

Women's Track & Field Team Champions

<u>Conference Champions</u>	<u>Points</u>
1987 - Orange Coast	241
1988 - Saddleback	225
1989 - Orange Coast	151
1990 - Riverside	178
1991 - Riverside	181
1992 - Riverside	208
1993 - Riverside	228
1994 - Riverside	227
1995 - Riverside	189
1996 - San Diego Mesa	200
1997 - San Diego Mesa	175.2
1998 - San Diego Mesa	170
1999 - Orange Coast	202
2000 - Orange Coast	131
2001 - Fullerton	242.5
2002 - Santa Ana	206
2003 - Orange Coast	314
2004 - Orange Coast	314.5
2005 - Orange Coast	248.3
2006 - Fullerton	197
2007 - Riverside	226.5
2008 - Orange Coast	287.5
2009 - Riverside	308
2010 - Orange Coast	284.5

OEC Track & Field Championships – Women's Event Records

100 meters	Terica Ned, Riverside	11.70	2004
200 meters	Astia Walker, Riverside	23.42	1994
400 meters	Charmaine Burton, Riverside	54.98	1995
800 meters	Dawn Williams, Riverside	2:09.89	1993
1500 meters	Emebet Shiferaw, Riverside	4:37.87	1993
3000 meters	Emebet Shiferaw, Riverside	10:00.48	1993
3000 meter SC	Lindsay Allen, Orange Coast	11:34.43	2002
5000 meters	Emebet Shiferaw, Riverside	16:55.66	1993
10,000 meters	Crystal Reed, Orange Coast	36:20.36	2008
100-meter hurdles	Astia Walker, Riverside	13.67	1994
400-meter IH	Ashley Jsames, Fullerton	1:02.42	2010
400-meter Relay	Riverside (Dismuke, Buck, Collis, Walker)	46.96	1994
1600-meter Relay	San Diego Mesa (Williams, Hurl, Freeman, Sullivan)	3:52.70	1993
High Jump	Joanne Markling, Fullerton	5-6	1989
	Leah Cunningham, Riverside	5-6	1993
Shot Put	Leslie Coons, San Diego Mesa	46-6.75	1993
Discus	Matala Laulemaga, Santa Ana	160-2	2002
Long Jump	Marvette Collis, Riverside	20-0.5	1994
Triple Jump	Danielle Brown, Fullerton	39-3.25	1993
Javelin	Leslie Coons, San Diego Mesa	146-5	1993
Hammer	Matala Laulemaga, Santa Ana	151-11	2002
Pole Vault	Jennifer Finaldi, Orange Coast	11-6	2003
	Elisa Liana, Golden West	11-6	2003
	Alissa Miller, Saddleback	11-6	2005
	Audrey Crouse, Orange Coast	11-6	2009
Heptathlon	Marvete Collis, Riverside	4554	1993

Year-By-Year Individual Champions

Heptathlon

(first contested in 1993)

1993 - Marvette Collis, Riverside	4554 points
1994 - Crystal Buck, Riverside	4037 points
1995 - Courtney Leonard, Saddleback	3692 points
1996 - Hillary Foose, Riverside	4134 points
1997 - Hillary Andrelchik, Riverside	4203 points
1998 - Lisa Perez, Cuyamaca	3420 points
1999 - Andria Booker, SD Mesa	4298 points
2000 - Maggie Escudero, Cuyamaca	4423 points
2001 - Amber Price, Golden West	4052 points
2002 - Lenay Horton, Riverside	3864 points
2003 - Hanni Geider, Orange Coast	3519 points
2004 - Elle Cruikshank, Santa Ana	3912 points
2005 - Elle Cruikshank, Santa Ana	4173 points
2006 - Noel Miller, Golden West	3478 points
2007 - Joy Saleapaga, Fullerton	3877 points
2008 - Ashley Fletcher, Fullerton	3877 points
2009 - Brianna Vanderwal, Orange Coast	3519 points
2010 - Liana Fuentes, Orange Coast	4550 points

