

ADAL PAST CHAMPIONS											
SEASON	SPORT	DIV	PL	2025-26	2024-25	2023-24	2022-23	2021-22	2019-20		
Fall	Girl's Volleyball	8A	1ST	Hillview	Bowditch	Cunha Meyer	Greene	Ralston	Bowditch		
			2ND	Ralston	San Carlos	Bowditch	Fletcher	Cunha	Fletcher		
		8B	1ST	Ralston	Ravenswood	Ravenswood	Ralston Baldwin	Bowditch	Bowditch	Ralston Izzy	
			2ND	Bowditch	Ralston	Borel White	Bowditch	Borel	Bowditch		
		7A	1ST	Fletcher	Bowditch	San Carlos	Bowditch	Bowditch	Greene		
			2ND	Ralston	Borel	Greene	Cunha	Greene	Ralston		
		7B	1ST	Ralston TD	Bowditch Gold	Ralston	Ralston Baldwin	Bowditch	Ralston Sloan		
			2ND	Ravenswood	Ralston	Bowditch	Greene	Nesbit	Ralston Rob		
		6A	1ST	Ralston	Ralston	Borel	San Carlos	Cunha	Greene		
			2ND	Cunha	Fletcher	Bowditch	Cunha	Ralston	San Carlos		
		6B	1ST	Ralston DB	Ralston	Ralston	Ralston	Ralston TS	Bowditch		
			2ND	BRSSD	Borel Blue	Borel	San Carlos Green	Cunha	Ralston Smith		
		Flag Football	8th/Var	1ST	Greene	Greene	Borel	Blach	Borel	Greene	
					Abbott	Bayside	Blach	San Carlos	Abbott	Borel	
				7th/JV	1ST	Woodside	Ravenswood	Greene Sam	Borel	Blach	Greene
					2ND	Bowditch	Fletcher	Greene Ian	Blach	Greene	Borel White
				6th	1ST	Woodside	Abbott	San Carlos	Greene	Borel	Borel
					2ND	San Carlos	San Carlos	Abbott	Borel	San Carlos	Greene
Girls	1ST			Blach	Blach						
	2ND			Egan	Palo Alto						
Cross Country	Boys Var	1ST	Cunha	Ralston	Fletcher	Ralston	Ralston	Fletcher			
		2ND	Ralston	Cunha	Bayside	Cunha	Fletcher	Greene			
	Girls Var	1ST	Ralston	Cunha	Ralston	Ralston	Ralston	Greene			
		2ND	Bowditch	Ralston	Fletcher	Fletcher	Greene	Fletcher			
	Boys JV	1ST	Ralston	Ralston	Ralston	Borel	Fletcher	Ralston			
		2ND	Fletcher	Fletcher	Fletcher	Ralston	Borel	Greene			
Winter	Basketball	Boys 8A	1ST	Hillview	Greene	Greene	JLS	Cunha	Cunha		
			2ND	San Carlos	JLS	JLS	Greene	Greene	San Carlos		
		Boys 8B	1ST	Ralston MS	Ralston Tahir	North Shoreview	Ralston Tahir	Fletcher	Greene Jose		
			2ND	Ralston AD	San Carlos DR	Borel	Bowditch	Ralston Jones	Bayside		
		Girls 8A	1ST	Ralston	Hillview	Borel	Ralston	Borel	Ralston		
			2ND	Greene	Greene	Cunha	Bowditch	Bowditch	San Carlos		
		Girls 8B	1ST	Ravenswood	Fletcher	Borel	Borel	Bowditch	Sanpiper		
			2ND	JLS	Abbott	Nesbit	San Carlos	Ravenswood	Ralston Derby		
		Boys 7A	1ST	Ralston	San Carlos	Ralston	Ralston	Greene	Bowditch		

			2ND	San Carlos	Abbott	JLS	JLS	Ralston	Greene
		Boys 7B	1ST	Parkside	Ralston Matt	Bowditch Gold	San Carlos JC	Ralston Karl	Borel
			2ND	San Carlos EP	Nesbit	Ralston KT	Ralston	Bowditch	Ralston Masters
		Girls 7A	1ST	San Carlos	Ralston	Greene	JLS	Ralston	Greene
			2ND	Borel	Greene	Ralston	Borel	Borel	Ralston
		Girls 7B	1ST	Fletcher	Ralston	Ralston	Borel	Ralston	Sanpiper
			2ND	Borel	Parkside	Cunha	San Carlos	Bowditch	Cunha
		Boys 6A	1ST	Bayside	San Carlos	San Carlos	JLS	Ralston	Canceled
			2ND	Ralston	Ralston	Bowditch	Greene	Fletcher	
		Boys 6B	1ST	San Carlos JF	Ravenswood	Ralston KT	Bowditch Gold	Ralston Carter	Canceled
			2ND	Bowditch	Parkside	Nesbit	Cunha Blue	Ralston EJ	
		Girls 6A	1ST	Ralston	Borel	San Carlos	Greene	JLS	Canceled
			2ND	San Carlos	San Carlos	Greene	Ralston	Borel	
		Girls 6B	1ST	Abbott	San Carlos	San Carlos	San Carlos	Borel	Canceled
			2ND	Greene	Borel	Ralston SG	BRSSD	Ralston Karl	
Spring	Track & Field	Overall	1ST	Fletcher	Fletcher	Fletcher	Fletcher	Fletcher	Canceled
			2ND	Bayside	Bowditch	JLS	Borel	Borel	
		Boys 8th	1ST	Ralston	Borel	Fletcher	Fletcher	Borel	Canceled
			2ND	Abbott	Abbott	Borel	Borel	Ralston	
		Girls 8th	1ST	Bowditch	JLS	Fletcher	JLS	Borel	Canceled
			2ND	Fletcher	Abbott	Ralston	Bowditch	Greene	
		Boys 7th	1ST	Bayside	Ralston	Bowditch	Borel	Fletcher	Canceled
			2ND	Cunha	Abbott	Abbott	Fletcher	Borel	
		Girls 7th	1ST	Cunha	Bowditch	Tierra Linda	Fletcher	Bowditch	Canceled
			2ND	Tierra Linda	Fletcher	JLS	Borel	JLS	
		Boys 6th	1ST	Ralston	Bowditch	Ralston	Bowditch	Fletcher	Canceled
			2ND	Bayside	Bayside	Fletcher	Cunha	Borel	
		Girls 6th	1ST	Fletcher	Borel	Bowditch	Tierra Linda	Fletcher	Canceled
			2ND	Bayside	Bowditch	JLS	Cunha	Ralston	
	Soccer	Girls	1ST	Borel	Bowditch	Ralston FL	Ralston	Bowditch	Canceled
			2ND	Bowditch	Ralston MP	Bowditch	Bowditch	Bayside	
		Boys	1ST	Borel	Abbott	Bowditch	Bowditch	Borel	Canceled
			2ND	Ralston	Bowditch	Abbott	Cunha	Bowditch	
	Boys Volleyball	Jr Var	1ST	Hillview	BRSSD	Hillview	Woodside	Fletcher	Canceled
			2ND	Ralston WL	Fletcher	Sandpiper	Borel	Borel	
		Varsity	1ST	Bowditch	Hillview	Greene	Bowditch	Bowditch	Canceled
			2ND	Ralston	JLS	Hillview	JLS	JLS	