

2016 USC WOMEN'S OUTDOOR BESTS

Mark	Athlete	Place	Day	Event
<u>100M (USC: 11.04 FR: 11.04)</u>				
11.08 (+2.6w)	Gaither	4	6/11	NCAA Championships
11.19 (+1.1)-PR	Gaither	2	6/9	NCAA Semifinals
11.21 (+1.3)-PR	Hill	5	6/9	NCAA Semifinals
11.42 (+1.8)	Faulknor	30	7/2	Olympic Trials-p
11.54 (+2.0)	Brown	9	5/14	Pac-12 Chamionships-p
11.67 (+1.3)	Cantrell	13	5/14	Pac-12 Chamionships-p
12.41 (-1.8)	Jones	10	4/9	Pepsi Invitational
<u>200M (USC: 22.23 FR: 22.84)</u>				
22.54 (+1.9)-PR	Gaither	5	6/11	NCAA Championships
22.60 (+0.7)-PR	Hill	2	5/28	NCAA West Quarters
23.23 (-1.2)-PR	Stepter	1	3/19	Trojan Invitational
23.32 (+1.1)-PR	Ellis	5	4/15	Mt. SAC Relays
23.41 (+0.0)-PR	luel	1	5/7	Pac-12 Multi-Events
23.65 (-0.2)	Faulknor	31	7/8	Olympic Trials-p
23.67 (-1.2)	Cantrell	3	3/19	Trojan Invitational
23.90 (+0.0)	Brown	8	5/14	Pac-12 Championships-p
23.96 (+3.4w)	Pettigrew	23	4/15	Mt. SAC Relays
24.63 (+0.0)	Lopes	4	5/7	Pac-12 Multi-Events
24.71 (+1.6)-PR	Pettigrew	3	4/2	California Collegiate
25.26 (-1.1)	Graham	16	3/19	Trojan Invitational
<u>400M (USC: 50.91 FR: 52.32)</u>				
50.91-SR	Stepter	1	3/26	C&G Challenge
51.82-PR	Ellis	1	4/16	Mt. SAC Relays
52.85-PR	luel	1	6/24	Norwegian Grand Prix
53.68	Pettigrew	3	5/15	Pac-12 Championships
<u>800M (USC: 1:58.51 FR: 2:04.16)</u>				
2:05.33-PR	Smith	2	5/14	Pac-12 Championships-p
2:06.34-PR	luel	1	5/8	Pac-12 Multi-Events
2:12.07	Ent	5	5/1	USC-UCLA Dual Meet
2:12.27	Glynn	3	3/19	Trojan Invitational
2:14.73	Ricks	8	3/19	Trojan Invitational
2:15.00	Seamans	9	3/19	Trojan Invitational
2:15.49	Gore	10	3/19	Trojan Invitational
2:19.83	Strickland	5	3/26	C&G Challenge
2:19.96	Tong	24	4/2	California Collegiate
2:22.21	Lopes	6	5/8	Pac-12 Multi-Events
2:26.63	Racette	41	4/2	California Collegiate
<u>1500M (USC: 4:12.05 FR: 4:18.52)</u>				
4:27.72-PR	Ent	22	4/15	Mt. SAC Relays
4:31.74	Berdousi	3	3/26	C&G Challenge
4:39.98-PR	Tong	4	4/2	California Collegiate
4:49.54-PR	Racette	3	4/14	Pacific Coast Meet
4:50.58	Ricks	4	5/1	USC-UCLA Dual Meet
4:50.74	Gore	21	4/2	California Collegiate
4:57.39	Glynn	27	4/2	California Collegiate
<u>3000M (USC: 9:11.78 FR: 9:33.29)</u>				
9:53.68	Berdousi	1	3/18	Trojan Invitational
10:02.97-PR	Tong	4	3/18	Trojan Invitational
10:39.36	Racette	12	3/18	Trojan Invitational
10:44.72	Ricks	7	4/23	Triton Invitational
<u>3000M SC (USC: 10:01.99 FR: 10:03.73)</u>				
10:42.40-PR	Berdousi	11	5/14	Pac-12 Championships
10:44.58	Tong	23	4/14	Mt. SAC Relays
<u>5000M (USC: 16:00.11 FR: 16:36.66)</u>				
17:04.41	Berdousi	21	5/15	Pac-12 Championships
17:35.27-PR	Ent	29	5/15	Pac-12 Championships
17:50.22-PR	Tong	30	5/15	Pac-12 Championships
18:50.96-PR	Racette	17	4/23	Triton Invitational

