



USC HOSTS POWER 5 TRAILBLAZER CHALLENGE

- Historic Meet Features 5 Women Pioneer Coaches -



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USC Track & Field Schedule

Date	Outdoor Meets
3/3	Beach Opener
3/16-17	Trojan Invitational*
3/23-24	Power 5 Trailblazer Challenge*
3/31	California Collegiate
4/7-8	Sun Angel Classic
4/13-14	Triton Invitational
4/19-21	Mt. SAC Relays
4/21-22	Triton Invitational
4/29	USC-UCLA Dual Meet
5/5-6	Pac-12 Multi-Events&
5/12-12	Pac-12 Championships\$
5/24-26	NCAA Preliminary Rounds%
6/6-9	NCAA Championships#

* Home
&Palo Alto, Calif.
\$Palo Alto, Calif.
%Sacramento, Calif.
#Eugene, Ore.

USC Quick Facts

Location: Los Angeles, Calif.
Enrollment: 44,000 (19,000)
Nickname: Trojans
Colors: Cardinal and Gold
Athletic Dir: Lynn Swann
Dir. of T&F: Caryl Smith Gilbert
 (213) 740-4201
Coaches: Sheldon Blockburger
 Joanna Hayes
 Patrick Henner
 Dan Lange
 Quincy Watts
Dir. of Ops: Amanda Skowronek
Dir of Ops: Kyrah McCowan
T&F SID: David Tuttle
 (213) 740-8480

USC's History In Track & Field

NCAA Titles: Men (26 outdoor)
 Men (2 indoor)
 Women (1 outdoor)
Last Title: Men (1976)
 Women (2001)
NCAA Champs: Men (168)
 Women (32)
Olympic Champs: Men (41)
 Women (8)

Pronunciation Guide

Benjamin, Rai (Rye)
 Francis, Zaria (ZAR-ee-uh)
 Joyner, Jadon (Joy-ner, Jah-Don)
 Rohani, Alex (Roe-Han-ee, Alex)
 Smith, Mikaela (Smith, Mick-KAY-luh)
 Sourapas, Christian (SIR-op-pus)
 Tullai, Sydney (TOO-lie)
 Zavala, Joshua (Za-VAHL-uh)

WEEKLY TRACK AND FIELD RELEASE - MARCH 23, 2018

THIS WEEK - The Trojans will host a historic Power 5 Trailblazer Challenge track meet featuring USC, Miami, Mississippi, Ohio State and Tennessee on March 23-24. These five programs are the only Power 5 conference schools with a woman leading both the men's and women's track and field programs. The majority of the meet will be held on March 24 at Loker Stadium from noon to 3:30 p.m. The hammer throw and discus competitions will be held at Long Beach State on March 23 from noon to 3 p.m. This will be the second and final home meet of the season for the Trojans. General admission for adults is \$10 and the price of admission for youths (3-12) and seniors (65+) will be \$5. The events on Friday at Long Beach State will be free to the public. In addition, there will be a Special Olympics 100m dash on Saturday at 2:05 p.m. which will feature athletes from the Special Olympics Southern California.

POWER 5 TRAILBLAZER CHALLENGE HEAD COACHES - The meet features very successful women's head coaches which are in charge of both the men's and women's programs. Caryl Smith Gilbert is in her fifth year at the helm of the Trojan program and will be joined at the meet by Miami's Amy Deem (27 seasons), Tennessee's Beth Alford-Sullivan (4 seasons), Ohio State's Karen Dennis (12 seasons) and Mississippi's Connie Price-Smith (3 seasons).

TROJANS SET 2 WORLD & 3 USA RECORDS AT INDOOR CHAMPIONSHIPS - Michael Norman won the men's 400m with a world-record time and was part of the winning world record-setting 4x400m relay, Kendall Ellis won the women's 400m with a USA-record time and was part of the winning women's relay and Randall Cunningham won the men's high jump by tying the school record at the NCAA Indoor Track & Field Championships at Gilliam Indoor Track Stadium in College Station, Texas on March 10. The USC men's team placed second with 37 points and the women's team took seventh with 28 points.

MEN & WOMEN WIN MPSF TITLES - USC won both the men's and women's team titles at the MPSF Indoor Championships in Seattle, Wash. on Feb. 23-24. USC men winning titles were Rai Benjamin (400m), T.J. Brock (60m), Randall Cunningham (HJ), Robert Ford (800m) and Nick Ponzio (SP). Trojan women claiming crowns were: Kyra Constantine (400m), Kendall Ellis (200m), Dior Hall (60m H), TeeTee Terry (60m).

MEN'S 4X400M RELAY SETS WORLD RECORD...AGAIN - USC's men's 4x400m relay team of Zach Shinnick, Rai Benjamin, Ricky Morgan Jr. and Michael Norman shattered the world record and set a school, collegiate and USA record with a winning time of 3:00.77 at the NCAA Indoor Championships on March 10. USC had originally claimed the record at the Tiger Paw Invitational earlier this season with a time of 3:01.98, but a team from Poland broke it with a time of 3:01.77 on March 4.

USC'S RETURNING OUTDOOR ALL-AMERICANS - USC has five returning women's outdoor All-Americans in Anna Cockrell (100m H, 400m H), Kendall Ellis (400m, 4x400m), Dior Hall (100m H), Deanna Hill (200m, 4x400m), Ky Westbrook (100m). The Trojans have four returning men's outdoor All-Americans in Marquis Morris (110m H), Michael Norman (400m), Nick Ponzio (SP) and Eric Sloan (LJ).

WHO'S NEW ON THE 2018 TROJANS - There are 13 new women's athletes on this season's outdoor roster: Angie Annelus (sprints), Julia Bounds (distances), Chanel Brissett (hurdles), Jennifer Daly (distances), Mackenzie Ellison (distances), Breana Jemison (throws), Cassidy Palka (HJ), Kaelin Roberts (sprints), Shante Robinson (sprints/hurdles), Natasha Stamp (throws), Twanisha "TeeTee" Terry (sprints) and Sydney Tullai (distances). There are 8 new athletes on the men's roster: Rai Benjamin (hurdles/sprints), Cameron Collins (multis), David Hulme (distances), Jaydon Logan (hurdles/sprints), Nick Moore (sprints), Cameron Samuel (hurdles/sprints), Earnest Sears (jumps) and Zach Shinnick (sprints).

NORMAN SETS WORLD INDOOR 400M RECORD - Michael Norman won the men's 400m title at the NCAA Indoor Championships on March 10 with the fastest indoor time ever of 44.52. He broke the previous world record of 44.57 set by Kerron Clement of USA in 2005.

ELLIS SET USA WOMEN'S INDOOR 400M RECORD - Kendall Ellis then won the women's 400m race at the NCAA Indoor Championships on March 10, setting the USC, collegiate and USA records with a winning time of 50.34. She broke the previous USA record of 50.46 set by Phyllis Francis in 2014.

MORGAN NAMED PAC-12 MEN'S TRACK ATHLETE OF THE WEEK - USC senior Ricky Morgan Jr. was named the Pac-12 Men's Track Athlete of the Week for the week of March 12-18. Morgan Jr. opened his outdoor season by winning the men's 200m dash with a time of 20.92 (+1.6) at the Trojan Invitational on March 17, just off his PR of 20.88 set in 2016. Morgan's time is the sixth-fastest by an NCAA runner in the early season, and fourth-fastest wind-legal time. It is the second Pac-12 Men's Track Athlete Of The Week honor for Morgan Jr., also being selected on March 29, 2016.

ON DECK: CALIFORNIA COLLEGIATE - USC will be competing at the California Collegiate Invitational on March 31 in San Diego, Calif.

RANKINGS - The USTFCCCA outdoor rankings are not out yet, but here is the way the Trojans ranked during the indoor season before finishing No.2 on the men's side and No. 7 on the women's side.

	<u>Wk.1</u>	<u>1/22</u>	<u>1/29</u>	<u>2/5</u>	<u>2/12</u>	<u>2/19</u>	<u>2/26</u>	<u>3/4</u>	<u>3/10</u>
USC Men --	5	13	10	15	4	4	4	5	2
USC Women --	4	4	4	4	2	2	5	5	7

USC TRACK AND FIELD HISTORY - USC is well known as one of the most successful athletic programs in the history of the NCAA, with 123 men's and women's national championships. The Trojans have won far more NCAA team and individual titles combined than any other university. However, the most dominant force in USC's slate of athletic programs is not the baseball team (12 College World Series titles) or the football squad (nine national championships) but the men's track and field program, with an unprecedented 28 NCAA titles (including nine straight, 1935-43). In fact, in the history of the NCAA, only the Oklahoma State wrestling program (31) has more national titles than USC men's outdoor track and field. Trojan athletes have dominated the track and field scene for decades. From the exploits of sprinter Charlie Paddock and thrower Clarence "Bud" Houser in the 1920s and 1930s, sprinter Mel Patton in the 1940s, thrower Parry O'Brien in the 1950s, sprinter Lennox Miller and pole vaulter Bob Seagren in the 1960s, sprinter Quincy Watts in the 1980s, to four-time NCAA hammer champion Balazs Kiss (only the fifth collegian to win four in a row) in the 1990s and World Champion hurdler Felix Sanchez in the 2000s, USC is synonymous with track and field excellence.

