

## Girls' Individual Track and Field Champions

Year	Event	Champion	School	Mark	Runner-up	School
2004	100	Michelle Poindexter	Rio Mesa	13.16	Latasha Mitchell Michelle	Rio Mesa
	200	Bethany Leong	Rio Mesa	26.77	Poindexter	Rio Mesa
	400	Bethany Leong	Rio Mesa	1:01.57	Erika Walker	Rio Mesa
	800	Janelle Sisting	Rio Mesa	2:21.27	Brianna Walker	Rio Mesa
	1600	Megan Moyer	Rio Mesa	5:31.92	Sasha Souder	Rio Mesa
	3200	Kelsey Gasner	Rio Mesa	11:55.74	Aurora Soliz	Rio Mesa
	100		Adolfo			Adolfo
	Hurdles 300	Jennifer Albertson	Camarillo Adolfo	15.58	Carolyn Berry	Camarillo Adolfo
	Hurdles	Jennifer Albertson	Camarillo	46.00	Carolyn Berry	Camarillo
	400 Relay	<u>Rio Mesa</u> <i>Latasha Mitchell</i> <i>Bethany Leong</i> <i>Carmen White</i> <i>Michelle Poindexter</i>		51.05	Adolfo Camarillo	
	1600 Relay	<u>Rio Mesa</u> <i>Bethany Leong</i> <i>Brittney Dillon</i> <i>Janelle Sisting</i> <i>Essence Porter</i>		4:14.00	Adolfo Camarillo	
	Long Jump	Lindsey Trout	Adolfo Camarillo	16' 7 1/2"	Latasha Mitchell	Rio Mesa Adolfo
	Triple Jump	Latasha Mitchell	Rio Mesa Adolfo	33' 5"	Lindsey Trout	Camarillo
	High Jump	Lizzy Wigton	Camarillo Adolfo	5' 0"	Sheri Balanga	Rio Mesa Adolfo
Shot Put	Marissa Alff	Camarillo	40' 8"	Renee Egizi DeShawwna	Camarillo	
Discus	Kaitlin Gardner	Rio Mesa	109' 4"	Chiles	Hueneme	