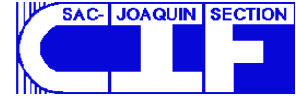


**SAC-JOQUIN SECTION**  
**GIRLS TRACK**  
**INDIVIDUAL CHAMPIONS**



**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**

**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**

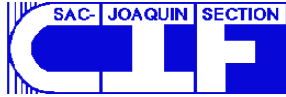
|         |                              |        |
|---------|------------------------------|--------|
| DI      | Kashae Knox (Pleasant Grove) | 12.13w |
| DII     | Monikkia White (Vallejo)     | 12.16  |
| DIII    | Jaymee Kirby (Colfax)        | 12.72  |
| Masters | Monikkia White (Vallejo)     | 11.79w |

**2010**

|         |                              |       |
|---------|------------------------------|-------|
| DI      | Kashae Knox (Pleasant Grove) | 11.97 |
| DII     | Brittany Adams (Inderkum)    | 12.16 |
| DIII    | Miani Mahannah (Antelope)    | 12.44 |
| Masters | Brittany Adams (Inderkum)    | 12.16 |

**2011**

|         |                                 |       |
|---------|---------------------------------|-------|
| DI      | Tenisha Eastman (Buhach Colony) | 12.54 |
| DII-III | Daijah Joe-Smith (Florin)       | 12.72 |
| DIV-V   | Emily Cooper (Vista del Lago)   | 12.36 |
| Masters | Emily Cooper (Vista del Lago)   | 12.21 |



# SAC-JOQUIN SECTION GIRLS TRACK INDIVIDUAL CHAMPIONS



## 200 METERS

From 1974 to 1980, this was run at 220 yards. From 1981 to present, it has been run at 200 meters.

### 220 YARDS

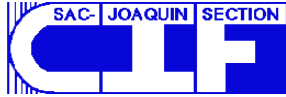
| YEAR | CHAMPION (SCHOOL)                 | MARK  |
|------|-----------------------------------|-------|
| 1974 | Janis Western (Lodi)              | 26.7  |
| 1975 | Tuti Lee (Merced)                 | 25.9  |
| 1976 | Tuti Lee (Merced)                 | 25.6  |
| 1977 | Lena Dillworth (Vallejo)          | 25.2  |
| 1978 | Devy Sanders (Edison)             | 25.4  |
| 1979 | Michelle Smith (Cordova)          | 25.0  |
| 1980 | Karen Schaefer (Central Catholic) | 25.77 |

### 200 METERS

| YEAR | CHAMPION (SCHOOL)                 | MARK  |
|------|-----------------------------------|-------|
| 1981 | Karen Schaefer (Central Catholic) | 24.83 |
| 1982 | Pam Qualls (Burbank)              | 24.11 |
| 1983 | Monica Taylor (Grant)             | 23.96 |
| 1984 | Pam Qualls (Burbank)              | 24.01 |
| 1985 | Stacey Rogers (Johnson)           | 25.30 |
| 1986 | Shandon Jones (Hogan)             | 24.91 |
| 1987 | Stacy Rogers (Johnson)            | 24.1  |
| 1988 | Tanya Dooley (Bret Harte)         | 25.23 |
| 1989 | Tanya Dooley (Bret Harte)         | 24.17 |
| 1990 | Tanisha Johns (Burbank)           | 24.79 |
| 1991 | Tanisha Johns (Burbank)           | 24.76 |
| 1992 | Tanisha Johns (Burbank)           | 24.46 |
| 1993 | Michelle Reid (Folsom)            | 24.95 |
| 1994 | Zhauntel Holman (Valley)          | 24.16 |
| 1995 | Jamara Stallworth (Grant)         | 24.20 |
| 1996 | Zhauntel Holman (Valley)          | 24.20 |
| 1997 | Zhauntel Holman (Valley)          | 25.10 |
| 1998 | Yahvoh Totimeh (Valley)           | 25.14 |
| 1999 | Melinda Smedley (Lincoln-S)       | 24.51 |
| 2000 | Reshundra Smiley (Ceres)          | 24.31 |
| 2001 | Reshundra Smiley (Ceres)          | 24.81 |
| 2002 | Deonna Lawrence (Sheldon)         | 24.76 |
| 2003 | Deonna Lawrence (Sheldon)         | 24.25 |
| 2004 | Jennifer Nash (West)              | 23.73 |

