

Girls' Individual Track and Field Champions

Year	Event	Champion	School	Mark	Runner-up	School
2000	100	Porchea Carroll	Rio Mesa	12.35	Kristen Hirashima	Rio Mesa
	200	Porchea Carroll	Rio Mesa	25.6	Kylyn Chiong	Rio Mesa
	400	Porchea Carroll	Rio Mesa Adolfo	58.88	Angela Mejia	Camarillo
	800	Marianne Gerry	Camarillo	2.28.02	Christina Villa	Rio Mesa Adolfo
	1600	Monica Serrano	Rio Mesa	5.35.61	Marianne Gerry Nicole Richardson	Camarillo Adolfo
	3200	Monica Serrano	Rio Mesa Adolfo	12.32.80	Richardson	Camarillo
	110 Hurdles	Lisa Wygant	Camarillo	15.79	Danielle White	Rio Mesa Adolfo
	300 Hurdles	Jaclyn Grentzer	Rio Mesa	49.27	Megan McCarthy	Adolfo Camarillo
	400 Relay	<u>Rio Mesa</u> <i>Maura Morales</i> <i>Kristen Hirashima</i> <i>Kyelynn Chiong</i> <i>Jaclyn Grentzer</i>		50.37	Adolfo Camarillo	
	1600 Relay	<u>Adolfo Camarillo</u> <i>Marianne Gerry</i> <i>Lisa Wygant</i> <i>Angela Mejia</i> <i>Amber Stuteville</i>		4.13.50	Rio Mesa	
	Long Jump	Porchea Carroll	Rio Mesa	18' 8 1/2"	Danielle White	Rio Mesa
	Triple Jump	Lisa Wygant	Adolfo Camarillo	36' 2 1/2"	Megan McCarthy	Adolfo Camarillo
	High Jump	Lisa Wygant	Camarillo	5' 2"	Alie Avina	Adolfo Camarillo
	Shot Put	Sabrina Ball Natalie	Oxnard	36' 10"	Shelby Ward	Oxnard
	Discus	Valenzuela	Rio Mesa	118' 5"	Shelby Ward	Oxnard