

2019 USC WOMEN'S OUTDOOR BESTS

Mark	Athlete	Place	Day	Event
<u>100M (USC: 10.98)</u>				<u>FR: 10.99)</u>
10.98 (+1.6)-SR	Terry	3	6/8	NCAA Championships
11.06 (+0.6)-PR	Annelus	4	6/6	NCAA Semifinals
11.16 (+0.6)-PR	Thomas	9	6/6	NCAA Semifinals
11.58 (-0.5)-PR	Hall	2	3/16	Trojan Invitational
11.65 (+0.7)-PR	Brissett	5	4/6	Jim Click Shootout
11.94 (+1.3)-PR	Jones	13	3/23	Power 5 Challenge

<u>200M (USC: 22.16)</u>				<u>FR: 22.65)</u>
22.16 (+1.3)-SR	Annelus	1	6/8	NCAA Championships
22.64 (+2.2w)	Thomas	1	6/23	USATF U20s
22.65 (+1.3)-FR	Thomas	6	6/6	NCAA Semifinals
22.84 (+0.6)	Terry	7	5/25	NCAA Quarterfinal
22.97 (-0.4)-PR	Roberts	1	3/23	Power 5 Challenge
23.27 (+0.7)-PR	McGlaston	1	4/19	Mt. SAC Relays
23.72 (-0.4)	Hall	5	3/23	Power 5 Challenge
23.77 (-1.1)-PR	Brissett	5	3/16	Trojan Invitational
23.78 (+0.4)	Lear	4	4/28	Dual Meet
23.80 (-2.1)	Constantine	7	3/23	Power 5 Challenge
24.42 (-2.3)	Richardson	11	3/16	Trojan Invitational

<u>400M (USC: 49.99)</u>				<u>FR: 51.33)</u>
51.25-PR	Roberts	1	5/12	Pac-12 Championships
51.41-PR	Constantine	2	5/12	Pac-12 Championships
52.07-PR	Lear	5	5/12	Pac-12 Championships
55.65	Richardson	12	4/19	Mt. SAC Relays

<u>800M (USC: 1:58.51)</u>				<u>FR: 2:04.16)</u>
2:04.93-PR	Brewer	1	3/23	Power 5 Challenge
2:04.95	Russell	12	5/24	NCAA Quarterfinal
2:13.19-PR	Weber	5	4/6	Jim Click Shootout
2:15.60	Sauer	19	4/13	Triton Invitational
2:15.75	Berry	9	4/6	Jim Click Shootout
2:16.55	Daly	11	3/16	Trojan Invitational
2:25.26	Maurer	46	4/13	Triton Invitational

<u>1500M (USC: 4:12.05)</u>				<u>FR: 4:18.52)</u>
4:24.38-PR	Weber	12-p5/11		Pac-12 Championships
4:25.74	Berry	9	4/19	Mt. SAC Relays INV
4:29.24-PR	Brewer	2	3/16	Trojan Invitational
4:29.68-PR	Russell	3	3/16	Trojan Invitational
4:43.38-PR	Maurer	9	4/19	Mt. SAC Relays
4:49.72	Daly	3	3/2	Beach Opener
4:53.88-PR	Tullai	19	3/16	Trojan Invitational
5:01.39	Sauer	12	3/2	Beach Opener

<u>1-MILE (USC:)</u>				<u>FR:)</u>
x:xx.xx	xxxxxxx	xx	x/xx	xxxxxxxxxx

<u>3000M (USC: 9:11.78)</u>				<u>FR: 9:33.29)</u>
xx:xx.xx	xxxxxxx	xx	x/xx	xxxxxxxxxx

<u>3000M SC (USC: 10:01.99)</u>				<u>FR: 10:03.73)</u>
xx:xx.xx	xxxxxxx	xx	x/xx	xxxxxxxxxx

