

# UTAH HIGH SCHOOL ACTIVITIES ASSOCIATION SPORTS RECORDS BOOK

# CROSS COUNTRY - GIRLS

RECORDS COMPILED SINCE 1979



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## CHAMPIONSHIPS AND COACHING

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 4 MONTICELLO, 1992-1995  
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#### STATE CHAMPIONSHIPS

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 5 GREG SOUTHWICK, WAYNE, 1997-2001  
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 3 DONALD LIVINGSTON, MILFORD, 2006, 2017, 2019  
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#### STATE CHAMPIONSHIPS — CONSECUTIVE

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 8 DAVE HOULE, MOUNTAIN VIEW, 1984-1991  
 6 JOE WOLFE DAVIS, MONTICELLO, 1982-1987  
 5 BILL KAHN, PARK CITY, 2002-2006  
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## INDIVIDUAL CHAMPIONSHIPS

### INDIVIDUAL

#### **STATE CHAMPIONS — 4-TIME WINNERS**

SAMANTHA GAFFNEY, JUDGE MEMORIAL, 2002-2005

SARAH ELLETT, WAYNE, 1995-1998

WHITNI ORTON, PANGUITCH, 2012-2015

#### **STATE CHAMPIONS — 3-TIME WINNERS**

DIANNA BARLOW, MONTICELLO, 1992-1994

CARLEE HANSEN, WOODS CROSS, 2018-2020

AMBER HARPER, OREM, 2000-2002

WENDY SPERRY, NORTH SEVIER, 1992-1994

#### **STATE CHAMPIONS — 2-TIME WINNERS**

CHERYL BENSON, PROVO, 1985-1986

ERICA BIRK, NORTH SUMMIT, 2009-2010

KRISTIE BROWN, PROVO, 1987-1988

EMILY CHOURNOS, MORGAN, 1991-1992

KRISTEN FROHLICH, RICHFIELD, 2001-2002

KRYSTAL HARPER, OREM, 2006-2007

LISA LARSON, CARBON, 1980-1981

TARA LAWS, SAN JUAN, 1987-1988

NATASHA McCULLOUGH, MANILA, 2005-2006

MACEE NIELSON, MONTICELLO, 2007, 2010

MACINZE O'VEY, MOUNTAIN CREST, 2005, 2008

AMANDA PACE, WAYNE, 2000-2001

LYNNETTE PETERSEN, BINGHAM, 1988-1989

CASSIE RICKS, FREMONT, 2004-2005

KASEY SHIEW, MONTICELLO, 1985-1986

CAROLYN TORONTO, HIGHLAND, 1982-1983

DAYNA VANARSDOL, GRAND, 2007-2008

ANNA WATKINS, MOUNTAIN CREST, 1991-1992

CARA WEISER, PARK CITY, 1993-1994

RENA WILLIAMS, BEAVER, 1999-2000



## SUGARHOUSE PARK - STATE CHAMPIONSHIP RECORDS

1998-PRESENT (SUGARHOUSE COURSE ALTERED IN 2015)

### GIRLS 6A:

FR. -18:17.6	REAGAN GARDNER, LONE PEAK (4TH)	2017
SO. -18:22.3	ELIZA MASON, LONE PEAK (3RD)	2019
JR. -17:55.7	ELIZA ARRINGTON, LONE PEAK (1ST)	2019
SR. -17:49.0	McKENNA LEE, WEBER (1ST)	2017

### GIRLS 5A:

FR. -17:42.5	DANIELLE MENLOVE, JORDAN(1ST)	2008
SO. -17:41.0	LAURA ZEIGLE, BINGHAM(1ST)	1999
JR. -17:41.9	LUCY BILES, HERRIMAN (1ST)	2013
SR. -17:24.7	COURTNEY WAYMENT (1ST)	2015

### GIRLS 4A:

FR. -18:16.7	SARAH FEENEY, OGDEN (2ND)	2010
SO.-17:49.6	LUCY BILES, HERRIMAN (1ST)	2012
JR. -17:15.0	ANNA MARTIN, LEHI (1ST)	2018
SR. -17:25.0	SARAH FEENY, OGDEN (1ST)	2013

