

Girls' Individual Track and Field Champions

Year	Event	Champion	School	Mark	Runner-up	School
2005	100	Michelle Poindexter	Rio Mesa	12.70	Carmen White Michelle Poindexter	Rio Mesa
	200	Bethany Leong	Rio Mesa	26.31	Poindexter	Rio Mesa
	400	Bethany Leong	Rio Mesa	1:01.19	Meghan Fruth	Adolfo Camarillo
	800	Janelle Sisting	Rio Mesa	2:19.52	Jenny Hwang	Camarillo
	1600	Megan Moyer	Rio Mesa	5:28.76	Carissa Arce	Oxnard
	3200	Kelsey Gasner	Rio Mesa	11:53.29	Megan Moyer	Rio Mesa
	100 Hurdles	Jennifer Albertson	Adolfo Camarillo	15.30	Ashley Robinson	Pacifica
	300 Hurdles	Jennifer Albertson	Adolfo Camarillo	46.25	Brittney Dillon	Rio Mesa
	400 Relay	<u>Rio Mesa</u> <i>Alisa De Los Santos</i> <i>Bethany Leong</i> <i>Carmen White</i> <i>Michelle Poindexter</i>		52.33	Adolfo Camarillo	
	1600 Relay	<u>Rio Mesa</u> <i>Janelle Sisting</i> <i>Michelle Poindexter</i> <i>Brittney Dillon</i> <i>Bethany Leong</i>		4:12.36	Adolfo Camarillo	
	Long Jump	Brittney Dillon	Rio Mesa	16' 9"	Katherine Sacolles	Channel Islands
	Triple Jump	Jessica Braziel	Adolfo Camarillo	34' 5 1/2"	Ashley Robinson	Pacifica
	High Jump	Alisa De Los Santos	Rio Mesa Adolfo	4' 10"	Blythe Waltrip	Adolfo Camarillo
Shot Put	Marissa Alff	Camarillo	40' 2" 124' 4	Erica Hanson	Camarillo Adolfo	
Discus	Kaitlin Gardner	Rio Mesa	1/2"	Marissa Alff	Camarillo	