

Girls' Individual Track and Field Champions

Year	Event	Champion	School	Mark	Runner-up	School
2009	100	Valexsia Droughn Saraina	Rio Mesa	12.06	Saraina Hedgepeth	Rio Mesa
	200	Hedgepeth	Rio Mesa	25.26	Valexsia Droughn	Rio Mesa Adolfo
	400	Nycole Cole	Oxnard	59.74	Megan Friedlander	Camarillo
	800	Anika Gasner	Rio Mesa	2:22.71	Alexandria Gambala	Hueneme
	1600	Liz Robles	Hueneme	5:22.87*	Yvonne Solis	Rio Mesa Adolfo
	3200	Liz Robles	Hueneme	11:48.13*	Rachel Naumann	Camarillo
	100 Hurdles	Nycole Cole	Oxnard	15.82	Aysia Howard	Hueneme
	300 Hurdles	Nycole Cole	Oxnard	46.91	Kelsea Swan	Rio Mesa
	4 X 100 Relay	<u>Rio Mesa</u> Saraina Hedgepeth Valexsia Droughn Takiyah Cotton Mariyah Lee		48.44	Oxnard	
	4 X 400 Relay	<u>Oxnard</u> Alejandra Sandoval Tara Johnson Tasneem Legohn Nycole Cole		4:14.27	Adolfo Camarillo	
	Long Jump	Mariyah Lee	Rio Mesa	17' 6 1/2"	Hannah Tasker Kwameish	Rio Mesa
	Triple Jump	Riley Nizdil	Rio Mesa	34' 10"	Thompson	Hueneme
	High Jump	Riley Nizdil Alexandra	Rio Mesa	5' 4"	Kayla Lindquist	Rio Mesa
	Shot Put	Cervantes	Oxnard	40' 8 1/2"	Leigh Salanoa	Oxnard
Discus	Lacine Tauau	Pacifica	119' 4"	Aisha Chambers	Rio Mesa	