

# 2018 USC WOMEN'S OUTDOOR BESTS

Mark	Athlete	Place	Day	Event
<u>100M (USC: 10.99 FR: 10.99)</u>				
10.96 (+2.6w)	Terry	1	5/13	Pac-12 Championships
10.98 (+3.5w)	Hill	2	3/24	Power 5
10.99 (+1.7)-PR	Terry	1	4/21	Mt. SAC Relays
11.26 (+0.2)	Hill	1	4/29	USC-UCLA Dual Meet
11.28 (+2.4w)	Annelus	2	5/12	Pac-12 Championships-p
11.40 (+0.1)-PR	Annelus	3	4/7	Sun Angel Premiere
11.58 (+0.6)	Francis	2	3/3	Beach Opener
11.61 (+3.2w)	Westbrook	8	5/12	Pac-12 Championships-p
11.62 (+2.6w)	Brissett	8	5/13	Pac-12 Championships
11.66 (+0.6)-PR	Brissett	5	4/7	Sun Angel Premiere
11.78 (+0.2)	Westbrook	3	4/29	USC-UCLA Dual Meet
11.80 (+0.2)-PR	Richards	4	4/29	USC-UCLA Dual Meet
12.84 (+1.6)	Corrin	12	3/24	Power 5

<u>200M (USC: 22.23 FR: 22.84)</u>				
22.49 (+2.9w)	Hill	2	5/13	Pac-12 Championships
22.64 (+1.4)-PR	Annelus	2	5/12	Pac-12 Championships-p
22.71 (+1.4)-PR	Ellis	3	5/12	Pac-12 Championships-p
22.78 (-0.6)	Hill	1	4/7	Sun Angel Premiere
22.81 (+2.9w)	Terry	5	5/13	Pac-12 Championships
23.01 (-0.6)-PR	Terry	4	4/7	Sun Angel Premiere
23.37 (-1.2)-PR	Cockrell	2	3/24	Power 5
23.44 (-1.3)	Westbrook	4	3/17	Trojan Invitational
23.66 (+1.3)-PR	Hall	7	3/24	Power 5
23.77 (+2.5w)	Ka.Richardson	8	3/24	Power 5
23.95 (+2.5w)	Lopes	12	3/24	Power 5
24.01 (+1.1)	Ka.Richardson	7	3/17	Trojan Invitational
24.08 (+1.0)-PR	Lopes	1	4/6	Sam Adams Combined
24.08 (+1.4)	Francis	2	3/3	Beach Opener
24.37 (+2.0)-PR	McGlaston	3	3/3	Beach Opener
24.43 (+3.1w)	Ky.Richardson	9	3/17	Trojan Invitational
24.80 (-0.9)	Gillian	10	4/7	Sun Angel Classic

<u>400M (USC: 49.99 FR: 51.33)</u>				
49.99-PR/SR	Ellis	1	5/13	Pac-12 Championships
51.33-PR/FR	Roberts	3	5/13	Pac-12 Championships
52.59	Constantine	7	5/13	Pac-12 Championships
53.46	Hill	1	3/17	Trojan Invitational
54.31	Ka.Richardson	4	4/7	Sun Angel Classic
55.51	Gillian	11	4/7	Sun Angel Classic

<u>800M (USC: 1:58.51 FR: 2:04.16)</u>				
2:10.22-PR	Constantine	5	3/24	Power 5
2:12.39	Gore	12	3/17	Trojan Invitational
2:14.32	Berry	14	3/17	Trojan Invitational
2:14.53	Daly	8	3/24	Power 5
2:15.61-PR	Gillian	10	3/24	Power 5
2:18.33	Weber	2	3/3	Beach Opener
2:18.67-PR	Lopes	3	4/7	Sam Adams Combined
2:22.91	Glynn	23	3/17	Trojan Invitational
2:26.54	Tullai	7	3/3	Beach Opener
2:27.80	Bounds	8	3/3	Beach Opener