TROJAN PROGRAM IN GOOD HANDS WITH SMITH GILBERT - Caryl Smith Gilbert begins her fifth season as the Trojan Director of Track & Field and once again last season demonstrated that USC has one of the elite programs in the country. USC's women's team placed third at the 2017 NCAA Championships with its most points since 2002 and its highest finish since the 2006 season. The men's team placed 20th, but was just six points outside of a top seven finish. USC athletes garnered 17 All-America honors. The women's teams have scored 120 points in her first four seasons as the program leader, the most points in a four-year stretch since scoring 158 points during the 2001-04 seasons. Both the men's and women's teams placed second at the 2017 Pac-12 Championships. During the indoor season, the women's team placed fourth at the NCAA Championships and won the MPSF title, while the men's team placed 21st at the NCAA Championships and took second at the conference meet. USC set six indoor school records and two outdoor during the 2017 season and including this indoor season, she has guided the Trojans to 27 indoor school records and 11 outdoor USC records. The Trojans have also established a combined total of 23 freshman records (19 indoor and 6 outdoor) in her first five seasons. In addition 14 Trojans were named to Pac-12 All-Academic teams, bringing the total to 54 in her first four seasons leading the program. In addition she has guided the men's team to the 2016 and 2018 MPSF indoor conference title and the women's team to the team titles in 2018, 2017, 2015 and 2014. Smith Gilbert was named the 2015 Pac-12 Men's & Women's Coach of the Year, the first woman to win the Men's Coach of the Year honor. She has also been named the 2014, 2015, 2017 and 2018 MPSF Women's Coach of the Year and the 2016 and 2018 Men's Coach of the Year, the 2014 and 2015 USTFCCCA West Region Women's Indoor Coach of the Year and the 2016 USTFCCCA West Region Men's Coach of the Year and the 2014 USTFCCCA West Region Women's Outdoor Coach of the Year. She was named the USC Director of Track & Field on June 17, 2013, following the retirement of Ron Alice who guided the program for 19 seasons. Smith Gilbert was a six-time Conference USA Coach of the Year at Central Florida and guided them to a program-best fifth-place finish at the 2013 NCAA Indoor and Outdoor Championships. Also in her six seasons at UCF, her athletes were named All-Americans more than 100 times and set more than 100 school records. Her team won four-straight Conference-USA titles (2010-13), the most in conference history. UCF's fifth-place finish in 2013 was the best finish by a non-BCS school since 2000. Smith Gilbert went to UCF after five seasons (2003-07) as an assistant coach at Tennessee and three as an assistant coach at Alabama (2000-03).

TROJANS' OLYMPIC GLORY - USC athletes of the present and past won 21 medals at the 2016 Rio Olympics, 9 golds, 5 silvers and 7 bronze, after earning 25 medals at the 2012 London Olympics. The success in Rio kept USC as the leader among U.S. universities for most all-time medals and gold medals and continuing its streak of having won a gold medal at every Summer Olympics since 1912. Nine of the medals earned by Trojans at the Rio Olympics were won by USC track and field athletes, the most by Trojan tracksters in a single Olympics. USC track and field athletes have claimed 49 gold medals in Olympic competitions. Forty-four current, former and incoming USC students competed in Rio, the most of any U.S. university. It was the fifth consecutive Summer Games that USC has had at least 40 Olympians. In Rio, those Trojans competed in 9 sports and represented 21 countries. Twenty-five of USC's Rio Olympians were women, 29 were competing in their first Games and 9 were current or incoming student-athletes. In reflecting on USC's success over the years at the Olympics, it is amazing to note that a Trojan athlete has won at least one gold medal in every track and field event except the 800m, 1500m, 5000m, 10000m, steeplechase, triple jump and javelin.

ALL-STAR COACHING STAFF - Caryl Smith Gilbert has put together an impressive coaching staff that looks like an all-star roster. Well decorated throws coach Dan Lange is one of the top assistants in the country and is joined on staff by Patrick Henner (distances), Sheldon Blockburger (jumps and multis), Quincy Watts (sprints and long hurdles) and Joanna Hayes (hurdles and sprints), the 2004 Olympic 100m hurdles gold medalist. Watts was also an Olympic gold medalist in the 400m and 4x400m relay.

THE 2018 WOMEN'S TEAM - The women's team is coming off a 3rd-place finish at the 2017 NCAA Championships and returns many of its scorers. Deanna Hill scored in the 200m and ran on USC's record-setting 4x100m relay which placed second. USC returns two members of its 4x400m relay team. Dior Hall and Anna Cockrell scored in the 100m hurdles and Cockrell placed 2nd in the 400m hurdles. Kendall Ellis placed 3rd in the 400m and anchored the 4x400m relay. Ky Westbrook scored in the 100m dash. Additionally, the Trojans have added transfers Angie Annelus (sprints) and Breana Hunter (throws) and a highly-ranked recruiting class.

THE 2018 MEN'S TEAM - The men's team finished T-20th at the 2017 NCAA Championships and returns all four scorers from that team in Marquis Morris (110m H), Michael Norman (400m), Nick Ponzio (SP) and Eric Sloan (LJ). In addition, USC returns Randall Cunningham who won the 2016 NCAA high jump title and adds transfer Rai Benjamin, who placed 2nd in the 400m hurdles last season. USC's men's team also has a strong freshman class, led by 400m runner Zach Shinnick, the 2017 California State champion and USA Juniors champion in the event.

TROJANS LEAVING THEIR MARKS - The Trojans have 17 athletes on the current team that have posted 38 outdoor top 10 marks all-time by a Trojan, including 17 marks that rank in USC's all-time top 5. The following is a list of those athletes and their ranking at USC:

Men

Alexander Barnum (10th - 4x100m)
T.J. Brock (10th - 4x100m)
Randall Cunningham (T-4th - High Jump)
Matthew Katnik (9th - SP)
Marquis Morris (10th - 110m H, 10th - 4x100m)
Michael Norman (3rd - 400m)
Nick Ponzio (6th - Shot Put)
Eric Sloan (3rd - TJ, 10th - LJ)

Women

Anna Cockrell (4th - 100m H, 3rd - 400m H, 2nd - 4x400m)
Kendall Ellis (6th - 200m, 1st - 400m, 1st, 2nd, 3rd, 4th - 4x400m)
Dior Hall (3rd - 100m HH, 6th, 8th - 4x100m)
Deanna Hill (T-6 - 100m, 3rd - 200m, 1st, 4th, 6th, 8th, 10th - 4x100m, 1st - 4x400m)
Breana Jemison - (7th - Shot Put)
Margaux Jones (6th - Long Jump)
Lyndsey Lopes (8th - Heptathlon)
Mikaela Smith (7th - 800m)
Ky Westbrook (T-6th - 100m, 4th, 6th, 8th - 4x100m)

SCHOOL FRESHMAN OUTDOOR RECORD HOLDERS - Six of USC's athletes hold the school's outdoor freshman record in an event: **Women:** Anna Cockrell (400m H), Kendall Ellis (400m) and Dior Hall (100m H) and **Men:** Marquis Morris (110m H), Michael Norman (400m) and Nick Ponzio (Shot Put).

USC INDOOR RECORD HOLDERS - USC has 7 athletes that are school record-holders in an event, for the women: Kendall Ellis (400m, 4x400m), Deanna Hill (200m, 4x400m), Margaux Jones (LJ) and for the men: Rai Benjamin (4x400m), Ricky Morgan Jr. (4x400m), Michael Norman (400m, 4x400m) and Zach Shinnick (4x400m).

NORMAN, SMITH GILBERT & WATTS EARN USTFCCCA REGIONAL HONORS -- Michael Norman was named men's track athlete of the year, Caryl Smith Gilbert men's and women's head coach of the year and Quincy Watts men's assistant of the year for the West Region it was announced by the United States Track & Field and Cross Country Coaches Association (USTFCCCA) on March 5. Norman scorched the track at the Tiger Paw Invitational on his way to the fifth-fastest time in collegiate indoor history in the 400m of 45.00. Later in that same meet, Norman took the baton last for the Trojans' 4x400 relay team that ran a collegiate record-setting and then world record-setting time of 3:01.98. Smith Gilbert, in her fifth year at USC, led the Trojan men's team to an MPSF Championship where her athletes won five individual titles. On the season, her athletes posted 14 school top-10 marks, as well as a world record in the 4x400m relay. Her squad currently ranks fifth nationally. Smith Gilbert also led the USC women to their fourth Mountain Pacific Sports Federation championship in five years, as well as a top-five national team ranking heading in to the NCAA Championships. Smith Gilbert was named the MPSF Women's Coach of the Year after the Trojans won four individual event crowns on their way to claiming the team trophy. Watts, in his fifth year as an assistant coach at USC, helped guide the Trojan men's team to an MPSF Championship. His athletes finished 1-2-3 in the 400m at the conference championships. On the season, Michael Norman posted the fifth-fastest 400 time in collegiate history at 45.00. The 4x400 relay team, which Watts works closely with, set a world, collegiate and school record with a time of 3:01.98 at the Tiger Paw Invitational on Feb.10.