### YEAR CHAMPION (SCHOOL) MARK

|             |                               |         |
|-------------|-------------------------------|---------|
| <b>2005</b> |                               |         |
| DI          | Danielle Lewis (West)         | 25.26   |
| DII         | Amber Purvis (Benicia)        | 24.34 w |
| DIII        | Carly Whitney (Calaveras)     | 25.58   |
| Masters     | Amber Purvis (Benicia)        | 24.37   |
| <b>2006</b> |                               |         |
| DI          | Tiffany Sells (Laguna Creek)  | 25.40w  |
| DII         | Amber Purvis (Benicia)        | 24.57   |
| DIII        | Alicia Chambers (Oakmont)     | 26.90w  |
| Masters     | Amber Purvis (Benicia)        | 24.48   |
| <b>2007</b> |                               |         |
| DI          | Andra Harris (Monterey Trail) | 25.28   |
| DII         | Derrhea Mcliechey (Vallejo)   | 25.45w  |
| DIII        | Tawny Lambuth (Placer)        | 26.35   |
| Masters     | Andra Harris (Monterey Trail) | 23.95   |
| <b>2008</b> |                               |         |
| DI          | Shaprice Jones (Chavez)       | 24.21w  |
| DII         | Amber Purvis (Benicia)        | 24.29   |
| DIII        | Angela Earls (West Campus)    | 25.65   |
| Masters     | Amber Purvis (Benicia)        | 24.09   |
| <b>2009</b> |                               |         |
| DI          | Cekarri Nixon (St. Francis)   | 24.52   |
| DII         | Monikkia White (Vallejo)      | 24.74   |
| DIII        | Raquel Hammond (Lindhurst)    | 26.48   |
| Masters     | Kashae Knox (Pleasant Grove)  | 24.02w  |
| <b>2010</b> |                               |         |
| DI          | Kashae Knox (Pleasant Grove)  | 24.85   |
| DII         | Brittany Adams (Inderkum)     | 24.60w  |
| DIII        | Amber Bond (Patterson)        | 25.80   |
| Masters     | Brittany Adams (Inderkum)     | 24.49   |
| <b>2011</b> |                               |         |
| DI          | Erica Goynes (Enochs)         | 25.50   |
| DII-III     | Nia Dorner (Rosemont)         | 24.71   |
| DIV-V       | Emily Cooper (Vista del Lago) | 25.72   |
| Masters     | Nia Dorner (Rosemont)         | 24.35w  |



**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**

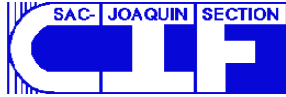
|         |                                 |         |
|---------|---------------------------------|---------|
| DI      | Cierra Jordan (St. Mary's)      | 56.59   |
| DII     | Jazmin Harper (Oakmont)         | 55.83   |
| DIII    | Taryn Garza (Modesto Christian) | 1:00.19 |
| Masters | Cierra Jordan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

**2010**

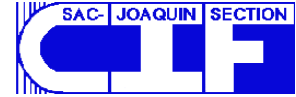
|         |                            |       |
|---------|----------------------------|-------|
| DI      | Cierra Jordan (St. Mary's) | 55.95 |
| DII     | Nia Dorner (Rosemont)      | 56.02 |
| DIII    | MeganJordan (East Union)   | 59.74 |
| Masters | Cierra Jordan (St. Mary's) | 55.41 |

**2011**

|         |                              |       |
|---------|------------------------------|-------|
| DI      | Cierra Jordan (Edison)       | 55.73 |
| DII-III | Nia Dorner (Rosemont)        | 55.85 |
| DIV-V   | Kei Kei Johnson (River City) | 59.26 |
| Masters | Cierra Jordan (Edison)       | 56.44 |



**SAC-JOQUIN 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**

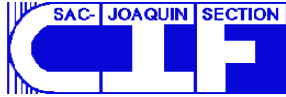
|         |                             |         |
|---------|-----------------------------|---------|
| DI      | Rebecca Hammond (Davis Sr.) | 2:17.85 |
| DII     | Samantha Diaz (Ponderosa)   | 2:14.13 |
| DIII    | Becky Hobby (Hughson)       | 2:24.70 |
| Masters | Samantha Diaz (Ponderosa)   |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

