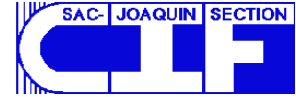


SAC-JOAQUIN SECTION GIRLS TRACK INDIVIDUAL CHAMPIONS



100 METERS

From 1974 to 1980, this was run at 100 yards. From 1981 to present, it has been run at 100 meters.

100 YARDS

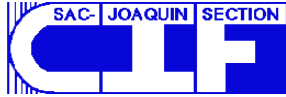
YEAR	CHAMPION (SCHOOL)	MARK
1974	Janis Western (Lodi)	11.4
1975	Tuti Lee (Merced)	11.3
1976	Tuti Lee (Merced)	11.6
1977	Lena Dillworth (Vallejo)	11.2
1978	Devy Sanders (Edison)	11.46
1979	Barbara Ballard (Cordova)	11.25
1980	Karen Schaefer (Central Catholic)	11.65

100 METERS

YEAR	CHAMPION (SCHOOL)	MARK
1981	Karen Schaefer (Central Catholic)	12.04
1982	Monica Taylor (Grant)	11.83
1983	Monica Taylor (Grant)	11.59
1984	Pam Qualls (Burbank)	11.74
1985	Madeline Drew (Roseville)	12.01
1986	Shandon Jones (Hogan)	12.06
1987	Stacy Rogers (Johnson)	11.79
1988	Chris Williams (Vallejo)	12.67
1989	Kwani Stewart (Yuba City)	12.0
1990	Tanisha Johns (Burbank)	12.28
1991	Tanisha Johns (Burbank)	12.14
1992	Tanisha Johns (Burbank)	11.84
1993	Michelle Reid (Folsom)	12.18
1994	Zhauntel Holman (Valley)	11.69
1995	Jamara Stallworth (Grant)	12.02
1996	Zhauntel Holman (Valley)	11.54 (w)
1997	Zhauntel Holman (Valley)	12.05
1998	Reshundra Smiley (Ceres)	12.18
1999	Reshundra Smiley (Ceres)	12.07
2000	Reshundra Smiley (Ceres)	11.79
2001	Raynisha Bragg (Edison)	12.24
2002	Delores Vaughn (Stagg)	11.99
2003	Jennifer Nash (West)	12.01
2004	Jennifer Nash (West)	11.54 (w)

YEAR	CHAMPION (SCHOOL)	MARK
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2005		
DI	Miranda Garrido (West)	12.19
DII	Samantha Tansil (Vallejo)	12.11 w
DIII	Carly Whitney (Calaveras)	12.30
Masters	Samantha Tansil (Vallejo)	11.96 w
2006		
DI	Tiffany Sells (Laguna Creek)	12.33
DII	Sharrina Lofton (Fairfield)	12.16
DIII	Alicia Chambers (Oakmont)	13.04w
Masters	Sharrina Lofton (Fairfield)	12.04
2007		
DI	Sami George (Laguna Creek)	12.17w
DII	Monikkia White (Vallejo)	12.59
DIII	Tawny Lambuth (Placer)	12.73
Masters	Kasey Rodgers (Franklin-EG)	11.89
2008		
DI	Kasey Rodgers (Franklin-EG)	11.96
DII	Amber Purvis (Benicia)	12.06
DIII	Angela Earls (West Campus)	12.38
Masters	Amber Purvis (Benicia)	11.86
2009		
DI	Kashae Knox (Pleasant Grove)	12.13w
DII	Monikkia White (Vallejo)	12.16
DIII	Jaymee Kirby (Colfax)	12.72
Masters	Monikkia White (Vallejo)	11.79w



**SAC-JOQUIN SECTION
GIRLS TRACK
INDIVIDUAL CHAMPIONS**



400 METERS

From 1974 to 1980, this was run at 440 yards. From 1981 to present, it has been run at 400 meters.

440 YARDS

YEAR	CHAMPION (SCHOOL)	MARK
1974	Cynthia Snyder (Davis Sr.)	59.0
1975	Lilly Partida (Yuba City)	57.8
1976	Lilly Partida (Yuba City)	57.6
1977	Janet Scott (El Dorado)	57.8
1978	Bobbie Gilmore (McClatchy)	56.4
1979	Devy Sanders (Edison)	56.45
1980	Cheryl Griffen (Kennedy)	55.41

400 METERS

YEAR	CHAMPION (SCHOOL)	MARK
1981	Bobbie Gilmore (Johnson)	57.56
1982	Melody Dameron (Beyer)	57.1
1983	Leslie Jackson (Vallejo)	57.25
1984	Yolanda White (Grant)	57.52
1985	Laurie Smith (Valley)	57.01
1986	Kitty Ohnemus (Del Campo)	57.43
1987	Tanya Dooley (Bret Harte)	57.05
1988	Tanya Dooley (Bret Harte)	53.97
1989	Tanya Dooley (Bret Harte)	55.02
1990	Jennifer Murphy (Loretto)	57.83
1991	LaShondra Crummie (Hogan)	56.19
1992	Patrina Hall (Franklin)	57.15
1993	Kristi Holinka (Mira Loma)	56.77
1994	Africa Williams (Valley)	55.4
1995	Angie Milner (Modesto)	57.48
1996	Angie Milner (Modesto)	59.09
1997	Chloe Jarvis (St. Francis)	56.42
1998	Chloe Jarvis (St. Francis)	57.03
1999	Chloe Jarvis (St. Francis)	55.96
2000	Chloe Jarvis (St. Francis)	57.39
2001	Deonna Lawrence (Sheldon)	55.59
2002	Deonna Lawrence (Sheldon)	54.66
2003	Deonna Lawrence (Sheldon)	54.70
2004	Deonna Lawrence (Sheldon)	53.59

