

## Boys' Individual Track and Field Champions

Year	Event	Champion	School	Mark	Runner-up	School
2010	100	Jamison Jordan	Rio Mesa	10.54	Blake Selig	Rio Mesa
	200	Jamison Jordan	Rio Mesa	21.33	Steven Richards	Rio Mesa
	400	Steven Richards	Rio Mesa	49.19	La Darrin Roach	Rio Mesa
	800	Gustavo Mena	Oxnard Adolfo	1:57.60	Erik Pinuelas	Adolfo Camarillo
	1600	Erik Pinuelas	Camarillo Adolfo	4:25.63	Gustavo Mena	Oxnard Adolfo
	3200	Heyden Wooff	Camarillo Adolfo	9:43.80	Joel Gonzalez	Camarillo Channel Islands
	110 Hurdles	Erik Fruth	Camarillo Adolfo	15.26	Larry Lyons	Islands
	300 Hurdles	Mark Berry	Camarillo	41.04	Fajhon Boyd	Hueneme
	4 X 100 Relay	<u>Rio Mesa</u> <i>Jamison Jordan</i> <i>Cameron Roach</i> <i>Steven Richards</i> <i>Blake Selig</i>		42.6	Pacifica	
	4 X 400 Relay	<u>Rio Mesa</u> <i>Jamison Jordan</i> <i>Steven Richards</i> <i>La Darrin Roach</i> <i>Blake Selig</i>		3:25.60	Pacifica	
	Long Jump	Blake Selig	Rio Mesa	21' 9 3/4"	Trashaun Nixon	Hueneme
	Triple Jump	Jose Ley- Fuentes	Pacifica	41' 11 1/2"	Carzie Carter	Channel Islands
	High Jump	Lawrence Garcia	Rio Mesa Adolfo	6' 0"	Cameron Waite	Rio Mesa
	Shot Put	Evan Benson	Camarillo	46' 4"	Evan Petschow	Rio Mesa
	Discus	Devon Hill	Rio Mesa	136' 1"	Robert Perez	Oxnard