

2008 - 2009 Champions

Sport	STAC	Central	East	Metro	West
Boys Baseball	Vestal	Chenango Valley	Windsor	Vestal	Ithaca
Boys Basketball	Vestal	Norwich	Seton Catholic	Binghamton Vestal	Elmira Southside
Girls Basketball	Oneonta	Oneonta	Seton Catholic	Binghamton	Horseheads
Boys Bowling	Corning West	Johnson City	Windsor	Union-Endicott	Corning West Elmira Southside
Girls Bowling	Union-Endicott	Maine-Endwell	Windsor	Union-Endicott	Horseheads
Boys Cross Country	Ithaca	Maine-Endwell	Windsor	Ithaca	Corning District
Girls Cross Country	Maine-Endwell	Maine-Endwell	Chenango Forks	Ithaca	Corning District
Girls Field Hockey	Maine-Endwell				
Boys Golf	Union-Endicott	Johnson City	Chenango Forks	Union-Endicott	Horseheads
Boys Soccer	Elmira Free Academy	Johnson City	Susquehanna Valley	Vestal	Elmira Free Academy
Girls Soccer	Union-Endicott	Maine-Endwell	Chenango Forks	Union-Endicott	Corning District
Girls Softball	Chenango Valley	Chenango Valley	Windsor	Maine-Endwell	Horseheads
Boys Swimming & Diving					
Girls Swimming & Diving		Maine-Endwell	Chenango Valley	Vestal	Horseheads
Boys Tennis	Horseheads	Oneonta	Seton Catholic	Ithaca	Horseheads
Girls Tennis	Ithaca	Maine-Endwell	Susquehanna Valley	Ithaca	Horseheads
Boys Track & Field	Corning District	Oneonta	Chenango Valley	Ithaca	Corning District
Girls Track & Field	Ithaca	Susquehanna Valley	Chenango Valley	Ithaca	Elmira Southside
Girls	Owego Free	Owego Free	Chenango	Vestal	Horseheads

Volleyball	Academy	Academy	Valley		
Boys Wrestling	Chenango Forks	Johnson City	Chenango Forks	Union-Endicott	Horseheads

Sport	Fall	Winter
Girls Cheerleading	Union-Endicott	Union-Endicott