

**ATTACHMENT G
EASTERN ZONE LONG COURSE CHAMPIONS**

Year	Location	Team	Men	Female
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	Mid-Atl.
1995	Buffalo, NY	Virginia	Virginia	Allegh-Mtn.
1996	Pittsburgh, PA	Virginia	Virginia	Mid-Atl.
1997	GCIT-Sewell, NJ	Virginia	Virginia	Mid-Atl.
1998	Baltimore, MD	Virginia		
1999	Pittsburgh, PA	Virginia	Alleg. Mtn.	Mid-Atl.
2000	Buffalo, NY	Virginia	Virginia	Virginia
2001	Buffalo, NY	Potomac Valley	Pot. Valley	Pot. Valley
2002	Buffalo, NY	Virginia	Virginia	Metro
2003	Pittsburgh, PA	Virginia	Virginia	Virginia
2004	Buffalo, NY	Virginia	Virginia	Metro
2005	Buffalo, NY	Metropolitan	Metro	Metro
2006	Buffalo, NY	Metropolitan	Maryland	Metro