

Girls' Individual Track and Field Champions

Year	Event	Champion	School	Mark	Runner-up	School
2011	100	Jasmine Loring	Oxnard	12.85	Alisha Greenlaw	Rio Mesa
	200	Tara Johnson	Oxnard	26.08	Jasmine Loring	Oxnard
	400	Tara Johnson	Oxnard Adolfo	60.12	Taylor Paschen	Camarillo
	800	Raquel Lambdin	Camarillo Adolfo	2:25.32	Andrea Contreras	Hueneme Adolfo
	1600	Raquel Lambdin	Camarillo Adolfo	5:14.44	Rachel Naumann	Camarillo Adolfo
	3200	Rachel Naumann	Camarillo	11:39.81	Kathleen Dunne	Camarillo
	100 Hurdles	Kelsea Swan	Rio Mesa	16.42	Alisha Greenlaw	Rio Mesa
	300 Hurdles	Elizabeth Guzman	Pacifica	49.45	Kelsea Swan	Rio Mesa
	4 X 100 Relay	<u>Oxnard</u> <i>Tara Johnson</i> <i>Bryanna Garcia</i> <i>Alina Portillo</i> <i>Jasmine Loring</i>		50.50		Pacifica
	4 X 400 Relay	<u>Adolfo Camarillo</u> <i>Christine Hu</i> <i>Taeylr Finfrock</i> <i>Raquel Lambdin</i> <i>Taylor Paschen</i>		4:11.98		Oxnard
	Long Jump	Jazzelena Black	Pacifica	17' 0"	Kayla Lindquist	Rio Mesa
	Triple Jump	Jazzelena Black	Pacifica	36' 10"	Kayla Lindquist	Rio Mesa
	High Jump	Raegan Nizdil	Rio Mesa	5' 4"	Kayla Lindquist	Rio Mesa
	Shot Put	Geraldynn	Adolfo			Channel Islands
		Leaupepe	Camarillo	40' 6"	Keshona Grier	Channel Islands
	Discus	Andisha Steward	Channel Islands	124' 0"	Keshona Grier	Channel Islands