SOUVENIR T-SHIRT PRE-ORDER FORM

$\qquad$ School requests to order the following sizes of the souvenir A4 Drifit T-shirts at $\$ 20.00$ per shirt.

| Size | Quantity | Price | Total |  |
| :---: | :---: | :---: | :---: | :---: |
| Small |  | \$20.00 |  |  |
| Medium |  | \$20.00 |  |  |
| Large |  | \$20.00 |  |  |
| X-Large |  | \$20.00 |  |  |
| XX-Large |  | \$20.00 |  |  |
|  |  | GRAND TOTAL |  |  |

Email preorders to your respective host (see below) school. Checks payable to HHSAA may be brought to the tournament site of team's first game.

## TOURNAMENT HOST:

## Greg Van Cantfort

Phone: (808) 377-7744 ext 320
E-mail: gregory_van_cantfort@notes.k12.hi.us
Pre-order pickup will be the morning of Saturday, November ${ }^{1 \text { st }}$, at the $t$-shirt tent near the finish line. All pre-orders must be paid in full at this time.

Contact person: $\qquad$

Daytime phone: $\qquad$
Email Address: $\qquad$

HHSAA CROSS COUNTRY CHAMPIONS - BOYS

| Year | Team | Score | Coach | Individual Champion (Two Mile Course) | School | Time | Course |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1965 | Punahou | 48 | Al Rowan | Duncan Macdonald | Kailua | 10:10.0 | Pali GC |
| 1966 | Kamehameha | 47 | Lee Thomas | Duncan Macdonald | Kailua | 10:10.2 | Pali GC |
| 1967 | Kamehameha | 82 | Lee Thomas | George Rapoza | Hilo | 10:40.3 | Pali GC |
| 1968 | Castle | 44 | Harold Kuha | Curt Mench | Castle | 10:02.9 | Pali GC |
| 1969 | Damien | 56 | Walker Chapman | Curt Mench | Castle | 9:42.8 | Pali GC |
| 1970 | Damien | 71 | Walker Chapman | Henry Marsh | Punahou | 10:05.5 | Waiehu GC |
| 1971 | Kalani | 75 | George Butterfield | Henry Marsh | Punahou | 10:10.9 | Pali GC |
| 1972 | Kalani | 95 | George Butterfield | Stein Rafto | MPI | 10:37.1 | HPA Campus |
| 1973 | Kalani | 77 | George Butterfield | Stein Rafto | MPI | 10:03.6 | Pali GC |
| (Two and One-half Mile Course) |  |  |  |  |  |  |  |
| 1974 | Radford | 53 | Thomas Chun | Nolan Gonsalves | Honokaa | 13:34.2 | Waiehu GC |
| 1975 | Radford | 66 | Thomas Chun | Gary Myers <br> (Three Mile Course) | Radford | 15:46.9 | Pali GC |
| 1976 | Radford | 123 | Thomas Chun | Dennis Hansen | Maryknoll | 17:17.1 | HPA Campus |
| 1977 | Radford | 28 | Thomas Chun | David Lynch | Radford | 16:01.7 | Pali GC |
| 1978 | Punahou | 67 | Ralph Dykes | David Lynch | Radford | 16:04.0 | Pali GC |
| 1979 | Radford | 44 | Thomas Chun | Jeff Schmitt | Radford | 16:17.2 | Waiehu GC |
| 1980 | Radford | 60 | Thomas Chun | Pat Frederick | Radford | 16:33.3 | Hawaii Loa |