Shot Put

1987 - Marie Fecske, Riverside	34-11
1988 - Kellyann Wilson, Saddleback	38-3.50
1989 - Megan Franke, Fullerton	36-3
1990 - Olive Langi, Orange Coast	39-0
1991 - Kerri Holton, Fullerton	34-3
1992 - Debra Weise, Saddleback	33-3.75
1993 - Leslie Coons, San Diego Mesa	46-6.75
1994 - Kelly Smith, San Diego Mesa	45-2.75
1995 - Kellie Scott, Grossmont	38-4.25
1996 - Dani Darrow, San Diego Mesa	41-1.75
1997 - Tofi Togagae, Golden West	40-10
1998 - Abbie Erickson, Orange Coast	37-7.50
1999 - Tofi Togagae, Golden West	43-10.50
2000 - Malaika Stirrup, Cuyamaca	36-9.50
2001 - Matala Laulemaga, Santa Ana	39-3.00
2002 - Marala Laulemaga, Santa Ana	43-6.0
2003 - Aimee Trout, Riverside	36-3
2004 - Aimee Trout, Riverside	38-9
2005 - Kim Avila, Riverside	40-3
2006 - Unaloto Makanesi, Fullerton	39-10.50
2007 - Fenunuivao Faoa, Fullerton	39-5.25
2008 - Maryn Ciarelli, Orange Coast	37-1.75
2009 - Samantha Gutierrez, Riverside	36-4
2010 - Luseane Makanesi, Fullerton	44-8.25

Discus

1987 - Marie Fecske, Riverside	117-5
1988 - Kellyann Wilson, Saddleback	133-4
1989 - Megan Franke, Fullerton	139-5
1990 - Debra Weise, Saddleback	122-6
1991 - Leona Mundy, Riverside	122-5

1992 - Debra Weise, Saddleback	101-2
1993 - Jodie Warr, Riverside	155-6
1994 - Roberta Ortiz, Grossmont	134-7
1995 - Dani Darrow, San Diego Mesa	122-9
1996 - Dani Darrow, San Diego Mesa	152-4
1997 - Tofi Togagae, Golden West	121-1
1998 - Joniece Edwards, San Diego Mesa	129-5
1999 - Etta Jackson, Santa Ana	133-11
2000 - Malaika Stirrup, Cuyamaca	132-1
2001 - Matala Laulemaga, Santa Ana	133-11
2002 - Matala Laulemaga, Santa Ana	160-2
2003 - Jae Jefferson, Fullerton	108-2
2004 - Samantha Grant, Saddleback	125-4
2005 - Aabria Lipscomb, Orange Coast	132-7
2006 - Aabria Lipscomb, Orange Coast	134-0
2007 - Fenunuivao Faoa, Fullerton	133-1
2008 - Jasmine Peggese, Riverside	120-2
2009 - Samantha Gutierrez, Riverside	142-10
2010 - Luseane Makanesi, Fullerton	137-4

Hammer

1995 - Lorraine Kasik, San Diego Mesa	141-1
1996 - Dani Darrow, San Diego Mesa	137-2
1997 - Katy Everett, Cuyamaca	123-2
1998 - Joniece Edwards, San Diego Mesa	137-6
1999 - Katy Everett, Cuyamaca	131-6
2000 - Alejandra Chvoya, Santa Ana	134-4
2001 - Matala Laulemaga, Santa Ana	123-3
2002 - Matala Laulemaga, Santa Ana	151-11
2003 - Dominique Downing, Riverside	121-11
2004 - Jeymie Gonzalez, Santa Ana	118-9
2005 - Jeymie Gonzalez, Santa Ana	123-9
2006 - Cassandra Powers, Santa Ana	134-1
2007 - Fenunuivao Faoa, Fullerton	143-6
2008 - Brittney McGhee, Riverside	130-8
2009 - Jessica Flores, Santa Ana	136-8
2010 - Angel Togafau, Golden West	139-0