<u>5000M (USC: 16:00.11)</u>				<u>FR: 16:36.66)</u>
xx:xx.xx	xxxxxxx	xx	x/xx	xxxxxxxxxx

Mark	Athlete	Place	Day	Event
<u>100M HH (USC: 12.48)</u>				<u>FR: 12.74)</u>
12.52 (+0.6)-PR	Brissett	2	6/8	NCAA Championships
12.69 (+2.0)-PR	Cockrell	3	6/6	NCAA Semifinals
12.96 (+1.1)	Hall	5	4/20	Mt. SAC Relays INV
13.06 (+0.2)	McGlaston	3-p	5/11	Pac-12 Championships

<u>400M IH (USC: 54.95)</u>				<u>FR: 55.14)</u>
55.23	Cockrell	1	6/8	NCAA Championships
59.79-PR	Bernard-Joseph	3	4/19	Mt. SAC Relays

<u>LONG JUMP (USC: 21-11.00/6.68M)</u>				<u>FR: 21-3.25)</u>
21-0.00/6.40 (+2.5w)	Jones	2	5/23	West Prelims
20-1.50/6.13 (+1.0)	Jones	2	3/16	Trojan Invitational
19-11.75/6.09 (+0.8)-PR	Marten	1	4/28	Dual Meet
19-11.00/6.07 (-1.8)	Thomas	4	4/6	Jim Click Shootout
18-0.50/5.50 (-0.6)	H-Thomas	8	4/28	Dual Meet

<u>TRIPLE JUMP (USC: 45-5.25/13.85M)</u>				<u>FR: 44-8.25)</u>
43-0.25/13.11 (+0.2)	Marten	6	4/19	Mt. SAC Relays INV
38-10.50/11.85 (-0.3)-PR	H.Thomas	10	5/12	Pac-12 Championships
Fouls	Fields	--	4/28	Dual Meet

<u>HIGH JUMP (USC: 6-2.00/1.88M)</u>				<u>FR: 6-2.00)</u>
5-10.75/1.80-PR	Harmon-Thomas	2	4/19	Mt. SAC Relays
5-7.25/1.71	Palka	4	5/12	Pac-12 Championships

<u>SHOT PUT (USC: 57-7.75/17.57M)</u>				<u>FR: 53-3.50)</u>
52-2.00/15.90-PR	Freeman	3	4/28	Dual Meet

<u>DISCUS (USC: 200-5/61.10M)</u>				<u>FR: 179-5)</u>
179-5/54.70-PR	Freeman	4	3/23	Power 5 Challenge
149-6/45.57-PR	Stamp	4	4/28	Dual Meet

<u>JAVELIN (USC: 186-10/56.95M)</u>				<u>FR: 173-11)</u>
133-8/40.74-PR	Freeman	3	4/28	Dual Meet
106-1/32.35-PR	Putnam	27	4/13	Triton Invitational

<u>HAMMER (USC: 230-3/70.18M)</u>				<u>FR: 226-8)</u>
202-11 (61.85)	McArthur	4	5/12	Pac-12 Championships
156-5 (47.68)-PR	Stamp	4	4/27	Dual Meet
143-4 (43.70)-PR	Freeman	10	4/6	Jim Click Shootout
124-6 (37.96)	Longjohn	12	3/15	Trojan Invitational

<u>POLE VAULT (USC: 14-0.00/4.27M)</u>				<u>FR: 13-7.25)</u>
xx-xx/xx.x	xxxxxxx	xx	x/xx	xxxxxxxxxx

<u>HEPTATHLON (USC: 6,079 POINTS)</u>				<u>FR: 5,582)</u>
x,xxx	xxxxxxx	xx	x/xx	xxxxxxxxxx

<u>4X100M (USC: 42.21)</u>				
42.21-SR ---		1	6/8	NCAA Championships
(Brissett, Annelus, Thomas, Terry)				

<u>4X400M (USC: 3:23.35)</u>				
3:28.31 ---		1	6/6	NCAA Semifinals
(Lear, Constantine, Cockrell, Roberts)				