| 1981 | Punahou | 72 | Ralph Dykes | Joey Bunch | Radford | 16:49.7 | Hawaii Loa |
| 1982 | Radford | 73 | Thomas Chun | Joey Bunch | Radford | 16:45.4 | HPA Campus |
| 1983 | Hawaii Prep | 35 | Stan Shutes | Alan Anzai | St. Louis | 15:45.0 | Kaanapali |
| 1984 | Seabury | 87 | Noel Murchie | Enrique Ryan | St. Louis | 16:53.9 | HPA Campus |
| 1985 | Punahou | 57 | Ralph Dykes | Kenny May | Punahou | 15:41.9 | Wailua GC |
| 1986 | Punahou | 38 | Ralph Dykes | Kenny Miller | Punahou | 15:41.1 | Kaanapali |
| 1987 | Punahou | 64 | Ralph Dykes | Paul Bedish | Maryknoll | 16:47.4 | HPA Campus |
| 1988 | Punahou | 41 | Ralph Dykes | Richie May | Punahou | 15:41.9 | Kauai CC |
| 1989 | Punahou | 72 | Ralph Dykes | Dean Frampton | Seabury | 16:09.6 | Kaanapali GC |
| 1990 | Punahou | 72 | Ralph Dykes | Tom Jeffrey | Punahou | 16:53.4 | HPA Campus |
| 1991 | Punahou | 83 | Ralph Dykes | Damian Potts | Lahaina | 16:05.4 | KukuiolonoGC |
| 1992 | Hawaii Prep | 58 | Karl Honma | Shawn Nixon | Kalaheo | 16:22.4 | Kaanapali GC |
| 1993 | Hawaii Prep | 55 | Karl Honma | Shawn Nixon | Kalaheo | 17:01.7 | HPA Campus |
| 1994 | Hawaii Prep | 63 | Karl Honma | Matt Stevens | Hi Baptist | 15:45.5 | Kukuiolono GC |
| 1995 | Hawaii Prep | 75 | Karl Honma | Matt Stevens | Hi Baptist | 15:34.71 | Waiehu GC |
| 1996 | Punahou | 69 | Ralph Dykes | Matt Stevens | Hi Baptist | 17:09.00 | HPA Campus |
| 1997 | Kamehameha | 83 | Steve Jenness | Joshua Villanueva | Hilo | 16:13.00 | Waiakea |
| 1998 | Kamehameha | 63 | Steve Jenness | James Googe | Radford | 15:47.00 | Kauai CC |
| 1999 | Kamehameha | 52 | Steve Jenness | Robby Philipp | Mililani | 16:35.00 | Maui Lani GC |
| 2000 | Kamehameha | 37 | Steve Jenness | Justin Peterson | Kamehameha | 17.35 .00 | HPA Campus |
| 2001 | Kamehameha | 63 | Steve Jenness | Todd lacovelli | Punahou | 15:45.00 | Kauai CC/Island |
| 2002 | Kamehameha | 54 | Steve Jenness | J.B. Bolson | Kamehameha | 16:36.00 | CORP |
| 2003 | Iolani | 56 | Jim Rubasch | Jeremy Kamakaala | Kamehameha | 16:30.00 | Dunes at Maui Lani GC |
| 2004 | Kamehameha | 73 | Steve Jenness | Emmett Weatherford | Hawaii Prep | 17:21.65 | HPA Campus |
| 2005 | Iolani | 66 | Jim Rubasch | Jeremy Kamakaala | Kamehameha | 15:22.40 | Kauai CC |
| $\frac{\text { Year }}{2006}$ | Team <br> Kamehameha | $\frac{\text { Score }}{79}$ | Coach <br> Steve Jenness | Individual Champion Bryce Jenkins | School Leilehua | $\frac{\text { Time }}{16: 23.3}$ | $\frac{\text { Course }}{\text { CORP }}$ |