Mark	Athlete	Place	Day	Event
<u>100M HH (USC: 12.48 FR: 12.74)</u>				
13.21 (+1.2)	Graham	6	6/25	USA Juniors Prelims
13.69 (+0.3)-PR	luel	2	5/1	USC-UCLA Dual Meet
14.03 (+2.4w)	Lopes	3	6/25	USA Juniors Heptathlon
14.08 (+0.3)-PR	Lopes	4	5/1	USC-UCLA Dual Meet
<u>400M IH (USC: 54.95 FR: 56.49)</u>				
54.95-PR	Stepter	7	7/10	Olympic Trials-Final
55.79-PR	luel	4	7/9	Euro. Champs-Semis
<u>LONG JUMP (USC: 21-11.00/6.68M FR: 21-3.25)</u>				
21-2.75/6.47 (+3.4w)	Jones	2	4/16	Mt. SAC Relays
20-10.75/6.37 (+1.2)-PR	Jones	3	6/25	USA Juniors
20-8.50/6.31 (-0.1)	Faulknor	3	6/18	Chula Vista Last Chance
19-9.75/6.04 (+0.0)-PR	luel	T24/2		Sam Adams Combined
19-8.75/6.01 (+3.1w)	Graham	2	3/26	C&G Challenge
19-7.50/5.98 (+1.4)	Graham	2	4/9	Pepsi Invitational
19-0.75/5.81 (nwi)	Richards	8	4/23	Triton Invitational
18-4.50/5.60 (+1.9)-PR	Lopes	4	6/26	USA Juniors Heptathlon
<u>TRIPLE JUMP (USC: 45-5.25/13.85M FR: 44-8.25)</u>				
-----	luel	-	5/1	USC-UCLA Dual Meet
-----	Richards	-	5/1	USC-UCLA Dual Meet
<u>HIGH JUMP (USC: 6-2.00/1.88M FR: 6-2.00)</u>				
6-0.50/1.84-PR	luel	1	5/7	Pac-12 Multi-Events
5-6.50/1.69-PR	Lopes	T6	5/7	Pac-12 Multi-Events
5-1.00/1.55	Winters	5	3/19	Trojan Invitational
<u>SHOT PUT (USC: 57-7.50/17.56M FR: 53-3.50)</u>				
55-7.75/16.96-PR	Sapa	1	5/1	USC-UCLA Dual Meet
53-0.00/16.15-PR	Novy	4	5/1	USC-UCLA Dual Meet
38-2.00/11.63-PR	luel	3	5/7	Pac-12 Multi-Events
34-10.25/10.62-PR	Lopes	2	6/25	USA Juniors Heptathlon
<u>DISCUS (USC: 200-5/61.10M FR: 177-11)</u>				
200-5/61.10-SR	Novy	2	4/14	CSULA Twilight
141-4/43.11	Sapa	4	5/1	USC-UCLA Dual Meet
120-5/36.70	Peyton	5	5/1	USC-UCLA Dual Meet
<u>JAVELIN (USC: 186-10/56.95M FR: 173-11)</u>				
117-5/35.80-PR	Lopes	4	5/1	USC-UCLA Dual Meet
106-11/32.60	luel	13	4/2	Sam Adams Combined
100-6/30.63-PR	Sullivan	6	5/1	USC-UCLA Dual Meet
<u>HAMMER (USC: 230-3/70.18M FR: 226-8)</u>				
190-7/58.10-PR	Peyton	3	3/18	Trojan Invitational
175-6/53.50	Sapa	27	4/15	Beach Invitational
<u>POLE VAULT (USC: 14-0.00/4.27M FR: 13-7.25)</u>				
12-5.50/3.80	Horvath	2	3/26	C&G Challenge
<u>HEPTATHLON (USC: 6,079 POINTS FR: 5,582)</u>				
6,011-PR	luel	1	5/7-8	Pac-12 Multi-Events
5,277-PR	Lopes	5	5/7-8	Pac-12 Multi-Events
<u>4X100M (USC: 42.90)</u>				
42.90-SR ---		2	6/11	NCAA Championships (Brown, Hill, Faulknor, Gaither)
<u>4X400M (USC: 3:26.73)</u>				
3:26.73-SR ---		3	5/28	NCAA West Quarters (Ellis, luel, Pettigrew, Stepter)

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Mark Athlete Place Day Event

100M (USC: 9.92 FR: 10.17)

10.35 (+3.6w) Jackson 9 4/15 Mt. SAC Relays
 10.38 (+0.0)-PR Jackson 1 5/1 USC-UCLA Dual Meet
 10.65 (+0.6) Davis 6 3/26 C&G Challenge
 10.81 (+1.1) Joyner 4 4/2 California Collegiate

200M (USC: 19.88 FR: 20.24)

