

## Girls' Individual Track and Field Champions

Year	Event	Champion	School	Mark	Runner-up	School
2018	100	Arissa Thompson	Oxnard	12.12	Ariana Vera	Rio Mesa
	200	Arissa Thompson	Oxnard	24.80	Ariana Vera	Rio Mesa
	400	Dajshai Bennett	Pacifica	61.41	Naomi Summers	Oxnard
	800	Candice Hernandez	Hueneme	2:29.58	Larisa Penaloza	Rio Mesa
	1600	Elisse Weinerth	Rio Mesa	5:33.22	Yelena Ayala	Rio Mesa
	3200	Elisse Weinerth	Rio Mesa	11:54.37	Yelena Ayala	Rio Mesa
	100 Hurdles	Kierra Sherrod	Pacifica	15.67	Deanna Lara	Channel Islands
	300 Hurdles	Kierra Sherrod	Pacifica	48.56	Citllali Cortes	Rio Mesa
	4 X 100 Relay	<u>Pacifica</u> <i>Samantha Tamayo</i> <i>Gillian Serate</i> <i>Kierra Sherrod</i> <i>Dajshai Bennett</i>		50.06		Oxnard
	4 X 400 Relay	<u>Rio Mesa</u> <i>Denaya Wickett</i> <i>Catalina Escobal</i> <i>Veronica Nava</i> <i>Citllali Cortes</i>		4:17.95		Oxnard
	Long Jump	Catalina Escobal	Rio Mesa	16'7.5"	Alyssa Hayashi	Oxnard
	Triple Jump	Lola Russell	Oxnard	31' 11"	Alyssa Hayashi	Oxnard
	High Jump	Dominique Davis	Channel Islands	5'0"	Kennedy Thomas	Rio Mesa
	Shot Put	Kimora Pooler	Pacifica	35' 8"	Viviana Cervantes	Channel Islands
	Discus	Sabrina Macias	Oxnard	106' 8"	Rebecca Moreno	Channel Islands