Javelin

1987 - Renne Griffin, Citrus	116-5
1988 - Lily Varner, Saddleback	127-0
1989 - Stephanie Williams, Riverside	110-6
1990 - Stephanie Williams, Riverside	124-8
1991 - Dejuanna Anderson, Saddleback	120-10
1992 - Andrea Castle, Riverside	106-3
1993 - Leslie Coons, San Diego Mesa	146-5
1994 - Stacy Mezo, Saddleback	124-1
1995 - Amy Phillips, Fullerton	120-2
1996 - Amy Phillips, Fullerton	115-5
1997 - Kim Watts, Golden West	113-6
1998 - Kimmy Nguyen, Riverside	108-1
1999 - Etta Jackson, Santa Ana	124-7
2000 - Maggie Escudero, Cuyamaca	123-2

2001 - Matala Laulemaga, Santa Ana	118-0
2002 - Matala Laulemaga, Santa Ana	127-5
2003 - Kristina Hyllested, Golden West	108-3
2004 - Desirae Martinez, Fullerton	136-2
2005 - Desirae Martinez, Fullerton	121-11
2006 - Kayla Alcazar, Fullerton	126-1
2007 - Britany Ickes, Orange Coast	113-1
2008 - Karee Nordby, Riverside	123-2
2009 - Karee Nordby, Riverside	126-3
2010 - Samantha Gutierrez, Riverside	129-7

Pole Vault

1997 - Stephanie Heup, Golden West	9-0
1998 - Monica Martinez, Santa Ana	10-0
1999 - Michelle McCaslin, Orange Coast	10-6
2000 - Nicole Hansen, Orange Coast	11-0
2001 - Jessica Ruby, Golden West	10-0
2002 - Jennifer Finaldi, Orange Coast	11-2
2003 - Elisa Liana, Golden West	11-6
2004 - Jenny Thompson, Orange Coast	10-6
2005 - Alissa Miller, Saddleback	11-6
2006 - Jocelyn Do, Golden West	10-6
2007 - Jode LeBlanc, Orange Coast	10-6
2008 - Brenda Hanrahan, Riverside	10-5.25
2009 - Audrey Crouse, Orange Coast	11-6
2010 - Audrey Crouse, Orange Coast	11-0

High Jump

1987 - Shelly King, Orange Coast	5-0
1988 - Larissa Roostee, Saddleback	5-2
1989 - Joanne Markling, Fullerton	5-6
1990 - Liz Bauer, Orange Coast	5-2
1991 - Liz Bauer, Orange Coast	5-4
1992 - Kim Barnes, Riverside	5-3
1993 - Leah Cunningham, Riverside	5-6
1994 - Leah Cunningham, Riverside	5-4
1995 - Amy Willard, Saddleback	5-2
1996 - Monica Holguin, Fullerton	5-2
1997 - Hillary Andrelchik, Riverside	5-2
1998 - Kimmy Nguyen, Riverside	5-0
1999 - Tia Hanson, Riverside	5-4
2000 - Topaz Walton, San Bernardino	5-2
2001 - Amber Price, Golden West	5-0
2002 - Ginger Liechtly, Orange Coast	5-4.25
2003 - Lauren Cassity, Orange Coast	4-10
2004 - Casey Johnson, Riverside	4-11.75
2005 - Maryann Wee, Fullerton	5-0
2006 - Maryann Wee, Fullerton	5-2
2007 - Sandy Gonzales, Santa Ana	5-5.75
2008 - Sandy Gonzales, Santa Ana	5-5
2009 - Tina Wills, Riverside	5-4
2010 - Meagan Johnson, Saddleback	5-2