YEAR CHAMPION (SCHOOL) MARK

2005

DI	Delace Kelley (Lincoln-S)	57.23
DII	Amber Purvis (Benicia)	55.61
DIII	Cristina Hebbert (Foothill)	1:01.12
Masters	Sherrelle Dilworth (Vallejo)	55.94

2006

DI	Dominique Crosby (Bear Creek)	56.66
DII	Keshia Baker (Fairfield)	55.58
DIII	Sheniece Vargas (East Union)	59.90
Masters	Keshia Baker (Fairfield)	56.26

2007

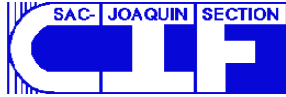
DI	Alima Kamara (Chavez)	56.20
DII	Derrhea Mcliechey (Vallejo)	55.44
DIII	Taryn Garza (Modesto Christian)	58.17
Masters	Derrhea Mcliechey (Vallejo)	55.47

2008

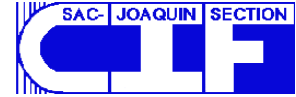
DI	Alima Kamara (Chavez)	56.98
DII	Jazmin Harper (Oakmont)	55.76
DIII	Taryn Garza (Modesto Christian)	57.63
Masters	Jazmin Harper (Oakmont)	55.58

2009

DI	Cierra Jordan (St. Mary's)	56.59
DII	Jazmin Harper (Oakmont)	55.83
DIII	Taryn Garza (Modesto Christian)	1:00.19
Masters	Cierra Jordan (St. Mary's)	55.73



**SAC-JOAQUIN SECTION
GIRLS TRACK
INDIVIDUAL CHAMPIONS**



800 METERS

From 1974 to 1980, this was run at 880 yards. From 1981 to present, it has been run at 800 meters.

880 YARDS

YEAR	CHAMPION (SCHOOL)	MARK
1974	Lisa Cobbs (Cordova)	2:26.0
1975	Lisa Foy (El Dorado)	2:22.1
1976	Holly Moore (Rio Americano)	2:19.7
1977	Dianna Pappas (Yuba City)	2:18.6
1978	Shaun Seibel (San Juan)	2:17.8
1979	Kim Keaton (Woodland)	2:14.9
1980	Sarah Chamness (La Sierra)	2:17.1

800 METERS

YEAR	CHAMPION (SCHOOL)	MARK
1981	Jill Moss (Bella Vista)	2:15.5
1982	Jill Moss (Bella Vista)	2:15.7
1983	Alix Tubman (Grace Davis)	2:15.9
1984	Alix Tubman (Grace Davis)	2:13.55
1985	Brenda Payton (El Dorado)	2:15.5
1986	Ginger Connolly (Atwater)	2:15.72
1987	Gabbie MacKenzie (Dixon)	2:18.8
1988	Denise Walker (Golden Sierra)	2:17.06
1989	Emily Chilton (Golden Sierra)	2:14.54
1990	Emily Chilton (Golden Sierra)	2:15.78
1991	Jennifer Hamel (Merced)	2:12.82
1992	Holly Welch (Bella Vista)	2:16.90
1993	JoAnna Cerri (Downey)	2:15.65
1994	Angie Milner (Modesto)	2:15.83
1995	Jamilia Demby (Merced)	2:12.45
1996	Lindsay Hyatt (Placer)	2:15.78
1997	Lindsay Hyatt (Placer)	2:10.92
1998	Lindsay Hyatt (Placer)	2:10.14
1999	Lindsay Hyatt (Placer)	2:07.29
2000	Spring Dawson (Vallejo)	2:09.36
2001	Jamiliah Titus (Vintage)	2:11.58
2002	Jamillah Titus (Vintage)	2:11.13
2003	Ingrid Kantola (St. Francis)	2:14.69
2004	Lauren Mulkey (Woodcreek)	2:14.33

YEAR CHAMPION (SCHOOL) MARK

2005

DI	Lea Wallace (Vintage)	2:19.30
DII	Dominique Jackson (Fairfield)	2:13.95
DIII	Maritza Garcia (Riverbank)	2:21.30
Masters	Lea Wallace (Vintage)	2:14.93

2006

DI	Lea Wallace (Vintage)	2:13.45
DII	Alex Kosinski (Oak Ridge)	2:11.33
DIII	Mary Wagner (Golden Sierra)	2:25.31
Masters	Dominique Jackson (Fairfield)	2:11.53

2007

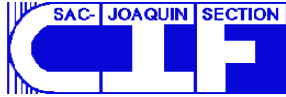
DI	Dominique Jackson (Fairfield)	2:12.54
DII	Alex Kosinski (Oak Ridge)	2:12.07
DIII	Kristina Hammarstrom (East Union)	2:24.99
Masters	Dominique Jackson (Fairfield)	2:13.62

2008

DI	Laurynne Chetelat (Davis Sr.)	2:16.56
DII	Hayley Scott (Oak Ridge)	2:15.77
DIII	Kaitlyn O'Conner (Bret Harte)	2:22.20
Masters	Samantha Diaz (Ponderosa)	2:14.74

2009

DI	Rebecca Hammond (Davis Sr.)	2:17.85
DII	Samantha Diaz (Ponderosa)	2:14.13
DIII	Becky Hobby (Hughson)	2:24.70
Masters	Samantha Diaz (Ponderosa)	2:14.50



**SAC-JOQUIN SECTION
GIRLS TRACK
INDIVIDUAL CHAMPIONS**



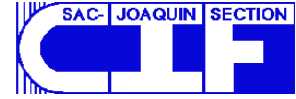
1600 METERS

From 1974 to 1980, this was run at a mile. From 1981 to present, it has been run at 1600 meters.

