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Prep Sports: Mountain View boys move up

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After four years of dominating Class 4-A, the Mountain View boys proved they could move up and rule 5-A again. The Bruins won a team championship for a ninth straight year and Mountain View's Adam McDonald was the individual champion with a time of 15 minutes, 34.5 seconds - the best on the course that day.

In 4-A, Provo edged East for the team title. The Bulldogs competed without the services of their top two runners, both of whom sat out with injuries. Cyprus runner Jeremiah Johnson captured an individual title with a time of 16:04.7.

Judge Memorial won another team title in 3-A and Cedar City's John Hart claimed the individual title. Richfield was the 2-A team champion and North Summit's Jordan Snyder was the individual champion. St. Joseph proved its 1-A dominance again, with a sixth team title in seven years, while Oakley runner Heltsley Aaron finished first in the individual competition.

For the girls, Fremont and its star runner Cassie Ricks came into the 5-A state meet with titles on the line. The Silver Wolves and Ricks retained them. Fremont won its sixth straight team title and Ricks was the individual champion for a second consecutive year - finishing in 18 minutes, 33.9 seconds.

Mountain Crest took home the 4-A title and Mustang freshman Macinze O'very was the surprise individual champion with a winning time of 19:01.0. Her victory gave Mountain Crest the edge it needed to top second place Orem.

Judge's Samantha Gaffney was the individual 3-A champion and Park City took the team title. In 2-A, North Sevier claimed the team championship and Wolves runner Kaylee Coates placed first in the individual competition. Wayne earned the team title in 1-A and Manila's Natasha McCullough was the top individual runner.

IN SHORT - The usual suspects (Mountain View boys, Cassie Ricks) shined at the state meet, but runners such as Jeremiah Johnson and Macinze O'very provided some surprises.

TEAM CHAMPIONS ♂ Mountain View boys (5-A), Fremont girls (5-A); Provo boys (4-A), Mountain Crest girls (4-A); Judge Memorial boys (3-A), Park City girls (3-A); Richfield boys (2-A), North Sevier girls (2-A); St. Joseph boys (1-A), Wayne girls (1-A)

ATHLETES OF THE YEAR - Boys: Adam McDonald, Mountain View. Girls: Cassie Ricks, Fremont

LOOKING AHEAD - Mountain View's boys will be running for their 10th consecutive championship. The Bruins have won five 5-A titles and four 4-A championships in the last nine years and there's no reason to believe that the

streak will be snapped. Fremont's girls may be rebuilding following the graduation of Cassie Ricks. Mountain Crest and Judge Memorial should again field strong teams.