

## Girls' Individual Track and Field Champions

Year	Event	Champion	School	Mark	Runner-up	School
2010	100	Valexsia Droughn	Rio Mesa	11.80	Shi Drake	Oxnard
	200	Valexsia Droughn	Rio Mesa	24.99	Jasmine Loring	Oxnard
	400	Nycole Cole	Oxnard	58.30	Tara Johnson	Oxnard
	800	Anika Gasner	Rio Mesa	2:21.57	Yvonne Solis	Rio Mesa
	1600	Raquel Lambdin	Camarillo	5:30.14	Sydney Caldwell	Oxnard
	3200	Rachel Naumann	Camarillo	11:42.15	Kathleen Dunne	Camarillo
	100 Hurdles	Kelsea Swan	Rio Mesa	16.72	Angelica Victorio	Rio Mesa
	300 Hurdles	Nycole Cole	Oxnard	46.34	Kelsea Swan	Rio Mesa
	4 X 100 Relay	<u>Oxnard</u> <i>Tara Johnson</i> <i>Jasmine Loring</i> <i>Nycole Cole</i> <i>Shi Drake</i>		48.88	Rio Mesa	
	4 X 400 Relay	<u>Oxnard</u> <i>Jasmine Loring</i> <i>Sydney Caldwell</i> <i>Tara Johnson</i> <i>Nycole Cole</i>		4:06.76	Rio Mesa	
	Long Jump	Jazzelena Black	Pacifica	17' 3 1/2"	Hannah Tasker	Rio Mesa
	Triple Jump	Jazzelena Black	Pacifica	34' 8 1/4"	Angelica Victorio	Rio Mesa
	High Jump	Raegan Nizdil	Rio Mesa	5' 4" 35' 3	Hannah Tasker	Rio Mesa
	Shot Put	Keshona Grier	Islands	3/4"	Eva Loreda	Rio Mesa
	Discus	Lacine Tauau	Pacifica	124' 0"	Aisha Chambers	Rio Mesa