

# 2007 USC Women's Season/Career Bests

## 100m

Carol Rodriguez (11.15w, June 6/11.24h)  
Jessica Onyepunuka (11.26w, June 6/11.31)  
Candice Davis (11.54, April 28/11.54)  
Elizabeth Olear (11.75, March 10/11.33)  
Shalina Clarke (11.87, May 12/11.87)  
Shana Woods (-----/11.62)  
Judith Onyepunuka (-----/11.68)  
Tara Davis-Quarrie (12.90, Feb. 24/11.90)

## 200m

Carol Rodriguez (22.87w, May 26/22.23)  
Jessica Onyepunuka (23.26, May 25/23.26)  
Shana Woods (23.94, April 11/23.94)  
Shalina Clarke (24.21, March 10/24.21)  
Myra Hassan (24.41w, March 30/24.21)  
Judith Onyepunuka (24.70, March 30/23.99)  
Tara Davis-Quarrie (24.75, March 17/24.72)  
Elizabeth Olear (25.02, April 21/23.36)  
Lindsay Oman (26.36, April 11/25.9)

## 400m

Carol Rodriguez (51.90, April 28/51.51)  
Myra Hassan (53.25, April 7/53.25)  
Tara Davis-Quarrie (54.66, May 5/54.66)  
Judith Onyepunuka (55.64, April 13/54.00)  
Shalina Clarke (55.99, March 10/55.99)  
Elizabeth Olear (56.72, April 21)

## 800m

Melissa Margulies (2:15.82, April 28/2:15.82)  
Kelsey Connor (2:19.33, April 7/2:14.8)  
Myra Hasson (2:19.35, April 21)  
Lindsay Oman (2:19.51, April 12/2:18.7)  
Tara Davis-Quarrie (2:20.83, April 21)  
Jennifer Wells (2:21.29, March 24/2:17.1)  
Chanel Fischetti (2:22.19, April 7/2:17)  
Shana Woods (2:23.88, April 12/2:20)

## 1500m

Oksana Milokumova (4:32.40, April 13/4:21)  
Natalia Kovtun (4:37.46, April 7/4:22)  
Katherine Ellis (4:48.50, April 14/4:48.50)  
Kristen Berglas (4:49.44, April 14/4:36.60)  
Bridget Helgerson (5:01.57, April 7/4:56)

## 3000m

Natalia Kotvun (10:08.52, March 24/10:08.52)  
Oksana Milokumova (10:08.73, March 24/10:08.73)  
Kristen Berglas (-----/10:12.60)  
Daniela Gergley (10:16.21, March 24/10:16.21)  
Bridget Helgerson (10:48.77, March 24/10:46.00)  
Ashley Jensen (-----/10:06)

## 3000m Steeplechase

Natalia Kovtun (11:14.08, April 13/10:18)  
Katherine Ellis (11:54.80, April 7/11:54.80)

## 5000m

Oksana Milokumova (17:41.24, March 30/16:20)  
Natalia Kovtun (17:53.45, March 30)  
Daniela Gergley (17:54.46, March 30/17:54.46)  
Bridget Helgerson (18:34.80, April 14/18:34.80)  
Ashley Jensen (-----/17:27)

## 100m HH

Candice Davis (12.88w, April 15/12.90)  
Shalina Clarke (13.48, May 25/13.48)  
Talia Stewart (13.56, March 31/13.33)  
Shana Woods (13.93, June 7/13.93)  
Katie Kirst (14.95, Feb. 24/14.95)  
Lindsey Oman (15.14, May 5/14.7)

## 400m IH

Shalina Clarke (57.78, April 28/57.78)  
Talia Stewart (58.65, March 17/58.65)  
Katie Kirst (1:00.16, May 13/1:00.16)  
Emile Winckel (1:04.61, March 17/1:04.61)

## 4x100m Relay

(43.61, March 17)  
Onyepunuka, Davis, Stewart, Rodriguez

## 4x400m Relay

(3:34.80, June 7)  
Hassan, Clarke, Ju.Onyepunuka, T.Davis-Quarrie

## High Jump

Marylin Anene (5-8 3/4 (1.75m), March 17/5-8 3/4)  
Shana Woods (5-5 1/4 (1.66m), May 5/5-5 3/4)  
Lindsay Oman (5-5 (1.65m), March 17/5-5)  
Maya Coelho (4-9 3/4 (1.47m), Feb. 24/4-9 3/4)

## Pole Vault

Chun Mei Nickles (12-5 1/2 (3.80m), April 21/12-5 1/2)  
Kenisha Strong (10-8 (3.25m), March 3/10-11 3/4)  
Jasmine Knight (9-6 1/4 (2.90m), April 21/9-6 1/4)  
Daymora Pen (-----/11-1 3/4)

## Long Jump

Shana Woods (20-8 (6.30m), April 28/20-10)  
Michelle Sanford (20-3 1/2 (6.18m), April 28/20-10 1/2)  
Myeshia Gibson (19-0 3/4 (5.81m), April 28/19-0 3/4)  
Jamila Marston (17-1 1/4w (5.21m), May 5/17-3 1/4)  
Nicole Anthony (16-6 (5.03m), March 3/16-6)  
Lindsay Oman (16-5 1/4 (5.01m), April 12/17-0)

## Triple Jump

Michelle Sanford (41-8 (12.70m), April 28/43-9 1/4)  
Marylin Anene (39-3 1/4 (11.97m), Feb. 24/39-3 1/4)  
Myeshia Gibson (38-3 1/2 (11.67m), April 28/38-5)

## Shot Put

Andrea McBride (45-8 1/2 (13.93m), April 28/45-8 1/2)  
Eva Orban (42-2 3/4 (12.87m), April 28)  
Lindsay Oman (38-8 3/4 (11.80m), April 28/38-8 3/4)  
Shana Woods (35-6 (10.82m), May 5/35-6)

## Hammer

Eva Orban (219-9 (66.98m), April 15/226-8)  
Julia Rozenfeld (202-10 (61.83m), May 26/203-1)  
Alexandrea Williams (174-0 (53.04m), March 10/174-0)

## Javelin

Shana Woods (130-6 (39.77m), June 8/130-6)  
Lindsay Oman (108-6 (33.08m), March 24/109-10)  
Arielle Sepulveda (107-1 (32.65m), April 28/107-1)  
Andrea McBride (-----/161-7)

## Heptathlon

Shana Woods (5,507 points, June 7-8/5,533 points)  
Lindsay Oman (4,891 points, April 12/4,891 points)