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<u>100M (USC: 9.92</u>		<u>FR: 10.17)</u>		
10.31 (+1.9)-PR	Stewart	10-p	5/23	West Prelims
10.37 (+0.8)-PR	Allen Jr.	4	4/6	Jim Click Shootout
10.39 (+1.2)-PR	Robinson	6-p	5/11	Pac-12 Championships
10.42 (+1.4)	Barnum	4	4/28	Dual Meet
10.43 (+1.1)-PR	Owens	1	4/17	Bryan Clay Decathlon
10.57 (-0.3)-PR	da Silva	2	3/16	Trojan Invitational
10.67 (+1.4)	Moore	18-p	4/19	Mt. SAC Relays

<u>200M (USC: 19.84</u>		<u>FR: 20.24)</u>		
20.50 (+1.3)-PR	Allen Jr.	7-p	5/24	West Prelims
21.00 (+2.4w)	Stewart	26-p	5/24	West Prelims
21.03 (+0.3)-PR	Stewart	6	5/12	Pac-12 Championships
21.07 (+0.9)-PR	Robinson	3	4/28	Dual Meet
21.31 (+0.0)	Barnum	13	5/12	Pac-12 Championships
21.36 (+1.2)-PR	Morris	8	4/6	Jim Click Shootout
21.45 (+1.0)-PR	Ojora	6	4/28	Dual Meet
21.55 (+1.0)	Moore	7	4/28	Dual Meet
21.65 (-2.1)-PR	da Silva	8	3/16	Trojan Invitational
23.36 (-3.1)	Rambo	25	3/16	Trojan Invitational

<u>400M (USC: 43.50</u>		<u>FR: 44.60)</u>		
46.29-PR	Jewett	1	3/23	Power 5 Challenge
46.38	Shinnick	1	4/19	Mt. SAC Relays
47.10-PR	Owens	1	6/5	NCAA Championships
49.29	Lewis	9	3/16	Trojan Invitational
50.53	Rambo	5	4/28	Dual Meet

<u>800M (USC: 1:44.92</u>		<u>FR: 1:47.1)</u>		
1:46.11-PR	Jewett	1	4/20	Mt. SAC Relays INV
1:48.88-PR	VanDorpe	13	5/24	NCAA Quarterfinal
1:52.12	Myrtue	12	5/12	Pac-12 Championships
1:52.54-PR	Hulme	1	3/16	Trojan Invitational
1:54.59-PR	Bright	3	3/16	Trojan Invitational
1:58.50	Libby	7	3/16	Trojan Invitational
1:58.92	Dempsey	31	4/13	Triton Invitational

<u>1500M (USC: 3:39.5</u>		<u>FR: 3:45.85)</u>		
3:51.36-PR	VanDorpe	6	4/19	Mt. SAC Relays INV
3:52.32-PR	Jakowec	3	3/16	Trojan Invitational
3:53.80-PR	Myrtue	5	3/16	Trojan Invitational
3:58.13-PR	Dempsey	16	4/13	Triton Invitational
3:58.55	Libby	11	3/16	Trojan Invitational
4:02.21-PR	Jewett	7	4/6	Jim Click Shootout
4:11.62-PR	Hulme	20	3/2	Beach Opener
4:28.90-PR	Owens	3	4/18	Bryan Clay Decathlon

<u>1-MILE (USC: 3:59.85</u>		<u>FR:)</u>		
x:xx.xx	xxxxxxx	xx	x/xx	xxxxxxxxxxx

<u>3000M (USC: ---</u>		<u>)</u>		
8:32.20-PR	Jakowec	1	4/6	Jim Click Shootout

<u>3000M SC (USC: 8:52.1</u>		<u>FR: 9:04.8)</u>		
9:17.70-PR	Libby	2	4/28	Dual Meet
10:15.72	Dempsey	4	4/28	Dual Meet