ELLIS, BENJAMIN & NORMAN NAMED TO BOWERMAN POST-INDOOR WATCH LISTS - USC's Kendall Ellis was named to The Bowerman Post-Indoor list (on March 14) and Rai Benjamin and Michael Norman were named to the same men's list (on March 15) by the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA). The Bowerman is awarded annually at the end of the track and field season to the most outstanding track and field athlete.

NORMAN & WATTS EARN USTFCCCA NATIONAL HONORS - Michael Norman was named national men's track athlete of the year and Quincy Watts the national men's assistant coach of the year by the United States Track & Field and Cross Country Coaches Association (USTFCCCA) on March 13. During the regular season, Michael Norman became one of the fastest men in NCAA history. At the NCAA Indoor Championships in College Station, Texas on March 10, Norman turned his attention to a bigger stage: the world. Norman became the fastest man in world history over 400 meters indoors when he clocked a time of 44.52 to win the NCAA title, which lowered the previous record of 44.57 and also stands as the American record, collegiate record and meet record. The sophomore from Murrieta, California also anchored the Trojan 4x400m team to an all-time world best mark of 3:00.77. Norman is the first athlete from Southern California to win a national indoor award. Watts, in his fifth year as an assistant coach at USC, led USC's sprinters and 4x400m relay team to greatness this season. He over-saw an incredible performance by his runners at the NCAA Indoors, as USC athletes broke the world record in the 400m (Michael Norman, 44.52) and established an all-time world best in the 4x400m (3:00.77). All told, Watts' athletes combined for 27 of the Trojans' 37 points in College Station, Texas, which helped them to a runner-up finish. Don't forget that during the regular season, Norman clocked the then-fifth fastest time in collegiate indoor history and the 4x400m relay broke what was the collegiate indoor record at the time. He also helped guide the Trojan men's team to an MPSF Championship and his athletes finished 1-2-3 in the 400m at the conference championships.

SMITH GILBERT AND BENJAMIN EARN MPSF HONORS - USC junior Rai Benjamin was named Men's Athlete of the Meet and Caryl Smith Gilbert the Men's and Women's Coach of the Year by the Mountain Pacific Sports Federation after the Trojans swept the men's and women's team titles.

ECSTASY AND AGONY FOR CUNNINGHAM - Randall Cunningham won his second national title in the high jump, first indoors, when he cleared 7-6.00/2.29m. That jump was an indoor PR and tied the school record set by Jesse Williams in 2006. He was the only jumper clean through that height, but on his first attempt at 7-7.25/2.32m he suffered a broken left tibia bone on his approach. The other two jumpers remaining could not clear the height and he won the NCAA high jump title, despite breaking his leg. Cunningham had surgery on March 11 and is expected to miss the 2018 outdoor season.

EXPECT ONE LAST THRILL FROM HILL - USC senior sprinter Deanna Hill ranks in USC's all-time top 10 in the 100m (T6 - 11.17) and 200m (3rd - 22.41) and ran on USC's school record women's 4x100m (42.90) and 4x400m relays (3:23.35). She is a seven-time outdoor first-team All-American, having scored in the 100m, 200m, 4x100m and 4x400m at the NCAA Championships. Hill opened up her 2018 outdoor season by running her first collegiate 400m race and won at the Trojan Invitational on March 17 with a time of 53.26, which ranks seventh in the country. Hill is also one of USC's tri-captains this season.

IT'S A BIRD...IT'S A PLANE...IT'S SUPER SLOAN! - USC redshirt senior Eric Sloan has shown flashes of his immense talent, with the only thing slowing him down being injuries. He ranks third on USC's all-time triple jump list with a jump of 55-6.25/16.92m and is 10th on USC's all-time long jump list with a best of 25-9.25/7.85 meters. Last season Sloan won the Pac-12 triple jump title and placed third in the long jump, before placing sixth in the long jump at nationals. In 2016, Sloan finished fourth in the triple jump at the 2016 NCAA Indoor Championships, but suffered a leg injury which would keep him out all of the outdoor season. He rehabilitated throughout the season and was able to place 12th in the triple jump finals at the U.S. Olympic Trials. Sloan also finished 11th at the 2017 USA Track and Field Championships in the triple jump.

WHAT WILL COCKRELL DO NEXT? -- Sophomore hurdler Anna Cockrell was named the 2017 Pac-12 Track & Field Women's Freshman of the Year as she placed second in both the 100m and 400m hurdles, as well as running a leg on USC's winning 4x400m relay. The only other USC conference Women's Freshman of the Year award-winners were co-winners Shalina Clarke and Shana Woods in 2007 and Virginia Powell in 2003. Cockrell continued on to become a two-time outdoor All-American, placing second in the 400m hurdles and eighth in the 100m hurdles. Along the way, she set the USC freshman record in the 400m hurdles (55.14) and the indoor 60m hurdles (7.98). Cockrell ran the 55.14 in the 400m hurdles at the USA T&F Championships, where she placed eighth. She enters the season ranked fourth on USC's all-time 100m hurdles list (12.89) and third in the 400m hurdles (55.14). Cockrell also ran the third leg on USC's second-fastest 4x400m relay of all-time (3:26.09). Cockrell is one of the USC women's team's tri-captains.

THE STEADY LEADERSHIP OF MORGAN - USC senior Ricky Morgan Jr. for the second consecutive season will serve as one of USC's team captains. Morgan Jr. was a 2016 400m All-American, finishing seventh, and was a NCAA semifinalist in the event in 2015 and 2017. He has a best outdoor 400m time of 45.44 and a 200m time of 20.88. He opened his 2018 campaign running the 200m dash at the Trojan Invitational on March 17 and won with a time of 20.92 (+1.6).

DIOR BACK IN FASHION IN THE HURDLING WORLD - USC redshirt junior hurdler Dior Hall is fully healthy this season, following her comeback season last year in which she kept regaining her form, finishing seventh at the 2017 NCAA Championships with a season-best time of 12.82 (+1.6) and earning All-America honors. Hall has a best of 12.74 (+1.7) which she ran in placing third at the 2015 NCAA Championships, which is the USC freshman record in the event. During the 2018 indoor season, Hall ran a PR of 7.94 in the 60m hurdles and then won the MPSF indoor title with a time of 7.99. She also advanced to the NCAA Championships in the event.

THE PONZ OF THE SHOT PUT - USC redshirt senior Nick Ponzio enters the season ranking sixth on USC's all-time shot put list with a best mark of 64-1.00/19.53m. He is a two-time outdoor All-American in the event, placing sixth at the 2017 NCAA Championships with a career-best tying mark of 64-1.00. Ponzio also placed second in the shot put at the 2017 Pac-12 Championships and has finished in the top four of the conference meet all three seasons. During the indoor season Ponzio won the MPSF Indoor title with a PR of 64-4.50/19.62m, which ranks third on USC's all-time list. He also advanced to the NCAA Championships in the event.

USC GETS A GEM IN JEMISON - USC redshirt senior Breana Jemison is a transfer from UC Riverside, where she set the school record with a mark of 56-11.50/17.36m. In her first outdoor meet as a Trojan at the Trojan Invitational on March 17, she won the shot put with a mark of 53-1.50/16.19m which ranks seventh on USC's all-time list. During the indoor season, Jemison had a best mark of 56-8.00/17.27m which ranks second on USC's all-time indoor list. She finished ninth in the shot put at the 2018 NCAA Indoor Championships in the shot put with a mark of 54-4.50/16.57m.

BUY STOCK IN BROCK - USC sophomore sprinter T.J. Brock is primed for a strong second season if his indoor campaign is any indication. Brock won the MPSF indoor 60m title with a time of 6.67 and posted an indoor PR of 6.64 which ranks sixth on USC's all-time indoor list. Brock is USC's top returning 100m runner from last season with a wind-legal best of 10.30 (+1.7) run at the Texas Relays. He also had a wind-aided PR of 10.16 (+4.2w) at the 2017 NCAA West Prelims. He also ran anchor on USC's 4x100m relay team last year which placed 10th at the NCAA Championships with a time of 39.05, 10th on USC's all-time list. Brock graduated from Chaminade College Prep in 2016 where he was a two-time California state champion in the 100m dash. He won the 100m dash at the 2015 Mt. SAC Relays with a wind-aided time of 10.20, the second-fastest California high school time to Quincy Watts' 10.17. T.J.'s father Tarik is the outfield/baserunning coordinator for the Dodgers and played in the major leagues with the Chicago Cubs. His mother Kanika (Conwright) was his track coach in high school and ran track for USC (1993-95).

JONES SET TO JUMP EVEN FARTHER - USC junior Margaux Jones is USC's indoor long jump record-holder (21-0.50/6.41m) and ranks sixth on USC's outdoor list (20-10.75/6.37m). Jones took second in the long jump at the 2017 Pac-12 Championships and third in 2016. Jones placed second in the long jump at the 2018 MPSF Indoor Championships with a jump of 19-11.75/6.09m and placed 12th at the 2018 NCAA Indoor Championships. Jones is an Art History/Pre-Med major at USC and hopes to attend medical school for internal medicine after graduation.