### GIRLS 3A:

FR. -18:37.8	ALISON PRAY, PAYSON (6TH)	2013
SO. -18:22.6	BAILEY BRINKERHOFF, DESERT HILLS (1ST)	2016
JR. -17:59.6	AIMEE BRYSON, CEDAR CITY (1ST)	2012
SR. -17:54.0	KASHLEY CARTER, JUAB (1ST)	2014

### GIRLS 2A:

FR. -18:36.4	TATE BEASLEY, ROWLAND HALL (3RD)	2017
SO. -18:48.2	SADIE SARGENT, NORTH SUMMIT (2ND)	2015
JR. -17:58.0	SADIE SARGENT, NORTH SUMMIT (1ST)	2016
SR. -18:23.0	SADIE SARGENT, NORTH SUMMIT (1ST)	2017

### GIRLS 1A:

FR. -19:03.7	MACEE NIELSON, MONTICELLO(1ST)	2007
SO. -18:48.9	ANDREA CHAVEZ, ST. JOSEPH (1ST)	2008
JR. -18:53.6	WHITTNI ORTON, PANGUITCH (1ST)	2014
SR. -18:29.1	WHITTNI ORTON, PANGUITCH (1ST)	2015

### ALL-TIME STATE COURSE TIMES (COURSE ALTERED IN 2015):

17:15.0	ANNA MARTIN, LEHI (1ST)	4A	2018
17:24.7	COURTNEY WAYMENT, DAVIS (1ST)	5A	2015
17:25.0	SARAH FEENEY, OGDEN (1ST)	4A	2013
17:31.1	SADIE SARGENT, NORTH SUMMIT	2A	2017
17:36.4	KELSEY BRAITHWAITE, BOX ELDER(1ST)	4A	2011
17:39.3	WHITNEY RICH, BINGHAM (1ST)	5A	2016
17:41.0	LUCY BILES, HERRIMAN (1ST)	5A	2014
17:41.0	LAURA ZEIGLE, BINGHAM(1ST)	5A	1999
17:41.9	LUCY BILES, HERRIMAN (1ST)	5A	2013
17:42.5	DANIELLE MENLOVE, JORDAN(1ST)	5A	2008
17:43.4	AUBREY ARGYLE, DAVIS (2ND)	5A	2014

### GIRLS 1A TEAM TIMES (TOP 5 CUMULATIVE):

100:37.0	ST. JOSEPH (1ST)	2008
103:07.8	WAYNE (1ST)	2000
103:17.5	ST. JOSEPH (1ST)	2010
103:24.1	WAYNE (1ST)	1998
103:48.5	ST. JOSEPH (1ST)	2009

### GIRLS 2A TEAM TIMES:

99:45.2	NORTH SUMMIT (1ST)	2017
100:20.3	NORTH SUMMIT (1ST)	2016
102:16.3	MILLARD (1ST)	2019
102:18.5	MILLARD (1ST)	2018
102:26.9	MILLARD (2ND)	2017

### GIRLS 3A TEAM TIMES:

93:36.2	PARK CITY (1ST)	2013
93:52.1	PARK CITY (1ST)	2012
95:11.8	OGDEN (2ND)	2012
95:16.1	PINE VIEW (1ST)	2016
95:35.5	PARK CITY (1ST)	2008

### GIRLS 4A TEAM TIMES:

94:11.5	MOUNTAIN CREST (1ST)	2012
94:33.5	MOUNTAIN VIEW (2ND)	2017
94:48.5	DESERT HILLS (1ST)	2018
95:00.8	MOUNTAIN CREST (1ST)	2008
95:04.9	SKYLINE (3RD)	2016

### GIRLS 5A TEAM TIMES:

91:45.3	AMERICAN FORK (1ST)	2015
92:19.7	DAVIS (2ND)	2015
92:27.8	DAVIS (1ST)	2013
92:42.5	AMERICAN FORK (1ST)	2014
93:19.1	DAVIS (2ND)	2014

### GIRLS 6A TEAM TIMES:

91:59.4	LONE PEAK (1ST)	2019
94:32.3	PLEASANT GROVE (1ST)	2017
95:14.6	LONE PEAK (2ND)	2018
95:23.0	WESTLAKE (3RD)	2018
95:24.2	DAVIS (4TH)	2018

