

## Girls' Individual Track and Field Champions

Year	Event	Champion	School	Mark	Runner-up	School
1999	100	Porchea Carroll	Rio Mesa	11.84	Emberly Nixon	Channel Islands
	200	Porchea Carroll	Rio Mesa	24.74	Emberly Nixon Amber	Channel Islands Adolfo
	400	Maria Oliver	Channel Islands Adolfo	1.00.64	Stuteville	Camarillo
	800	Marianne Gerry	Camarillo	2.26.74	Michelle Villa	Rio Mesa
	1600	Emerald Nixon	Channel Islands Adolfo	5.34.94	Beth Moyer	Rio Mesa Adolfo
	3200	Nicole Richardson	Camarillo Adolfo	12.08.32	Jeanene Gerry	Camarillo
	110 HH	Lisa Wygant	Camarillo Adolfo	15.82	Danielle White Jaclyn	Rio Mesa
	300 IH	Lisa Wygant	Camarillo	47.51	Grentzer Adolfo	Rio Mesa
	4X100	<u>Rio Mesa</u> <i>Porchea Carroll</i> <i>Maura Morales</i> <i>Kyelynn Chiong</i> <i>Raina Aguilar</i>		49.31	Camarillo	
	4X400	<u>Adolfo Camarillo</u> <i>Erin Braunschweiger</i> <i>Angela Mejia</i> <i>Marianne Gerry</i> <i>Amber Stuteville</i>		3.29.10	Rio Mesa	
	Long Jump	Porchea Carroll	Rio Mesa	18' 7"	Danielle White	Rio Mesa
	Triple Jump	Lisa Wygant	Adolfo Camarillo	34' 2"	Megan McCarthy	Adolfo Camarillo
	High Jump	Lisa Wygant	Adolfo Camarillo	5' 2"	Kellen Kerth Nicole	Rio Mesa
	Shot Put	Natasha Pomele	Rio Mesa	40' 11"	Derosier	Oxnard
Discus	Natasha Pomele	Rio Mesa	126' 7.5"	Elaine Pomele	Rio Mesa	