**2010**

|         |                              |         |
|---------|------------------------------|---------|
| DI      | Mikaela Vaden (St. Francis)  | 2:19.62 |
| DII     | Samantha Ralstin (Oak Ridge) | 2:13.34 |
| DIII    | Pearl Rivers (Escalon)       | 2:18.27 |
| Masters | Samantha Ralstin (Oak Ridge) | 2:14.70 |

**2011**

|         |                                 |         |
|---------|---------------------------------|---------|
| DI      | Samantha Ralstin (Oak Ridge)    | 2:11.97 |
| DII-III | Christine Zavesky (Granite Bay) | 2:18.13 |
| DIV-V   | Becky Hobby (Hughson)           | 2:20.24 |
| Masters | Teresa Mallory (Golden Valley)  | 2:15.48 |



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

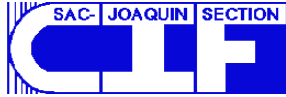


**1600 METERS**

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    |
|--------------------|--------------------------------|-------------|-------------|-------------------------------------|---------|
| <b>YEAR</b>        | <b>CHAMPION (SCHOOL)</b>       | <b>MARK</b> | <b>2005</b> |                                     |         |
| 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      | <b>2006</b> |                                     |         |
| 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 |
| <b>1600 METERS</b> |                                |             | DIII        | Maritza Garcia (Riverbank)          | 5:15.45 |
| <b>YEAR</b>        | <b>CHAMPION (SCHOOL)</b>       | <b>MARK</b> | Masters     | Alex Kosinski (Oak Ridge)           | 4:52.63 |
| <b>1981</b>        |                                |             | <b>2007</b> |                                     |         |
| 1981               | Shelly Nieto (Merced)          | 5:07.0      | DI          | Chelsea Reilly (Davis Sr.)          | 4:50.99 |
| 1982               | Laura Buschling (Yuba City)    | 5:02.1      | DII         | Alex Kosinski (Oak Ridge)           | 4:53.38 |
| 1983               | Liz McDowell (Del Oro)         | 5:07.7      | DIII        | Shannon Harcus (Placer)             | 5:20.87 |
| 1984               | Joni Mooney (Vacaville)        | 4:56.87     | Masters     | Chelsea Reilly (Davis Sr.)          | 4:50.69 |
| 1985               | Brenda Payton (El Dorado)      | 4:59.7      | <b>2008</b> |                                     |         |
| 1986               | Megan Warner (Del Oro)         | 5:00.60     | DI          | Laurynne Chetelat (Davis Sr.)       | 5:01.36 |
| 1987               | Melanie Hiatt (Davis Sr.)      | 5:06.9      | DII         | Hayley Scott (Oak Ridge)            | 5:11.43 |
| 1988               | Anne Kuphalt (Bella Vista)     | 5:03.33     | DIII        | Shannon Harcus (Placer)             | 5:19.49 |
| 1989               | Jennifer Holman (Nevada Union) | 5:10.1      | Masters     | Hayley Scott (Oak Ridge)            | 5:02.57 |
| 1990               | Jennifer Hamel (Merced)        | 5:05.38     | <b>2009</b> |                                     |         |
| 1991               | Jennifer Hamel (Merced)        | 5:01.91     | DI          | Danzel Bradshaw (Fairfield)         | 5:10.04 |
| 1992               | Julie Schuster (Oak Ridge)     | 5:08.5      | DII         | Hayley Scott (Oak Ridge)            | 5:02.58 |
| 1993               | JoAnna Cerri (Downey)          | 5:06.31     | DIII        | Becky Hobby (Hughson)               | 5:16.26 |
| 1994               | Maggie Hurst (Sonora)          | 5:08.33     | Masters     | Hayley Scott (Oak Ridge)            | 5:02.77 |
| 1995               | Anne Gunnison (McClatchy)      | 5:05.7      | <b>2010</b> |                                     |         |
| 1996               | Ali Pearson (Turlock)          | 5:13.41     | DI          | Juliana Green (Davis Sr.)           | 5:11.93 |
| 1997               | Spring Dawson (Vallejo)        | 5:04.71     | DII         | Christine Zavesky (Granite Bay)     | 5:02.72 |
| 1998               | Spring Dawson (Vallejo)        | 4:59.68     | DIII        | Becky Hobby (Hughson)               | 5:11.28 |
| 1999               | Spring Dawson (Vallejo)        | 4:55.76     | Masters     | Madeleine Ankhelyi (Vista del Lago) | 4:58.98 |
| 2000               | Ali Nicolas (Lincoln-S)        | 5:03.18     | <b>2011</b> |                                     |         |
| 2001               | Lindsey MacLise (Davis Sr.)    | 5:00.70     | DI          | Teresa Mallory (Golden Valley)      | 5:03.70 |
| 2002               | Sarah West (Davis Sr.)         | 4:59.52     | DII-III     | Christine Zavesky (Granite Bay)     | 5:05.19 |
| 2003               | Lauren Mulkey (Woodcreek)      | 5:02.16     | DIV-V       | Becky Hobby (Hughson)               | 5:05.07 |
| 2004               | Lauren Mulkey (Woodcreek)      | 4:56.28     | Masters     | Madeleine Ankhelyi (Vista del Lago) | 5:01.43 |