<u>5000M (USC: 14:02.6</u>		<u>FR: 14:19.18)</u>		
14:33.10-PR	Jakowec	42	4/19	Mt. SAC Relays INV

<u>110M HH (USC: 13:32</u>		<u>FR: 13:68)</u>		
13.68 (+1.2)-FR	Ojora	1	4/28	Dual Meet
13.71 (-0.6)	Morris	1-p	5/11	Pac-12 Championships
13.76 (+0.0)-PR	Owens	3	5/12	Pac-12 Championships

Mark	Athlete	Place	Day	Event
<u>400M IH (USC: 47:02</u>		<u>FR: 49:46)</u>		
49.09-PR	Samuel	1	5/12	Pac-12 Championships
52.08-PR	Green	7	5/12	Pac-12 Championships
53.50	Logan	10	5/12	Pac-12 Championships
55.30	Lewis	18	4/19	Mt. SAC Relays

<u>LONG JUMP (USC: 27-4.25/8.33m</u>		<u>FR: 27-4.25)</u>		
24-8.50/7.53 (+1.)-PR	Owens	2	4/17	Bryan Clay Decathlon
22-11.25/6.99 (+0.1)	Lewis	4	4/28	Dual Meet
22-2.50/6.77 (+0.0)	Patterson	6	4/28	Dual Meet

<u>TRIPLE JUMP (USC: 56-4.00/17.17m</u>		<u>FR: 53-9)</u>		
42-1.50/12.84 (+1.0)	Patterson	3	4/28	Dual Meet
40-8.75/12.41 (-0.3)	Logan	4	4/28	Dual Meet

<u>HIGH JUMP (USC: 7-7.25/2.32m</u>		<u>FR: 7-4.50)</u>		
7-5.25/2.27-PR	Sears	1	5/12	Pac-12 Championships
6-6.75/2.00	Patterson	T7	4/19	Mt. SAC Relays
6-2.75/1.90	Owens	T7	4/17	Bryan Clay Decathlon

<u>SHOT PUT (USC: 67-5.50/20.56m</u>		<u>FR: 64-1.00)</u>		
64-6.50/19.67-PR	Katnik	1	3/22	Power 5 Challenge
44-2.75/13.48	Owens	13	6/5	NCAA Championships

<u>DISCUS (USC: 206-0/62.78m</u>		<u>FR: 192-8)</u>		
162-2/49.43	Katnik	5	4/28	Dual Meet
162-2/49.43	Bultman	6	4/28	Dual Meet
141-6/43.14-PR	Owens	4	4/18	Bryan Clay Decathlon

<u>JAVELIN (USC: 272-2/82.97m</u>		<u>FR: 247-5)</u>		
173-3/52.82-PR	Owens	3	4/28	Dual Meet

<u>HAMMER (USC: 271-1/82.62m</u>		<u>FR: 253-2)</u>		
218-3/66.53	Bultman	6	5/23	West Prelims
165-8/50.51-PR	Kim	4	4/27	Dual Meet

<u>POLE VAULT (USC: 18-6.50/5.65m</u>		<u>FR: 17-6)</u>		
17-1.00/5.21-PR	Gonzalez	2	4/6	Jim Click Shootout
15-1.00/4.60-PR	Owens	T-8	4/18	Bryan Clay Decathlon
13-10.00/4.22	Carrioli	5	4/28	Dual Meet

<u>DECATHLON (USC: 8,130 POINTS</u>		<u>FR: 8,130)</u>		
8,130-SR/FR	Owens	1	4/17-18	Bryan Clay Decathlon

<u>4X100M (USC: 38.69)</u>				
39.34	---	4	4/28	Dual Meet
(Owens, Stewart, Shinnick, Allen Jr.)				

<u>4X400M (USC: 2:59.00)</u>				
3:03.54	---	1	4/20	Mt. SAC Relays INV
(Samuel, Allen Jr., Jewett, Shinnick)				