

2009 USC Women's Season/Career Bests

100m

Judith Onyepunuka (11.46, May 2/11.46)
Aareon Payne (11.48, May 2/11.48)
Elizabeth Olear (11.84, March 7/11.33)
Erica Alexander (11.90, May 2/11.40)
Shana Woods (-----/11.62)
Elan Hilaire (12.42, March 7/11.68)
Shalina Clarke (-----/11.87)
Kira Davis-Quarrie (12.67, April 25/12.1)

200m

Aareon Payne (23.36w, May 2/23.47)
Shalina Clarke (23.46w, May 2/23.52)
Judith Onyepunuka (23.59w, April 25/23.81)
Dalilah Muhammad (23.62, April 25)
Shana Woods (23.86, May 9/23.94)
Nia Ali (23.90, June 11/23.90)
Elizabeth Olear (23.91, March 29/23.36)
Erica Alexander (24.50w, May 2/23.53)
Kira Davis-Quarrie (25.99, May 9/24.8)

400m

Elizabeth Olear (53.40, May 2/53.40)
Myra Hasson (53.82, May 17/53.25)
Erica Alexander (56.78, May 16/53.29)
Elan Hilaire (-----/53.97)
Dalilah Muhammad (-----/54.00)
Judith Onyepunuka (-----/54.00)
Frida Flodstrom (56.65, April 18/55.55)
Aareon Payne (-----/55.88)
Shalina Clarke (-----/55.99)

800m

Frida Flodstrom (2:06.65, May 2/2:05.76)
Anniya Louis (2:10.15, May 9/2:09.16)
Allison Rojewski (2:13.86, April 18/2:13.86)
Katherine Ellis (2:17.01, April 4)
Dalilah Muhammad (2:17.53, March 7/2:17.53)
Myra Hasson (-----/2:18.47)
Shana Woods (2:26.41, May 10/2:20)
Nia Ali (2:28.77, April 10)

1500m

Zsafia Erdelyi (4:23.18, May 2/4:23.18)
Katherine Ellis (4:36.88, March 14/4:36.88)
Allison Rojewski (4:40.23, April 4/4:40.23)
Chanel Fischetti (4:43.56, March 29/4:43.56)
Leah Gaeta (4:44.30, April 18/4:44.30)
Christine Greer (4:45.75, April 25/4:45.75)
Anniya Louis (4:46.06, April 4/4:46.06)
Jessica Lundin (4:48.56, April 4/4:48.56)
Kristin Byrne (4:56.49, April 18)
Jasmine Leija (4:58.29, April 4/4:52.94)
Liz Gill (5:02.24, April 18)
Zara Lukens (5:07.27, April 4)

3000m

Zsafia Erdelyi (9:38.66, March 21/9:33.29)
Christine Greer (10:19.44, March 21/10:19.44)
Bridget Helgerson (10:34.12, March 21/10:34.12)
Jessica Lundin (10:41.38, March 1)
Zara Lukens (10:47.11, March 1/10:47.11)
Kristin Byrne (11:24.36, March 21)

3000m Steeplechase

Zsafia Erdelyi (10:01.99, May 30/10:01.99)
Katherine Ellis (11:07.26, May 2/11:07.26)
Chanel Fischetti (11:24.08, April 18/11:24.08)
Jessica Lundin (11:44.11, May 2/11:44.11)

5000m

Zsafia Erdelyi (16:09.38, July 19/16:09.38)
Shea Wickland (17:34.99, April 4/17:34.99)
Christine Greer (17:50.89, March 28/17:50.89)
Bridget Helgerson (18:07.20, April 18/18:05.63)
Zara Lukens (18:33.95, April 18/18:33.95)

10000m

Zsafia Erdelyi (33:39.89, July 17/33:39.89)
Shea Wickland (36:16.00, March 7/36:16.00)
Zara Lukens (38:12.91, March 7/38:12.91)

100m HH

Shalina Clarke (13.14w, May 16/13.13)
Nia Ali (13.17, June 11/13.14)
Dalilah Muhammad (13.61w, May 16/13.79)
Shana Woods (13.84, May 9/13.76)

400m IH

Dalilah Muhammad (56.49, June 11/56.49)
Shalina Clarke (1:01.06, March 21/57.78)

4x100m Relay

(44.37, May 17)
Clarke, Onyepunuka, Woods, Payne

4x400m Relay

(3:31.57, June 11)
Olear, Clarke, Muhammad, Hasson

High Jump

Nia Ali (5-10 3/4 (1.80m), May 2/5-10 3/4)
Dalilah Muhammad (5-7 (1.70m), May 2/5-9)
Akene Anene (5-7 (1.70m), May 2/5-8 3/4)
Shana Woods (5-5 1/4 (1.66m), June 11/5-5 3/4)
Candace Bailey (4-11 (1.50m), May 2)

Pole Vault

Brysun Stately (13-11 1/4 (4.25m), April 18/14-3 1/4)
Kenisha Strong (12-1 1/2 (3.70m), April 4/12-1 1/2)
Jasmine Knight (10-6 (3.20m), May 2/10-6)
Kalynn Good (10-2 (3.10m), March 21/11-0)
Kelly Williams (9-2 1/4 (2.80m), March 21)

Long Jump

Shana Woods (20-5w (6.22m), May 2/20-10)
Nia Ali (19-4 (5.89m), June 12)
Courtney Clayton (18-8 (5.69m), March 1/18-8)
Cara Bickers (18-7 (5.67m), May 2/18-7)
Nicole Anthony (16-10 (5.13m), May 2/16-10)
Candace Bailey (15-2 (4.62m), April 4)

Triple Jump

Akene Anene (39-7 1/4w (12.07m), May 2/41-11 1/4)
Cara Bickers (36-5 (11.10m), April 4/37-8)
Candace Bailey (34-10 3/4 (10.64m), May 2/34-10 3/4)
Katherine Chang (32-5 1/4 (9.89m), May 2/32-5 1/4)

Shot Put

Nia Ali (44-8 (13.61m), April 9/44-8)
Katalin Mate (44-1 1/2 (13.44m), March 21/48-11 1/2)
Marissa Minderler (44-0 (13.41m), May 2/44-0)
Shana Woods (35-4 (10.77m), June 11/35-6)

Discus

Katalin Mate (165-10 (50.55m), May 29/178-7)
Ashley Pyka (152-1 (46.35m), April 24/152-1)
Lauren Guerrieri (146-0 (46.14m), April 24/157-1)
Marissa Minderler (143-5 (43.71m), April 24/143-5)
Eva Orban (140-5 (42.79m), April 24/140-5)

Hammer

Eva Orban (226-10 (69.15m), May 2/230-3)
Marissa Minderler (178-11 (54.53m), March 21/178-11)
Tamara Baumann (166-4 (50.70m), March 1/166-4)
Ashley Pyka (152-10 (46.59m), May 2)
Kathryn Daniels (152-0 (46.32m), March 1)

Javelin

Kristine Busa (179-1 (54.78m), July 18/179-1)
Marissa Minderler (153-0 (46.64m), May 2/153-0)
Shana Woods (133-2 (40.58m), May 2/135-4)
Nia Ali (128-9 (39.24m), May 10)
Devon Rennie (111-4 (33.94m), May 2/111-4)

Heptathlon

Nia Ali (5,824, June 12/5,824 points)
Shana Woods (5,490, May 10/5,533 points)