

Girls' Individual Track and Field Champions

Year	Event	Champion	School	Mark	Runner-up	School
2008	100	Valexsia Droughn	Rio Mesa	11.90	Mariyah Lee	Rio Mesa
	200	Valexsia Droughn	Rio Mesa	25.05	Mariyah Lee	Rio Mesa
	400	Meghan Fruth Cassandra	Camarillo Adolfo	59.38	Carissa Arce	Oxnard
	800	Brooker	Camarillo	2:17.40	Alex Gambala	Hueneme
	1600	Liz Robles	Hueneme	5:30.02	Yvonne Solis	Rio Mesa
	3200	Liz Robles	Hueneme	11:58.81	Yvonne Solis	Rio Mesa
	100 Hurdles	Aysia Howard	Hueneme	16.12	Mariela Nevarez	Pacifica
	300 Hurdles	Mariela Nevarez	Pacifica	48.22	Nycole Cole	Oxnard
	4 X 100 Relay	<u>Rio Mesa</u> Valexsia Droughn Saraina Hedgepeth Mariyah Lee Takiyah Cotton		48.42	Oxnard	
	4 X 400 Relay	<u>Adolfo Camarillo</u> Allison Sacks Kaitlyn Bossoletti Megan Fruth Cassandra Brooker		4:08.46	Pacifica	
	Long Jump	Mariyah Lee	Rio Mesa	16' 8"	Megan Hollingsworth	Adolfo Camarillo
	Triple Jump	Mariela Nevarez	Rio Mesa	34' 11"	Megan Hollingsworth	Adolfo Camarillo
	High Jump	Kayla Lindquist	Rio Mesa	5' 3"		
	High Jump	Riley Nizdil	Rio Mesa	5' 3"		
	Shot Put	Cynthia Sanchez	Channel Islands	34' 1" 102' 7"	Jourdan Lemons	Oxnard
	Discus	Armi Agor	Islands	1/2"	Alyssa Marquez	Rio Mesa