MILE			YEAR	CHAMPION (SCHOOL)	MARK
YEAR	CHAMPION (SCHOOL)	MARK	2005		
1974	Tena Annex (Del Campo)	5:16.0	DI	Erin Lewis (Modesto)	5:05.49
1975	Betty Hickman (Stagg)	5:29.4	DII	Alex Kosinski (Oak Ridge)	4:54.68
1976	Stacy Kearns (Yuba City)	5:04.6	DIII	Maritza Garcia (Riverbank)	5:10.54
1977	Kathy Adams (San Juan)	5:05.6	Masters	Alex Kosinski (Oak Ridge)	4:53.89
1978	Shelly Nieto (Merced)	5:03.2	2006		
1979	Shelly Nieto (Merced)	5:15.0	DI	Chelsea Reilly (Davis Sr.)	5:06.65
1980	Joni Weaver (Ponderosa)	5:01.6	DII	Alex Kosinski (Oak Ridge)	4:59.42
1600 METERS			DIII	Maritza Garcia (Riverbank)	5:15.45
YEAR	CHAMPION (SCHOOL)	MARK	Masters	Alex Kosinski (Oak Ridge)	4:52.63
1981	Shelly Nieto (Merced)	5:07.0	2007		
1982	Laura Buschling (Yuba City)	5:02.1	DI	Chelsea Reilly (Davis Sr.)	4:50.99
1983	Liz McDowell (Del Oro)	5:07.7	DII	Alex Kosinski (Oak Ridge)	4:53.38
1984	Joni Mooney (Vacaville)	4:56.87	DIII	Shannon Harcus (Placer)	5:20.87
1985	Brenda Payton (El Dorado)	4:59.7	Masters	Chelsea Reilly (Davis Sr.)	4:50.69
1986	Megan Warner (Del Oro)	5:00.60	2008		
1987	Melanie Hiatt (Davis Sr.)	5:06.9	DI	Laurynne Chetelat (Davis Sr.)	5:01.36
1988	Anne Kuphalt (Bella Vista)	5:03.33	DII	Hayley Scott (Oak Ridge)	5:11.43
1989	Jennifer Holman (Nevada Union)	5:10.1	DIII	Shannon Harcus (Placer)	5:19.49
1990	Jennifer Hamel (Merced)	5:05.38	Masters	Hayley Scott (Oak Ridge)	5:02.57
1991	Jennifer Hamel (Merced)	5:01.91	2009		
1992	Julie Schuster (Oak Ridge)	5:08.5	DI	Danzel Bradshaw (Fairfield)	5:10.04
1993	JoAnna Cerri (Downey)	5:06.31	DII	Hayley Scott (Oak Ridge)	5:02.58
1994	Maggie Hurst (Sonora)	5:08.33	DIII	Becky Hobby (Hughson)	5:16.26
1995	Anne Gunnison (McClatchy)	5:05.7	Masters	Hayley Scott (Oak Ridge)	5:02.77
1996	Ali Pearson (Turlock)	5:13.41			
1997	Spring Dawson (Vallejo)	5:04.71			
1998	Spring Dawson (Vallejo)	4:59.68			
1999	Spring Dawson (Vallejo)	4:55.76			
2000	Ali Nicolas (Lincoln-S)	5:03.18			
2001	Lindsey MacLise (Davis Sr.)	5:00.70			
2002	Sarah West (Davis Sr.)	4:59.52			
2003	Lauren Mulkey (Woodcreek)	5:02.16			
2004	Lauren Mulkey (Woodcreek)	4:56.28			



**SAC-JOQUIN SECTION
GIRLS TRACK
INDIVIDUAL CHAMPIONS**



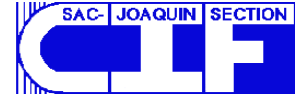
3200 METERS

From 1977 to 1980, this was run at two miles. From 1981 to present, it has been run at 3200 meters.