**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     | Erica Violet (Ponderosa) | 16.01   |
| DIII    | Ashley Milton (Vanden)   | 16.01 w |
| 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 |

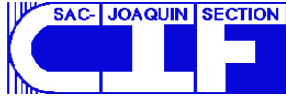
**2010**

|         |                          |         |
|---------|--------------------------|---------|
| DI      | Daje Pugh (Fairfield)    | 14.48   |
| DII     | Jordan Hardy (Woodcreek) | 15.30 w |
| DIII    | Jaci Powell (Oakdale)    | 15.76   |
| Masters | Daje Pugh (Fairfield)    | 14.28   |

**2011**

|         |                                |       |
|---------|--------------------------------|-------|
| DI      | Daje Pugh (Fairfield)          | 14.53 |
| DII-III | Stephanie Blumm (Roseville)    | 15.41 |
| DIV-V   | Lexi Tubbs (Modesto Christian) | 16.30 |
| Masters | Daje Pugh (Fairfield)          | 13.90 |





**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                   | Cordova           | 50.8     |
| 1976                   | Fairfield         | 49.9     |
| 1977                   | Vallejo           | 49.2     |
| 1978                   | Vanden            | 49.2     |
| 1979                   | Cordova           | 47.94    |
| 1980                   | Cordova           | 48.77    |
| <b>400 METER RELAY</b> |                   |          |
| 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  |
|-------------|-------------------|-------|
| <b>2005</b> |                   |       |
| DI          | West              | 47.08 |
| DII         | Vallejo           | 48.06 |
| DIII        | Vanden            | 51.64 |
| Masters     | West              | 46.72 |
| <b>2006</b> |                   |       |
| DI          | Laguna Creek      | 48.91 |
| DII         | Fairfield         | 47.09 |
| DIII        | Oakmont           | 51.91 |
| Masters     | Fairfield         | 47.49 |
| <b>2007</b> |                   |       |
| DI          | Franklin-EG       | 47.08 |
| DII         | Vallejo           | 48.19 |
| DIII        | Oakdale           | 51.33 |
| Masters     | Franklin-EG       | 47.50 |
| <b>2008</b> |                   |       |
| DI          | Monterey Trail    | 47.67 |
| DII         | Oakmont           | 47.55 |
| DIII        | Oakdale           | 50.79 |
| Masters     | Monterey Trail    | 47.71 |
| <b>2009</b> |                   |       |
| DI          | Fairfield         | 48.37 |
| DII         | Vallejo           | 48.64 |
| DIII        | Foothill          | 49.59 |
| Masters     | Vallejo           | 48.63 |
| <b>2010</b> |                   |       |
| DI          | St. Francis       | 48.75 |
| DII         | Rosemont          | 47.69 |
| DIII        | Antelope          | 50.09 |
| Masters     | Rosemont          | 47.98 |
| <b>2011</b> |                   |       |
| DI          | Monterey Trail    | 48.59 |
| DII-III     | Del Oro           | 49.06 |
| DIV-V       | Cosumnes Oaks     | 50.42 |
| Masters     | Edison            | 48.01 |