GET TO KNOW THE NEW GUY RAI - USC junior Rai Benjamin is an All-American hurdler who transferred to USC from UCLA. Benjamin placed second in the 400m hurdles at the 2017 NCAA Championships with a PR of 48.33, just .01 second behind the winner. He also won the 2017 Pac-12 title in the event with a time of 49.52. Benjamin's PR of 48.33 in the 400m hurdles is the same as Olympic champion and USC record-holder Felix Sanchez ran while running as a Trojan. Benjamin also has an outdoor PR of 45.72 in the open 400m race. Benjamin demonstrated his talent during the 2018 indoor campaign by winning the MPSF indoor 400m title with a time of 45.94. He ran the second-fastest indoor 200m time in school history of 20.34 to place third at the NCAA Indoor Championships. Benjamin also ran a leg on USC's 4x400m relay team which beat the world record with a time of 3:00.77.

McARTHUR SURE TO LEAVE HER MARK - USC freshman hammer thrower Joy McArthur is a former USATF Junior hammer throw champion and ranks second all-time on the high school girls hammer throw list. She began throwing the hammer just a few years ago. McArthur opened her collegiate career by winning the hammer throw at the Trojan Invitational on March 16 with a mark of 197-1/60.07m, just outside the Trojans' top 10 in the event. She currently ranks ninth in the country in the hammer throw. She has a hammer throw PR of 203-8/62.07m.

2018 USC MEN'S ROSTER

<i>NAME</i>	<i>EVENTS</i>	<i>HEIGHT</i>	<i>BIRTHDATE</i>	<i>COMPETITIVE YEAR</i>	<i>HOMETOWN (HIGH SCHOOL/J.C.)</i>
Alexander Barnum	Sprints	5-9	8/12/97	Sophomore	Studio City, Calif. (Harvard-Westlake)
Rai Benjamin	Hurdles/Sprints	6-3	7/27/97	Junior	Mount Vernon, N.Y. (Mount Vernon/UCLA)
T.J. Brock	Sprints	6-2	2/3/98	Sophomore	Woodland Hills, Calif. (Chaminade)
Nathan Bultman	Throws	6-4	4/6/97	Sophomore*	Santa Clarita, Calif. (West Ranch)
Mitchell Cameron	Distances	6-0	8/8/96	Senior	Chino Hills, Calif. (Damien)
Cameron Collins	Multi-Events	6-5	4/23/94	Senior*	Calhoun, Ga. (Darlington/Hampden-Sydney/Virginia)
Randall Cunningham	High Jump	6-6	1/4/96	Senior	Las Vegas, Nev. (Bishop Gorman)
Robert Ford	800m	5-10	3/8/96	Senior	San Antonio, Texas (Claudia Taylor Johnson)
Michael Gonzalez	Jumps	5-8	2/9/98	Sophomore	Lodi, Calif. (Lodi)
David Hulme	Distances	6-4	2/9/99	Freshman	Newport Beach, Calif. (Mater Dei/Foothill)
Jadon Joyner	Jumps	6-5	3/19/96	Senior	Brooklyn, N.Y. (Hotchkiss School/Ohio Wesleyan)
Matthew Katnik	Throws	6-3	10/10/96	Junior	Rolling Hills Estates, Calif. (St. John Bosco)
Jason Kim	Throws	6-1	3/6/97	Junior	Diamond Bar, Calif. (Diamond Bar)
Jaydon Logan	Sprints/Hurdles	6-2	10/18/97	Junior	Cypress, Calif. (Artesia HS/Cerritos College)
Nick Moore	Sprints	5-9	4/10/99	Freshman	Moorpark, Calif. (Oaks Christian)
Ricky Morgan Jr.	Sprints	5-10	9/12/95	Senior	Woodbridge, Va. (Forest Park)
Marquís Morris	Hurdles	6-3	2/6/96	Senior	Pittsburg, Calif. (De La Salle)
Matthew Myrtue	Distances	6-3	6/9/98	Sophomore	Covington, La. (Fontainebleau)
Michael Norman	Sprints	6-1	12/3/97	Sophomore	Murrieta, Calif. (Vista Murrieta)
Nick Ponzio	Throws	6-0	1/4/95	Senior*	Temecula, Calif. (Great Oak/Florida)
Alex Rohani	400m/800m	6-0	2/21/95	Senior*	Beverly Hills, Calif. (Beverly Hills)
Cameron Samuel	Sprints/Hurdles	5-11	9/27/99	Freshman	Moreno Valley, Calif. (Rancho Verde)
Earnest Sears	Jumps	6-4	12/4/98	Freshman	Palmdale, Calif. (Bishop Alemany)
Zach Shinnick	Sprints	6-2	2/8/99	Freshman	Glendora, Calif. (Damien)
Eric Sloan	Jumps	6-0	6/20/94	Senior*	Stockton, Calif. (Bear Creek/Delta College)
Dominic Smallwood	Jumps	6-2	12/28/95	Senior	Las Vegas, Nev. (Silverado)
Christian Sourapas	Sprints	5-11	7/17/96	Junior	San Diego, Calif. (Francis W. Parker/Oregon)
Joshua Zavala	Distances	5-8	5/19/97	Sophomore	Ontario, Calif. (Colony)

*--used redshirt year

2018 USC WOMEN OF TROY ROSTER

NAME	EVENTS	HT	BIRTHDATE	YEAR	HOMETOWN (HIGH SCHOOL/J.C.)
Angie Annelus	Sprints	5-6	1/10/97	Sophomore*	Grandview, Mo. (Grandview/UCLA)
Chloe Berry	Distances	5-3	7/23/98	Sophomore	Mission Viejo, Calif. (Mission Viejo)
Julia Bounds	Distances	6-0	3/23/99	Freshman	Mountain View, Calif. (St. Francis)
Chanel Brissett	Sprints/Hurdles	5-4	8/10/99	Freshman	Philadelphia, Pa. (Cheltenham)
Anna Cockrell	Hurdles	5-10	8/28/97	Sophomore	Charlotte, N.C. (Providence Day School)
Kyra Constantine	Sprints	5-7	8/2/98	Sophomore	Toronto, Ontario, Canada (St. Roch Catholic)
Courtney Corrin	Jumps	5-6	12/13/97	Freshman*	Los Angeles, Calif. (Harvard-Westlake)
Jennifer Daly	Distances	5-9	8/20/99	Freshman	Dana Point, Calif. (Dana Hills)
Kendall Ellis	Sprints	5-8	3/8/96	Senior	Pembroke Pines, Fla. (St. Thomas Aquinas)
Mackenzie Ellison	Distances	5-6	7/22/99	Freshman	Snellville, Ga. (Brookwood)
Zaria Francis	Sprints	5-0	3/22/98	Sophomore	Oxnard, Calif. (Rio Mesa)
Kennedy Gillian	Sprints	5-4	1/9/98	Sophomore	Rancho Santa Margarita, Calif. (Mission Viejo)
Rachel Glynn	Distances	5-9	3/31/97	Junior	Aurora, Ontario, Canada (Country Day)
Amber Gore	Distances	5-5	1/21/97	Junior	Redondo Beach, Calif. (Redondo Union)
Dior Hall	Hurdles	5-6	1/2/96	Junior*	Denver, Colo. (Denver School of Science & Technology)
Alexa Harmon-Thomas	Multi Events/HJ	5-10	4/5/96	Junior*	Lawrence, Kan. (Lawrence Free State/Texas)
Deanna Hill	Sprints	5-6	4/13/96	Senior	Orlando, Fla. (Lake Highland Prep)
Breana Jemison	Throws	6-1	12/11/93	Senior*	Carlsbad, Calif. (Carlsbad/UC Riverside)
Margaux Jones	Jumps	5-5	2/11/97	Junior	Redlands, Calif. (Redlands)
Lyndsey Lopes	Multi-Events	5-9	8/23/97	Junior	Clovis, Calif. (Edison)
Lauren Maurer	Distances	5-6	1/17/97	Junior	Fullerton, Calif. (Crean Lutheran)
Joy McArthur	Throws	5-9	7/5/99	Freshman	Dana Point, Calif. (Dana Hills)
Mecca McGlaston	Hurdles	5-9	7/23/98	Sophomore	Dublin, Calif. (Dublin)
Cassidy Palka	Jumps	5-11	4/29/99	Freshman	Thousand Oaks, Calif. (Oaks Christian)
Colette Putnam	Javelin	5-11	12/13/97	Freshman*	Laguna Beach, Calif. (Laguna Beach)
Madisen Richards	Jumps	5-6	11/15/96	Senior	Simi Valley, Calif. (Simi Valley)
Kayla Richardson	Sprints	5-9	4/17/98	Sophomore	Walnut, Calif. (Walnut)
Kyla Richardson	Sprints	5-8	4/17/98	Freshman*	Walnut, Calif. (Walnut)
Madison Ricks	800m, 1500m	6-0	10/20/96	Senior	San Ramon, Calif. (California)
Kaelin Roberts	Sprints	5-8	1/6/99	Freshman	Long Beach, Calif. (Carson)
Shante Robinson	Hurdles/Sprints	5-5	9/11/99	Freshman	Inglewood, Calif. (Mira Costa)
Mikaela Smith	Distances	5-7	7/4/97	Junior	Fresno, Calif. (Clovis North)
Natasha Stamp	Throws	5-9	9/22/88	Freshman	Lawrenceville, Ga. (Grayson)
Twanisha Terry	Sprints	5-5	1/24/99	Freshman	Miami, Fla. (Northwestern)
Sydney Tullai	Distances	5-4	2/1/99	Freshman	Chino Hills, Calif. (Ayala)
Kamryn Weber	Distances	5-6	11/8/97	Sophomore	Frisco, Texas (Frisco)
Ky Westbrook	Sprints	5-9	2/25/96	Junior*	Chandler, Ariz. (Chandler)