### GIRLS ALL-TIME TEAM TIMES:

91:45.3	AMERICAN FORK 5A-1	2015
91:59.4	LONE PEAK 6A-1	2019
92:19.7	DAVIS 5A-2	2015
92:27.8	DAVIS 5A-1	2013
92:45.5	AMERICAN FORK 5A-1	2014
93:19.1	DAVIS 5A-2	2014
93:36.1	AMERICAN FORK 5A-1	2016
93:36.2	PARK CITY 3A-1	2013
93:50.8	BINGHAM 5A-1	1999
93:52.1	PARK CITY 3A-1	2012
93:55.3	DAVIS 5A-2	2016



## YEAR-BY-YEAR CHAMPIONS

YEAR	CLASS	SCHOOL	COACH	YEAR	CLASS	SCHOOL	COACH
1979	4A	ALTA	RAY JENSON	1993	5A	MOUNTAIN VIEW	DAVE HOULE
	3A	PROVO	PATRICK SHANE		4A	SPRINGVILLE	MELANIE BARKER
	2A	INTERMOUNTAIN	GORDON NELSON		3A	CEDAR CITY	BOB SCHEXNAYDER
1980	4A	ALTA	RAY JENSON		2A	MONTICELLO	RON NIELSON
	3A	TIMPVIE	BRIAN KUHLMANN		1A	ROWLAND HALL	GAYLYN MOONEY
1981	4A	WEBER		1994	5A	MOUNTAIN VIEW	DAVE HOULE
	3A	TIMPVIE	BRIAN KUHLMANN		4A	EAST	DALE STAGG
	2A	WASATCH			3A	CEDAR CITY	BOB CORRY
1982	4A	HILLCREST	JAY RONK		2A	MONTICELLO	RON NIELSON
	3A	PROVO	MARK LOW		1A	MON. VALLEY	BOYD SILVERSMITH
	2A	MONTICELLO	JOE WOLFE DAVIS	1995	5A	MOUNTAIN VIEW	DAVE HOULE
1983	4A	ALTA	RAY JENSON		4A	EAST	DALE STAGG
	3A	OREM	SCOTT WALKINSHAW		3A	CEDAR CITY	BOB CORRY
	2A	MONTICELLO	JOE WOLFE DAVIS		2A	MONTICELLO	RON NIELSON
1984	4A	ALTA	RAY JENSON		1A	DUGWAY	GEORGE BRUCE
	3A	MOUNTAIN VIEW	DAVE HOULE	1996	5A	MOUNTAIN VIEW	DAVE HOULE,
	2A	MONTICELLO	JOE WOLFE DAVIS		4A	TIMPVIE	WAYNE SORENSEN
1985	4A	MOUNTAIN VIEW	DAVE HOULE		3A	CEDAR CITY	BOB CORRY
	3A	PROVO	MARK LOW		2A	GRANTSVILLE	STEVE ALLEN
	2A	MONTICELLO	JOE WOLFE DAVIS		1A	DUGWAY	GEORGE BRUCE
1986	4A	MOUNTAIN VIEW	DAVE HOULE	1997	5A	MOUNTAIN VIEW	DAVE HOULE
	3A	TIMPVIE	WAYNE SORENSEN		4A	EAST	DALE STAGG
	2A	MONTICELLO	JOE WOLFE DAVIS		3A	CEDAR CITY	BOB CORRY
1987	4A	MOUNTAIN VIEW	DAVE HOULE		2A	GRANTSVILLE	ROGER COWAN
	3A	JUDGE MEMORIAL	ERIC HOULE		1A	WAYNE	GREG SOUTHWICK
	2A	MONTICELLO	JOE WOLFE DAVIS	1998	5A	BINGHAM	JEFF ARBOGAST
1988	4A	MOUNTAIN VIEW	DAVE HOULE		4A	MOUNTAIN CREST	BRAD DANCE
	3A	TIMPVIE	WAYNE SORENSEN		3A	CEDAR CITY	BOB CORRY
	2A	WHITEHORSE	RONALD K. BARLOW		2A	GRANTSVILLE	ROGER COWAN
1989	4A	MOUNTAIN VIEW	DAVE HOULE		1A	WAYNE	GREG SOUTHWICK
	3A	BOX ELDER	JAMES FULLER	1999	5A	BINGHAM	JEFF ARBOGAST
	2A	WHITEHORSE	RONALD K. BARLOWE		4A	MOUNTAIN CREST	MARY KIRBY
1990	4A	MOUNTAIN VIEW	DAVE HOULE		3A	CEDAR CITY	BOB CORRY
	3A	MOUNTAIN CREST	MARK APPLGARTH		2A	MONTICELLO	RON NIELSON
	2A	SOUTH SEVIER	JOHN SCOTT		1A	WAYNE	GREG SOUTHWICK
	1A	WHITEHORSE	RONALD BARLOW	2000	5A	BINGHAM	JEFF ARBOGAST
1991	4A	MOUNTAIN VIEW	DAVE HOULE		4A	FREMONT	ART HANSEN
	3A	LOGAN	RON MCBRIDE		3A	CEDAR CITY	BOB CORRY
	2A	WHITEHORSE	RON BARLOW		2A	MONTICELLO	SANFORD RANDALL
1992	4A	OREM	TERRY BELT		1A	WAYNE	GREG SOUTHWICK
	3A	MOUNTAIN CREST	KELLY BENNETT	2001	5A	FREMONT	ART HANSEN
	2A	PARK CITY	MICHELLE TAYLOR		4A	MOUNTAIN VIEW	DAVE HOULE
	1A	MONTICELLO	RON NIELSON		3A	PINE VIEW	BOB COMEFORD
					2A	RICHFIELD	BRYAN GRIFFIN
					1A	WAYNE	GREG SOUTHWICK



