

Conference Championships and Conference Tournament Championships

Academic Year	68-69	69-70	70-71	71-72	72-73	73-74	74-75	75-76	76-77	77-78	78-79	79-80	80-81	81-82	82-83	83-84	84-85	85-86	86-87	87-88	88-89	
Sanderson's Year	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
NCHSAA Realignments														Four Year Alignment				Four Year Alignment				
Sanderson's Conference	Eastern 4A					Cap Eight											Cap Nine					
	Conference Championships							Conference Championships							Conference Champ							
	X = Conference Champion					t = Tournament Champion										X = Conference Champion						
All Sports Trophy					72-73		74-75	75-76		77-78	78-79	79-80	80-81	81-82		83-84	84-85					
Football				X		X				X			X				X					
Men's Soccer						X	X	X	X	X	X	X	Xt	X	X	Xt	Xt	X	Xt			X
Men's Cross Country						X		X							X	X	X	X				
Women's Cross Country																						
Women's Tennis										X		Xt	X	X								
Volleyball									X		Xt	Xt	Xt									
Women's Golf																						
Men's Basketball					X																	
Women's Basketball												X										
Wrestling				X				X						X								
Men's Swimming & Diving															X	X	X	X	X			
Women's Swimming & Diving															X	X	X	X	X	X	X	X
Gymnastics												X	X	X		X	X					X
Cheerleading																						
Baseball											X						X					
Softball													X									X
Men's Tennis						X	X					X	X									X
Women's Soccer																		X				
Men's Track & Field				X	X			X														
Women's Track & Field																						
Men's Golf																						



Conference Championships and Conference Tournament Championships

Academic Year	10-11				
Sanderson's Year	43				
NCHSAA Realignments	Year Alignment				
Sanderson's Conference	Cap Eight				
	e Championships				
All Sports Trophy				11	
				Champs	Tourn
Football				5	
Men's Soccer				26	11
Men's Cross Country				8	
Women's Cross Country				1	
Women's Tennis				4	
Volleyball				6	5
Women's Golf				0	
Men's Basketball				6	2
Women's Basketball				5	1
Wrestling	Xt			7	2
Men's Swimming & Diving				6	
Women's Swimming & Diving				10	
Gymnastics				8	
Cheerleading	Wake			1	
Baseball				4	
Softball				2	
Men's Tennis				5	
Women's Soccer				2	1
Men's Track & Field				7	
Women's Track & Field				1	
Men's Golf				0	