

| Girls Basketball | |
|-------------------------|------------------------------|
| Year | Champion |
| 1973 | West Central |
| 1974 | West Central & MFL |
| 1975 | West Central |
| 1976 | West Central & Central |
| 1977 | West Central |
| 1978 | West Central |
| 1979 | West Central & Central |
| 1980 | Sumner |
| 1981 | Sumner |
| 1982 | Sumner & Fayette |
| 1983 | West Central |
| 1984 | West Central |
| 1985 | West Central |
| 1986 | MFL |
| 1987 | West Central & MFL |
| 1988 | West Central & Turkey Valley |
| 1989 | West Central |
| 1990 | West Central & MFL |
| 1991 | Wapsie Valley & Postville |
| 1992 | Postville |
| 1993 | West Central |
| 1994 | West Central |
| 1995 | West Central |
| 1996 | West Central |
| 1997 | Valley |
| 1998 | MFL & Guttenberg |

| Girls Basketball | |
|-------------------------|------------------------------|
| Year | Champion |
| 1999 | MarMac, MFL, & Valley |
| 2000 | Valley |
| 2001 | North Fayette |
| 2002 | Postville |
| 2003 | Postville |
| 2004 | MFL MarMac |
| 2005 | MFL MarMac |
| 2006 | MFL MarMac & North Fayette |
| 2007 | MFL MarMac |
| 2008 | MFL MarMac |
| 2009 | MFL MarMac |
| 2010 | MFL MarMac |
| 2011 | Sumner-Fredericksburg |
| 2012 | Sumner-Fredericksburg |
| 2013 | Sumner-Fredericksburg |
| 2014 | Sumner-Fredericksburg |
| 2015 | Clayton Rige & Turkey Valley |
| 2016 | Clayton Rige & Turkey Valley |
| 2017 | Clayton Ridge |
| 2018 | Kee |
| 2019 | MFL MarMac |
| 2020 | MFL MarMac |
| 2021 | North Fayette Valley |