

2010 USC Women's Season/Career Bests

100m

Elizabeth Olear (-----/11.33)
Judith Onyepunuka (11.56w, May 1/11.46)
Aareon Payne (11.84, March 6/11.48)
Elan Hilaire (-----/11.68)
Shalina Clarke (11.71w, May 1/11.87)
Kira Davis-Quarrie (12.57, May 1/12.1)
Alitta Boyd (12.36w, April 2)
Ekene Anene (12.45, March 13)
Jennifer Jones (12.85, March 13)

200m

Elizabeth Olear (23.77w, May 1/23.36)
Aareon Payne (24.01, May 15/23.47)
Shalina Clarke (23.80w, April 16/23.52)
Dalilah Muhammad (-----/23.62)
Judith Onyepunuka (23.71w, May 1/23.81)
Myra Hasson (24.22, April 24/24.21)
Kira Davis-Quarrie (26.27, March 20/24.8)
Katherine Chang (27.11, March 13)
Alexis Brown (25.95w, May 1)
Jazzmin Owens (27.22w, April 24)
Caroline Lutzky (28.49, April 24)

400m

Myra Hasson (53.13, May 1/53.13)
Elizabeth Olear (53.29, May 28/53.29)
Elan Hilaire (57.38, April 17/53.97)
Dalilah Muhammad (-----/54.00)
Judith Onyepunuka (-----/54.00)
Aareon Payne (-----/55.88)
Shalina Clarke (-----/55.99)
Alexis Brown (58.40, May 1)
Jazzmin Owens (62.65, April 24)
Caroline Lutzky (66.37, March 13/65.8)

800m

Anniya Louis (-----/2:09.16)
Christine Cortez (2:09.76, May 1/2:09.76)
Allison Rojewski (2:14.33, May 1/2:13.86)
Katherine Ellis (-----/2:17.01)
Dalilah Muhammad (-----/2:17.53)
Myra Hasson (-----/2:18.47)

1500m

Zsafia Erdelyi (4:26.44, May 1/4:23.18)
Christine Cortez (4:28.12, March 20/4:28.12)
Katherine Ellis (4:37.02, April 17/4:36.88)
Christy Ambrosini (4:42.17, March 20/4:39)
Allison Rojewski (4:44.63, April 10/4:40.23)
Leah Gaeta (4:41.05, March 13/4:41.05)
Anniya Louis (-----/4:46.06)
Kathleen Moloney (4:46.94, March 13)
Jessica Lundin (4:52.56, March 13/4:48.56)
Bridget Helgerson (5:00.68, May 1/4:56)
Zara Lukens (-----/5:07.27)

3000m

Zsafia Erdelyi (9:27.96, March 20/9:27.96)
Bridget Helgerson (10:57.44, March 20/10:34.12)
Jessica Lundin (-----/10:41.38)
Theresa Kurth (10:44.92, March 20)
Zara Lukens (-----/10:47.11)

3000m Steeplechase

Zsafia Erdelyi (-----/10:01.99)
Katherine Ellis (11:26.17, April 10/11:07.26)
Jessica Lundin (11:44.80, May 1/11:44.11)
Theresa Kurth (12:04.49, May 1/12:04.49)

5000m

Zsafia Erdelyi (16:12.42, May 16/16:09.38)
Kathleen Moloney (17:29.33, March 6/17:29.33)
Shea Wickland (-----/17:34.99)
Bridget Helgerson (17:56.84, March 6/17:56.84)
Jessica Lundin (18:21.27, March 6)
Theresa Kurth (18:28.34, April 17)
Zara Lukens (18:31.10, May 1/18:31.10)
Dina Kitayama (18:38.14, May 1/18:38.14)

10000m

Zsafia Erdelyi (33:18.75, March 26/33:18.75)
Shea Wickland (-----/36:16.00)
Zara Lukens (37:21.16, March 13/37:21.16)
Dina Kitayama (37:22.76, April 15/37:22.76)

100m HH

Shalina Clarke (13.09, May 29/13.09)
Nia Ali (-----/13.14)
Shana Woods (-----/13.76)
Dalilah Muhammad (13.88, May 1/13.79)

400m IH

Dalilah Muhammad (57.14, May 16/56.49)
Shalina Clarke (-----/57.78)

4x100m Relay

(44.40, May 1)
Clarke, Onyepunuka, Olear, Payne

4x400m Relay

(3:33.22, May 29)
Clarke, Olear, Hasson, Muhammad

High Jump

Nia Ali (-----/5-10 3/4)
Dalilah Muhammad (5-8.75 (1.75m), April 10/5-9)
Ekene Anene (5-7 (1.70m), March 13/5-8.75)
Shana Woods (-----/5-5.75)
Jennifer Stutland (5-3.25 (1.61m), May 1/5-3.25)
Candace Bailey (4-11 (1.50m), March 13/4-11)

Pole Vault

Brysun Stately (14-0.00 (4.27m), May 1/14-3.25)
Kalynn Good (-----/11-0)
Jasmine Knight (10-6.75 (3.22m), May 1/10-6.75)

Long Jump

Shana Woods (-----/20-10)
Alitta Boyd (20-3.00 (6.17m), May 28/20-6.5)
Nia Ali (-----/19-4)
Courtney Clayton (17-6.75 (5.35m), May 1/18-8)
Cara Bickers (17-5 (5.31m), March 13/18-7)
Jennifer Jones (16-3.5 (4.97m), March 13)
Alycia Carrillo (15-5.00 (4.70m), May 1)
Candace Bailey (-----/15-2)

Triple Jump

Alitta Boyd (41-11.25 (12.78m), May 29/42-11.5)
Ekene Anene (42-10.25 (13.06m), May 29/42-10.25)
Candace Bailey (37-10.75 (11.55m), May 1/37-10.75)
Cara Bickers (36-4 (11.07m), May 1/37-8)
Katherine Chang (34-4.00 (10.46m), May 1/34-4.00)

Shot Put

Lauren Chambers (43-5.25, May 1/49-1)
Marissa Minderler (48-6.75 (14.80m), March 28/48-6.75)
Nia Ali (-----/44-8)
Shana Woods (-----/1/35-6)

Discus

Lauren Guerrieri (168-6 (51.37m), May 1/168-6)
Ashley Pyka (-----/152-1)
Marissa Minderler (138-1 (42.10m), March 20/143-5)
Lauren Chambers (113-3 (34.52m), May 1)

Hammer

Lauren Chambers (206-5 (62.93m), April 16/206-5)
Marissa Minderler (193-1 (58.85m), April 24/193-1)
Tamara Baumann (183-3 (55.85m), April 16/183-3)
Kathryn Daniels (159-3 (48.54m), May 16/159-3)
Ashley Pyka (148-8 (45.33m), March 13/152-10)

Javelin

Kristine Busa (172-7 (52.61m), March 20/179-1)
Marissa Minderler (157-3 (47.92m), April 2/157-3)
Shana Woods (-----/135-4)
Devon Rennie (130-4 (39.74m), March 20/130-4)
Nia Ali (-----/128-9)

Heptathlon

Nia Ali (-----/5,824)
Shana Woods (-----/5,533 points)