* -- used redshirt year

2018 USC MEN'S OUTDOOR BESTS

Mark	Athlete	Place	Day	Event
<u>100M (USC: 9.92 FR: 10.17)</u>				
10.72 (+0.8)	Sourapas	4	3/17	Trojan Invitational
10.87 (+0.8)	Moore	9	3/17	Trojan Invitational
10.98 (+2.2w)	Joyner	6	3/3	Beach Opener

<u>200M (USC: 19.88 FR: 20.24)</u>				
20.92 (+1.6)	Morgan	1	3/17	Trojan Invitational
21.02 (+1.6)-PR	Barnum	3	3/17	Trojan Invitational
21.69 (+1.6)	Sourapas	10	3/17	Trojan Invitational
22.00 (+2.7w)	Moore	19	3/17	Trojan Invitational
23.21 (+1.8)	Rambo	25	3/17	Trojan Invitational

400M (USC: 43.50 FR: 44.60)

<u>800M (USC: 1:44.92 FR: 1:47.1)</u>				
1:54.99	Myrtue	5	3/17	Trojan Invitational
1:56.79	Zavala	8	3/17	Trojan Invitational

<u>1500M (USC: 3:39.5 FR: 3:45.85)</u>				
4:03.27	Myrtue	1	3/3	Beach Opener
4:19.19	Hulme	12	3/3	Beach Opener

<u>1-MILE (USC: 3:59.85 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 FR: 13:77)</u>				
14.27 (-2.7)	Morris	2	3/17	Trojan Invitational
14.63 (+0.3)	Samuel	1	3/3	Beach Opener

Mark	Athlete	Place	Day	Event
<u>400M IH (USC: 48:33 FR: 49:46)</u>				
52.48	Samuel	2	3/17	Trojan Invitational

<u>LONG JUMP (USC: 27-4.25/8.33m FR: 27-4.25)</u>				
23-8.75/7.23 (nwi)-PR	Joyner	2	3/3	Beach Opener
23-6.25/7.17 (nwi)	Smallwood	3	3/3	Beach Opener
20-5.75/6.24 (nwi)	Gonzalez	9	3/3	Beach Opener
17-9.50/5.42 (nwi)	Carrioli	19	3/3	Beach Opener

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

<u>HIGH JUMP (USC: 7-7.25/2.32m FR: 7-4.50)</u>				
7-1.00/2.16-PR	Sears	1	3/3	Beach Opener

<u>SHOT PUT (USC: 67-5.50/20.56m FR: 64-1.00)</u>				
61-8.50/18.81	Ponzio	1	3/17	Trojan Invitational

<u>DISCUS (USC: 206-0/62.78m FR: 192-8)</u>				
169-3/51.59	Bultman	4	3/16	Trojan Invitational

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

<u>HAMMER (USC: 271-1/82.62m FR: 253-2)</u>				
204-11/62.47-PR	Bultman	2	3/16	Trojan Invitational
138-3/42.15	Kim	13	3/16	Trojan Invitational

<u>POLE VAULT (USC: 18-6.50/5.65m FR: 17-6)</u>				
16-4.75/5.00	Gonzalez	4	3/17	Trojan Invitational
14-1.25/4.30	Carrioli	10	3/17	Trojan Invitational

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

<u>4X100M (USC: 38.69)</u>				
41.70	---	6	3/17	Trojan Invitational
(Morris, Sourapas, Moore, Rambo)				

<u>4X400M (USC: 3:00.58)</u>				
3:21.35	---	2	3/3	Beach Opener
(Rambo, Myrtue, Zavala, Hulme)				

2018 USC WOMEN'S OUTDOOR BESTS

Mark	Athlete	Place	Day	Event
<u>100M (USC: 11.04 FR: 11.04)</u>				
11.57 (+0.6)	Annelus	1	3/3	Beach Opener
11.58 (+0.6)	Francis	2	3/3	Beach Opener
11.75 (+0.0)	Brissett	1	3/17	Trojan Invitational
12.14 (-1.5)	Richards	5	3/17	Trojan Invitational
13.37 (-1.7)	Corrin	23	3/17	Trojan Invitational

<u>200M (USC: 22.23 FR: 22.84)</u>				
23.10 (-1.3)	Ellis	1	3/17	Trojan Invitational
23.31 (-1.3)	Terry	3	3/17	Trojan Invitational
23.44 (-1.3)	Westbrook	4	3/17	Trojan Invitational
23.48 (-1.3)	Annelus	5	3/17	Trojan Invitational
23.60 (-1.3)	Cockrell	6	3/17	Trojan Invitational
24.01 (+1.1)	Ka.Richardson	7	3/17	Trojan Invitational
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

<u>400M (USC: 50.00 FR: 52.32)</u>				
53.46	Hill	1	3/17	Trojan Invitational

<u>800M (USC: 1:58.51 FR: 2:04.16)</u>				
2:12.39	Gore	12	3/17	Trojan Invitational
2:14.32	Berry	14	3/17	Trojan Invitational
2:15.72	Gillian	17	3/17	Trojan Invitational
2:18.33	Weber	2	3/3	Beach Opener
2:22.91	Glynn	23	3/17	Trojan Invitational
2:26.45	Daly	25	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>				
4:47.40	Daly	1	3/3	Beach Opener
4:50.90	Smith	2	3/3	Beach Opener
4:57.50	Ricks	4	3/3	Beach Opener
5:01.90	Bounds	5	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

3000M (USC: 9:11.78 FR: 9:33.29)

3000M SC (USC: 10:01.99 FR: 10:03.73)

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

Mark	Athlete	Place	Day	Event
<u>100M HH (USC: 12.48 FR: 12.74)</u>				
13.10 (+3.1w)	Brissett	1	3/17	Trojan Invitational
13.75 (+3.1w)	Lopes	3	3/17	Trojan Invitational
13.85 (+0.6)	Lopes	1	3/3	Beach Opener
14.08 (+0.6)	Robinson	3	3/3	Beach Opener

<u>400M IH (USC: 54.95 FR: 55.14)</u>				
59.66-PR	Robinson	4	3/17	Trojan Invitational

<u>LONG JUMP (USC: 21-11.00/6.68M FR: 21-3.25)</u>				
19-11.75/6.09 (+1.5)	Richards	1	3/17	Trojan Invitational
19-10.75/6.06 (+0.0)	Corrin	1	3/3	Beach Opener
19-0.50/5.80 (+0.2)	H-Thomas	3	3/17	Trojan Invitational

TRIPLE JUMP (USC: 45-5.25/13.85M FR: 44-8.25)

<u>HIGH JUMP (USC: 6-2.00/1.88M FR: 6-2.00)</u>				
5-7.00/1.70	Palka	1	3/17	Trojan Invitational
5-6.00/1.68	H-Thomas	T2	3/3	Beach Opener
5-6.00/1.68	Lopes	T2	3/3	Beach Opener

<u>SHOT PUT (USC: 57-7.50/17.56M FR: 53-3.50)</u>				
53-1.50/16.19	Jemison	1	3/17	Trojan Invitational

DISCUS (USC: 200-5/61.10M FR: 177-11)

<u>JAVELIN (USC: 186-10/56.95M FR: 173-11)</u>				
117-2/35.72	Lopes	12	3/17	Trojan Invitational
ND	Putnam	---	3/17	Trojan Invitational

<u>HAMMER (USC: 230-3/70.18M FR: 226-8)</u>				
197-1 (60.07)	McArthur	1	3/16	Trojan Invitational

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

HEPTATHLON (USC: 6,079 POINTS FR: 5,582)

<u>4X100M (USC: 42.90)</u>				
43.49	---	1	3/17	Trojan Invitational
(Annelus, Westbrook, Hill, Terry)				

<u>4X400M (USC: 3:23.35)</u>				
3:42.08	---	2	3/17	Trojan Invitational
(Cockrell, Terry, Robinson, Ky.Richardson)				

USC MEN'S TOP 10 PERFORMERS

MEN'S OLYMPIC EVENTS

100 METERS

1. Andre De Grasse	9.92	8/23/15
2. BeeJay Lee	9.99	6/25/15
3. James Sanford	10.02	5/11/80
4. Lennox Miller	10.04	10/14/68
5. Aaron Brown	10.05	6/5/13
6. Clancy Edwards	10.07	6/2/78
7. Darwin Cook	10.10	5/18/85
8. Ahmad Rashad	10.10	6/12/09
9. Just'N Thymes	10.14	3/31/17
10. Sultan McCullough	10.17	3/6/99