## YEAR-BY-YEAR CHAMPIONS

YEAR	CLASS	SCHOOL	COACH	YEAR	CLASS	SCHOOL	COACH
2002	5A	FREMONT	ART HANSEN	2011	5A	DAVIS	CORBIN TALLEY
	4A	OREM	SCOTT HOULE		4A	MOUNTAIN VIEW	MIKE HUNTER
	3A	PARK CITY	BILL KAHN		3A	PARK CITY	JEFF WYANT
	2A	RICHFIELD	CURTIS BENJAMIN		2A	ROWLAND HALL	MARK OFTEDAL
	1A	ST. JOSEPH	LISA REED		1A	PANGUITCH	GENNY HOUSTON
2003	5A	FREMONT	ART HANSEN	2012	5A	DAVIS	CORBIN TALLEY
	4A	MOUNTAIN VIEW	DAVE HOULE		4A	MOUNTAIN CREST	MARY KIRBY
	3A	PARK CITY	BILL KAHN		3A	PARK CITY	JEFF WYANT
	2A	RICHFIELD	CURTIS BENJAMIN		2A	ROWLAND HALL	MARK OFTEDAL
	1A	ST. JOSEPH	LISA REED		1A	PANGUITCH	GENNY HOUSTON
2004	5A	FREMONT	AMBER TINGEY	2013	5A	DAVIS	CORBIN TALLEY
	4A	MOUNTAIN VIEW	DAVE HOULE		4A	OGDEN	DON HALL
	3A	PARK CITY	BILL KAHN		3A	PARK CITY	JEFF WYANT
	2A	JUAN DIEGO	DAVE SMITH		2A	NORTH SUMMIT	DAVE PECK
	1A	WATERFORD	TROY JONES		1A	PANGUITCH	GENNY HOUSTON
2005	5A	FREMONT	AMBER TINGEY	2014	5A	AMERICAN FORK	BRUNO HUNZIKER
	4A	MOUNTAIN CREST	MARY KIRBY		4A	MOUNTAIN CREST	MARY KIRBY
	3A	PARK CITY	BILL KAHN		3A	PARK CITY	STEVE CUTTITTA
	2A	NORTH SEVIER	GEORGE CHAPPELL		2A	NORTH SUMMIT	DAVE PECK
	1A	WAYNE	GREG SOUTHWICK		1A	PANGUITCH	GENNY HOUSTON
2006	5A	JORDAN	GREG CRAMER	2015	5A	AMERICAN FORK	BRUNO HUNZIKER
	4A	MOUNTAIN CREST	MARY KIRBY		4A	TIMPANOGOS	JODY BENSON
	3A	PARK CITY	BILL KAHN		3A	STANSBURY	STEVE ALLEN
	2A	NORTH SEVIER	GEORGE CHAPPELL		2A	NORTH SUMMIT	DAVE PECK
	1A	MILFORD	DON LIVINGSTON		1A	PAROWAN	MIKE ROBINSON
2007	5A	DAVIS	CORBIN TALLEY	2016	5A	AMERICAN FORD	BRUNO HUNZIKER
	4A	MOUNTAIN VIEW	MIKE HUNTER		4A	TIMPANOGOS	JODY BENSON
	3A	CEDAR CITY	BOB CORRY		3A	PINE VIEW	DAVID HOLT
	2A	MILLARD	PETE ANDERSON		2A	NORTH SUMMIT	DAVE PECK
	1A	ST. JOSEPH	LISA REED		1A	PAROWAN	MIKE ROBINSON
2008	5A	DAVIS	CORBIN TALLEY	2017	6A	PLEASANT GROVE	MARK MORRISON
	4A	MOUNTAIN CREST	MARY KIRBY		5A	SKYLINE	THOMAS PORTER
	3A	PARK CITY	JEFF WYANT		4A	PINE VIEW	DAVE HOLT
	2A	SAN JUAN	KIMBERLY HIATT		3A	SAN JUAN	HOLLY WALKER
	1A	ST. JOSEPH	LISA REED		2A	NORTH SUMMIT	DAVE PECK
2009	5A	AMERICAN FORK	BRUNO HUNZIKER	2018	1A	MILFORD	DONALD LIVINGSTON
	4A	MOUNTAIN VIEW	MIKE HUNTER		6A	AMERICAN FORK	BRUNO HUNZIKER
	3A	PARK CITY	JEFF WYANT		5A	SPRINGVILLE	SAMANTHA SMITH
	2A	SAN JUAN	KIMBERLY HIATT		4A	DESERT HILLS	LOGAN FIELDING
	1A	ST. JOSEPH	LISA REED		3A	MORGAN	BRENNEN FULLER
2010	5A	DAVIS	CORBIN TALLEY	2A	MILLARD	CODY MOAT	
	4A	OGDEN	DON HALL	1A	PANGUITCH	DANNY YARDLEY	
	3A	PARK CITY	JEFF WYANT				
	2A	PAROWAN	MIKE ROBINSON				
	1A	ST. JOSEPH	LISA REED				