TWO MILES			YEAR	CHAMPION (SCHOOL)	MARK
YEAR	CHAMPION (SCHOOL)	MARK			
1977	Karen Nachbar (San Juan)	10:54.3			
1978	Lori Crisp (Downey)	11:00.2			
1979	Krista Roberts (Rio Americano)	11:17.9			
1980	Heidi Skaden (Encina)	10:50.9			
3200 METERS					
YEAR	CHAMPION (SCHOOL)	MARK			
1981	Renee Martin (Casa Roble)	10:58.0			
1982	Sally Pinkner (Davis Sr.)	10:52.4			
1983	Sally Pinkner (Davis Sr.)	10:58.4			
1984	Colleen Donovan (Lodi)	11:15.37			
1985	Colleen Donovan (Lodi)	10:27.90			
1986	Megan Warner (Del Oro)	10:58.6			
1987	Melanie Hiatt (Davis Sr.)	11:00.90			
1988	Anne Kuphalt (Bella Vista)	11:18.58			
1989	Eva Belt (El Dorado)	11:26.5			
1990	Sonja Visscher (Elk Grove)	11:10.87			
1991	Magi Martinez (Wood)	11:10.86			
1992	Grace Durnell (Merced)	11:09.9			
1993	Grace Durnell (Merced)	11:03.66			
1994	Sarah Dickerman (Del Campo)	10:53.7			
1995	Anne Gunnison (McClatchy)	11:13.1			
1996	Anne Gunnison (McClatchy)	11:02.31			
1997	Yvonne Liebig (Kennedy)	10:46.95			
1998	Jamie Witt (Folsom)	10:51.33			
1999	Alex Guerrero (Hughson)	10:45.76			
2000	Alex Guerrero (Hughson)	10:46.42			
2001	Sarah West (Davis Sr.)	10:57.76			
2002	Rachel Bryan (Laguna Creek)	10:46.31			
2003	Rachel Bryan (Laguna Creek)	10:42.10			
2004	Natasha LaBeaud (Folsom)	10:33.28			
2005					
DI	Natasha LaBeaud (Folsom)	10:59.82			
DII	Alex Kosinski (Oak Ridge)	11:04.97			
DIII	Amanda Moreno (Escalon)	10:54.32			
Masters	Amanda Moreno (Escalon)	10:45.23			
2006					
DI	Erin Lewis (Modesto)	11:23.99			
DII	Hillary Kigar (El Camino)	11:14.48			
DIII	Amanda Moreno (Escalon)	10:53.15			
Masters	Amanda Moreno (Escalon)	10:53.27			
2007					
DI	Laurynne Chetelat (Davis Sr.)	10:44.85			
DII	Alex Kosinski (Oak Ridge)	10:57.81			
DIII	Jordan Burke (Placer)	11:44.29			
Masters	Laurynne Chetelat (Davis Sr.)	10:33.72			
2008					
DI	Laurynne Chetelat (Davis Sr.)	10:44.13			
DII	Brooke Holt (Granite Bay)	11:26.74			
DIII	Lauren Jimison (Capital Christian)	11:32.10			
Masters	Laurynne Chetelat (Davis Sr.)	10:05.95			
2009					
DI	Christine Bowlus (Davis Sr.)	11:17.15			
DII	Courtney Crosta (Woodcreek)	11:12.97			
DIII	Breanne Mitchell (Bear River)	11:42.33			
Masters	Sarah Tusting (Benicia)	11:04.43			



**SAC-JOAQUIN SECTION
GIRLS TRACK
INDIVIDUAL CHAMPIONS**



100 LOW HURDLES

From 1974 to 1976, this was run at 80 yards. From 1977 to 1980, it was lengthened to 110 yards. From 1981 to present, it has been run at 100 meters.

80 YARD LOW HURDLES

YEAR	CHAMPION (SCHOOL)	MARK
1974	Dee Hernandez (Casa Roble)	11.6
1975	Tuti Lee (Merced)	10.5
1976	Tuti Lee (Merced)	10.6

110 YARD LOW HURDLES

YEAR	CHAMPION (SCHOOL)	MARK
1977	Joyce Scott (Vanden)	15.5
1978	Joyce Scott (Vanden)	14.4
1979	Kelli Brown (Atwater)	14.81
1980	Shari Milton (Fairfield)	15.19

100 METER LOW HURDLES

YEAR	CHAMPION (SCHOOL)	MARK
1981	Kelly Hunt (Lincoln-S)	14.37
1982	Sonya Smith (Valley)	14.70
1983	Misako Hill (Cordova)	14.47
1984	Misako Hill (Cordova)	14.47
1985	Michelle Wootton (Bella Vista)	14.11
1986	Michelle Wootton (Bella Vista)	14.87
1987	Laurie Smith (Valley)	13.94
1988	Kwani Stewart (Yuba City)	14.59
1989	Kwani Stewart (Yuba City)	13.80
1990	Kwani Stewart (Yuba City)	14.00
1991	Tanya Smith (Cordova)	14.00
1992	Yvonne Scott (Johnson)	13.91
1993	Chidera Madu (Valley)	14.86
1994	Chidera Madu (Valley)	14.59
1995	Deaweh Totimeh (Valley)	14.3
1996	Lisa O'Reilly (St. Mary's)	14.0
1997	Lisa O'Reilly (St. Mary's)	14.52
1998	Chanel Day (Laguna Creek)	14.83
1999	Beyonka McDowell (Vallejo)	15.16
2000	Beyonka McDowell (Vallejo)	14.43
2001	Brooklyne Hann (Burbank)	14.57
2002	Willimena Cisco (Laguna Creek)	14.45
2003	Aresha Mackey (Rodriguez)	15.03
2004	Candise Maxwell (Stagg)	14.30

YEAR CHAMPION (SCHOOL) MARK

2005

DI	Candise Maxwell (Stagg)	14.54
DII	Falesha Ankton (Benicia)	14.37 w
DIII	Nicole Jackson (Bear River)	16.20
Masters	Falesha Ankton (Benicia)	14.03 w

2006

DI	Tenise Brewer (Florin)	15.00
DII	Ericka Violet (Ponderosa)	16.01
DIII	Ashley Milton (Vanden)	16.01w
Masters	Candise Maxwell (Stagg)	14.64

2007

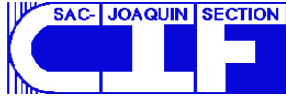
DI	Tenise Brewer (Florin)	14.89
DII	Michelle Oyewole (Galt)	15.72
DIII	Nicole Jackson (Bear River)	15.23
Masters	Tenise Brewer (Florin)	14.64