# SAC-JOQUIN 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 | Yuba City         | 1:52.0 |

### MILE RELAY

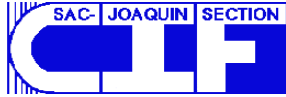
| YEAR | CHAMPION (SCHOOL) | MARK    |
|------|-------------------|---------|
| 1976 | Yuba City         | 4:04.2  |
| 1977 | Summerville       | 4:01.3  |
| 1978 | Summerville       | 3:59.8  |
| 1979 | Casa Roble        | 4:00.0  |
| 1980 | Yuba City         | 4:03.10 |

### 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

|             |                   |         |
|-------------|-------------------|---------|
| <b>2005</b> |                   |         |
| DI          | Sheldon           | 3:58.10 |
| DII         | Fairfield         | 3:46.35 |
| DIII        | Bear River        | 4:12.36 |
| Masters     | Fairfield         | 3:49.70 |
| <b>2006</b> |                   |         |
| DI          | Bear Creek        | 4:01.42 |
| DII         | Fairfield         | 3:45.73 |
| DIII        | Oakmont           | 4:17.12 |
| Masters     | Fairfield         | 3:48.38 |
| <b>2007</b> |                   |         |
| DI          | Bear Creek        | 3:52.03 |
| DII         | Oak Ridge         | 3:55.91 |
| DIII        | Modesto Christian | 4:09.18 |
| Masters     | Fairfield         | 3:50.32 |
| <b>2008</b> |                   |         |
| DI          | Chavez            | 3:53.92 |
| DII         | Oakmont           | 3:55.42 |
| DIII        | El Dorado         | 4:04.81 |
| Masters     | Oakmont           | 3:55.13 |
| <b>2009</b> |                   |         |
| DI          | Fairfield         | 3:55.41 |
| DII         | Woodcreek         | 3:55.26 |
| DIII        | Foothill          | 4:06.40 |
| Masters     | St. Mary's        | 3:56.27 |
| <b>2010</b> |                   |         |
| DI          | Fairfield         | 3:55.45 |
| DII         | Oak Ridge         | 3:57.48 |
| DIII        | Whitney           | 4:08.05 |
| Masters     | Fairfield         | 3:54.52 |
| <b>2011</b> |                   |         |
| DI          | Fairfield         | 4:00.64 |
| DII-III     | Oakmont           | 3:56.90 |
| DIV-V       | El Dorado         | 4:07.67 |
| Masters     | Oakmont           | 3:59.26 |



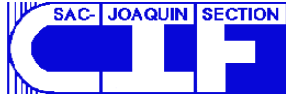
**SAC-JOQUIN SECTION  
GIRLS TRACK  
INDIVIDUAL CHAMPIONS**



**HIGH JUMP**

| YEAR        | CHAMPION (SCHOOL)              | MARK    | YEAR        | CHAMPION (SCHOOL)                 | MARK |
|-------------|--------------------------------|---------|-------------|-----------------------------------|------|
| 1974        | Cynthia Snyder (Davis Sr.)     | 5-0     | <b>2006</b> |                                   |      |
| 1975        | Von Berckenfeldt (Turlock)     | 5-1.75  | 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    | <b>2007</b> |                                   |      |
| 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     | <b>2008</b> |                                   |      |
| 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     | <b>2009</b> |                                   |      |
| 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        | Lawre'll Dobbins (Foothill)       | 5-3  |
| 1993        | Callie Lemont (Ceres)          | 5-4     | Masters     | Samantha Balentine (Lodi)         | 5-7  |
| 1994        | Tait Holden (Wood)             | 5-4     | <b>2010</b> |                                   |      |
| 1995        | Callie Lemont (Ceres)          | 5-6     | DI          | Megan Zoller (Vintage)            | 5-2  |
| 1996        | Callie Lemont (Ceres)          | 5-4     | DII         | Noelle Latham (Del Oro)           | 5-4  |
| 1997        | Nicole Hawkins (Tracy)         | 5-5     | DIII        | Lawre'll Dobbins (Foothill)       | 5-2  |
| 1998        | Toni Muratore (Atwater)        | 5-4     | Masters     | Lawre'll Dobbins (Foothill)       | 5-5  |
| 1999        | Felisha Horan (Wood)           | 5-2     | <b>2011</b> |                                   |      |
| 2000        | Christine Harms (El Dorado)    | 5-6     | DI          | Nicole Buzo (Tokay)               | 5-3  |
| 2001        | Christine Harms (El Dorado)    | 5-5     | DII-III     | Lawre'll Dobbins (Foothill)       | 5-3  |
| 2002        | Heather Hernandez (Turlock)    | 5-4     | DIV-V       | Kelly Airola (Calaveras)          | 5-0  |
| 2003        | Kisha Fontenot (Woodland)      | 5-6.75  | Masters     | Lawre'll Dobbins (Foothill)       | 5-6  |
| 2004        | Susan Jackson (Napa)           | 5-6     |             |                                   |      |
| <b>2005</b> |                                |         |             |                                   |      |
| 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**

