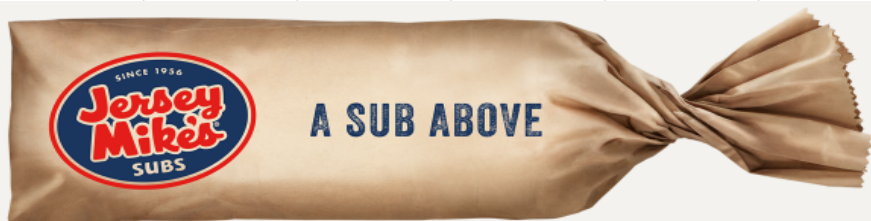


Team Event Goals

	We need 3 Boys...			We need 3 Girls...		
	Good	Better	Best	Good	Better	Best
100	sub 11.70	sub 11.50	sub 11.00	sub 13.60	sub 13.00	sub 12.50
200	sub 23.50	sub 22.50	sub 22.00	sub 28.50	sub 27.00	sub 26.00
400	sub 55.00	sub 53.00	sub 50.00	sub 64.00	sub 62.00	sub 60.00
800	sub 2:05	sub 2:01	sub 1:58	sub 2:35	sub 2:30	sub 2:25
1600	sub 4:55	sub 4:45	sub 4:30	sub 6:00	sub 5:45	sub 5:30
3200	sub 10:30	sub 10:15	sub 10:00	sub 13:00	sub 12:00	sub 11:30
100h/110h	sub 16.5	sub 16	Sub 15.5	sub 20.0	sub 18.0	sub 16.6
300h	sub 47	Sub 45	Sub 42	sub 55.0	sub 53.0	sub 50.0
LJ	over 18'	over 19'	over 20'	over 14'	over 15'	over 16'
HJ	over 5'	over 5'4	over 5'10	over 4'4	over 4'8	over 4'10
TJ	over 34'	over 36'	over 40'	over 28'	over 31'	over 34'
SP	over 36'	over 40'	over 45'	over 28'	over 30'	over 35'
DT	over 120'	over 140'	over 160'	over 80'	over 100'	over 110'
PV	over 10'	over 11'	over 12'	over 7'	over 8'	over 9'



Oxnard High School Track & Field Records

YEAR	MARK	GIRLS	EVENTS	BOYS	MARK	YEAR
2019	11.98	Arissa Thompson	100M DASH	Laurence Burkley	10.45	1985
2019	24.61	Arissa Thompson	200M DASH	Laurence Burkley	21.09	1985
2010	58.30	Nycole Cole	400M DASH	Chase Wells	48.06	2017
2015	2:24.56	Simone Schroder	800M RUN	Lionel Rodriguez	1:54.13c	1957
1993	5:09.80	Gabriella Rodriguez	1600M RUN	Richard Serros	4:11.63c	1966
1993	10:52.34	Gabriella Rodriguez	3200M RUN	Adrian Valdez	9:16.97	2022
2000	15.33	Susan Jackson	100M HURDLES 110M	Grant Weiss	14.26	2012
2010	45.26	Nycole Cole	300M HURDLES	Darrayl King	37.48	2005
1980	5' 2"	Michelle Doolittle	HIGH JUMP	Ray Nickleberry	6' 8"	1959
1980	17' 10½"	Anita Bradley	LONG JUMP	Fred Dangerfield	24' 1¼"	1965
2002	35' 8¾"	Susan Jackson	TRIPLE JUMP	Fred Dangerfield	46' 9"	1965
-	-	-	POLE VAULT	Ken Montgomery	14' 6¾"	1968
2009	41' 10"	Alexandra Cervantes	SHOT PUT	Bud Houser	56' 3"	1922
2022	118' 1"	Aaliyah Espinoza	DISCUS	Carlos Martinez	165' 8"	2008
2010	48.76	Tara Johnson Jasmine Loring Nycole Cole Shi Drake	4 X 100 M RELAY	Andre Williams Dion Lambert Jeff Hand Laurence Burkley	41.57	1985
2010	4:02.37	Jasmine Loring Sydney Caldwell Tara Johnson Nycole Cole	4 X 400 M RELAY	Jerry Conway Bubba Brown Cliff Farrar Fred Dangerfield	3:22.3c	1966
<small>c=converted, All other times are FAT</small>						
YELLOW JACKETS CROSS COUNTRY						
1993	17:57.0	Gabriela Rodriguez	5K	Gustavo Mena	15:33.07	2010
2013	10:01.82	Mikayla Hugins Isabella Dang Danielle Purdy Monica Ramirez	4 X 800 M RELAY	Adrian Valdez DJ (Daniel) Erickson Samuel Adams Ryan Fabian	7:49.51	2022