

**PACIFIC COAST ATHLETIC LEAGUE
Team Champions
Spring 2019**

Baseball

Gabilan Monterey
Mission Pacific Grove
Cypress Greenfield

Boys Golf

Gabilan Stevenson
Mission Alisal
Cypress North Monterey County

Boys Lacrosse

Gabilan Carmel
Mission Salinas/Christopher (co-champs)

PCAL Girls Lacrosse

..... Stevenson/Salinas (co-champs)

Softball

Gabilan Notre Dame
Mission Carmel
Cypress St. Francis SCP
Santa Lucia Gonzales

Boys Swimming and Diving

Gabilan Stevenson
Mission Monterey
Cypress Alisal

Girls Swimming and Diving

Gabilan Carmel
Mission Monterey
Cypress Soledad

Boys Track and Field

Gabilan Hollister
Mission King City
Cypress Monte Vista Christian/Pacific Grove (co-champs)

Girls Track and Field

Gabilan Salinas
Mission Carmel
Cypress Stevenson

Boys Tennis

Gabilan Stevenson
Mission Alisal

Boys Volleyball

Gabilan Carmel
Mission Alisal