Long Jump

1987 - Yvette McCullough, Riverside	16-9.50
1988 - Kristen Kulow, Saddleback	16-7.50
1989 - Tanya Lynch, Riverside	18-1.75
1990 - Tanya Lynch, Riverside	17-8.00
1991 - Celina Gaskin, Riverside	16-9.00
1992 - Danielle Brown, Fullerton	17-9.00
1993 - Marvette Collis, Riverside	18-9.25
1994 - Marvette Collis, Riverside	20-0.50
1995 - Margo Hammerstrom, MiraCosta	16-11.5
1996 - Hillary Foose, Riverside	17-2.75
1997 - Hillary Andrelchik, Riverside	17-3.50
1998 - Julie Steele, Fullerton	17-2.50
1999 - Andria Booker, SD Mesa	19-4.00
2000 - Quiana Starr, Fullerton	18-8.00
2001 - Quiana Starr, Fullerton	19-1.25
2002 - Crystal Davis, Santa Ana	18-1.25
2003 - Nikki Kotey, Saddleback	17-00
2004 - Nikki Kotey, Saddleback	17-3.25
2005 - Denina Speights, Saddleback	17-5.00
2006 - Ashley Fletcher, Fullerton	17-10.0
2007 - Audane Hayes, Riverside	16-11.5
2008 - Sandy Gonzales, Santa Ana	16-7
2009 - Tina Wills, Riverside	17-7.5
2010 - Liana Fuentes, Orange Coast	17-8.75

Triple Jump

1987 - Yvette McCullough, Riverside	34-5
1988 - Kristen Kulow, Saddleback	36-4.75
1989 - Yvette McCullough, Riverside	37-5
1990 - Tanya Lynch, Riverside	38-11.5
1991 - Gina Krouse, Fullerton	34-10
1992 - Danielle Brown, Fullerton	37-6.75
1993 - Danielle Brown, Fullerton	39-3.25
1994 - Amy Connole, Grossmont	37-0
1995 - Monica Holguin, Fullerton	36-11
1996 - Hillary Foose, Riverside	37-1.5
1997 - Marisa Taylor, San Diego Mesa	37-0.25
1998 - Nicole McAlister, San Diego Mesa	36-6
1999 - Andria Booker, SD Mesa	38-9
2000 - Dorothy Jenkins, Cuyamaca	35-8.25
2001 - Amber Price, Golden West	36-7.75
2002 - Mychael Westervelt, Irvine Valley	36-7
2003 - Nikki Kotey, Saddleback	34-10
2004 - Kikki Kotey, Saddleback	36-5
2005 - Taylor Cusick, Orange Coast	36-8.50
2006 - Myeshia Way, Riverside	38-5
2007 - Whitney Ligon, Santa Ana	36-6
2008 - Sophia Sune, Golden West	37-2.5
2009 - Vivian Ibewiro, Riverside	35-11.25
2010 - Zina Bascom, Riverside	34-4.5

100 Meters

1987 - Loretta Crowder, Orange Coast	12.70
1988 - Margo Grant, Riverside	13.11
1989 - Yvette McCullough, Riverside	12.39
1990 - Lisa Hale, Riverside	12.27
1991 - Debbie LaPorte, Fullerton	12.44
1992 - Kim Barnes, Riverside	12.39
1993 - Angela Sullivan, San Diego Mesa	11.90
1994 - Marvette Collis, Riverside	11.93
1995 - Charmaine Burton, Riverside	12.23
1996 - Charmaine Burton, Riverside	11.86
1997 - Toni McDaniels, Saddleback	12.39
1998 - Renee Sullivan, San Diego Mesa	12.21
1999 - Andria Booker, San Diego Mesa	12.21
2000 - Terica Ned, Riverside	11.84
2001 - Quiana Starr, Fullerton	12.51
2002 - Patrice Donaldson, Santa Ana	12.78
2003 - Krystle Luckey, Fullerton	12.49
2004 - Terica Ned, Riverside	11.70
2005 - Jessica Gibbs, Saddleback	12.47
2006 - Jessica Gibbs, Saddleback	12.39
2007 - Moriah Jubrey, Riverside	12.43
2008 - Djquara Jackson, Riverside	12.61
2009 - Allison Woody, Fullerton	12.65
2010 - Jazmine Weatherspoon, Riverside	12.20