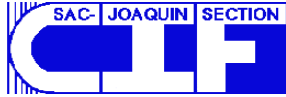


**LONG JUMP**

| YEAR        | CHAMPION (SCHOOL)               | MARK        |
|-------------|---------------------------------|-------------|
| 1974        | Cathy Zackery (Cordova)         | 15-9        |
| 1975        | Scott (El Dorado)               | 17-6        |
| 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) |
| <b>2005</b> |                                 |             |
| 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     |
|-------------|-----------------------------|----------|
| <b>2006</b> |                             |          |
| 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   |
| <b>2007</b> |                             |          |
| 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    |
| <b>2008</b> |                             |          |
| 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   |
| <b>2009</b> |                             |          |
| 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 |
| <b>2010</b> |                             |          |
| DI          | Tatum Souza (Napa)          | 17-6     |
| DII         | Timery Mueller (Oak Ridge)  | 18-2     |
| DIII        | Jaci Powell (Oakdale)       | 17-2.5   |
| Masters     | Tatum Souza (Napa)          | 17-11w   |
| <b>2011</b> |                             |          |
| DI          | Shea Taylor (Grace Davis)   | 19-0     |
| DII-III     | Kendal Nielsen (Bear River) | 17-9     |
| DIV-V       | Olesya Khokhlan (Highlands) | 16-3w    |
| Masters     | Shea Taylor (Grace Davis)   | 18-1.5   |





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



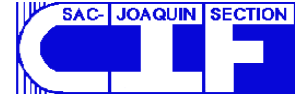
**SHOT PUT**

| YEAR        | CHAMPION (SCHOOL)               | MARK     |
|-------------|---------------------------------|----------|
| 1974        | Renee Wessell (Summerville)     | 35-2     |
| 1975        | Renee Wessell (Summerville)     | 39-0     |
| 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  |
| <b>2005</b> |                                 |          |
| 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     |
|-------------|--------------------------------|----------|
| <b>2006</b> |                                |          |
| 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  |
| <b>2007</b> |                                |          |
| 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     |
| <b>2008</b> |                                |          |
| 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 |
| <b>2009</b> |                                |          |
| 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  |
| <b>2010</b> |                                |          |
| DI          | Anamanu Folau (Florin)         | 42-6     |
| DII         | Victoria Odufuwa (Cordova)     | 38-6     |
| DIII        | Jaylene Ponce (Oakdale)        | 34-7     |
| Masters     | Anamanu Folau (Florin)         | 42-6     |
| <b>2011</b> |                                |          |
| DI          | Rebecca Hammar (Buhach Colony) | 44-6.5   |
| DII-III     | Victoria Odufuwa (Cordova)     | 40-4     |
| DIV-V       | Jaylene Ponce (Oakdale)        | 34-11    |
| Masters     | Rebecca Hammar (Buhach Colony) | 43-9     |



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



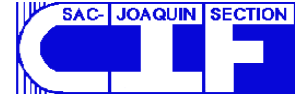
**DISCUS**

This event began in 1975.