2008

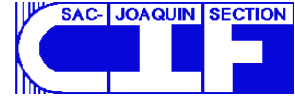
DI	Tenise Brewer (Florin)	14.33
DII	Amber Purvis (Benicia)	14.93
DIII	T'Keyah Birkley (Foothill)	14.96
Masters	Tenise Brewer (Florin)	14.42

2009

DI	Daje Pugh (Fairfield)	14.41
DII	Aislynn Mueller (Oak Ridge)	15.40
DIII	T'Keyah Birkley (Foothill)	14.73
Masters	Kayla Carter (Lodi)	14.18



**SAC-JOQUIN SECTION
GIRLS TRACK
INDIVIDUAL CHAMPIONS**



400 METER RELAY

The 400 meter relay (4 x 100) began as a 440-yard relay in 1974. It was changed to 400 meters in 1981.

440 YARD RELAY

YEAR	CHAMPION (SCHOOL)	MARK
1974	Cordova	52.4
1975	not available	
1976	Fairfield	49.9
1977	Vallejo	49.2
1978	Vanden	49.2
1979	Cordova	47.94
1980	Cordova	48.77

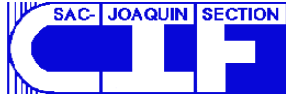
400 METER RELAY

YEAR	CHAMPION (SCHOOL)	MARK
1981	Cordova	48.79
1982	Burbank	48.64
1983	Grant	47.75
1984	Burbank	47.79
1985	Valley	48.50
1986	Vallejo	47.53
1987	Johnson	49.13
1988	Tokay	48.57
1989	Cordova	48.50
1990	Cordova	48.63
1991	Cordova	47.99
1992	Vallejo	48.08
1993	Vallejo	48.66
1994	Vallejo	48.21
1995	Valley	47.21
1996	Valley	47.1 (h)
1997	Valley	47.21
1998	Valley	49.03
1999	Vallejo	47.87
2000	Vallejo	48.40
2001	Ceres	48.42
2002	Laguna Creek	47.81
2003	West	47.29
2004	West	46.47

YEAR CHAMPION (SCHOOL)

MARK

2005		
DI	West	47.08
DII	Vallejo	48.06
DIII	Vanden	51.64
Masters	West	46.72
2006		
DI	Laguna Creek	48.91
DII	Fairfield	47.09
DIII	Oakmont	51.91
Masters	Fairfield	47.49
2007		
DI	Franklin-EG	47.08
DII	Vallejo	48.19
DIII	Oakdale	51.33
Masters	Franklin-EG	47.50
2008		
DI	Monterey Trail	47.67
DII	Oakmont	47.55
DIII	Oakdale	50.79
Masters	Monterey Trail	47.71
2009		
DI	Fairfield	48.37
DII	Vallejo	48.64
DIII	Foothill	49.59
Masters	Vallejo	48.63



**SAC-JOAQUIN SECTION
GIRLS TRACK
INDIVIDUAL CHAMPIONS**



1600 METER RELAY

The 1600 meter relay (4x400) began as an 880 yard relay in 1974. It was stretched to a mile in 1976 and then converted to 1600 meters in 1981.

880 YARD RELAY

YEAR	CHAMPION (SCHOOL)	MARK
1974	Summerville	1:57.0
1975	not available	

MILE RELAY

YEAR	CHAMPION (SCHOOL)	MARK
1976	Yuba City	4:04.2
1977	Summerville	4:01.3
1978	Summerville	3:59.8
1979	Casa Roble	4:00.0
1980	Yuba City	4:03.10

1600 METER RELAY

YEAR	CHAMPION (SCHOOL)	MARK
1981	Casa Roble	3:55.3
1982	Beyer	3:59.7
1983	Burbank	3:57.8
1984	Burbank	3:57.70
1985	Valley	3:57.4
1986	Vallejo	3:55.7
1987	Valley	3:56.7
1988	Tokay	3:58.07
1989	Vallejo	3:56.38
1990	Vallejo	4:02.16
1991	Merced	3:54.00
1992	Hogan	3:57.3
1993	Woodland	4:00.30
1994	Valley	3:52.80
1995	Valley	3:56.21
1996	Valley	3:59.01
1997	Vallejo	3:55.61
1998	Vallejo	3:53.04
1999	Vallejo	3:51.07
2000	Vallejo	3:57.64
2001	West	3:54.14
2002	West	3:53.95
2003	West	3:46.76
2004	West	3:46.68

YEAR CHAMPION (SCHOOL) MARK

2005

DI	Sheldon	3:58.10
DII	Fairfield	3:46.35
DIII	Bear River	4:12.36
Masters	Fairfield	3:49.70

2006

DI	Bear Creek	4:01.42
DII	Fairfield	3:45.73
DIII	Oakmont	4:17.12
Masters	Fairfield	3:48.38

2007

DI	Bear Creek	3:52.03
DII	Oak Ridge	3:55.91
DIII	Modesto Christian	4:09.18
Masters	Fairfield	3:50.32

2008

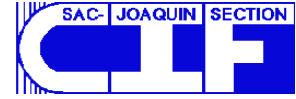
DI	Chavez	3:53.92
DII	Oakmont	3:55.42
DIII	El Dorado	4:04.81
Masters	Oakmont	3:55.13