200 Meters

1987 - Loretta Crowder, Orange Coast	26.69
1988 - Margo Grant, Riverside	27.12
1989 - Stacy Wolton, Fullerton	26.50
1990 - Margo Grant, Riverside	25.21
1991 - Erin Wood, Riverside	25.80
1992 - Danielle Brown, Fullerton	26.24
1993 - Angela Sullivan, San Diego Mesa	24.37
1994 - Astia Walker, Riverside	23.42
1995 - Charmiane Burton, Riverside	24.53
1996 - Charmaine Burton, Riverside	24.67
1997 - Renee Sullivan, San Diego Mesa	25.10
1998 - Kelly Marshall, Golden West	25.47
1999 - Kenya Johnson, Riverside	25.04
2000 - Terica Ned, Riverside	24.62
2001 - Kanishia Cass, Riverside	25.65
2002 - Patrice Donaldson, Santa Ana	26.82
2003 - Ila Singleton, Fullerton	25.21
2004 - Terica Ned, Riverside	23.85
2005 - Jessica Gibbs, Saddleback	26.13
2006 - Jessica Gibbs, Saddleback	26.03
2007 - Moriah Jubrey, Riverside	25.56
2008 - Djquara Jackson, Riverside	25.77
2009 - Brittany Manuel, Riverside	26.08
2010 - Kierra Auguster, Riverside	25.82

400 Meters

1987 - Christine Halley, Orange Coast	62.37
1988 - Christine Halley, Orange Coast	59.15
1989 - Stacy Wholton, Fullerton	59.25
1990 - Erin Wood, Riverside	57.59
1991 - Erin Wood, Riverside	58.28
1992 - Leann Kazmer, Orange Coast	59.69
1993 - Shani Freeman, San Diego Mesa	55.44
1994 - Brenda Stewart, Riverside	58.84
1995 - Charmaine Burton, Riverside	54.98
1996 - Charmaine Burton, Riverside	56.58
1997 - Renee Sullivan, San Diego Mesa	59.46
1998 - Artea Dunn, San Diego Mesa	55.76
1999 - Francisca Flores, Santa Ana	58.62
2000 - Justina Jupiter, San Diego Mesa	59.55
2001 - Courtney Aberegg, Fullerton	60.38
2002 - Courtney Aberegg, Fullerton	60.22
2003 - Ila Singleton, Fullerton	59.09
2004 - Gegi Van De Walker, Orange Coast	60.64
2005 - Vanessa Juarez, Fullerton	60.40
2006 - Vanessa Juarez, Fullerton	58.39
2007 - Joy Saleapaga, Fullerton	58.70
2008 - Brittany Manuel, Riverside	57.59
2009 - Brittany Manuel, Riverside	57.34
2010 - Maritza Williams, Fullerton	57.57

800 Meters

1987 - Tracy Wright, Orange Coast	2:25.44
1988 - Tracy Wright, Orange Coast	2:18.74
1989 - Chelsea Seibert, Orange Coast	2:23.89
1990 - Cathy Grayson, Saddleback	2:25.28
1991 - Ruth Viramontes, Rancho Santiago	2:23.19
1992 - Celina Gaskin, Riverside	2:21.22
1993 - Dawn Williams, Riverside	2:09.89
1994 - Dawn Williams, Riverside	2:11.32
1995 - Rowena Gonzalez, San Diego Mesa	2:18.38
1996 - Rowena Gonzalez, San Diego Mesa	2:16.39
1997 - Artea Dunn, San Diego Mesa	2:23.29
1998 - Artea Dunn, San Diego Mesa	2:15.50
1999 - Tonya Curless, SD Mesa	2:27.1
2000 - Kasaundra Perkins, San Bernardino	2:19.18
2001 - Margaret Pridgen, Saddleback	2:26.88
2002 - Christine Ruby, Golden West	2:26.29
2003 - Roseann Peters, Orange Coast	2:17.50
2004 - Ava Jones, Orange Coast	2:21.56
2005 - Amy Gilson, Riverside	2:20.50
2006 - Vanessa Juarez, Fullerton	2:19.41
2007 - Erendira Uriostegui, Orange Coast	2:19.42
2008 - Crystal Reed, Orange Coast	2:16.37
2009 - Cassie Mitchell, Orange Coast	2:17.27
2010 - Kimone Hewitt, Orange Coast	2:15.75

