

ADAL PAST CHAMPIONS																			
SEASON	SPORT	DIV	PL	2023-24	2022-23	2021-22	2019-20	2018-19	2017-18	2016-17	2015-16	2014-15	2013-14	2012-13	2011-12	2010-11	2009-10	2008-09	
Fall	Girl's Volleyball	8A	1ST	Cunha Meyer	Greene	Ralston	Bowditch	Bowditch	Bayside	Jordan	Borel	Jordan	Bowditch	JLS	Bowditch	Jordan	Jordan	Bowditch	
			2ND	Bowditch	Fletcher	Cunha	Fletcher	Borel	Borel	Borel	Bowditch	Tierra Linda	Jordan	Jordan	Borel	Bowditch	Borel	Borel	
		8B	1ST	Ravenswood	Ralston Baldwin	Bowditch	Ralston Izzy	Cunha Blue	Ralston	Jordan	Bowditch	Jordan White	Bowditch	Jordan Green	Borel	Jordan White	Borel	Borel	Central
			2ND	Borel White	Bowditch	Bowditch	Bowditch	Bowditch	Bowditch	Ralston	Ralston JH	Ralston Gold	Jordan Green	Jordan White	Ralston Black	Borel	Terman Gold	Borel	
		7A	1ST	San Carlos	Bowditch	Bowditch	Greene	Bowditch	Borel	Borel	Jordan	Bowditch	Bowditch	Bowditch	Jordan	Central Green	Bowditch	Bowditch	
			2ND	Greene	Cunha	Greene	Ralston	Ralston	Bayside	JLS	Bayside	Borel	Ralston	Jordan	Terman	Borel	Jordan	Jordan	
		7B	1ST	Ralston	Ralston Baldwin	Bowditch	Ralston Sloan	Bowditch	Cunha	Bowditch	Borel	Bowditch	Jordan White	Ralston Black	Jordan White	Borel	Borel	Borel	
			2ND	Bowditch	Greene	Nesbit	Ralston Rob	Hughes	Ralston	Borel	Ralston JH	Borel	Jordan Green	JLS Blue	Terman	Ralston Black	Ralston	Terman Gold	
		6A	1ST	Borel	San Carlos	Cunha	Greene	Borel	Bayside	Bayside	Borel	Jordan	Borel	Jordan	Bowditch	Jordan	Bowditch	Jordan	
			2ND	Bowditch	Cunha	Ralston	San Carlos	Ralston	Bowditch	Bowditch	Bowditch	Bowditch	Abbott	Terman	Abbott	Cunha	Central	Borel	
	6B	1ST	Ralston	Ralston	Bowditch	Ralston TS	Bowditch	Bowditch	Borel	Ralston DD	Borel	Bowditch Blue	Jordan White	Bowditch	Central Green	Borel	Borel White		
		2ND	Borel	San Carlos Green	Cunha	Ralston Smith	Blackwell	Bowditch	Cunha	Orange	Bowditch Blue	Borel	Jordan Green	Ralston Gold	Borel	Central	Terman		
	Flag Football	8th/Var	1ST	Borel	Blach	Borel	Greene	San Carlos	Egan	Egan	Blach	San Carlos	Egan	Bowditch	Blach	Terman			
			2ND	Blach	San Carlos	Abbott	Borel	Borel	Jordan	Bowditch	Borel	Jordan	Central/TL	Egan	Jordan				
		7th/JV	1ST	Greene Sam	Borel	Blach	Greene	Borel	Borel	Egan	Egan	Blach	Jordan	Blach	Blach				
			2ND	Greene Ian	Blach	Greene	Borel White	Fletcher	Bowditch	Egan	Borel	Jordan	Terman	Egan	Egan				
		6th	1ST	San Carlos	Greene	Borel	Borel	San Carlos	Borel	Borel	Terman	Jordan	Jordan	Jordan White	Jordan				
			2ND	Abbott	Borel	San Carlos	Greene	Greene	Terman	Bowditch	San Carlos	Cunha	Terman	Borel	Terman				
	Cross Country	Boys Var	1ST	Fletcher	Ralston	Ralston	Fletcher	Greene	Jordan	Terman	Ralston	Ralston	Ralston	JLS	Cunha	Ralston	Cunha	Borel	
			2ND	Bayside	Cunha	Fletcher	Greene	Bayside	Ralston	Central		Cunha	Ralston	Jordan	JLS	Ralston	Ralston		
Girls Var		1ST	Ralston	Ralston	Ralston	Greene	Ralston	Bayside	Jordan	Tierra Linda	Ralston	Ralston	Cunha	Ralston	Ralston	Ralston			
		2ND	Fletcher	Fletcher	Greene	Fletcher	Fletcher	Jordan	Ralston	Ralston	Borel	Ralston	Jordan	Ralston	Cunha	Borel	Cunha		
Boys JV		1ST	Ralston	Borel	Fletcher	Ralston	Greene	Tierra Linda	Ralston	Terman	Cunha	Ralston	Ralston	Ralston	Cunha	Ralston	Ralston		
		2ND	Fletcher	Ralston	Borel	Greene	Ralston	Ralston	Bowditch	Ralston	Jordan	Borel	JLS	Ralston	Tierra Linda	Cunha			
Girls 7th		1ST	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Jordan	Cunha	Borel	Ralston	Borel	Ralston	Ralston			
		2ND	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Cunha	Ralston		Ralston	Cunha	Cunha	Borel	Borel	Cunha	
Boys 6th		1ST	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Jordan	Ralston	Terman	JLS	Ralston	Central	Ralston	Cunha	Ralston	
