

Attachment G

Long Course Zone Champions

| <u>Year</u> | <u>Location</u> | <u>Overall Winner</u> | <u>Male</u> | <u>Female</u> |
|-------------|--------------------------------|-----------------------|--------------------|--------------------|
| 1988 | Hershey, PA | Metropolitan | | |
| 1989 | Fairfax, VA | Virginia | | |
| 1990 | Fairfax, VA | Virginia | | |
| 1991 | Fairfax, VA | New Jersey | | |
| 1992 | Rutgers, NJ | Virginia | | |
| 1993 | Fairfax, VA | Virginia | | |
| 1994 | Pittsburgh, PA | Virginia | Virginia | Middle Atlantic |
| 1995 | Buffalo, NY | Virginia | Virginia | Allegheny Mountain |
| 1996 | Pittsburgh, PA | Virginia | Virginia | Middle Atlantic |
| 1997 | Sewell, NJ | Virginia | Virginia | Middle Atlantic |
| 1998 | Baltimore, MD | Virginia | | |
| 1999 | Pittsburgh, PA | Virginia | Allegheny Mountain | Middle Atlantic |
| 2000 | Buffalo, NY | Virginia | Virginia | Virginia |
| 2001 | Buffalo, NY | Potomac Valley | Potomac Valley | Potomac Valley |
| 2002 | Buffalo, NY | Virginia | Virginia | Metropolitan |
| 2003 | Pittsburgh, PA | Virginia | Virginia | Virginia |
| 2004 | Buffalo, NY | Virginia | Virginia | Virginia |
| 2005 | Buffalo, NY | Metropolitan | Metropolitan | Metropolitan |
| 2006 | Buffalo, NY | Metropolitan | Maryland | Maryland |
| 2007 | Buffalo, NY | Virginia | Potomac Valley | Middle Atlantic |
| 2008 | Rockville, MD | Potomac Valley | Virginia | Potomac Valley |
| 2009 | State College, PA | Virginia | Virginia | Middle Atlantic |
| 2010 | Rockville, MD | Potomac Valley | Potomac Valley | Potomac Valley |
| 2011 | State College, PA | Potomac Valley | Potomac Valley | Potomac Valley |
| 2012 | Richmond, VA | Middle Atlantic | Middle Atlantic | Potomac Valley |
| 2013 | Richmond, VA | Potomac Valley | Virginia | Potomac Valley |
| 2014 | Richmond, VA | Potomac Valley | Potomac Valley | Potomac Valley |
| 2015 | Richmond, VA | Virginia | Virginia | Virginia |
| 2016 | East Meadow, NY | Potomac Valley | Potomac Valley | Metropolitan |
| 2017 | Richmond, VA | New England | New England | New England |
| 2018 | Richmond, VA | New England | New Jersey | New England |
| 2019 | Richmond, VA | Metropolitan | Metropolitan | New England |
| 2020 | meet cancelled due to COVID-19 | | | |
| 2021 | Richmond, VA | Virginia | Virginia | Virginia |
| 2022 | Ithaca, NY | New Jersey | Virginia | Middle Atlantic |
| 2023 | Richmond, VA | Virginia | Virginia | Middle Atlantic |