



USC HEADS TO NCAA INDOOR CHAMPIONSHIPS

- Trojan Men Ranked No. 5, Women Ranked No. 5 -



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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 9, 2018

THIS WEEK - The USC men's (No. 5) and women's (No. 5) indoor track and field teams will compete at the NCAA Indoor T&F Championships in College Station, Texas on March 9-10.

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 - USC's men's 4x400m relay team of Zach Shinnick, Rai Benjamin, Ricky Morgan Jr. and Michael Norman set a school, collegiate and then world record with a winning time of 3:01.98 at the Tiger Paw Invitational on Feb. 10. A team from Poland broke the record with a time of 3:01.77 on March 4.

LAST YEAR AT THE NCAA INDOOR CHAMPIONSHIPS - USC's women placed fourth with 35 points and the men's team finished 21st with 11 points. The women's 4x400m relay won with a collegiate indoor record of 3:27.03. Also earning All-America honors were Anna Cockrell (4th, 60m H), Kendall Ellis (2nd, 400m), Deanna Hill (3rd, 200m), Brittany Mann (3rd, SP), Randall Cunningham (4th, HJ), Just'N Thymes (3rd, 200m).

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).

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.

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.

NEXT MEET: TROJAN INVITATIONAL - USC will host the Trojan Invitational at Loker Stadium on March 16-17.

RANKINGS - The USTFCCCA preseason indoor rankings on Jan. 10 had the men's team No. 5 and the women's team No. 4. USC's women finished the 2017 indoor season 4th and the men's team 21st.

	<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>
USC Men --	5	13	10	15	4	4	4	5
USC Women --	4	4	4	4	2	2	5	5

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 fifthplace 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 16 athletes on the current team that have posted 37 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)
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 xxx 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).

SPECIAL HOME MEET SET FOR MARCH 23-24 - USC is hosting the Power 5 Trailblazer Challenge at Loker Stadium on March 23-24. The meet between USC, Miami, Tennessee, Ohio State and Mississippi 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 (28 seasons), Tennessee's Beth Alford-Sullivan (4 seasons), Ohio State's Karen Dennis (4 seasons) and Mississippi's Connie Price-Smith (3 seasons).

USC MEN'S TOP 10 INDOOR PERFORMERS

60 METERS

1. Aaron Brown	6.55	2/15/14
2. Mike Sanford	6.56	1/5/80
3. Andre De Grasse	6.60	2/7/15
4. BeeJay Lee	6.61	2/28/15
Alexander Barnum	6.61	2/9/18
6. T.J. Brock	6.64	1/27/18
7. Just'N Thymes	6.67	2/25/17
8. Adoree' Jackson	6.75	2/26/16
Clancy Edwards	6.77	1/7/78
10. Dominic Davis	6.78	2/26/16

200 METERS

1. Andre De Grasse	20.26	3/14/15
2. Just'N Thymes	20.36	3/11/17
3. Aaron Brown	20.53	2/15/14
4. Rai Benjamin	20.55	2/16/18
5. Michael Norman	20.75	2/11/17
6. Zyaire Clemes	20.97	2/3/17
7. BeeJay Lee	21.00	2/7/15
8. Davonte Stewart	21.03	2/15/14
9. Adoree' Jackson	21.28	2/5/16
Ricky Morgan Jr.	21.30	1/22/16
11. Nick Moore	21.80	2/23/18

400 METERS

1. Michael Norman	45.00	2/9/18
2. Rai Benjamin	45.94	2/24/18
3. Zach Shinnick	45.96	2/24/18
Ricky Morgan	45.96	2/24/18
5. Zyaire Clemes	46.74	2/27/16
6. James Sanford	47.8	1/7/78
7. Cameron Samuel	48.59	1/27/18
8. Alex Rohani	48.70	2/25/17

800 METERS

1. Robert Ford	1:47.88	2/27/16
2. Ibrahim Okash	1:49.17	2/8/86
3. David Omwanza	1:49.4	1/7/78
4. Myles Andrews	1:49.90	2/14/15
5. David Manahan	1:54.60	2/14/15
6. Alex Rohani	1:54.75	1/27/18
7. Jordon Wallin	1:55.76	2/27/16
8. Brandon Pacheco	1:56.79	1/23/99
9. Matthew Myrtue	2:00.74	2/25/17
10. Mitchell Cameron	2:01.91	2/6/16

ONE MILE

1. Blake Shaw	3:59.85	3/6/10
2. Neil Duggan	4:01.80	2/3/68
3. Steve Crane	4:05.1	2/19/72
4. Chris Johnson	4:06.60	1/30/65
5. Ole Oleson	4:06.70	2/22/69
6. Dennis Carr	4:06.90	2/24/67
7. John Link	4:07.50	3/12/66
8. Brandon Pacheco	4:10.99	2/24/96
9. Julio Marin	4:12.3	12/27/63
10. Myles Andrews	4:12.45	1/17/15

