

2013 USC Women's Track and Field Season Bests (as of 6/9/13)

100m

Jessica Davis (11.52w, April 5/11.19)
Akawkaw Ndipagbor (11.48, April 27/11.48)
Jenna Puterbaugh (11.60, March 23/11.60)
Loudia Laarman (11.61, May 23/11.61)
Charity Bruce (12.07, May 11/11.80)
Vanessa Jones (11.93w, Feb. 23)
Alitta Boyd (12.19, April 19/12.03)
Melia Cox (12.18, March 9)
Kiana Henry (----/12.57)
Malea Malik (----/12.78)
Jennifer Jones (----/12.85)
Candace Bailey (----/12.94)
Alexis Brown (13.04, Feb. 23/12.99)
Katherine Chang (13.02w, Feb. 23/12.84)
Caroline Lutzky (13.47, April 27/13.47)

200m

Jessica Davis (23.41, March 23/22.84)
Akawkaw Ndipagbor (23.46w, June 6/23.38)
Jenna Puterbaugh (23.48, March 23/23.48)
Vanessa Jones (23.80, April 19/23.80)
Ashley Liverpool (24.00, April 19/23.98)
Loudia Laarman (23.91, May 11/23.91)
Charity Bruce (26.25, March 23/24.96)
Melia Cox (25.00, March 9)
Jennifer Jones (----/25.00)
Kiana Henry (26.18, May 4/26.18)
Alitta Boyd (----/26.33)
Candace Bailey (26.80, March 9)
Oluwakemi Olonade (27.56, March 9/27.56)
Caroline Lutzky (28.18, March 23)
Samantha Ojo (28.37, March 16)

400m

Ashley Liverpool (53.04, May 11/52.47)
Vanessa Jones (52.89, May 12/52.89)
Akawkaw Ndipagbor (53.69, March 23/53.12)
Jessica Davis (57.47, March 9/54.10)
Jenna Puterbaugh (----/54.63)
Malea Malik (----/55.01)
Jaide Stepter (58.04, March 9)
Alexis Brown (60.33, March 16/58.40)
Kelly Owen (61.18, April 6/60.14)
Shelby Buckley (60.36, March 16)
Anna Burger (----/60.44)
Jackie Dion (----/60.81)
Natalia Williams (61.91, March 9/61.42)
Francesca Adamski (----/61.89)
Samantha Ojo (63.93, April 6)
Kathryn Karkut (64.18, March 9)
Caroline Lutzky (64.66, March 23/64.66)
Kiana Henry (----/67.66)

800m

Shelby Buckley (2:12.49, April 27/2:09.6)
Erica Capellino (2:15.32, March 16/2:12.58)
Katerina Berdousi (----/2:13)
Kelly Owen (2:15.47, April 27/2:15.47)
Natasha Strickland (2:17.36, March 16/2:17.36)
Nicole Davies (----/2:19.12)
Anna Burger (----/2:19.29)
Natalia Williams (2:24.09, April 27/2:19.68)
Jackie Dion (2:22.11, April 27/2:21.95)
Francesca Adamski (----/2:22.06)
Jenna Tong (2:32.34/2:22.87)
Kiana Henry (2:38.33, March 28/2:38.33)

1500m

Katerina Berdousi (4:31.06, April 19/4:23.68)
Erica Capellino (4:29.40, April 18/4:27.92)
Shelby Buckley (----/4:35.12)
Kira Soderstrom (4:46.74, April 6/4:39.49)
Natasha Strickland (4:34.76, March 23/4:34.76)
Jenna Tong (4:43.88, April 6)
Kelly Owen (----/4:46.09)
Nicole Davies (4:48.61, March 9/4:48.39)
Erin Robinson (----/4:55.76)
Austin Lundin (4:54.88, April 8)
Erin Matranga (4:59.57, March 9/4:57.39)
Francesca Adamski (----/5:15.98)

3000m

Katerina Berdousi (9:45.42, March 22/9:37.56)
Erin Robinson (11:20.47, March 16/10:04.20)
Jenna Tong (10:18.36, March 22)
Austin Lundin (10:49.70, March 16/10:44.71)
Katie DeYoung (----/10:47.80)
Erin Matranga (10:52.64, March 16)