2009

DI	Fairfield	3:55.41
DII	Woodcreek	3:55.26
DIII	Foothill	4:06.40
Masters	St. Mary's	3:56.27

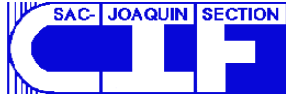


**SAC-JOAQUIN SECTION
GIRLS TRACK
INDIVIDUAL CHAMPIONS**



HIGH JUMP

YEAR	CHAMPION (SCHOOL)	MARK	YEAR	CHAMPION (SCHOOL)	MARK
1974	Cynthia Snyder (Davis Sr.)	5-0	2006		
1975	Chris Shawhan (Rio Americano)	n/a	DI	Susan Jackson (Napa)	5-8
1976	Sonja Harrigfeld (Beyer)	5-6	DII	Veronica Stimson (Bella Vista)	5-2
1977	Melinda Ellis (Summerville)	5-5.5	DIII	Rachel Welz (Bear River)	5-4
1978	Kathy Hamilton (Beyer)	5-6	Masters	Susan Jackson (Napa)	5-8
1979	Kathy Hamilton (Beyer)	5-10	2007		
1980	Karen Lysaght (St. Francis)	5-9.625	DI	Susan Jackson (Napa)	5-5
1981	Karen Lysaght (St. Francis)	5-6	DII	Larun Johnson (Vallejo)	5-5
1982	Holly Wyant (Vacaville)	5-6	DIII	Rachel Welz (Bear River)	5-4
1983	Sheri Morford (Foothill)	5-6	Masters	Susan Jackson (Napa)	5-6
1984	Jody Mariscal (Merced)	5-7	2008		
1985	Durelle Schimek (Nevada Union)	5-6	DI	Samantha Balentine (Lodi)	5-6
1986	Michelle Wootton (Bella Vista)	5-6	DII	Laura Lilly (Rio Americano)	5-6
1987	Natalie Barker (Colfax)	5-7	DIII	Amanda Stevens (Elliot Christian)	5-2
1988	J.C. Broughton (Woodland)	5-8	Masters	Samantha Balentine (Lodi)	5-7
1989	J.C. Broughton (Woodland)	6-0	2009		
1990	Cindy Harmon (Oak Ridge)	5-9	DI	Jazmine Lewis (McNair)	5-3
1991	Tanya Smith (Cordova)	5-9	DII	Jessica Sargeson (Benicia)	5-3
1992	Tanya Lazar-Lea (Vallejo)	5-8	DIII	Lawrell Dobbins (Foothill)	5-3
1993	Callie Lemont (Ceres)	5-4	Masters	Samantha Balentine (Lodi)	5-7
1994	Tait Holden (Wood)	5-4			
1995	Callie Lemont (Ceres)	5-6			
1996	Callie Lemont (Ceres)	5-4			
1997	Nicole Hawkins (Tracy)	5-5			
1998	Toni Muratore (Atwater)	5-4			
1999	Felisha Horan (Wood)	5-2			
2000	Christine Harms (El Dorado)	5-6			
2001	Christine Harms (El Dorado)	5-5			
2002	Heather Hernandez (Turlock)	5-4			
2003	Kisha Fontenot (Woodland)	5-6.75			
2004	Susan Jackson (Napa)	5-6			
2005					
DI	Nicole Williams (Laguna Creek)	5-6			
DII	Melissa McBath (Ponderosa)	5-2			
DIII	Rachael Welz (Bear River)	5-4			
Masters	Nicole Williams (Laguna Creek)	5-6			



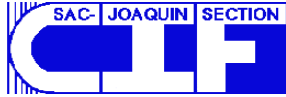
**SAC-JOAQUIN SECTION
GIRLS TRACK
INDIVIDUAL CHAMPIONS**



LONG JUMP

YEAR	CHAMPION (SCHOOL)	MARK
1974	Cathy Zackery (Cordova)	15-9
1975	not available	
1976	Michelle Myles (Bret Harte)	17-10.5
1977	Carrie McLaughlin (Grace Davis)	13-2.5
1978	Carrie McLaughlin (Grace Davis)	18-8.25
1979	Carrie McLaughlin (Grace Davis)	18-10
1980	Karen Stahl (St. Mary's)	18.7
1981	Debbie Blackwell (Fairfield)	18-3
1982	Marissa Williams (Vacaville)	18-5
1983	Pie West (Ripon)	18-6.5
1984	Kelly Callahan (Kennedy)	18-3
1985	Sheila Hudson (Rio Linda)	19-5.5
1986	Angie Evans (Vanden)	19-0.75
1987	Stacey Rogers (Johnson)	19-1.5
1988	J.C. Broughton (Woodland)	17-4.5
1989	Angie Scott (Cordova)	18-9
1990	Angie Scott (Cordova)	18-6
1991	Angie Scott (Cordova)	18-2
1992	Michelle Reid (Folsom)	18-5
1993	Jessica Renton (Downey)	18-3.5
1994	Michelle Reid (Folsom)	18-10.75
1995	Jennifer Test (Bret Harte)	18-6
1996	Julie Tinker (Valley)	18-10.5
1997	Danielle Martin (Valley)	19-0.25
1998	Lauren Chesnut (Laguna Creek)	18-2.5
1999	Jimia White (Casa Roble)	18-11.5
2000	Jimia White (Casa Roble)	18-7.75
2001	Trinity White (Marysville)	18-8.75
2002	Bonnie McKenzie (Ponderosa)	18-4.75
2003	Ciara McMillan (Wood)	19-4.5
2004	Brittany Daniels (West)	20-2.25 (w)
2005		
DI	Brittany Daniels (West)	20-5.5
DII	Amber Purvis (Benicia)	17-6.5 w
DIII	Carly Whitney (Calaveras)	17-10.25 w
Masters	Brittany Daniels (West)	20-5.5

