

## Girls' Individual Track and Field Champions

Year	Event	Champion	School	Mark	Runner-up	School
2007	100	Saraina Hedgepeth	Rio Mesa	12.13	Mariyah Lee	Rio Mesa
	200	Saraina Hedgepeth	Rio Mesa Adolfo	25.03	Mariyah Lee Courtney	Rio Mesa
	400	Meghan Fruth	Camarillo Adolfo	1:01.86	Santangelo	Rio Mesa
	800	Brooker Cassandra	Camarillo Adolfo	2:22.19	Charlie Hutton	Rio Mesa
	1600	Brooker	Camarillo	5:33.70	Kelsey Gasner	Rio Mesa
	3200	Kelsey Gasner	Rio Mesa	11:49.89	Miriam Hernandez	Hueneme
	100 Hurdles	Mariela Nevarez	Pacifica	16.03	Nycole Cole	Oxnard
	300 Hurdles	Nycole Cole	Oxnard	48.56	Carissa Arce	Oxnard
	4 X 100 Relay	<u>Rio Mesa</u> Takiyah Cotton Saraina Hedgepeth Mariyah Lee Michelle Poindexter		49.69	Adolfo Camarillo	
	4 X 400 Relay	<u>Adolfo Camarillo</u> Megan Fruth Allison Sacks Tami Bocash Cassandra Brooker		4:12.12	Rio Mesa	
Long Jump	Saraina Hedgepeth	Rio Mesa	16' 11"	Kwamesha Thompson	Hueneme Adolfo	
Triple Jump	Riley Nizdil	Rio Mesa	34' 10"	Menze Chiong	Camarillo	
High Jump	Riley Nizdil	Rio Mesa	5' 4"	Alisa De Los Santos	Rio Mesa	
Shot Put	Chinaka Thomas	Hueneme	36' 6 1/2"	Cynthia Sanchez	Channel Islands	
Discus	Camille Soto	Oxnard	117' 1"	Alyssa Marquez	Rio Mesa	