20.88 (+1.7)-PR Morgan 1 5/1 USC-UCLA Dual Meet
 21.08 (+1.7)-PR Jackson 2 5/1 USC-UCLA Dual Meet
 21.63 (+1.7)-PR Joyner 3 5/1 USC-UCLA Dual Meet
 21.88 (+2.0) Davis 6 3/26 C&G Challenge
 22.08 (+1.4) Rohani 8 4/9 Pepsi Invitational

400M (USC: 43.50 FR: 45.29)

45.54-PR Morgan 1 3/26 C&G Challenge
 46.68 Clemes 1 3/19 Trojan Invitational
 48.14 Rohani 6 3/26 C&G Challenge
 48.24-PR Ford 3 4/2 California Collegiate
 49.61 Joyner 10 3/26 C&G Challenge

800M (USC: 1:44.92 FR: 1:47.1)

1:47.54-PR Ford 3 4/16 Mt. SAC Relays
 1:52.83 Wallin 13 4/23 Triton Invitational
 1:58.71-PR Cameron 8 5/1 USC-UCLA Dual Meet
 2:02.99-PR Robinson 18 4/2 California Collegiate

1500M (USC: 3:39.5 FR: 3:45.85)

3:56.44-PR Wallin 39 4/15 Mt. SAC Relays
 4:01.72-PR Cameron 48 4/15 Mt. SAC Relays
 4:02.26-PR Rule 49 4/15 Mt. SAC Relays
 4:04.59-PR Jakowec 3 3/26 C&G Challenge
 4:31.32-PR Mack 6 5/1 USC-UCLA Dual Meet

3000M (USC: ---)

8:42.26 Jakowec 6 3/18 Trojan Invitational
 8:43.38 Rule 7 3/18 Trojan Invitational

3000M SC (USC: 8:52.1 FR: 9:04.8)

10:24.91 Cameron 12 4/23 Triton Invitational

5000M (USC: 14:02.6 FR: 14:19.18)

14:46.18-PR Jakowec 7 4/23 Triton Invitational
 14:57.80-PR Rule 13 4/23 Triton Invitational

110M HH (USC: 13:32 FR: 13:77)

14.98 (+0.8) Morris 2 5/1 USC-UCLA Dual Meet

Mark Athlete Place Day Event

400M IH (USC: 48:33 FR: 49:46)

LONG JUMP (USC: 27-4.25/8.33m FR: 27-4.25)

25-10.75/7.89 (+4.1w) Jackson 1 3/26 C&G Challenge
 25-8.25/7.83 (+1.3) Jackson 10 7/2 Olympic Trials Final
 25-7.25/7.80 (+1.3) Sloan 1 4/9 Pepsi Invitational
 25-0.50/7.63 (+4.2w) Smallwood 4 3/26 C&G Challenge
 24-7.25/7.50 (+1.2)-PR Smallwood 13 5/27 NCAA West Quarters

TRIPLE JUMP (USC: 56-4.00/17.17m FR: 53-9)

53-3.50/16.24 (+1.4) Sloan 12 7/7 Olympic Trials-p
 50-8.25/15.45 (+4.8w) Smallwood 3 4/15 Mt. SAC Relays
 50-1.25/15.27 (+1.2)-PR Smallwood 1 3/26 C&G Challenge

HIGH JUMP (USC: 7-7.25/2.32m FR: 7-4.50)

7-4.50/2.25-PR Cunningham 1 6/10 NCAA Championships

SHOT PUT (USC: 67-5.50/20.56m FR: 64-1.00)

63-8.75 (19.42) Ponzio 6 4/23 Triton Invitational
 61-7.75 (18.79)-PR Katnik 1 3/19 Trojan Invitational
 59-11.25 (18.27)-PR Bultman 4 4/9 Pepsi Invitational

DISCUS (USC: 206-0/62.78m FR: 192-8)

181-3/55.25-PR Bultman 19 4/23 Triton Invitational
 179-5/54.69 Ponzio 1 4/2 California Collegiate
 154-9/47.18 Katnik 9 3/25 C&G Challenge

JAVELIN (USC: 272-2/82.97m FR: 247-5)

195-1/59.47-PR Lopez 1 5/1 USC-UCLA Dual Meet

HAMMER (USC: 271-1/82.62m FR: 253-2)

197-3/60.13-PR Bultman 3 5/14 Pac-12 Championships
 180-6/55.02-PR Sellens 3 4/2 Californai Collegiate

POLE VAULT (USC: 18-6.50/5.65m FR: 17-6)

DECATHLON (USC: 8,022 POINTS FR: 7,623)

4X100M (USC: 38.69)

39.74 --- 2 5/15 Pac-12 Championships
 (Morgan, Whitney, Jackson, Clemes)

4X400M (USC: 3:00.58)

3:10.46 --- 4 5/15 Pac-12 Championships
 (Clemes, Jackson, Ford, Morgan)