YEAR	CHAMPION (SCHOOL)	MARK
2006		
DI	Rachel Kuczynski (Tracy)	17-10.25
DII	Amber Purvis (Benicia)	19-0.5w
DIII	Rachel Welz (Bear River)	17-6.5w
Masters	Amber Purvis (Benicia)	18-10w
2007		
DI	Susan Jackson (Napa)	17-10
DII	Amber Purvis (Benicia)	19-1.5
DIII	Deja Edwards (Whitney)	18-1.5
Masters	Amber Purvis (Benicia)	18-9w
2008		
DI	Kayla Green (Florin)	18-5.5w
DII	Amber Purvis (Benicia)	17-9
DIII	Cora Harms (El Dorado)	16-10w
Masters	Amber Purvis (Benicia)	18-5.5
2009		
DI	Latasha Spriggs (Armijo)	17-7.5w
DII	Brienna Crimmins (Rosemont)	17-4.5
DIII	Cora Harms (El Dorado)	17-2.5w
Masters	Latasha Spriggs (Armijo)	18-4.75w



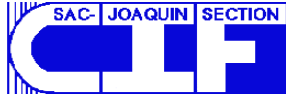
**SAC-JOAQUIN SECTION
GIRLS TRACK
INDIVIDUAL CHAMPIONS**



SHOT PUT

YEAR	CHAMPION (SCHOOL)	MARK
1974	Renee Wessell (Summerville)	35-2
1975	not available	
1976	Renee Wessell (Summerville)	42-7
1977	Joy Burgin (Sonora)	43-3.5
1978	Jill Ridenour (Yuba City)	41-7.75
1979	Gloria Randolph (Livingston)	41-10.75
1980	Melanie Rodrigues (Mariposa)	43-7
1981	Dot Jones (Hilmar)	42-1.5
1982	Dot Jones (Hilmar)	43-8
1983	Torre Moses (Lincoln-S)	42-7.5
1984	Yvette Brown (Vacaville)	41-11.5
1985	Marquette Davis (Johnson)	39-10.5
1986	Durelle Schimek (Nevada Union)	41-1.5
1987	Pat Simpson (Vacaville)	38-7.75
1988	Tanisha Huddleston (Merced)	40-4.75
1989	Danyel Mitchell (Vallejo)	41-6.75
1990	Danyel Mitchell (Vallejo)	43-4.25
1991	Kris Barden (Nevada Union)	40-1
1992	Chelsea Stephens (Atwater)	42-11.5
1993	Chelsea Stephens (Atwater)	41-11
1994	Sarita Ellison (Hogan)	38-11.75
1995	Chaniqua Ross (Laguna Creek)	42-8
1996	Chaniqua Ross (Laguna Creek)	43-6.25
1997	Chaniqua Ross (Laguna Creek)	45-9
1998	Chaniqua Ross (Laguna Creek)	49-9.25
1999	Jill Camarena (Woodland)	46-1.5
2000	Jill Camarena (Woodland)	48-0
2001	Katie McKeever (Woodland)	44-3
2002	Jessica Pressley (Laguna Creek)	46-4
2003	Jessica Pressley (Laguna Creek)	50-0.5
2004	Amanda Moore (Merced)	41-9.75
2005		
DI	Rebekah Focht (Elk Grove)	39-3
DII	Colleen Lenehan (Oak Ridge)	39-8
DIII	Sarah Hendy (Sonora)	39-0.5
Masters	Colleen Lenehan (Oak Ridge)	43-7.5

YEAR	CHAMPION (SCHOOL)	MARK
2006		
DI	Falaviena Takapu (Franklin-EG)	36-11.5
DII	Colleen Lenehan (Oak Ridge)	40-9.5
DIII	Alexandra Ballard (Bret Harte)	38-4.5
Masters	Colleen Lenehan (Oak Ridge)	41-6.25
2007		
DI	Rachel Hammar (Buhach Colony)	42-9.5
DII	Faith Chirbas (Granite Bay)	38-3.75
DIII	Kristen McClure (Ceres)	40-5.5
Masters	Rachel Hammar (Buhach Colony)	43-2
2008		
DI	Rachel Hammar (Buhach Colony)	39-0
DII	D. Wilson (Vanden)	37-9
DIII	Cassandra Woodall (East Union)	39-6.5
Masters	Rachel Hammar (Buhach Colony)	41-11.25
2009		
DI	Jackie Alhoo (St. Mary's)	46-4.5
DII	Amy Fuelner (Granite Bay)	39-0
DIII	Alyssa Manning (Rio Linda)	41-4.5
Masters	Jackie Alhoo (St. Mary's)	45-7.25



**SAC-JOQUIN SECTION
GIRLS TRACK
INDIVIDUAL CHAMPIONS**



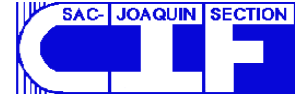
DISCUS

This event began in 1976.

