

## Boys' Individual Track and Field Champions

Year	Event	Champion	School	Mark	Runner-up	School
2009	100	Jamison Jordan	Rio Mesa	10.88	Jamal Perkins	Rio Mesa
	200	Jamison Jordan	Rio Mesa	22.00	Jamal Perkins	Rio Mesa
	400	Steven Richards	Rio Mesa	49.81	La Darrin Roach	Rio Mesa
	800	Erik Pinuelas	Camarillo	1:58.65	Gustavo Mena	Oxnard Adolfo
	1600	Gustavo Mena	Oxnard Adolfo	4:30.87	Nicholas Seal Daniel	Camarillo Adolfo
	3200	Heyden Wooff	Camarillo	9:24.17*	Stebbings	Camarillo Adolfo
	110 Hurdles	Michael Ah Sue	Rio Mesa Adolfo	15.61	Erik Fruth	Camarillo
	300 Hurdles	Mark Berry	Camarillo	41.30	Michael Ah Sue	Rio Mesa
	4 X 100 Relay	<u>Rio Mesa</u> <i>Blake Selig</i> <i>Jamaal Perkins</i> <i>Steven Richards</i> <i>Jamison Jordan</i>		42.48	Pacifica	
	4 X 400 Relay	<u>Rio Mesa</u> <i>Steven Richards</i> <i>Jamaal Perkins</i> <i>Blake Selig</i> <i>Jamison Jordan</i>		3:22.79	Pacifica	
	Long Jump	Parnell Gutter Jaeran	Pacifica	21' 6 3/4"	Sean Raza	Oxnard
	Triple Jump	McCullough	Pacifica	40' 6"	Sean Raza	Oxnard
	High Jump	Lawrence Garcia	Rio Mesa	6' 0"	Parnell Gutter	Pacifica
	Shot Put	Xavier Torres	Rio Mesa	48' 2"	James Lopez	Rio Mesa
Discus	Carlos Martinez	Oxnard	145' 3"	James Lopez	Rio Mesa	