| 2007 | Leilehua | 37 | Shawn Nakata |
| :--- | :--- | :--- | :--- |
| 2008 | Leilehua | 75 | Shawn Nakata |
| 2009 | Kamehameha | 56 | Steve Jenness |
| 2010 | Kamehameha | 46 | Steve Jenness |
| 2011 | Leilehua | 55 | Shawn Nakata |
| 2012 | Kamehameha | 83 | Steve Jenness |
| 2013 | KS-Kapalama | 59 | Steve Jenness |

Bryce Jenkins
Bryce Jenkins
Margarito Martinez
Margarito Martinez
Troy Esaki
Davis Kaahanui
Davis Kaahanui

| Leilehua | $16: 07.95$ | Kapalua Village GC |
| :--- | ---: | ---: |
| Leilehua | $17: 13.00$ | HPA Campus |
| Leilehua | $15: 50.05$ | Island School |
| Leilehua | $15: 56.65$ | CORP |
| Iolani | $16: 29.00$ | Kapalua Village GC |
| Kamehameha | $17: 07.90$ | HPA Campus |
| KS-Kapalama | $15: 47.51$ | Island School |

## HHSAA CROSS COUNTRY CHAMPIONS - GIRLS

| Year | School | Score | Coach | Individual Champion | School | Time | Course |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| (One and One-half Mile Course) |  |  |  |  |  |  |  |
| 1973 | Punahou | 37 | Hugh Jenkins | Lee Ann Mullen | Punahou | 9:21.2 | Pali GC |
| 1974 | Punahou | 43 | Hugh Jenkins | Joni Pagala | Farrington | 9:03.2 | Waiehu GC |
| 1975 | Radford | 31 | Thomas Chun | Kathy Robertson | Radford | 8:50.3 | Pali GC |
| 1976 | Radford | 48 | Thomas Chun | June Chun <br> (Two Mile Course) | Roosevelt | 9:48.2 | HPA Campus |
| 1977 | Radford* | 25 | Thomas Chun | Val Cravens | Kahuku | 12:31.6 | Pali GC |
| 1978 | Punahou | 47 | Dan Tuttle | Theresa Ellbogen | HPA | 14:39 | Pali GC |
| 1979 | Punahou | 29 | Hugh Jenkins | Carol Lam | Maryknoll | 12:27.9 | Waiehu GC |
| Dan Tuttle |  |  |  |  |  |  |  |
| 1980 | Radford | 35 | Thomas Chun | Tammy Cartwright | Radford | 12:39.9 | Hawaii Loa |
| 1981 | Punahou | 49 | Hugh Jenkins | Tammy Cartwright | Radford | 12:22.5 | Hawaii Loa |
| 1982 | Punahou | 28 | Hugh Jenkins | Michele Slipher | Punahou | 13:17.1 | HPA Campus |
| 1983 | Punahou | 32 | Hugh Jenkins | Nina Liahjell | Kaiser | 12:08.0 | Kaanapali GC |
| 1984 | Punahou | 54 | Hugh Jenkins | Nina Liahjell | Kaiser | 13:19.1 | HPA Campus |
| 1985 | Punahou | 33 | Hugh Jenkins | Nina Liahjell | Kaiser | 11:53.1 | Wailua GC |
| 1986 | Punahou | 34 | Hugh Jenkins | Fiona Glen | Moanalua | 11:44.3 | Kaanapali GC |
| 1987 | Hawaii Prep | 43 | Phil Conley | Missy Mowat | Kaiser | 13:42.0 | HPA Campus |
| 1988 | Punahou | 43 | Hugh Jenkins | Ann Matthews | Punahou | 11:54.8 | Kauai CC |
| 1989 | Hawaii Prep | 67 | Phil Conley | Judy Stott | HPA | 11:39.6 | Kaanapali GC |
| 1990 | Seabury | 67 | John Weinert | Erin Mendelson | Punahou | 13:32.1 | HPA Campus |
| 1991 | Punahou | 37 | Hugh Jenkins | Maria Bergenheim | Kalaheo | 12:12.6 | Kukuiolono GC |
| 1992 | Punahou | 36 | Hugh Jenkins | Emily Taylor | Punahou | 13:44.6 | Kaanapali GC |
| 1993 | Hawaii Prep | 61 | Phil Conley | Magdalena Paszta | Kalaheo | 13:17.2 | HPA Campus |
| 1994 | Hawaii Prep | 70 | Phil Conley | Casey McGuire-Turcotte | Ka'u | 12:22.8 | Kukuiolono GC |
| 1995 | Punahou | 62 | Hugh Jenkins | Eri Macdonald | Punahou | 11:51.00 | Waiehu GC |
| 1996 | Punahou | 32 | Hugh Jenkins | Eri Macdonald | Punahou | 13:33.00 | HPA Campus |
| 1997 | Punahou | 31 | Hugh Jenkins | Eri Macdonald | Punahou | 12:13.00 | Waiakea |
| 1998 | Iolani | 53 | Greg Char | Eri Macdonald | Punahou | 11:44.00 | Kauai CC |
| 1999 | Punahou | 27 | Duncan Macdonald | Victoria Chang | Punahou | 12:27.00 | Maui Lani GC |
| 2000 | Punahou | 61 | Duncan Macdonald | Annie Kawasaki | St. Francis | 13.26.00 | HPA Campus |
| 2001 | Iolani | 52 | Greg Char | Christal Cuadra | Maryknoll | 12:03 | Kauai CC/Island |
| 2002 | Iolani | 37 | Greg Char | Nicole Anderson | Iolani | 12:02 | CORP |
| 2003 | Iolani | 61 | Greg Char | Tia Ferguson | Seabury Hall | 11:46 | Dunes at Maui Lani GC |
| Year | School | Score | Coach | Individual Champion | School | Time | Course |
| 2004 | Kamehameha | 73 | Dave Friedemann | Lauren Ho <br> (Three Mile Course) | Hawaii Baptist | 12:34.95 | HPA Campus |



| CROSS COUNTRY - GIRLS - DIVISION II |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| YEAR | SCHOOL | COACH | SCORE | RUNNER-UP |
| 2012 | Seabury Hall | Bobby Grossman | 207 | KS - Hawaii |
| 2013 | Seabury Hall | Bobby Grossman | 92 | KS - Hawaii |

*Unofficial Two and One-half Mile Course
(Revised: Oct. 15, 2014)