YEAR	CHAMPION (SCHOOL)	MARK	YEAR	CHAMPION (SCHOOL)	MARK
1976	Liz Kennedy (Roseville)	113-10	2006		
1977	Jill Ridenour (Yuba City)	131-3	DI	Lauren Guerrieri (Davis Sr.)	147-7
1978	Cia Sandoval (Riverbank)	133-7.5	DII	Mary Odufuwa (Cordova)	117-4.5
1979	Gloria Randolph (Livingston)	136-11	DIII	Cierra Titsworth (Denair)	123-10
1980	Melanie Rodrigues (Mariposa)	139-1	Masters	Lauren Guerrieri (Davis Sr.)	146-11
1981	Karen Nickerson (Cordova)	143-10.5	2007		
1982	Karen Nickerson (Cordova)	164-10h	DI	Lauren Guerrieri (Davis Sr.)	140-8
1983	Kim Kesler (Vintage)	151-3	DII	Ashley Hearn (Rocklin)	132-9
1984	Stacey Hom (Cordova)	153-0	DIII	Alex Ballard (Bret Harte)	128-3
1985	Stacey Hom (Cordova)	158-4	Masters	Lauren Guerrieri (Davis Sr.)	155-9
1986	Pat Simpson (Vacaville)	127-10	2008		
1987	Simira Taylor (Grant)	135-9	DI	Kendall Morris (Beyer)	147-5
1988	Connie Spesert (Vintage)	131-2.5	DII	Colleen Wachter (Cordova)	121-1
1989	Connie Spessert (Vintage)	140-0.75	DIII	Lindsay Machado (El Dorado)	131-7
1990	Danyel Mitchell (Vallejo)	144-3	Masters	Kendall Morris (Beyer)	146-3
1991	Suzy Powell (Downey)	150-0	2009		
1992	Suzy Powell (Downey)	157-6	DI	Brianna French (Vacaville)	138-10
1993	Suzy Powell (Downey)	178-6	DII	Amy Fuelner (Granite Bay)	113-10
1994	Suzy Powell (Downey)	173-5	DIII	Lindsay Machado (El Dorado)	130-10
1995	Chaniqua Ross (Laguna Creek)	143-10	Masters	Rebecca Hammar (Buhach Colony)	140-10
1996	Chaniqua Ross (Laguna Creek)	159-10			
1997	Chaniqua Ross (Laguna Creek)	169-4			
1998	Chaniqua Ross (Laguna Creek)	159-0			
1999	Jill Camarena (Woodland)	155-4			
2000	Jill Camarena (Woodland)	156-3			
2001	Katie McKeever (Woodland)	152-6			
2002	Sara Clinkenbeard (Rocklin)	142-4			
2003	Kristina Price (Merced)	143-7			
2004	Krystal Thomson (Bret Harte)	138-5			
2005					
DI	Kayla Xavier (Johansen)	129-11			
DII	Colleen Lenehan (Oak Ridge)	126-0			
DIII	Sarah Hendy (Sonora)	137-6			
Masters	Sarah Hendy (Sonora)	136-1			



**SAC-JOAQUIN SECTION
GIRLS TRACK
INDIVIDUAL STATE CHAMPIONS**



100 METERS			100 METER HIGH HURDLES		
100 yards prior to 1980			Low hurdles prior to 1993		
YEAR	CHAMPION (SCHOOL)	MARK	YEAR	CHAMPION (SCHOOL)	MARK
None			None		
200 METERS			300 METER LOW HURDLES		
220 yards prior to 1980			YEAR	CHAMPION (SCHOOL)	MARK
YEAR	CHAMPION (SCHOOL)	MARK	None		
None			400 METER RELAY		
400 METERS			440 yards prior to 1980		
440 yards prior to 1980			YEAR	CHAMPION	MARK
YEAR	CHAMPION (SCHOOL)	MARK	None		
None			1600 METER RELAY		
800 METERS			Mile relay prior to 1980		
880 yards prior to 1980			YEAR	CHAMPION	MARK
YEAR	CHAMPION (SCHOOL)	MARK	None		
1996	Lindsay Hyatt (Placer)	2:11.24	HIGH JUMP		
1997	Lindsay Hyatt (Placer)	2:09.16	YEAR	CHAMPION (SCHOOL)	MARK
1998	Lindsay Hyatt (Placer)	2:07.90	1980	Karen Lysaght (St. Francis)	6-0
1999	Lindsay Hyatt (Placer)	2:06.74	1991	Tanya Smith (Cordova)	5-11
2002	Jamilah Titus (Vintage)	2:08.62	POLE VAULT		
2007	Dominique Jackson (Fairfield)	2:06.09	YEAR	CHAMPION (SCHOOL)	MARK
1600 METERS			2005	Brysun Stately (Cordova)	13-4
One mile prior to 1980			LONG JUMP		
YEAR	CHAMPION (SCHOOL)	MARK	YEAR	CHAMPION (SCHOOL)	MARK
None			2005	Brittany Daniels (West)	20-8.25
3200 METERS			2006	Amber Purvis (Benicia)	19-10.25
Two miles prior to 1980			TRIPLE JUMP		
YEAR	CHAMPION (SCHOOL)	MARK	YEAR	CHAMPION (SCHOOL)	MARK
None			1985	Sheila Hudson (Rio Linda)	41-10
100 METER LOW HURDLES			2003	Brittany Daniels (West)	42-4.75
80 yards prior to 1977			2004	Brittany Daniels (West)	42-8
110 yards 1977 to 1980			2005	Brittany Daniels (West)	44-5.5
YEAR	CHAMPION (SCHOOL)	MARK			
1976	Tuti Lee (Merced)	10.7			