<u>1500M (USC: 4:12.05 FR: 4:18.52)</u>				
4:25.29-PR	Berry	47	4/20	Bryan Clay Invite
4:29.67-PR	Gore	3	4/29	USC-UCLA Dual Meet
4:47.40	Daly	1	3/3	Beach Opener
4:49.10-PR	Maurer	227	4/20	Bryan Clay Invite
4:50.90	Smith	2	3/3	Beach Opener
4:52.17-PR	Bounds	10	3/24	Power 5
4:57.50	Ricks	4	3/3	Beach Opener
5:15.40	Tullai	10	3/3	Beach Opener

<u>1-MILE (USC: FR: )</u>				
5:10.90	Smith	15	3/17	Trojan Invitational
5:27.31	Ricks	18	3/17	Trojan Invitational
5:34.79	Bounds	19	3/17	Trojan Invitational
5:56.87	Tullai	21	3/17	Trojan Invitational

<u>3000M (USC: 9:11.78 FR: 9:33.29)</u>				
10:17.89-PR	Berry	1	4/29	USC-UCLA Dual Meet
11:16.36	Bounds	9	4/29	USC-UCLA Dual Meet

Mark	Athlete	Place	Day	Event
<u>3000M SC (USC: 10:01.99 FR: 10:03.73)</u>				
11:32.50-PR	Bounds	3	4/29	USC-UCLA Dual Meet
11:51.12-PR	Maurer	4	4/29	USC-UCLA Dual Meet

## 5000M (USC: 16:00.11 FR: 16:36.66)

<u>100M HH (USC: 12.48 FR: 12.74)</u>				
12.75 (+1.7)-PR	Brissett	1	5/13	Pac-12 Championships
12.79 (+2.4w)	Cockrell	1	5/12	Pac-12 Championships-p
12.83 (+1.7)	Hall	2	5/13	Pac-12 Championships
12.88 (+1.7)-PR	Cockrell	3	5/13	Pac-12 Championships
13.06 (+1.7)-PR	McGlaston	5	5/13	Pac-12 Championships
13.37 (+2.8w)	Lopes	7	5/12	Pac-12 Championships-p
13.49 (+1.7)-PR	Lopes	7	5/13	Pac-12 Championships
14.08 (+0.6)	Robinson	3	3/3	Beach Opener

<u>400M IH (USC: 54.95 FR: 55.14)</u>				
56.24	Cockrell	1	4/29	USC-UCLA Dual Meet
58.61-PR	Robinson	7	4/21	Mt. SAC Relays
60.95-PR	McGlaston	3	4/29	USC-UCLA Dual Meet

<u>LONG JUMP (USC: 21-11.00/6.68M FR: 21-3.25)</u>				
21-4.00/6.50 (+3.0w)	Corrin	1	5/12	Pac-12 Championships
21-2.75/6.47 (+3.4w)	Richards	2	5/12	Pac-12 Championships
21-2.50/6.46 (+0.3)-PR	Corrin	1	4/21	Beach Invitational
20-9.75/6.34 (+0.0)-PR	Richards	2	4/29	USC-UCLA Dual
19-9.75/6.04 (+0.4)-PR	Lopes	3	3/24	Power 5
19-4.25/5.90 (+1.1)	Jones	4	4/29	USC-UCLA Dual
19-0.50/5.80 (+0.2)	H-Thomas	3	3/17	Trojan Invitational

<u>TRIPLE JUMP (USC: 45-5.25/13.85M FR: 44-8.25)</u>				
39-11.50/12.18 (+0.0)-PR	Corrin	3	4/29	USC-UCLA Dual
Fouls/Pass	H-Thomas	--	4/29	USC-UCLA Dual

<u>HIGH JUMP (USC: 6-2.00/1.88M FR: 6-2.00)</u>				
5-10.50/1.79-PR	Lopes	1	5/12	Pac-12 Championships
5-8.00/1.73	H-Thomas	1	3/24	Power 5
5-8.00/1.73	Palka	4	5/12	Pac-12 Championships

<u>SHOT PUT (USC: 57-7.75/17.57M FR: 53-3.50)</u>				
57-7.75/17.57-SR	Jemison	1	3/31	Cal Collegiate
36-0.00/10.97-PR	Lopes	7	4/6	Sam Adams Combined