3000m Steeplechase

Jenna Tong (10:59.73, April 27/10:59.73)
Katerina Berdousi (11:09.83, April 27)
Kira Soderstrom (11:14.41, April 27/11:14.41)
Erin Matranga (12:09.21, April 18/11:28.47)
Austin Lundin (12:06.50, April 18/12:06.50)

5000m

Katerina Berdousi (----/17:00.98)
Erin Matranga (19:14.67, April 27/18:13.96)
Erin Robinson (19:43.58, March 2/18:28.70)
Jenna Tong (18:29.57, March 2)
Kira Soderstrom (18:48.81, March 2)
Austin Lundin (19:23.61, March 2/19:19.60)

100m HH

Lauren Blackburn (13.35, May 25/13.06)
Melia Cox (13.37, April 20/13.34-HS)
Jaide Stepter (14.35, April 27/14.35)
Kiana Henry (14.58, May 4/14.58)

400m IH

Jaide Stepter (60.62, March 9/59.54-HS)
Lauren Blackburn (----/60.18)
Melia Cox (----/64.11)
Kathryn Karkut (66.66, May 4/65.61)

4x100m Relay

(43.86, April 27)
Laarman, Davis, Ndipagbor, Cox

4x400m Relay

3:32.31, May 25)
Ndipagbor, V. Jones, Puterbaugh, Liverpool

High Jump

Jennifer Stutland (5-6.00 (1.68m), April 27/5-8.00)
Alitta Boyd (----/5-5.50)
Malia Cravens (5-5.00 (1.65m), April 27)
Candace Bailey (----/5-4)
Kiana Henry (4-11.50 (1.51m), May 4/4-11.50)

Pole Vault

Felicia Horvath (12-0.50 (3.67m), April 27/13-3.50)
Thea Weiss (12-4.50 (3.77m), May 4/12-4.50)
Ariel Hayward (12-2.75 (3.73m), March 2/12-2.75)
Katherine Chang (11-0.25 (3.36m), March 9/11-0.25)
Isabel Lozowski (10-0.75 (3.07m), April 27)

Long Jump

Alitta Boyd (20-6.50w (6.26m), June 5/20-6.50)
Jennifer Jones (18-3.00 (5.56m), March 23/18-5.00)
Melia Cox (18-5.0w (5.61m), April 27)
Oluwakemi Olonade (----/18-5)
Kiana Henry (17-10.25 (5.44m), March 28/17-11.75)

Triple Jump

Alitta Boyd (43-10.00w (13.36m), May 25/43-8.75)
Melia Cox (43-4.50w (13.22m), June 6/43-3.25)
Oluwakemi Olonade (41-8.50 (12.71m), April 27/41-8.50)
Candace Bailey (39-4.00 (11.99m), March 23/39-4.00)
Jennifer Jones (35-9.50 (10.91m), April 27)

Shot Put

Lauren Chambers (41-5.00 (12.62m), April 27/49-1)
Tera Novy (45-11.75 (14.01m), April 27/48-8.75)
Alexandra Collatz (----/45-9.50)
Jenny Ozorai (42-6.25 (12.96m), April 27 (45-8)
Kiana Henry (38-3.75 (11.66m), May 4/38-3.75)

Discus

Alexandra Collatz (181-11 (55.46m), June 6/181-11)
Tera Novy (166-8 (50.81m), March 23/166-8)
Jenny Ozorai (154-5 (47.07m), April 27/161-10)

Hammer

Jenny Ozorai (218-6 (66.60m), April 26/223-4)
Lauren Chambers (197-11 (60.33m), May 11/206-5)
Alexandra Collatz (179-3 (54.65m), May 4/179-3)
Ashley Pyka (170-4 (51.93m), May 11/179-2)
Farren Benjamin (148-9 (45.33m), April 5/148-9)
Tera Novy (145-3 (44.27m), March 22)

Javelin

Ashley Pyka (107-8 (32.82m), April 27)
Jenny Ozorai (96-11 (29.55m), April 27)
Alitta Boyd (95-11 (29.25m), April 27)
Kiana Henry (98-1 (29.90m), March 2)
Farren Benjamin (77-9 (23.70m), April 27)

Heptathlon

Kiana Henry (4,507, May 4-5/4,507)