		2ND	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Ralston	Cunha	Ralston	N/A	Ralston	Cunha	Ralston	Cunha	Jordan	Cunha
Girls 6th		1ST	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Ralston	Jordan	Jordan	Cunha	Borel	Ralston	Cunha	Ralston	Ralston	
		2ND	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Cunha	Borel		Jordan	Ralston	Borel	Ralston	Jordan	Cunha	
Winter		Basketball	Boys 8A	1ST	Greene	JLS	Cunha	Cunha	Abbott	Ralston	Cunha	Jordan	Ralston	Jordan Blue	Ralston	Jordan	JLS	Borel	JLS
				2ND	JLS	Greene	Greene	San Carlos	Ralston	Jordan	Ralston	Bowditch	Jordan	Cunha	Jordan	Cunha	Abbott	Cunha	Borel
	Boys 8B		1ST	North Shoreview	Ralston Tahir	Fletcher	Greene Jose	Ralston KT	Masters	Douglis	Ralston DD	Jordan Green	Central White	Borel	Bowditch	Borel	Cunha	*Jordan White	
			2ND	Borel	Bowditch	Ralston Jones	Bayside	Greene Blue	Jordan White	Borel	Ralston KT	Ralston Gold	Ralston Gold	Ralston Gold	Cunha	Bowditch	Abbott	*Jordan Green	
	Girls 8A		1ST	Borel	Ralston	Borel	Ralston	Cunha	Jordan	Central	Borel	Jordan	Jordan	Jordan	Jordan	Terman	Jordan	JLS	
			2ND	Cunha	Bowditch	Bowditch	San Carlos	Greene	Cunha	Jordan	Ralston	Ralston	JLS	Cunha	Cunha	Cunha	Bowditch	Bowditch	
	Girls 8B		1ST	Borel	Borel	Bowditch	Sanpiper	Cunha	Bayside	Ralston	Ralston	Cunha	Cunha	Jordan	Borel	Cunha	Jordan	*Borel	
			2ND	Nesbit	San Carlos	Ravenswood	Ralston Derby	Ralston	Cunha	Cunha	Cunha	Jordan	Ralston	Borel	Cunha	Jordan	Cunha	*Jordan	
	Boys 7A		1ST	Ralston	Ralston	Greene	Bowditch	Ralston	Ralston	Borel/Cunha*	Cunha	Jordan	Ralston	Jordan White	Jordan	JLS	Central	Jordan	
			2ND	JLS	JLS	Ralston	Greene	Tierra Linda	Abbott	*co-champions	Ralston	Abbott	Jordan	Cunha	Ralston	Borel	Borel	Cunha	
	Boys 7B		1ST	Bowditch Gold	San Carlos JC	Ralston Karl	Borel	Bayside	JLS Blue	Masters	Cunha	Ralston Gold	Jordan White	Ralston Gold	Jordan Green	Ralston	Borel	Tierra Linda	
			2ND	Ralston KT	Ralston	Bowditch	Masters	Ralston JM	Bradley	Bowditch	Ralston MD	Cardinal	Cardinal	Jordan White	Cunha	Bowditch	Abbott	Cunha	
	Girls 7A		1ST	Greene	Cunha	JLS	Greene	Ralston	Cunha	Bayside	Central	Ralston	JLS	Jordan Green	Jordan	Terman	Jordan		
			2ND	Ralston	Borel	Borel	Ralston	Cunha	Jordan	Ralston	Jordan	Borel	Jordan	Jordan	Cunha	Cunha	Bowditch	Bowditch	
	Girls 7B		1ST	Ralston	Borel	Ralston	Sanpiper	Borel	Ralston	Bowditch	Jordan	Borel	Cunha	Cunha	Ralston Gold	Cunha	Abbott		
			2ND	Cunha	San Carlos	Bowditch	Cunha	Sandpiper	Cunha	Jordan	Cunha	Ralston Black	Borel	JLS	Cunha	Jordan	Jordan		
	Boys 6A		1ST	San Carlos	JLS	Ralston	Canceled	Bowditch	Tierra Linda	Ralston	Cunha	Jordan White	Bowditch	Ralston	*Jordan Green	Jordan	Borel	*Central	
			2ND	Bowditch	Greene	Fletcher		Greene	Jordan	Cunha	Ralston	Cunha	Jordan	Jordan	*Jordan White	Bowditch	Ralston	*Jordan	
	Boys 6B		1ST	Ralston KT	Bowditch Gold	Ralston Carter	Canceled	Borel	Bayside	Ralston Gold	Borel	Borel	Bayside	Jordan Blue	*Ralston Gold	Cunha Blue	Bowditch	*Tierra Linda	
			2ND	Nesbit	Cunha Blue	Ralston EJ		Greene Blue	Masters	Bayside	Ralston KT	Bowditch	Ralston Black	Ralston Black	*Central Green	Borel	JLS Blue	*Abbott	
Girls 6A	1ST	San Carlos	Greene	JLS	Canceled	JLS	Bayside	Jordan	Bayside	Central	Jordan	Jordan	*JLS	Jordan	Jordan	Terman			
	2ND	Greene	Ralston	Borel		Ralston	Central	Cunha	Jordan	Jordan	Borel	Ralston	*Cunha	Cunha	Terman	Ralston			
Girls 6B	1ST	San Carlos	San Carlos	Borel	Canceled	Sandpiper	Bowditch	Cunha Blue	Orange	Borel	Bayside	Jordan	*Ralston Gold	Jordan	Cunha	*Cunha			
	2ND	Ralston SG	BRSSD	Ralston Karl		Bayside	Bayside	Ralston	Borel	Jordan	Ralston Gold	Ralston	*Ralston Black	Central	Central	*Ralston			