<u>DISCUS (USC: 200-5/61.10M FR: 177-11)</u>				
150-5/45.86	Jemison	14	5/13	Pac-12 Championships

<u>JAVELIN (USC: 186-10/56.95M FR: 173-11)</u>				
126-3/38.48	Lopes	3	4/29	USC-UCLA Dual Meet
106-1/32.34-PR	Putnam	15	3/31	Cal Collegiate

<u>HAMMER (USC: 230-3/70.18M FR: 226-8)</u>				
201-9 (61.49)	McArthur	3	3/23	Power 5
169-10 (51.78)-PR	Jemison	4	4/29	USC-UCLA Dual

## POLE VAULT (USC: 14-0.00/4.27M FR: 13-7.25)

<u>HEPTATHLON (USC: 6,079 POINTS FR: 5,582)</u>				
5,719-PR	Lopes	4	5/5-6	Pac-12 Multi-Events

<u>4X100M (USC: 42.57)</u>				
42.57	---	1	4/21	Mt. SAC Relays
	(Annelus, Ellis, Hill, Terry)			

<u>4X400M (USC: 3:23.35)</u>				
3:30.45	---	1	5/13	Pac-12 Championships
	(Roberts, Cockrell, Hill, Ellis)			

# 2018 USC MEN'S OUTDOOR BESTS

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<u>100M (USC: 9.92</u>		<u>FR: 10.17)</u>		
10.21 (+2.9w)	Brock	3	5/13	Pac-12 Championships
10.29 (+0.4)-PR	Barnum	1	4/29	USC-UCLA Dual Meet
10.37 (+0.4)	Brock	2	4/29	USC-UCLA Dual Meet
10.64 (+1.2)	Sourapas	24	4/20	Mt. SAC Relays
10.76 (+0.4)	Moore	4	4/29	USC-UCLA Dual Meet
10.98 (+2.2w)	Joyner	6	3/3	Beach Opener
11.03 (+1.7)	Gonzalez	1	5/5	Pac-12 Multi-Events

<u>200M (USC: 19.88</u>		<u>FR: 20.24)</u>		
19.84 (+2.8w)	Norman	1	5/13	Pac-12 Championships
20.06 (-1.4)-PR	Norman	1	4/7	Sun Angel Premiere
20.58 (+1.0)-PR	Shinnick	2	3/24	Power 5
20.90 (+1.0)-PR	Barnum	1	4/29	USC-UCLA Dual Meet
20.92 (+1.6)	Morgan	1	3/17	Trojan Invitational
21.44 (-1.1)	Sourapas	4	4/7	Sun Angel Classic
21.47 (+0.1)	Brock	11	4/7	Sun Angel Premiere
21.78 (-0.3)	Moore	12	3/24	Power 5
23.17 (+0.9)	Rambo	19	3/24	Power 5

<u>400M (USC: 43.50</u>		<u>FR: 44.60)</u>		
44.40-PR	Norman	1	5/13	Pac-12 Championships
44.74-PR	Benjamin	2	4/21	Mt. SAC Relays
45.87	Morgan	2	4/29	USC-UCLA Dual Meet
47.65	Shinnick	10	5/12	Pac-12 Championships-p
52.17-PR	Gonzalez	4	5/5	Pac-12 Multi-Events
52.28	Rambo	4	4/29	USC-UCLA Dual Meet

<u>800M (USC: 1:44.92</u>		<u>FR: 1:47.1)</u>		
1:46.64-PR	Ford	2	4/7	Sun Angel Premiere
1:51.87-PR	Myrtue	12	5/12	Pac-12 Championships-p
1:56.02	Zavala	29	4/14	Triton Invitational
1:57.71	Rohani	5	4/29	USC-UCLA Dual Meet

<u>1500M (USC: 3:39.5</u>		<u>FR: 3:45.85)</u>		
3:48.67-PR	Ford	89	4/20	Bryan Clay Invite
4:01.11-PR	Zavala	6	3/24	Power 5
4:01.66-PR	Myrtue	26	3/3	Bryan Clay Invitational
4:19.19	Hulme	12	3/3	Beach Opener
5:21.23	Gonzalez	7	5/6	Pac-12 Multi-Events

