

Past CCS Champions

Girls Track

1974 Menlo Atherton (tie)
1974 Sharon Nichols, Menlo –Atherton, 440 yard run
1974 Menlo-Atherton, 880 yard medley relay
1978 Kim Costello, El Camino, 110 yard low hurdles
1979 Vanessa Woods, Jefferson, 220 yard dash
1979 Trish King, Menlo-Atherton, high jump
1979 Carlmont, mile relay
1980 Carlmont, 1600m relay
1980 Carolina Perkins, Westmoor, discus
1980 San Carlos, 400m relay
1980 Trish King, Menlo-Atherton, high jump
1981 San Carlos
1981 Julie Middleton, San Mateo, 100m
1981 Brenda Brewer, Hillsdale, 400m
1981 Carlmont, 1600m relay
1981 Cindi Durchslag, San Carlos, discus
1981 Ronda Robinson, San Carlos, spot put
1981 San Carlos
1982 Mills
1983 Woodside
1983 Lexie Maxie, Mills, 400m
1983 Lexie Maxie, Mills, 100m low hurdles
1983 Wendy Brown, Woodside, triple jump
1983 Wendy Brown, Woodside, long jump
1984 Wendy Brown, Woodside, triple jump
1984 Wendy Brown, Woodside, high jump
1984 Wendy Brown, Woodside, long jump
1984 Leslie Maxie, Mills, 100m low hurdles
1984 Leslie Maxie, Mills, 300m low hurdles
1985 Buffy Sexton, Mills, discus
1985 LaShun Peters, Woodside, 100m
1985 Leslie Maxie, Mills, 200m
1985 Leslie Maxie, Mills, 300m low hurdles
1986 Buffy Sexton, Mills, shot put
1986 Buffy Sexton, Mills, discus
1987 Janet Bowie, Woodside, 800m

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