

**1995 USC WOMEN'S SEASON/CAREER BESTS**  
(with NCAA automatic, NCAA provisional, and Pac-10 qualifying marks listed after events)

**100m** (11.38, 11.65, 12.04)  
Kanika Conwright (11.77, May 6/11.50)  
Tai-ne Gibson (12.04, May 6/--)  
Sau Ying Chan (12.39, April 22/--)  
Sauda Johnson (12.79w, March 18/--)  
Shayna Healy (13.19, April 14/--)  
Glory Dolphin (15.15, March 4/--)

**200m** (23.18, 23.85, 24.64)  
La Tima Jones (23.37, May 6/23.37)  
Kanika Conwright (24.33, May 6/24.33)  
Tai-ne Gibson (25.04, May 19/--)  
Brandy Stephens (25.07, April 14/--)  
Nicole Haynes (25.83, May 12/--)  
Sauda Johnson (26.54c, May 6/--)  
Adriana Lozana (27.39 April 1/--)

**400m** (52.60, 54.15, 55.44)  
La Tima Jones (53.63, May 20/53.63)  
Brandy Stephens (56.43, May 6/55.00)  
Asha Jayasinghe (56.98, March 4/55.61)  
Kerrie Pegues (59.67, April 1 & 8/--)

**800m** (2:05.00, 2:08.50, 2:11.14)  
Treasure Schultz (2:14.49, March 4/2:14.49)  
Miriam Bennett (2:15.5, April 1 & 14/--)  
Tosha Clements (2:20.1, April 1/--)  
Nicole Haynes (2:36.08, May 13/--)

**1500m** (4:19.50, 4:26.00, 4:40.14)  
Christine Lewis (4:41.92, May 13/4:41.92)  
Leticia Mora (4:44.3, April 1/--)  
Mai Ngo (4:57.03, April 14/--)  
Treasure Schultz (4:57.6, April 1/4:49.38)

**3000m** (9:18.00, 9:40.00, 9:54.14)  
Leticia Mora (10:06.4, April 22/--)  
Adriana Lozana (10:48.5 ht, April 14/--)  
Maria Arroyo (10:59.8, March 4/--)  
Christine Lewis (11:05.04 April 8/--)  
Katie Budman (11:29.3, March 4/--)

**5000m** (16:22.00, 16:55.00, No standard)  
Maria Arroyo (19:57, April 1/--)  
Katie Budman (20:35, April 1/--)

**100mHH** (13.35, 13.82, 14.24)  
Sau Ying Chan (13.32, May 6 and June 3/13.14)  
Glory Dolphin (14.74, May 6/--)  
Nicole Haynes (14.76w, May 12/14.76w, 15.00)

**400m IH** (57.65, 59.90, 1:02.54)  
Nekeidra Shegog (1:01.93, May 19/--)  
Glory Dolphin (1:03.48, March 4/--)

**HIGH JUMP** (6-1 1/2 [1.87], 5-9 1/4 [1.76], 5-7 [1.70])  
Crissy Mills (5-10 [1.78], February 18 and May 6/6-1 1/2 [1.87])  
Nicole Haynes (5-4 1/4 [1.63], May 12/--)  
Reischea Canidate (5-4 [1.63], February 18/--)  
Beth Johnson (5-0 [1.53], February 18/--)

**LONG JUMP** (21-4 [6.50], 20-4 1/4 [6.20], 19-0 1/2 [5.80])  
Nicole Haynes (20-1 1/2 [6.13], May 13/20-1 1/2 [6.13])  
Glory Dolphin (19-11 1/2 [6.08], May 13/21-7 [6.57])  
Jennifer Oliviera (18-6 1/4 [5.65], April 8/--)  
Ursula Walton (16-1 1/2 [4.91], March 4/--)

**TRIPLE JUMP** (42-11 3/4 [13.10], 41-0 1/4 [12.50], 38-10 1/2 [11.85])  
Glory Dolphin (40-10 1/4 [12.45], April 15/40-10 1/4 [12.45])  
Nicole Haynes (38-11 3/4w [11.88w], May 6/--)

**SHOT PUT** (52-8 [16.05], 47-10 3/4 [14.60], 42-8 [13.00])  
Carrie Martin (41-9 3/4 [12.74], May 6/--)  
Nicole Haynes (37-8 1/2 [11.49], May 12/--)

**DISCUS** (173-11 [53.00], 159-1 [48.50], 147-8 [45.00])  
Carrie Martin (158-2 [48.20], May 13/--)  
Celeste McVey (135-10 [41.40], March 4/160-11 [49.04])  
Cindy Makens (121-0 [36.88], May 6/--)

**JAVELIN** (169-9 [51.74], 152-7 [46.50], 147-8 [45.00])  
Celeste McVey (152-4 [46.44], February 18/161-10 [49.32])  
Nicole Haynes (149-1 [45.44], April 1/158-10 [48.42])  
Cindy Makens (58-1 [17.70], February 18/--)

**4x100m RELAY** (44.34, 45.40, No standard)  
44.98 (Chan, Conwright, Gibson, Jones -- May 20)

**4x400 RELAY** (3:33.50, 3:40.00, No standard)  
3:45.14c (Stephens, Gibson, Shegog, Jones -- April 22)

**HEPTATHLON**  
Nicole Haynes (5306, May 12-13/--)

w--wind-aided mark

c--mark converted from hand timed to electronic timed

(Note: "--" means no career best mark is available)