1,500 Meters

1987 - Debra Lies, Orange Coast	4:50.10
1988 - Tracy Wright, Orange Coast	4:44.32
1989 - Stacy Jacobson, Orange Coast	5:06.5
1990 - Mari Benavides, Orange Coast	4:57.01
1991 - Ruth Viramontes, Rancho Santiago	4:53.77
1992 - Norma Martin, Rancho Santiago	4:58.78
1993 - Emebet Shiferaw, Riverside	4:37.87
1994 - Kelly Olson, Grossmont	4:50.20
1995 - Charlotte Mayock, Riverside	4:39.08
1996 - Rowena Gonzalez, San Diego Mesa	4:39.21
1997 - Donna Harris, Orange Coast	5:08.85
1998 - Penni Proffitt, Orange Coast	5:01.88
1999 - Zoila Gomez, Orange Coast	5:04.77
2000 - Heather Shurtleff, Orange Coast	4:47.91
2001 - Heather Shurtleff, Orange Coast	5:02.49
2002 - Jeanelle Goonetilleke, Fullerton	5:00.25
2003 - Roseann Peters, Orange Coast	4:41.40
2004 - Ava Jones, Orange Coast	4:40.18
2005 - Ludi Valdez, Orange Coast	4:46.47
2006 - Jewel Butler, Orange Coast	4:46.91
2007 - Jenni Johnson, Santiago Canyon	4:44.18
2008 - Crystal Reed, Orange Coast	4:50.78
2009 - Cassie Mitchell, Orange Coast	4:39.63
2010 - Sara Toberty, Orange Coast	4:45.16

100-Meter Hurdles

1987 - Yvette McCullough, Riverside	15.97
1988 - Michelle Stevens, Saddleback	15.43
1989 - Lisa Hale, Riverside	14.48
1990 - Lisa Hale, Riverside	14.33
1991 - Kim Barnes, Riverside	14.99
1992 - Kim Barnes, Riverside	14.66
1993 - Shonna Bernard, Fullerton	14.76
1994 - Astia Walker, Riverside	13.67
1995 - Crystal Buck, Riverside	15.12
1996 - Monica Holguin, Fullerton	15.31
1997 - Hillary Andrelchik, Riverside	16.23
1998 - Mechelle Morgan, San Diego Mesa	15.97
1999 - Andria Booker, SD Mesa	14.49
2000 - Maggie Escudero, Cuyamaca	14.26
2001 - Amber Price, Golden West	15.04
2002 - Franchelle Smith, Santa Ana	15.95
2003 - Franchelle Smith, Santa Ana	15.32
2004 - Elle Cruikshank, Santa Ana	15.89
2005 - Elle Cruikshank, Santa Ana	15.85
2006 - Michelle Beauford, Saddleback	16.13
2007 - Brenda Finney, Orange Coast	15.73
2008 - Brenda Finney, Orange Coast	15.79
2009 - Ashley Jsames, Fullerton	15.56
2010 - Liana Fuentes, Orange Coast	15.00

400-Meter Intermediate Hurdles

1987 - Loretta Crowder, Orange Coast	1:06.97
1988 - Michelle Stevens, Saddleback	1:07.33
1989 - LaVette Farlow, Riverside	1:04.82
1990 - Emily Thiebald, Fullerton	1:04.64
1991 - Kim Barnes, Riverside	1:09.10
1992 - Kim Barnes, Riverside	1:05.02
1993 - Shonna Bernard, Fullerton	1:02.47
1994 - Crystal Buck, Riverside	1:04.36
1995 - Celena Clarke, Riverside	1:03.24
1996 - Irizana Stone, San Diego Mesa	1:05.54
1997 - Irizana Stone, San Diego Mesa	1:06.27
1998 - Alicia Kimura, Golden West	1:08.43
1999 - Justina Jupiter, SD Mesa	1:02.87
2000 - Justina Jupiter, San Diego Mesa	1:05.17
2001 - Julie Kroening, Orange Coast	1:07.74
2002 - Lenay Horton, Riverside	1:07.85
2003 - Hanni Geider, Orange Coast	1:07.28
2004 - Hanni Geider, Orange Coast	1:06.98
2005 - Elle Cruikshank, Santa Ana	1:04.33
2006 - Tracy Sanchez, Golden West	1:07.64
2007 - Brenda Finney, Orange Coast	1:04.51
2008 - Brenda Finney, Orange Coast	1:03.40
2009 - Ashley Jsames, Fullerton	1:04.51
2010 - Ashley Jsames, Fullerton	1:02.42