200 METERS

1. Andre De Grasse	19.88	7/24/15
2. James Sanford	19.94+	4/19/80
3. Clancy Edwards	20.03	4/29/78
4. BeeJay Lee	20.11	6/28/15
5. Aaron Brown	20.16	5/31/14
6. Bryshon Nellum	20.23	5/12/13
7. Darwin Cook	20.33	5/18/85
8. James Gilkes	20.39	6/21/75
9. Philip Francis	20.39	5/14/06
10. Edward Hervey	20.40	5/19/95

400 METERS

1. Quincy Watts	43.50	8/5/92
2. Jerome Davis	44.51	8/1/99
3. Michael Norman	44.60	6/23/17
4. Lionel Larry	44.63	6/14/08
5. Bryshon Nellum	44.73	6/7/13
6. Josh Mance	44.83	6/6/12
7. Billy Mullins	44.84	5/11/80
8. Ken Randle	44.99	6/4/76
9. Joey Hughes	45.05	5/14/11
10. Bill Green	45.07n	5/10/81

800 METERS

1. Ibrahim Okash	1:44.92	6/19/88
2. Duane Solomon	1:45.69	6/24/07
3. Lloyd Johnson	1:46.5en	7/4/77
4. Rayfield Beaton	1:46.5e	4/29/78
5. Mark Handelsman	1:46.5en	7/14/82
6. David Omwansa	1:46.8n	6/2/79
7. Joey Bunch	1:46.8	4/19/86
8. Irek Sekretarski	1:47.11	6/11/09
9. Isaac Turner	1:47.15	5/3/97
10. William Wang	1:47.3	5/3/80

1,500 METERS

1. David Omwansa	3:39.5en	5/20/78
2. Ibrahim Okash	3:40.86	7/5/88
3. Blake Shaw	3:43.08	4/15/11
4. Tomasz Babiszkiewicz	3:43.41	4/15/05
5. Ray Griffin	3:45.54	5/6/89
6. Irek Sekretarski	3:45.60	5/2/09
7. Rayfield Beaton	3:46.2	5/1/76
8. Dan Aldridge	3:47.7n	5/14/77
9. Brandon Pacheco	3:47.81n	4/21/96
10. Duane Solomon	3:48.29	5/3/08

5,000 METERS

1. Ole Oleson	14:02.6	3/23/68
2. Max Truex	14:04.2	5/31/57
3. Fredson Mayiek	14:19.18	5/24/86
4. John Carley	14:23.60	3/5/11
5. Ray Griffin	14:24.66	4/1/89
6. Roman Gomez	14:28.74n	5/2/87
7. Blake Shaw	14:30.60	3/10/12
8. Ryan Holman	14:31.9n	4/4/81
9. Adolfo Garcia	14:34.7n	5/14/88
10. Justin Neems	14:34.85	3/30/03

10,000 METERS

1. Fredson Mayiek	29:42.7n	5/21/88
2. Mitch Sloan	30:15.1	4/21/90
3. Adolfo Garcia	30:30.3n	5/21/88
4. Ted Price	30:31.10	3/25/11
5. Max Truex	30:52.0	6/22/56

110-METER HIGH HURDLES

1. Aleec Harris	13.14	7/27/14
2. Oscar Spurlock	13.33	4/16/11
3. Mark Crear	13.33	8/14/92
4. Ryan Wilson	13.35	6/14/03
5. Brendan Ames	13.39	5/13/11
6. Robert Reading	13.42	6/2/89
7. Earl McCullough	13.44	7/16/67
8. Tonie Campbell	13.44n	8/28/81
9. Milan Stewart	13.46n	4/25/82
10. Marquis Morris	13.56	4/30/17

400-METER INTERMEDIATE HURDLES

1. Felix Sanchez	48.33	6/28/00
2. Tom Andrews	48.55	6/12/76
3. Reggie Wyatt	48.58	6/7/13
4. Pedro Rodrigues	48.82	8/20/95
5. Geoff Vanderstock	48.94+	9/11/68
6. George Porter	49.19n	6/3/89
7. Rich Graybehl	49.31n	6/3/78
8. Ryan Wilson	49.33	5/18/03
9. Kai Kelley	49.79	6/12/08
10. Rex Cawley	50.04+	5/13/61

3,000 METER STEEPLECHASE

1. Henry Perez	8:52.1e	4/29/78
2. Romney Mawhorter	8:52.5n	5/2/87
3. Fredson Mayiek	9:00.42	4/29/89
4. Curtis Jones	9:01.0	4/11/70
5. Dreux Valenti	9:04.1	4/8/89
6. Rich Dyer	9:07.4	4/18/70
7. Roman Gomez	9:09.4	1987
8. Adrian Rafiee	9:16.31	5/1/11
9. Andrew Knutsen	9:19.09	5/5/01
10. Matt McCarthy	9:20.4n	4/8/89

LONG JUMP

1. Randy Williams	27-4 1/4 (8.33)	9/9/72
2. Larry Doubly	26-11 3/4 (8.22)	5/3/77
3. Henry Hines	26-8 1/2 (8.14)	5/8/71
4. Allen Simms	26-3 3/4 (8.02)	3/1/03
5. Ed Tave	26-1 3/4 (7.97)	3/31/84
6. Gerald Hardeman	26-1 1/4 (7.96)	3/31/74
7. Wellesley Clayton	26-0 (7.92)	4/3/65
8. Kenny Hays	25-11 3/4 (7.91)	5/30/80
9. Adoree' Jackson	25-11 1/2 (7.91)	6/10/15
10. Eric Sloan	25-9 1/4 (7.85)	4/30/17

TRIPLE JUMP

1. Allen Simms	56-4 (17.17)	4/28/03
2. Julien Kapek	56-2 (17.12)	6/14/03
3. Eric Sloan	55-6 1/4 (16.92)	5/27/17
4. Tom Cochee	54-4 1/2n (16.57)	5/10/75
5. Djeke Mambo	54-4 (16.56)	3/17/01
6. Ed Washington	53-9 (16.38)	3/16/74
7. Don Bryson	53-9n (16.38)	5/3/75
8. Kenny Hays	53-3 1/4 (16.23)	5/3/80
9. Kedjeloba Mambo	53-0 1/4 (16.16)	4/19/98
10. Michael Pullins	52-10 1/4 (16.11)	3/23/85

POLE VAULT

1. Dennis Kholev	18-6 1/2 (5.65)	5/30/00
2. Dave Kenworthy	18-2 3/4 (5.55)	7/24/82
3. Russ Rogers	18-1 1/2 (5.52)	3/27/76
4. Steve Klassen	18-0 1/2 (5.50)	4/19/86
5. Eric White	18-0 1/2 (5.50)	5/2/87
6. Brandon Estrada	18-0 1/2 (5.50)	3/6/10
7. Jeff Ryan	17-10 1/2 (5.45)	5/17/03
8. Bob Seagren	17-9 (5.41)	9/12/68
9. Paul Wilson	17-7 3/4 (5.37)	6/23/67
10. David Grijalva	17-7 1/4 (5.37)	5/18/02

HIGH JUMP

1. Jesse Williams	7/7 1/4 (2.32)	6/9/06
2. Dawid Jaworski	7-5 3/4 (2.28)	6/14/03
3. Manjula Wijesekara	7-5 1/4 (2.27)	9/4/05
4. Anthony Caire	7-4 1/2 (2.25)	5/28/84
5. Randall Cunningham	7-4 1/2 (2.25)	6/10/16
6. Dean Owens	7-2 1/4 (2.19)	4/7/73
7. Dennis Smith	7-2n (2.18)	5/24/80
8. Tyler Ruiz	7-1 1/2 (2.17)	5/12/13
9. Tim Walker	7-1 1/4 (2.16)	5/14/77
10. Jerry Culp	7-1 (2.16)	2/23/74
11. Brian Patchett	7-1 (2.16)	2/22/86
12. Jeff Trepagnier	7-1 (2.16)	5/21/00
13. Viktor Fajoyomi	7-1 (2.16)	4/5/14
14. Ernest Sears	7-1 (2.16)	3/3/18

SHOT PUT

1. Noah Bryant	67-5 1/2 (20.56m)	4/28/07
2. Doug Lane	66-11 1/4 (20.40)	5/19/72
3. Hank Kraychir	66-0 1/2 (20.13)	6/4/83
4. Dallas Long	65-10 1/2 (20.08)	5/18/62
5. Dave Murphy	64-3 (19.58)	5/15/70
6. Nick Ponzio	64-1 (19.53)	6/10/15
7. William Denbo	63-7 1/2 (19.39m)	5/12/07
8. Mike Budinich	63-5 3/4 (19.34)	5/1/76
9. Matthew Katnik	62-9 1/2 (19.14)	6/25/17
10. Van Mounts	62-6 (19.05)	5/21/00
11. Tambi Wenj	62-6n (19.05)	1/31/87

DECATHLON

1. Mike Gonzales	8,022	6/21-22/84
2. Viktor Fajoyomi	7,712	6/11-12/14
3. Daniel Haag	7,623	3/14-15/98
4. Bo Sterner	7,574	6/4-5/74
5. Bob Coffman	7,321	6/4-5/74

6. Shelton Davis	7,290	5/10-11/03
7. Russell Silvers	7,254	5/11-2/02
8. Roy Williams	7,163	4/25-26/64
9. Marcell Allmond	7,152	3/10-11/00
10. Casey Thompson	7,106	4/14-15/00