| YEAR        | CHAMPION (SCHOOL)            | MARK     | YEAR        | CHAMPION (SCHOOL)                     | MARK    |
|-------------|------------------------------|----------|-------------|---------------------------------------|---------|
| 1975        | Renee Wessell (Summerville)  | 103-6.5  | <b>2006</b> |                                       |         |
| 1976        | Liz Kennedy (Roseville)      | 113-10   | DI          | Lauren Guerrieri (Davis Sr.)          | 147-7   |
| 1977        | Jill Ridenour (Yuba City)    | 131-3    | DII         | Mary Odufuwa (Cordova)                | 117-4.5 |
| 1978        | Cia Sandoval (Riverbank)     | 133-7.5  | DIII        | Cierra Titsworth (Denair)             | 123-10  |
| 1979        | Gloria Randolph (Livingston) | 136-11   | Masters     | Lauren Guerrieri (Davis Sr.)          | 146-11  |
| 1980        | Melanie Rodrigues (Mariposa) | 139-1    | <b>2007</b> |                                       |         |
| 1981        | Karen Nickerson (Cordova)    | 143-10.5 | DI          | Lauren Guerrieri (Davis Sr.)          | 140-8   |
| 1982        | Karen Nickerson (Cordova)    | 164-10h  | DII         | Ashley Hearn (Rocklin)                | 132-9   |
| 1983        | Kim Kesler (Vintage)         | 151-3    | DIII        | Alex Ballard (Bret Harte)             | 128-3   |
| 1984        | Stacey Hom (Cordova)         | 153-0    | Masters     | Lauren Guerrieri (Davis Sr.)          | 155-9   |
| 1985        | Stacey Hom (Cordova)         | 158-4    | <b>2008</b> |                                       |         |
| 1986        | Pat Simpson (Vacaville)      | 127-10   | DI          | Kendall Morris (Beyer)                | 147-5   |
| 1987        | Simira Taylor (Grant)        | 135-9    | DII         | Colleen Wachter (Cordova)             | 121-1   |
| 1988        | Connie Spesert (Vintage)     | 131-2.5  | DIII        | Lindsay Machado (El Dorado)           | 131-7   |
| 1989        | Connie Spessert (Vintage)    | 140-0.75 | Masters     | Kendall Morris (Beyer)                | 146-3   |
| 1990        | Danyel Mitchell (Vallejo)    | 144-3    | <b>2009</b> |                                       |         |
| 1991        | Suzy Powell (Downey)         | 150-0    | DI          | Brianna French (Vacaville)            | 138-10  |
| 1992        | Suzy Powell (Downey)         | 157-6    | DII         | Amy Fuelner (Granite Bay)             | 113-10  |
| 1993        | Suzy Powell (Downey)         | 178-6    | DIII        | Lindsay Machado (El Dorado)           | 130-10  |
| 1994        | Suzy Powell (Downey)         | 173-5    | Masters     | Rebecca Hammar (Buhach Colony)        | 140-10  |
| 1995        | Chaniqua Ross (Laguna Creek) | 143-10   | <b>2010</b> |                                       |         |
| 1996        | Chaniqua Ross (Laguna Creek) | 159-10   | DI          | Rebecca Hammar (Buhach Colony)        | 138-7   |
| 1997        | Chaniqua Ross (Laguna Creek) | 169-4    | DII         | Brittany Bown (Cordova)               | 108-9   |
| 1998        | Chaniqua Ross (Laguna Creek) | 159-0    | DIII        | Emily Colon (Colfax)                  | 115-5   |
| 1999        | Jill Camarena (Woodland)     | 155-4    | Masters     | Brianna French (Vacaville)            | 144-8   |
| 2000        | Jill Camarena (Woodland)     | 156-3    | <b>2011</b> |                                       |         |
| 2001        | Katie McKeever (Woodland)    | 152-6    | DI          | Brianna French (Vacaville)            | 144-11  |
| 2002        | Sara Clinkenbeard (Rocklin)  | 142-4    | DII-III     | Cheyenne Toney (Nevada Union)         | 123-10  |
| 2003        | Kristina Price (Merced)      | 143-7    | DIV-V       | Meaghan Heffelfinger (Vista del Lago) | 122-7   |
| 2004        | Krystal Thomson (Bret Harte) | 138-5    | Masters     | Brianna French (Vacaville)            | 148-1   |
| <b>2005</b> |                              |          |             |                                       |         |
| 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    |                           |                             |          |