3,000 Meters

1987 - Deidra Vaught, Saddleback	10:39.00
1988 - Debra Lies, Orange Coast	11:10.47
1989 - Mary Shelton, Riverside	11:37.72
1990 - Mari Benavides, Orange Coast	10:54.10
1991 - Andrea Talbott, Orange Coast	11:10.36
1992 - Norma Martin, Rancho Santiago	11:10.36
1993 - Emebet Shiferaw, Riverside	10:00.48
1994 - Karen Karcher, Grossmont	10:45.15
1995 - Charlotte Mayock, Riverside	10:26.78
1996 - Charlotte Mayock, Riverside	10:20.02
1997 - Donna Harris, Orange Coast	10:46.25
1998 - Araceli Martinez, Orange Coast	10:26.13
1999 - Bernenice Carbajal, Orange Coast	10:48.47
2000 - Zoila Gomez, Orange Coast	10:31.04
2001 - Heather Shurtleff, Orange Coast	10:40.89
2002 - Heather Shurtleff, Orange Coast	10:40.89
-- No longer held --	

3,000 Meter Steeplechase

2002 - Lindsay Allen, Orange Coast	11:34.43
2003 - Natalie St. Andre, Orange Coast	12:08.87
2004 - Ludi Valdez, Orange Coast	12:02.77
2005 - Ludi Valdez, Orange Coast	11:59.19
2006 - Araceli Huerta, Orange Coast	12:11.40
2007 - Jenni Johnson, Santiago Canyon	12:09.76
2008 - Cassie Mitchell, Orange Coast	11:22.33

2009 - Kelley Breen, Saddleback 11:36.73
2010 - Larissa Davis, Riverside NT

5,000 Meters

1987 - Loi Curl, Orange Coast 18:17.86
1988 - Tracy Wright, Orange Coast 18:54.73
1989 - Jennifer Rigney, Riverside 19:42.0
1990 - Marciella Benevides, Orange Coast 18:39.66
1991 - Kathrine Honeywell, Saddleback 20:14.09
1992 - Sonja Hildebrand, Saddleback 19:08.86
1993 - Emebet Shiferaw, Riverside 16:55.66
1994 - Adrienn e Sweetser, Orange Coast 18:55.6
1995 - Charlotte Mayock, Riverside 17:55.80
1996 - Elly Estrada, Rancho Santiago 19:00.00
1997 - Donna Harris, Orange Coast 19:11.30
1988 - Araceli Martinez, Orange Coast 18:31.22
1999 - Zoila Gomez, Orange Coast 19:17.60
2000 - Zoila Gomez, Orange Coast 19:16.7
2001 - Heather Shurtleff, Orange Coast 20:18.88
2002 - Michelle Icban, Orange Coast 17:59.96
2003 - Michelle Icban, Orange Coast 18:11.16
2004 - Ava Jones, Orange Coast 18:15.46
2005 - Ludi Valdez, Orange Coast 18:43.47

2006 - Ana Mendoza, Riverside 18:33.04
2007 - Jenni Johnson, Santiago Canyon 18:48.79
2008 - Crystal Reed, Orange Coast 18:54.08
2009 - Cassie Mitchell, Orange Coast 18:22.06
2010 - Margaret McDuffee, Orange Coast 17:57.08