<u>1-MILE (USC: 3:59.85</u>		<u>FR: )</u>		
4:13.07	Ford	2	3/17	Trojan Invitational
4:26.42	Zavala	6	3/17	Trojan Invitational

3000M (USC: ---)

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

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

<u>110M HH (USC: 13:32</u>		<u>FR: 13:77)</u>		
14.27 (-2.7)	Morris	2	3/17	Trojan Invitational
14.63 (+0.3)	Samuel	1	3/3	Beach Opener
15.94 (+2.2w)	Gonzalez	5	5/6	Pac-12 Multi-Events

Mark	Athlete	Place	Day	Event
<u>400M IH (USC: 48:33</u>		<u>FR: 49:46)</u>		
48.46	Benjamin	1	5/13	Pac-12 Championships
50.29-PR	Samuel	2	5/13	Pac-12 Championships

<u>LONG JUMP (USC: 27-4.25/8.33m</u>		<u>FR: 27-4.25)</u>		
24-7.00/7.49 (+1.7)	Smallwood	3	5/12	Pac-12 Championships
23-8.75/7.23 (nwi)-PR	Joyner	2	3/3	Beach Opener
20-5.75/6.24 (nwi)	Gonzalez	9	3/3	Beach Opener
18-1.50/5.52 (+1.3)	Sloan	19	5/12	Pac-12 Championships
17-9.50/5.42 (nwi)	Carrioli	19	3/3	Beach Opener

<u>TRIPLE JUMP (USC: 56-4.00/17.17m</u>		<u>FR: 53-9)</u>		
51-11.75/15.84 (+0.0)	Sloan	1	4/29	USC-UCLA Dual Meet
51-0.00/15.54 (+2.4w)	Smallwood	2	4/29	USC-UCLA Dual Meet
50-9.25/15.47 (+0.0)	Smallwood	2	4/29	USC-UCLA Dual Meet

<u>HIGH JUMP (USC: 7-7.25/2.32m</u>		<u>FR: 7-4.50)</u>		
7-2.50/2.20-PR	Sears	1	5/13	Pac-12 Championships
5-3.00/1.60	Gonzalez	8	5/5	Pac-12 Multi-Events

<u>SHOT PUT (USC: 67-5.50/20.56m</u>		<u>FR: 64-1.00)</u>		
63-4.75/19.32	Ponzio	1	4/29	USC-UCLA Dual Meet
57-7.75/17.57	Bultman	2	4/29	USC-UCLA Dual Meet
28-0.25/8.54	Gonzalez	9	5/5	Pac-12 Multi-Events

<u>DISCUS (USC: 206-0/62.78m</u>		<u>FR: 192-8)</u>		
174-3/53.11	Ponzio	6	5/13	Pac-12 Championships
171-10/52.39	Bultman	7	5/13	Pac-12 Championships
92-2/28.09	Gonzalez	7	5/6	Pac-12 Multi-Events

<u>JAVELIN (USC: 272-2/82.97m</u>		<u>FR: 247-5)</u>		
114-6/34.90	Gonzalez	6	5/6	Pac-12 Multi-Events

<u>HAMMER (USC: 271-1/82.62m</u>		<u>FR: 253-2)</u>		
220-2/67.12-PR	Bultman	4	4/20	Beach Invitational
158-6/48.31-PR	Kim	2	4/29	USC-UCLA Dual Meet

<u>POLE VAULT (USC: 18-6.50/5.65m</u>		<u>FR: 17-6)</u>		
16-10.0/5.13-PR	Gonzalez	1	4/29	USC-UCLA Dual Meet
14-1.25/4.30	Carrioli	10	3/17	Trojan Invitational

<u>DECATHLON (USC: 8,022 POINTS</u>		<u>FR: 7,623)</u>		
5,925-PR	Gonzalez	4	5/5-6	Pac-12 Multi-Events

<u>4X100M (USC: 38.69)</u>				
38.88	---	1	3/24	Power 5
(Barnum, Morgan, Shinnick, Norman)				

<u>4X400M (USC: 3:00.58)</u>				
3:06.86	---	1	4/29	USC-UCLA Dual Meet
(Morgan, Norman, Ford, Benjamin)				