

# 2004 USC Women's Season/Career Bests

as of 5/3/04

**Bold=NCAA Regional Qualifying Mark**

***Italic=Pac-10 Qualifying Mark***

100m

Virginia Powell (**11.39, Apr. 18**/11.39)  
Miya Edmonson (**11.59, May 1**/11.59)  
Alexis Weatherspoon (**11.62, May 1**/11.62)  
Dominique Dorsey (*11.97, May 1*/11.97)  
Tara Davis-Quarrie (*11.93w, March 20*, 12.26, Apr. 24/12.26)  
Tiffany Bennett (*12.00, Apr. 3*/11.86)  
Michelle Sanford (12.07w, March 6, 12.34, Apr. 10/12.34)  
Tracee Thomas (12.12, Apr. 24/12.12)  
Candice Davis (12.27w, March 20, 12.30, Apr. 10/12.30)  
Erin Williams (12.34w, March 13/—)  
Whitney Graham (12.42, Apr. 10/12.42)  
Merrill Bassalone (12.76, Apr. 24/—)  
Stephanie Marquez (12.89w, March 6/—)

200m

Miya Edmonson (**23.46, May 1**/23.46)  
Dominique Dorsey (**23.75, May 1**/23.75)  
Alexis Weatherspoon (**23.76, May 1**/23.76)  
Virginia Powell (**23.78, March 20**/23.78)  
Tiffany Bennett (*24.26, March 27*/24.01)  
Whitney Graham (24.62, May 1/24.62)  
Tracee Thomas (24.79, Apr. 10/24.79)  
Tara Davis-Quarrie (24.77, Apr. 24/24.77)  
Erin Williams (25.80, March 13/25.80)  
Merrill Bassalone (25.85, Apr. 24/25.85)  
Candice Davis (25.91, Apr. 10/25.91)  
Stephanie Marquez (27.17, Apr. 24/--)

400m

Tracee Thomas (**52.99, May 1**/52.99)  
Treati Swain (**53.62, May 1**/53.62)  
Gina Clayton (56.80, Apr. 24/56.80)  
Jazmin Treadway (64.89, March 20/64.89)

800m

Iryna Vashchuk (**2:08.48, Apr. 18**/2:08.48)  
Gina Clayton (**2:08.60, May 1**/2:08.60)  
Treati Swain (**2:10.18, Apr. 18**/2:10.18)  
Shantae McKinney (2:12.28, May 1/2:12.28)  
Crystal Becker (2:16.90, Apr. 24/2:14.94)  
Kristen Berglas (2:17.78, Apr. 24/2:17.78)

1500m

Iryna Vashchuk (**4:17.90, March 27**/4:17.90)  
Kristen Berglas (4:43.16, May 1/4:43.16)  
Crystal Becker (5:00.41, May 1/5:00.41)  
Jessica Cuevas (5:02.02, Apr. 24/5:02.02)

3000m

Iryna Vashchuk (9:31.14, March 20/9:31.14)  
Beth Van Alstine (9:49.07, March 20/9:49.07)  
Kate Neeper (10:24.62, March 20/10:24.62)  
Christina Eads (10:56.14, March 20/10:56.14)

3000m Steeplechase

Julia Budniak (**10:45.77, May 1/10:45.77**)  
Victoria Carter (11:36.77, May 1/11:36.77)

5000m

Julia Budniak (**16:42.65, Apr. 18/16:42.65**)  
Beth Van Alstine (16:53.90, Apr. 18/16:53.90)  
Kate Neeper (17:46.19, March 6/17:46.19)

10,000m

Beth Van Alstine (**34:29.62, March 27/34:29.62**)  
Kate Neeper (36:09.24, Apr. 17/36:09.24)

60m Indoor Hurdles

Virginia Powell (8.25, Feb. 13/8.25)

100m HH

Virginia Powell (**13.25w, Apr. 18, 13.50, May 1/13.07**)  
Candice Davis (**13.93, March 13/13.93**)  
Tunisia Johnson (14.37, May 1/14.12)  
Tiffany Jones (15.25, March 20/15.25)

400m IH

Tunisia Johnson (**59.85, May 1/59.59**)

Relays

400m Relay (**43.98, May 1**)  
Weatherspoon, Powell, Edmonson, Dorsey

1600m Relay (**3:36.10, May 1**)

High Jump

Lindsay Oman (5-5, March 20/5-5)  
Molly Mahar (5-1 3/4, Feb. 28/5-3)  
Shannon Smith (4-11 3/4, March 20/5-1 3/4)

Pole Vault

Melissa Astete (12-3 1/2, March 6/12-11 1/2)  
Shannon Lewallen (11-10 (3.61), May 1/11-10)  
Jessica Luna (10-10, March 6/10-10)  
Joanne Rapadas (10-0, Feb. 28/10-0)

Long Jump

Michelle Sanford (**20-10 1/2 (6.36), May 1/20-10 1/2**)  
Erin Williams (19-4 3/4 (5.91), May 1/19-9 3/4)  
Tiffany Jones (19-0 (5.79), May 1/19-0)  
Tracee Thomas (17-9 3/4, March 20/17-9 3/4)  
Shannon Lewallen (16-10, Feb. 28/16-10)

Triple Jump

Michelle Sanford (**43-10 1/2w, Apr. 3, 42-7 1/2, March 20/43-2 1/4i**)

Shot Put

L'Orangerie Crawford (**56-0, March 13/56-0**)

Discus

Kate Hutchinson (**168-1 [51.24], May 1/168-1**)  
L'Orangerie Crawford (149-10 (45.67), May 1/149-10)  
Andrea McBride (134-9, March 13/134-9)  
Leslie Erickson (132-3, March 20/132-3)

Hammer

L'Orangerie Crawford (**205-10, March 13/205-10**)  
Julia Rosenfeld (**197-6 [60.21], Apr.24/197-6**)

Kate Hutchinson (148-9, March 20/148-9)  
Andrea McBride (140-10, March 13/140-10)

Javelin

Inga Stasiulionyte (**175-6, Apr. 3**/186-10)  
Leslie Erickson (**154-1 [46.97], May 1**/168-11)  
Andrea McBride (**146-2, March 20**/146-2)