## YEAR-BY-YEAR CHAMPIONS

<b>YEAR</b>	<b>CLASS</b>	<b>SCHOOL</b>	<b>COACH</b>
2019	6A	LONE PEAK	COURTNEY MELDRUM
	5A	SPRINGVILLE	SAMANTHA SMITH
	4A	PINE VIEW	DAVID HOLT
	3A	MORGAN	BRENNEN FULLER
	2A	MILLARD	CODY MOAT
	1A	MILFORD	DONALD LIVINGSTON
2020	6A	LONE PEAK	COURTNEY MELDRUM
	5A	SPRINGVILLE	SAMANTHA SMITH
	4A	PINE VIEW	DAVID HOLT
	3A	MORGAN	BRENNEN FULLER
	2A	MILLARD	CODY MOAT
	1A	PANGUITCH	DANNY YARDLEY



## CHAMPIONSHIPS BY COACH

STEVE ALLEN	GRANTSVILLE(1) 2	SCOTT HOULE	OREM	1	2002
	STANSBURY(1)	GENNY HOUSTON	PANGUITCH	4	2011,
	1996 AT GRANTSVILLE				2012, 2013, 2014
	2015 AT STANSBURY	MIKE HUNTER	MOUNTAIN VIEW	3	2007,
PETE ANDERSON	MILLARD				2009, 2011
MARK APPLGARTH	MOUNTAIN CREST	BRUNO HUNZIKER	AMERICAN FORK	5	2009,
JEFF ARBOGAST	BINGHAM				2014, 2015, 2016, 2018
		RAY JENSON	ALTA	4	1979,
MELANIE BARKER	SPRINGVILLE				1980, 1983, 1984
RONALD K. BARLOW	WHITEHORSE	TROY JONES	WATERFORD	1	2004
		BILL KAHN	PARK CITY	5	2002,
	1989, 1990, 1991				2003, 2004, 2005, 2006
TERRY BELT	OREM	MARY KIRBY	MOUNTAIN CREST	6	1999,
CURTIS BENJAMIN	RICHFIELD				2005, 2006, 2008, 2012, 2014
		BRIAN KUHLMANN	TIMPVUE	2	1980,
KELLY BENNETT	MOUNTAIN CREST				1981
JODY BENSON	TIMPANOGOS	DONALD LIVINGSTON	MILFORD	3	2006,
					2017, 2019
GEORGE BRUCE	DUGWAY	MARK LOW	PROVO	2	1982,
					1985
GEORGE CHAPPELL	NORTH SEVIER	CODY MOAT	MILLARD	3	2018,
					2019, 2020
BOB COMEFORD	PINE VIEW	RON MCBRIDE	LOGAN	1	1991
BOB CORRY	CEDAR CITY	COURTNEY MELDRUM	LONE PEAK	2	2019, 2020
	1995, 1996, 1997, 1998, 1999, 2000, 2007	GAYLYN MOONEY	ROWLAND HALL	1	1993
ROGER COWAN	GRANTSVILLE	MARK MORRISON	PLEASANT GROVE	1	2017
		GORDON NELSON	INTERMOUNTAIN	1	1979
