

# 2008 USC Women's Season/Career Bests

## 100m

Carol Rodriguez (11.34, April 5/11.24h)  
Jessica Onyepunuka (11.34, May 31/11.31)  
Elizabeth Olear (-----/11.33)  
Shana Woods (11.82w, April 19/11.62)  
Judith Onyepunuka (11.75, May 3/11.68)  
Shalina Clarke (-----/11.87)  
Kira Davis-Quarrie (12.71, April 26/12.1)  
Jennifer Mueller (14.15, Feb. 23)

## 200m

Carol Rodriguez (22.84w, April 18/22.23)  
Jessica Onyepunuka (23.40, May 16/23.26)  
Nia Ali (23.94, May 9/23.94)  
Elizabeth Olear (24.57, April 26/23.36)  
Judith Onyepunuka (24.24w, April 19/23.87)  
Shana Woods (24.21, May 9/23.94)  
Shalina Clarke (-----/24.21)  
Kira Davis-Quarrie (25.99, April 5/24.8)  
Lindsay Oman (26.05, April 2/25.9)  
Jennifer Mueller (27.27, May 3)

## 400m

Carol Rodriguez (51.39, May 3/51.39)  
Myra Hasson (53.93, May 3/53.25)  
Judith Onyepunuka (56.53, March 22/54.00)  
Elizabeth Olear (54.36, May 3)  
Shalina Clarke (-----/55.99)

## 800m

Sarah Cocco (2:13.87, April 19/2:05.70)  
Melissa Margulies (2:19.80, March 22/2:15.82)  
Chanel Fischetti (2:20.49, April 26/2:17)  
Lindsay Oman (2:15.24, May 10/2:15.24)  
Allison Rojewski (2:17.32, May 3, 2:17.32)  
Myra Hasson (2:18.47, March 8/2:18.47)  
Shana Woods (2:23.13, May 10/2:20)  
Devon Rennie (2:25.78, March 22)

## 1500m

Zsafia Erdelyi (4:30.96, May 3)  
Sarah Cocco (4:31.49, March 22/4:31.49)  
Katherine Ellis (4:38.29, April 5/4:38.29)  
Jennifer Wells (4:49.09, March 22/4:49.09)  
Chanel Fischetti (4:50.10, April 5)  
Bridget Helgerson (-----/4:56)  
Christine Greer (4:57.54, March 15/4:57.54)  
Jasmine Leija (4:52.94, April 19/4:52.94)  
Laura Meyers (4:59.81, March 15)

## 3000m

Zsafia Erdelyi (9:33.29, March 22/9:33.29)  
Sarah Cocco (9:42.68, March 1/9:42.68)  
Laura Meyers (10:24.36, March 22/10:06)  
Christine Greer (10:27.49, March 22/10:27.49)  
Zara Lukens (10:51.52, March 1/10:51.52)  
Jasmine Leija (11:15.56, March 1/11:15.56)  
Taylor Carroll (11:36.21, April 26)

## 3000m Steeplechase

Zsafia Erdelyi (10:03.73, May 31/10:03.73)  
Laura Meyers (10:49.95, April 5/10:49.95)  
Katherine Ellis (11:19.07, May 10/11:19.07)  
Jennifer Wells (12:40.35, May 3)

## 5000m

Zsafia Erdelyi (16:36.66, April 5/16:25.25)  
Bridget Helgerson (18:05.63, April 19/18:05.63)  
Christine Greer (18:06.72, April 19/18:06.72)  
Zara Lukens (18:48.76, April 19/18:48.76)  
Taylor Carroll (20:04.75, April 19)

## 10000m

Zara Lukens (39:09.20, April 11/39:09.20)

## 100m HH

Shalina Clarke (13.13, March 22/13.13)  
Nia Ali (13.14, May 9/13.14)  
Shana Woods (13.76, May 3/13.76)  
Katie Kirst (14.67, May 3/14.67)  
Lindsey Oman (14.75, March 22/14.7)

## 400m IH

Shalina Clarke (58.05, May 17/57.78)  
Talia Stewart (1:03.13, May 3/58.65)  
Katie Kirst (59.79, May 3/59.79)

## 4x100m Relay (44.00, May 17)

Clarke, Jessica Onyepunuka, Judith Onyepunuka, Rodriguez

## 4x400m Relay (3:31.85, May 3)

Olear, Clarke, Rodriguez, Hasson

## High Jump

Nia Ali (5-8 3/4 (1.75), May 9 20/5-8 3/4)  
Marylin Anene (5-6 (1.67m), April 18/5-8 3/4)  
Lindsay Oman (5-7 (1.70m), March 22/5-7)  
Shana Woods (5-5 1/4 (1.66m), May 9/5-5 3/4)

## Pole Vault

Chun Mei Nickles (12-4 (3.76m), April 25/12-5 1/2)  
Kenisha Strong (11-1 3/4 (3.40m), March 22/11-1 3/4)  
Kalynn Good (10-2 (3.10m), April 26/11-0)  
Jasmine Knight (10-2 (3.10m), April 26/10-2)

## Long Jump

Michelle Sanford (20-11 1/4w (6.38m), April 20/20-10 1/2)  
Shana Woods (19-7 1/2 (5.98m), March 22/20-10)  
Cara Bickers (18-1 1/2 (5.52m), May 3/18-3 3/4)  
Courtney Clayton (17-11 (5.46m), April 19/18-2)  
Mei Nickles (17-5 1/2 (5.32m), March 1/18-1)  
Lindsay Oman (17-0 (5.18m), March 22/17-0)  
Nicole Anthony (16-5 3/4 (5.02m), March 1/16-6)

## Triple Jump

Michelle Sanford (43-1 1/2 (13.14m), May 3/43-9 1/4)  
Marylin Anene (41-11 1/4 (12.78m), May 3/41-11 1/4)  
Mei Nickles (39-6 1/2 (12.05m), May 3/39-6 1/2)  
Cara Bickers (35-2 (10.72m), May 3/37-8)

## Shot Put

Kate Hutchinson (43-1 1/2, May 3)  
Eva Orban (-----/42-2 3/4)  
Lindsay Oman (35-11 1/2 (10.96m), April 2/38-8 3/4)  
Nia Ali (36-4 3/4 (11.09m), May 9)  
Shana Woods (34-0 (10.36m), May 9/35-6)

## Discus

Kate Hutchinson (178-1 (54.29m), April 25/189-5)  
Lauren Guerrieri (157-1 (47.88m), April 5/157-1)

## Hammer

Eva Orban (230-3 (70.18m), March 15/230-3)  
Lauren Guerrieri (147-6 (44.96m), May 2/147-6)  
Tamara Baumann (146-4 (44.61m), April 10/146-4)

## Javelin

Kristine Busa (169-7 (51.70m), March 22/169-7)  
Shana Woods (135-4 (41.26m), June 14/135-4)  
Lindsay Oman (100-7 (30.67m), March 1/109-10)  
Arielle Sepulveda (104-9 (31.94m), May 3/107-1)

## Heptathlon

Shana Woods (5,474, May 10/5,533 points)  
Nia Ali (-----/5,490 points)  
Lindsay Oman (5,025, April 3/5,025 points)