DISCUS

1. Gary Carlsen	206-0 (62.78)	6/4/67
2. Hank Kraychir	203-8 (62.08)	4/9/83
3. Bernd Kneissler	202-11 (61.84)	5/24/86
4. Ralph Fruguglietti	202-0 (61.58)	6/5/76
5. Rink Babka	198-10 (60.60)	3/22/58
6. Joe Antunovich	198-10 (60.60)	5/8/71
7. Aaron Dan	198-5 (60.48m)	3/13/10
8. Darrell Elder	195-2 (59.48)	4/16/77
9. Gary Kirchoff	194-7 (59.32)	5/1/93
10. Gordon Hovey	193-2 (58.88)	3/28/98

JAVELIN

(1986 IMPLEMENT)

1. Corey White	272-2 (82.97)	4/4/09
2. Cooper Thompson	253-3 (77.19)	5/15/10
3. Nils Feamley	244-8 (74.58)	5/20/95
4. Henrik Kjaereng	227-0n (69.20)	5/3/97
5. Jeffrey Churchman	219-4 (66.85)	5/17/14
6. Matt Gee	213-5 (65.06)	3/4/89
7. Dennis Rice	211-6 (64.47)	3/18/05
8. Mike Gonzales	208-9n (63.62)	5/3/86
9. Mike Thomas	206-10 (63.04)	5/14/94
10. William O'Grady	206-6 (62.95)	5/5/01

HAMMER

1. Balazs Kiss	271-1 (82.62)	9/95
2. Conor McCullough	252-4 (76.91)	6/10/15
3. Norbert Horvath	241-11 (73.75)	6/5/99
4. Remington Conatser	238-8 (72.76)	3/21/14
5. Bengt Johansson	236-11n (72.22)	6/5/98
6. Adam Midles	228-3 (69.57)	4/27/07
7. Trey Henderson	227-10 (69.45)	4/1/11
8. John Wolitarsky	225-10 (68.84)	5/19/85
9. Szabolcs Maroti	225-9 (68.80)	3/24/00
10. Daniel Szabo	220-2 (67.10)	3/23/12

400-METER RELAY

1. Williams, Mullins, J. Sanford, M. Sanford	38.69	2/23/80
2. Lee, De Grasse, Thymes, Jackson	38.75	6/10/15
3. Williams, Mullins, Edwards, J. Sanford	38.85	4/29/78
4. Francis, Felix, Larry, Anderson	38.89	4/17/05
5. Reading, Manning, Dexter, Morales	38.90n	6/6/86
6. Williams, Bradford, J. Sanford, Mullins	38.91	4/28/79
7. Jones, Felix, Francis, Anderson	38.92	6/9/05
8. Lee, Davis, Williams, McCullough	38.94n	4/3/99
9. Lee, De Grasse	38.97	4/4/15
10. Morris, Barnum, Thymes, Brock	39.05	6/7/17

1,600-METER RELAY

1. Hannah, Conway, Cannady, Watts	3:00.58	3/6/92
2. Hughes, Mance Wyatt, Nellum	3:00.64	6/9/12
3. Ekpenyong, Hervey, Rodrigues, Krill	3:02.59	6/2/95
4. Jordan, Joyner, Sanchez, Davis	3:02.68	5/22/99
5. Hughes, Mance, Walker, Wyatt	3:02.87	4/9/11
6. Lee, Williams, Sanchez, Davis	3:02.89	4/3/99
7. Kelley, Garrison, Cunningham, Larry	3:03.08	6/10/06
8. Hughes, Nellum, Walker, Wyatt	3:03.21	6/7/12
9. Nellum, Hughes, Anderson, Wyatt	3:03.26	4/3/10
10. Carter, Turner, Joyner, Davis	3:03.28n	6/7/97

ALL-TIME WOMEN'S PERFORMERS

WOMEN'S OLYMPIC EVENTS

100 METERS

1. Angela Williams	11.04	6/5/99
2. Natasha Mayers	11.09	4/19/03
3. Torri Edwards	11.10n	6/4/99
Virginia Powell	11.10	5/14/06
5. Inger Miller	11.11	4/7/93
6. Ky Westbrook	11.17	6/11/15
Deanna Hill	11.17	6/22/17
8. Jessica Davis	11.19	5/14/11
Tynia Gaither	11.19	6/9/16
10. Candace Young	11.22	3/24/01

200 METERS

1. Carol Rodriguez	22.23	5/27/06
2. Inger Miller	22.33	4/17/93
3. Deanna Hill	22.41	5/14/17
4. Tynia Gaither	22.54	6/11/16
5. Kinshasa Davis	22.69	4/16/00
6. Kendall Ellis	22.79	3/18/17
7. Natasha Mayers	22.80	5/29/02
8. Aareon Payne	22.83	4/16/11
9. Jessica Davis	22.84	5/14/11
Torri Edwards	22.84n	6/4/99

400 METERS

1. Kendall Ellis	50.00	6/24/17
2. Jaide Stepter	50.91	3/26/16
3. Carol Rodriguez	51.39	5/3/08
4. Vanessa Jones	51.50	5/17/15
5. Cameron Pettigrew	51.61	5/14/17
6. Michelle Taylor	51.75	6/2/89
7. Amalie Iuel	51.81	3/18/17
8. Brigita Langerholc	52.02	7/01
9. Gervaise McCraw	52.24	6/7/86
10. Nakiya Johnson	52.29	5/19/02

800 METERS

1. Brigita Langerholc	1:58.51	9/25/00
2. Michelle Taylor	2:00.01	7/19/89
3. Lesley Noll	2:03.30	4/8/88
4. Grazyna Penc	2:03.82n	4/5/97
5. Aleksandra Deren	2:04.18	4/26/01
6. Donna Curtis	2:04.58	5/29/85
7. Mikaela Smith	2:05.17	4/30/17
8. Anna Lopaciuch	2:05.71	5/24/98
9. Treani Swain	2:05.93	4/30/05
10. Kristie Johnston	2:06.09n	5/3/97

1,500 METERS

1. Grazyna Penc	4:12.05n	4/20/97
2. Iryna Vashchuk	4:12.79	5/29/04
3. Anna Lopaciuch	4:16.49n	4/4/98
4. Lesley Noll	4:17.25	4/30/89
5. Emebet Shiferaw	4:20.75	5/4/96
6. Aleksandra Deren	4:20.84	5/5/01
7. Kristie Johnston	4:21.84n	5/3/97
8. Shannon Clark	4:22.06	4/11/87
9. Elise Lyon	4:22.75	5/23/86
10. Lucyna Ligaj	4:22.77	5/20/01

3,000 METERS

1. Emebet Shiferaw	9:11.78n	6/6/97
2. Anna Lopaciuch	9:23.44n	5/2/98
3. Zsafia Erdelyi	9:27.96	3/20/10
4. Iryna Vashchuk	9:31.14	3/20/04
5. Lucyna Ligaj	9:38.07	3/3/01
6. Shannon Clark	9:41.41	4/17/87
7. Sarah Cocco	9:42.68	3/1/08
8. Katerina Berdousi	9:45.42	3/22/13
9. Elise Lyon	9:48.69	4/17/87
10. Beth Van Alstine	9:49.07	3/20/04

3,000m Steeplechase

1. Zsafia Erdelyi	10:01.99	5/30/09
2. Julia Budniak	10:14.51	6/12/04
3. Kira Soderstrom	10:34.18	4/16/15
4. Katerina Berdousi	10:42.40	5/14/16
5. Jenna Tong	10:42.91	4/5/14
6. Laura Meyers	10:49.95	4/5/08
7. Natalia Kovtun	11:04.35	4/28/07
8. Kristen Berglas	11:06.70	4/30/05
9. Katherine Ellis	11:07.26	5/2/09
10. Brooke Thomas	11:07.63	4/21/01

5,000 METERS

1. Zsafia Erdelyi	16:00.11	4/15/11
2. Emebet Shiferaw	16:16.27	5/18/96
3. Ariel Wright	16:23.66	3/25/11
4. Iryna Vashchuk	16:28.71	3/25/05
5. Julia Budniak	16:42.65	4/18/04
6. Brooke Thomas	16:53.82	3/29/03
7. Katerina Berdousi	17:04.41	5/15/16
8. Julie Seleine	17:18.81	3/21/87

9. Kathleen Moloney	17:29.33	3/6/10
10. Shea Wickland	17:34.99	4/4/09

10000 METERS

1. Zsafia Erdelyi	33:18.75	3/26/10
2. Beth Van Alstine	34:29.62	3/27/04
3. Kate Neeper	36:09.24	4/17/04
4. Shea Wickland	36:16.00	3/7/09
5. Dina Kitayama	36:38.60	4/14/11
6. Zara Lukens	37:11.02	4/14/11

100-METER HURDLES

1. Virginia Powell	12.48	6/9/06
2. Nia Ali	12.73	6/25/11
3. Dior Hall	12.74	6/13/15
4. Anna Cockrell	12.89	6/8/17
5. Candice Davis	12.90	6/8/07
6. Lauren Blackburn	13.06	5/14/11
7. Shalina Clarke	13.09	5/29/10
8. Patty Van Wolvelaere	13.14	5/26/78
Sau Ying Chan	13.14	4/17/94
10. Natasha Danvers	13.20	5/6/00

