

Girls' Individual Track and Field Champions

Year	Event	Champion	School	Mark	Runner-up	School
2001	100	Porchea Carroll	Rio Mesa	11.84	Kristen Hirashima	Rio Mesa
	200	Porchea Carroll	Rio Mesa	24.50	Kristen Hirashima	Rio Mesa
	400	Cerena Atkins	Hueneme Adolfo	1:00.80	Kyelynn Chiong	Rio Mesa
	800	Marianne Gerry	Camarillo	2:22.65	Christine Villa	Rio Mesa Adolfo
	1600	Monica Serrano	Rio Mesa	5:23.44	Marianne Gerry	Camarillo
	3200	Monica Serrano	Rio Mesa	12:23.63	Sarah Beckton	Rio Mesa
	110 Hurdles	Susan Jackson	Oxnard	15.33	Jaclyn Grentzer	Rio Mesa
	300 Hurdles	Jaclyn Grentzer	Rio Mesa	47.08	Susan Jackson	Oxnard
	400 Relay	<u>Rio Mesa</u> Jaclyn Grentzer Kristen Hirashima Kyelynn Chiong Porchea Carroll		48.85	Adolfo Camarillo	
	1600 Relay	<u>Rio Mesa</u> Katie Virant Kristen Hirashima Kyelynn Chiong Jaclyn Grentzer		4:09.90	Hueneme	
	Long Jump	Porchea Carroll	Rio Mesa	18-3	Susan Jackson	Oxnard
	Triple Jump	Janeeka Collymore	Oxnard	34-4 1/2	Danielle White	Rio Mesa Adolfo
	High Jump	Alie Avina	Rio Mesa	5-1	Jenna Prewitt	Camarillo Channel Islands
Shot Put	Natalie Valenzuela	Rio Mesa	39-3	Melanie Beckett	Channel Islands	
Discus	Natalie Valenzuela	Rio Mesa	114-5	Liz Matthews	Channel Islands	