

Past CCS Champions

Girls Track

2013	Sabrina Mendoza, Mills, shot put
2009	Jessie Petersen, Carlmont, 3200m
2009	Justine Fedronic, Carlmont, 800m
2008	Jessie Petersen, Carlmont, 3200m
2004	Carlmont, 400m relay
2004	Nicole Theus, Carlmont, 100m
2003	Carlmont, 400m relay
2002	Mary Meyman, Carlmont, 100m
2002	Mary Meyman, Carlmont, 100m low hurdles
2002	Mary Meyman, Carlmont, long jump
2000	lauren Ho, Westmoor , pole vault (tie)
1999	Lauren Gustafson, Mills 3200m
1997	Mandy Mazik, Capuchino, 300m low hurdles
1996	Shavonne Jennings, Woodside, 400m
1995	Christina Etuale, Jefferson, shot put
1995	Menlo-Atherton, 1600m relay
1994	Christina Etuale, Jefferson, shot put
1994	Kim Triplett, Aragon, triple jump
1994	Shavonne Jennings, Woodside, 200m
1994	Sylvia Piesiak, Menlo-Atherton, 400m
1993	Christina Etuale, Jefferson, shot put
1992	Lelica Zazabi, Westmoor, shot put
1992	Sylvia Piesiak, Menlo-Atherton, 400m
1991	Chi Johnson, Menlo-Atherton, high jump
1991	Laura Molnar, Carlmont, shot put
1991	Susie Jones, Carlmont, 1600m
1990	Chi Johnson, Menlo-Atherton, high jump
1990	Laura Molnar, Carlmont, shot put
1989	Annette Coleman, Carlmont, 100m
1989	Annette Coleman, Carlmont, 200m
1989	Annette Coleman, Carlmont, long jump
1988	Annette Coleman, Carlmont, 100m
1988	Annette Coleman, Carlmont, long jump (tie)
1987	Janet Bowie, Woodside, 800m
1986	Buffy Sexton, Mills, discus
1986	Buffy Sexton, Mills, shot put
1985	Buffy Sexton, Mills, discus
1985	LaShun Peters, Woodside, 100m
1985	Leslie Maxie, Mills, 200m
1985	Leslie Maxie, Mills, 300m low hurdles
1984	Leslie Maxie, Mills, 100m low hurdles
1984	Leslie Maxie, Mills, 300m low hurdles
1984	Wendy Brown, Woodside, high jump

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1984	Wendy Brown, Woodside, long jump
1984	Wendy Brown, Woodside, triple jump
1983	Lexie Maxie, Mills, 100m low hurdles
1983	Lexie Maxie, Mills, 400m
1983	Wendy Brown, Woodside, long jump
1983	Wendy Brown, Woodside, triple jump
1983	Woodside
1982	Mills
1981	Brenda Brewer, Hillsdale, 400m
1981	Carlmont, 1600m relay
1981	Cindi Durchslag, San Carlos, discus
1981	Julie Middleton, San Mateo, 100m
1981	Ronda Robinson, San Carlos, spot put
1981	San Carlos
1981	San Carlos
1980	Carlmont, 1600m relay
1980	Carolina Perkins, Westmoor, discus
1980	San Carlos, 400m relay
1980	Trish King, Menlo-Atherton, high jump
1979	Carlmont, mile relay
1979	Trish King, Menlo-Atherton, high jump
1979	Vanessa Woods, Jefferson, 220 yard dash
1978	Kim Costello, El Camino, 110 yard low hurdles
1974	Menlo Atherton (tie)
1974	Menlo-Atherton, 880 yard medley relay
1974	Sharon Nichols, Menlo –Atherton, 440 yard run