GREG CRAMER	JORDAN	RON NIELSON	MONTICELLO	5	1992,
STEVE CUTTITTA	PARK CITY				1993, 1994, 1995, 1999
BRAD DANCE	MOUNTAIN CREST	MARK OFTEDAL	ROWLAND HALL	2	2011, 2012
JOE WOLFE DAVIS	MONTICELLO	DAVE PECK	NORTH SUMMIT	5	2013,
	1982,				2014, 2015, 2016, 2017
	1983, 1984, 1985, 1986, 1987	THOMAS PORTER	SKYLINE	1	2017
LOGAN FIELDING	DESERT HILLS	SANFORD RANDALL	MONTICELLO	1	2000
BRENNEN FULLER	MORGAN	LISA REED	St. JOSEPH	6	2002,
					2003, 2007, 2008, 2009, 2010
	2019, 2020	MIKE ROBINSON	PAROWAN	3	2010,
JAMES FULLER	BOX ELDER				2015, 2016
BRYAN GRIFFIN	RICHFIELD	JAY RONK	HILLCREST	1	1982
DON HALL	OGDEN	BOB SCHEXNAYDER	CEDAR CITY	1	1993
		JOHN SCOTT	SOUTH SEVIER	1	1990
ART HANSEN	FREMONT	PATRICK SHANE	PROVO	1	1979
		BOYD SILVERSMITH	MONUMENT VALLEY	1	1994
	4	DAVE SMITH	JUAN DIEGO	1	2004
KIMBERLY HIATT	SAN JUAN	SAMANTHA SMITH	SPRINGVILLE	3	2018,
DAVID HOLT	PINE VIEW				2019, 2020
		WAYNE SORENSEN	TIMPVUE	3	1986,
	2017, 2019, 2020				
DAVE HOULE	MOUNTAIN VIEW				
1985, 1986, 1987, 1988, 1989, 1990, 1991, 1993, 1994, 1995,	16				
1996, 1997, 2001, 2003, 2004	1984,				
ERIC HOULE	JUDGE MEMORIAL				
	1				
	1987				





## CHAMPIONSHIPS BY COACH

			1988, 1996
GREG SOUTHWICK	WAYNE	6	1997, 1998, 1999, 2000, 2001, 2005
DALE STAGG	EAST	3	1994, 1995, 1997
CORBIN TALLEY	DAVIS	6	2007, 2008, 2010, 2011, 2012, 2013
MICHELLE TAYLOR	PARK CITY	1	1992
AMBER TINGEY	FREMONT	2	2004, 2005
HOLLY WALKER	SAN JUAN	1	2017
SCOTT WALKINSHAW	OREM	1	1983
JEFF WYANT	PARK CITY	6	2008, 2009, 2010, 2011, 2012, 2013
DANNY YARDLEY	PANGUITCH	2	2018, 2020

NO COACH INFORMATION WEBER 1981  
 NO COACH INFORMATION WASATCH 1981  
 IF YOU HAVE INFORMATION ON MISSING COACHES NAMES  
 EMAIL: CURT@UHSAA.ORG