

Boys' Individual Track and Field Champions

Year	Event	Champion	School	Mark	Runner-up	School
2004	100	Josh Pinkard	Hueneme	11.04	Kevin Thomas	Rio Mesa
	200	Josh Pinkard	Hueneme	22.50	Kevin Thomas	Rio Mesa
	400	Marcus McIlwain	Hueneme	49.74	Darrayl King	Oxnard
	800	Michael Lucero	Camarillo	1:58.96	Shea Jaenicke	Camarillo
	1600	Chris Sanchez	Rio Mesa	4:38.58	Brandon Ritchie	Rio Mesa
	3200	Ted Price	Camarillo	9:52.86	Pete Smith	Camarillo
	110				Tomek	
	Hurdles	Max Barroso	Rio Mesa	15.51	Czerwinski	Rio Mesa
	300				Tomek	
	Hurdles	Darrayl King	Oxnard	40.68	Czerwinski	Rio Mesa
	400 Relay	<u>Rio Mesa</u> <i>George Hernandez</i> <i>Stephen Hirashima</i> <i>Max Barroso</i> <i>Kevin Thomas</i>		43.74	Hueneme	
	1600					
	Relay	<u>Rio Mesa</u> <i>Jeff Erickson</i> <i>Mac Parsons</i> <i>George Hernandez</i> <i>Tomek Czerwinski</i>		3:30.80	Adolfo Camarillo	
	Long Jump	Tomek Czerwinski	Rio Mesa	22' 0"	Rex Bridgeforth	Rio Mesa
	Triple Jump	Steve Taylor	Hueneme Adolfo	45' 1"	Rex Bridgeforth	Rio Mesa
High Jump	Erik Smith	Camarillo	6' 4"	Rex Bridgeforth	Rio Mesa	
Shot Put	Steven Stroh	Rio Mesa	50' 11"	Jacob Manuel	Rio Mesa	
Discus	Jacob Manuel	Rio Mesa	148' 8"	Joe Hernandez	Rio Mesa	