

| Champions 2019-2020 | |
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| SPORT | CHAMPION |
| FALL | |
| Women's Golf | Albany |
| Women's Tennis | |
| Rock | Saint Mary's |
| Stone | Jesse Bethel |
| Women's Volleyball | |
| Rock Division | Albany |
| Stone Division | Pinole Valley, Jesse Bethel |
| Football | |
| Rock Division | Salesian, Kennedy, El Cerrito |
| Stone Division | De Anza |
| Cross Country | |
| Men's | Albany |
| Women's | Saint Mary's |
| Water Polo | |
| Men's | St. Patrick-St. Vincent |
| Women's | Pinole |
| WINTER | |
| Basketball - Men's | |
| Rock Division | Salesian |
| Stone Division | Hercules, Vallejo |
| Basketball - Women's | |
| Rock Division | Salesian |
| Stone Division | Pinole Valley |
| Soccer - Men's | |
| Rock Division | De Anza |
| Stone Division | Jesse Bethel, Albany |
| Soccer - Women's | |
| Rock Division | El Cerrito |
| Stone Division | Salesian, St. Patrick-St. Vincent |
| Wrestling | Vallejo, Heercules |
| SPRING | |
| Baseball | |
| Rock Division | |
| Stone Division | |
| Softball | |
| Rock Division | |
| Stone Division | |
| Track | |
| Men's | |
| Women's | |
| Swimming | |
| Men's | |
| Women's | |

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| Men's Tennis | |
| Rock Division | Albany, Saint Mary's |
| Stone Division | Richmond, El Cerrito |
| Men's Golf | |
| Badminton | |
| Men's Volleyball | |
| Rock Division | St. Patrick-St. Vincent |
| Stone Division | Saint Mary's, Hercules |