10,000 Meters

1996 - Elly Estrada, Rancho Santiago 40:16.1
1997 - Christine Riel, Orange Coast 40:51.28
1998 - Araceli Martinez, Orange Coast 38:53.00
1999 - Elsa Ortega, Orange Coast 42:59.00
2000 - Zoila Gomez, Orange Coast 37:20.80
2001 - Heather Shurtleff, Orange Coast 40:17.0
2002 - Michelle Icban, Orange Coast 37:52.09
2003 - Michelle Icban, Orange Coast 36:28.86
2004 - Ava Jones, Orange Coast 37:47.78
2005 - Ludi Valdez, Orange Coast 39:43.27
2006 - Ana Mendoza, Riverside 38:03.27
2007 - Jenni Johnson, Santiago Canyon 45:09.10
2008 - Crystal Reed, Orange Coast 36:20.36
2009 - Cassie Mitchell, Orange Coast 38:42.86
2010 - Sara Toberty, Orange Coast 38:36.56

400-Meter Relay

1987 - Orange Coast 51.22
1988 - Saddleback (Stevens, Maynard, Kulow, Kinzli) 50.90
1989 - Riverside (McCullough, Lynch, Farlow, Hale) 48.36
1990 - Riverside (Grant, Lynch, Wood, Hale) 48.41
1991 - Riverside (Barnes, Lee, Wood, Lesure) 49.09
1992 - Riverside (Barnes, Benjamin, Johnson, Lesure) 50.19
1993 - SD Mesa (Williams, Hurl, Freeman, Sullivan) 47.65
1994 - Riverside (Dismuke, Buck, Collis, Walker) 46.96
1995 - Riverside (Flemister, Buck, Miller, Burton) 48.20
1996 - Riverside (Foose, Hooper, Campbell, Burton) 48.75
1997 - San Diego Mesa 48.23
1998 - San Diego Mesa 47.91
1999 - San Diego Mesa 48.55
2000 - Riverside (Pellum, Sonnier, DeBlair, Ned) 50.35
2001 - Fullerton (Giambalvo, R. Starr, Aberegg, Q. Starr) 49.37
2002 - Riverside 50.80
2003 - Riverside 50.13
2004 - Riverside (Davidson, Lewis, Bush, Ned) 47.95
2005 - Santa Ana (Primous, Cantrell, Cruikshank, Taylor) 50.20
2006 - Riverside (Hayes, Way, Gamboa, Starks) 49.91
2007 - Riverside (Hayes, Jubrey, Black, Jackson) 48.48
2008 - Riverside (Manuel, Jackson, Jackson, Jubrey) 47.71
2009 - Riverside (Bascom, Corley, Manuel, Pate) 48.16
2010 - Fullerton (Woody, Jsames, Williams, Cabrera) 48.11

1600-Meter Relay

1987 - Orange Coast 4:13.60

1988 - Orange Coast (Halley, Wright, Lies, Hansen)	4:06.33
1989 - Fullerton (DeLeon, Markling, Thiebald, Wholton)	4:08.82
1990 - Fullerton	3:58.86
1991 - Riverside (Lesure, Lee, Wood, Gaskin)	4:05.69
1992 - Riverside (Gaskin, Harris, Johnson, Lesure)	4:12.10
1993 - SD Mesa (Williams, Hurl, Freeman, Sullivan)	3:52.70
1994 - Riverside (Buck, Stewart, Dismuke, Williams)	3:54.45
1995 - Riverside (Clarke, Buck, Stewart, Burton)	3:58.61
1996 - Riverside (Foose, Mayock, Hooper, Burton)	4:04.55
1997 - San Diego Mesa	4:09.75
1998 - San Diego Mesa	4:02.73
1999 - San Diego Mesa	3:59.04
2000 - San Bernardino	4:06.95
2001 - Saddleback	4:15.54
2002 - Orange Coast	4:09.30
2003 - Orange Coast	4:06.50
2004 - Orange Coast	3:59.55
2005 - Orange Coast	4:10.76
2006 - Riverside (Pederson, Starks, Gilsen, Gamboa)	4:05.88
2007 - Riverside (Gamboa, Jackson, Jubrey, Thibault)	4:04.48
2008 - Riverside (Jubrey, D Jackson, S Jackson, Manuel)	3:53.57
2009 - Riverside (Cano, Curley, Manuel, Wills)	3:57.37
2010 - Orange Coast (Karkut, Helmer, Hewitt, Hilliard)	3:58.91