400-METER HURDLES

1. Natasha Danvers	54.95	9/25/00
Jaide Stepter	54.95	7/10/16
3. Anna Cockrell	55.14	6/25/17
4. Amalie Iuel	55.38	4/8/17
5. Leslie Maxie	55.79	6/6/87
6. Dalilah Muhammad	56.04	6/8/11
7. Michelle DeCoux	57.05	4/4/92
8. Natasha Neal	57.16	5/5/01
9. Karen Koellner	57.59	3/18/89
10. Shalina Clarke	57.78	4/28/07

LONG JUMP

1. Yvette Bates	21-11 (6.68)	7/23/88
2. Wendy Brown	21-7 1/2 (6.59)	7/19/88
3. Sabrina Williams	21-6 (6.55)	1985
4. Pamela Simpson	21-0 (6.40)	6/2/99
5. Tatyana Obukhova	20-11 3/4 (6.39)	4/13/02
6. Margaux Jones	20-10 3/4 (6.37)	6/25/16
7. Michelle Sanford	20-10 1/2 (6.36)	5/1/04
8. Alexis Faulknor	20-9 1/4 (6.33)	5/16/15
9. Shana Woods	20-8 (6.30)	4/28/07
10. Sandy Crabtree	20-7 1/4 (6.28)	6/17/82
Louan Guialdo	20-7 1/4 (6.28)	3/17/90
Yolanda Fletcher	20-7 1/4 (6.28)	5/21/83

HIGH JUMP

1. Emelie Fardigh	6-2 (1.88)	3/22/97
2. Nia Ali	6-1 1/4 (1.86)	5/14/11
3. Wendy Brown	6-1 (1.85)	8/27/88
4. Spring Harris	6-0 1/2 (1.84)	3/22/03
Amalie Iuel	6-0 1/2 (1.84)	5/7/16
6. Crissy Mills	6-0 (1.83)	1993
7. Debra Larsen	5-11 3/4 (1.82)	6/24/83
8. Natasha Danvers	5-11 1/2 (1.82)	5/24/98
Tanya Smith	5-11 1/2 (1.82)	3/9/96
10. Shawana Taylor	5-10 (1.78)	3/4/00

TRIPLE JUMP

1. Wendy Brown	45-5 1/4 (13.85)	1988
2. Yvette Bates	45-3 1/2 (13.79)	1987
3. Michelle Sanford	43-9 1/4 (13.34)	5/15/04
4. Alitta Boyd	43-8 3/4 (13.33)	5/25/13
5. Melia Cox	43-3 1/4 (13.19)	6/7/13
6. Tatyana Obukhova	43-2 1/4 (13.16)	4/22/01
7. Ekene Anene	42-10 1/4 (13.06)	5/29/10
8. Karleen Shields	41-9 3/4 (12.74)	5/7/94
9. Oluwakemi Olonade	41-8 3/4 (12.72)	5/30/14
10. Brittany Daniels	41-2 1/2 (12.56)	4/29/06

SHOT PUT

1. Karen Freberg	57-7 1/2 (17.56)	4/29/06
2. Brittany Mann	57-4 3/4 (17.49)	6/8/17
3. L'Orangerie Crawford	56-3 1/4 (17.15)	5/14/04
4. Diana Clements	55-8 1/4 (16.97)	2/21/86
5. Tanya Sapa	55-7 3/4 (16.96)	5/1/10
6. Cynthia Ademiluyi	55-0 1/4 (16.77)	5/31/06
7. Breana Jemison	53-1.50 (16.19)	3/17/18
8. Tera Novy	53-0 (16.15)	5/1/16
9. Cerenity Young	51-2 1/4 (15.60)	4/6/02
10. Marissa Minderler	50-2 3/4 (15.31)	3/12/11

DISCUS THROW

1. Tera Novy	200-5 (61.10)	4/14/16
2. Alexandra Collatz	189-8 (57.82)	4/16/15
3. Kate Hutchinson	189-5 (57.73)	5/6/06
4. Cynthia Ademiluyi	177-10 (54.20)	2/23/02
5. Claudia Paris	176-11 (53.92)	3/5/88
6. Cindy Johnson	173-11 (53.00)	6/4/83
7. Lauren Guerrieri	168-6 (51.37)	5/1/10
8. Carrie Martin	168-6 (51.36)	4/20/96
9. Diana Clements	167-10 (51.16)	5/3/86
10. Katalin Mate	165-10 (50.55)	5/29/09

JAVELIN THROW (1999 Implement)

1. Inga Stasiulionyte	186-10 (56.95)	5/18/02
2. Kristine Busa	179-1 (54.58)	7/18/09
3. Leslie Erickson	168-11 (51.48)	5/4/02
4. Andrea McBride	161-7 (49.25)	4/30/05
5. Marissa Minderler	157-3 (47.92)	4/2/10

JAVELIN THROW (old implement)

1. Sherry Calvert	192-0 (58.52)	1972
2. Ashley Selman	187-9 (57.22)	6/17/89
3. Diana Clements	168-8 (51.42)	5/22/87
4. Nicole Haynes	158-10 (48.42)	5/20/94
5. Wendy Brown	158-6 (48.32)	4/30/88

HAMMER THROW

1. Eva Orban	230-3 (70.18)	3/15/08
2. Jenny Ozorai	223-4 (68.08)	3/9/12
3. Marissa Minderler	220-11 (67.35)	5/12/12
4. Julianna Tudja	218-9 (66.69)	6/14/03
5. L'Orangerie Crawford	209-8 (63.91)	3/8/03
6. Jade Niemeyer	208-0 (63.40)	5/26/12
7. Lauren Chambers	206-5 (62.93)	4/16/10
8. Jennifer Vail	204-3 (62.26)	5/21/00
9. Julia Rozenfeld	203-1 (61.90)	3/12/05
10. Leslie Coons	198-7 (60.52)	5/4/96

HEPTATHLON

1. Wendy Brown	6,079	7/16/88
2. Amalie Iuel	6,011	5/8/16
3. Nia Ali	5,824	5/10/09
4. Nicole Haynes	5,786	5/12/96
5. Kerry Zwart-Bell	5,550	6/1/82
6. Shana Woods	5,507	6/8/07
7. Sharon Hatfield	5,410	4/19/86
8. Lyndsey Lopes	5,371	5/7/17
9. Tanya Smith	5,345	5/26/93
10. Yolanda Fletcher	5,307	5/17/86

POLE VAULT

1. Bryson Stately	14-0 (4.27)	5/1/10
2. Melissa Astete	12-11 1/2 (3.95)	5/15/05
Brittani Bernhard	12-11 1/2 (3.95)	4/15/05
4. Shannon Lewallen	12-5 1/2 (3.80)	3/26/05
Chun Mei Nickles	12-5 1/2 (3.80)	4/21/07
7. Felicia Horvath	12-5 1/2 (3.80)	3/26/16
7. Thea Weiss	12-4 1/2 (3.77)	5/4/13
8. Ariel Hayward	12-2 3/4 (3.73)	3/2/13
9. Sonya Negri	12-1 1/2 (3.70)	4/26/02
Kenisha Strong	12-1 1/2 (3.70)	4/4/09

PENTATHLON

1. Kerry Zwart-Bell	3,801	1979
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400-METER RELAY

1. Brown, Hill,		
Faulknor, Gaither	42.90	6/11/16
2. Powell, Onyepunuka, Davis,		
Rodriguez	42.96	6/9/06
3. Laarman, Davis,	43.00	6/14/14
Faulknor, Gaither		
4. Hill, Westbrook,		
Faulknor, Gaither	43.10	5/17/15
5. Williams, Young		
Edmonson, Davis	43.14	6/2/00
6. Hall, Westbrook,		
Faulknor, Hill	43.27	6/13/15
7. Williams, Edwards,		
Edmonson, Young	43.35	5/1/99
8. Hall, Westbrook,		
Brown, Hill	43.38	5/14/17
9. Laarman, Payne,		
Puterbaugh, Davis	43.42	6/11/11
10. Brown, Hill,		
Stepter, Gaither	43.46	5/15/16

1,600-METER RELAY

1. Pettigrew, Iuel,		
Hill, Ellis	3:23.35	6/10/17
2. Pettigrew, Iuel,		
Cockrell, Ellis	3:26.09	5/27/17
3. Ellis, Iuel		
Pettigrew, Stepter	3:26.73	5/28/16
4. Stepter, Iuel,		
Ellis, Jones	3:27.86	5/30/15
5. Danvers, Edmonson,		
Langerholc, Davis	3:28.08	6/5/99
6. Mayberry, McCraw,		
Taylor, Maxie	3:28.93	3/6/87
7. Ndipagbor, Jones,		
Davis, Gaither	3:29.42	4/5/14
8. Ndipagbor, Stepter,		
Liverpool, Jones	3:30.29	6/12/14
9. Neal, Langerholc,		
Davis, Estes	3:30.84	5/31/01
10. Danvers, Estes,		
Langerholc, Edmonson	3:31.29	4/19/98