3,000 METERS

1. Trent Rule	8:45.08	1/16/16
2. Nicolaus Jakowec	8:53.19	1/16/16

60-METER HURDLES

1. Aleec Harris	7.60	2/15/14
2. Oscar Spurlock	7.71	2/5/11
3. Brendan Ames	7.73	3/12/11
Marquis Morris	7.73	1/28/17
5. Robert Reading	7.75	2/17/89
6. Ryan Wilson	7.87	2/1/03
7. Kai Kelly	7.95	3/7/08
8. Allen Williams	8.00	2/15/14
9. Viktor Fajoyomi	8.25	2/15/14

LONG JUMP

1. Dietmar Haaf	26-11.25 (8.21)	2/18/90
2. Henry Hines	26-7.00 (8.10)	1/15/72
3. Randy Williams	26-4.25 (8.03)	3/10/73
4. Larry Doubly	25-9.75 (7.86)	1/22/78
5. Eric Sloan	25-9.25 (7.85)	1/23/16
6. Wellesey Clayton	25-4.75 (7.74)	2/8/64
7. Jesus Olivan	25-4.00 (7.72)	2/20/87
8. Dominic Smallwood	25-2.00 (7.67)	2/24/17
9. Adoree' Jackson	25-1.75 (7.66)	2/26/16
10. Ed Tave	25-1.25 (7.65)	2/10/64

TRIPLE JUMP

1. Allen Simms	56-7.50 (17.26)	3/15/03
2. Eric Sloan	55-10.50 (17.03)	2/13/16
3. Julien Kapek	54-6.50 (16.62)	2/1/03
4. Henry Jackson	52-9.50 (16.09)	3/12/72
5. Mahoney Samuels	52-7.00 (16.02)	1/18/64
6. Greg Harper	52-6.50 (16.01)	1/22/88
7. Fred Assef	51-3.50 (15.63)	2/6/76
8. Dominic Smallwood	51-1.50 (15.58)	2/10/18
9. Tim Barrett	50-6.75 (15.41)	1/7/67
10. Tom Cochee	50-4.25 (15.34)	2/6/76

HIGH JUMP

1. Jesse Williams	7-6.00 (2.29)	3/11/06
2. Randall Cunningham	7-5.25 (2.27)	2/25/17
3. Manjula Wijesekara	7-2.25 (2.19)	3/7/09
4. Tim Walker	7-1.50 (2.17)	1975
5. Lew Hoyt	7-1.00 (2.16)	2/13/64
6. George Fleckenstein	7-0.25 (2.14)	2/10/62
Michael Krone	7-0.25 (2.14)	2/28/15
Charlie Dumas	7-0.25 (2.14)	2/13/60
9. Anthony Caire	7-0.00 (2.13)	1/21/83
Jerry Culp	7-0.00 (2.13)	3/10/73
Larry Hollins	7-0.00 (2.13)	1/16/71

POLE VAULT

1. Dave Kenworthy	18-3.00 (5.56)	3/12/83
2. Brandon Estrada	18-0.50 (5.50)	3/6/10
Dennis Kholev	18-0.50 (5.50)	2/23/02
4. Doug Wicks	17-8.00 (5.38)	3/9/85
5. Russ Rogers	17-6.00 (5.33)	1/17/76
Bob Seagren	17-6.00 (5.33)	2/8/69
7. Eric White	17-3.00 (5.25)	3/14/87
8. Steve Klassen	17-2.00 (5.23)	3/2/85
9. Bob Pullard	17-0.00 (5.18)	2/17/74
10. Derek Scott	16-9.50 (5.12)	2/5/10

SHOT PUT

1. Noah Bryant	67-5.25 (20.55)	3/10/07
2. Matt Katnik	64-9.75 (19.75)	2/25/17
3. Nick Ponzio	64-4.50 (19.62)	2/24/18
4. Doug Lane	64-3.50 (19.59)	3/12/72
5. Hank Kraychir	64-3.00 (19.58)	3/12/83
6. Dave Murphy	63-2.25 (19.26)	1/3/70
7. Tambi Wenj	62-6.00 (19.05)	1/31/87
8. Nathan Bultman	61-10.25 (18.85)	2/4/17
9. Dave Davis	61-6.50 (18.75)	1/22/60
10. Ralph Fruguglietti	61-0.50 (18.60)	1/22/77

WEIGHT THROW

1. Conor McCullough	80-3.75 (24.48)	3/13/15
2. Nathan Bultman	63-6.00 (19.53)	2/10/17
3. John Wolitarsky	63-2.00 (19.25)	1/17/98
4. David Sellens	59-0.75 (18.00)	2/3/17

HEPTATHLON

1. Viktor Fajoyomi	5,544	2/8/14
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4x400-METER RELAY

1. Shinnick, Benjamin Morgan, Norman	3:01.98	2/10/18
2. Norman, Thymes, Clemes, Morgan	3:05.57	2/4/17
3. Morgan, Thymes, Clemes, Morris	3:06.08	3/11/17
4. Clemes, Thymes, Jackson, Morgan	3:07.32	2/27/16
5. Morgan, Thymes, Ford, Clemes	3:07.80	1/21/17
6. Morgan, Thymes, Jackson, Stewart	3:08.74	2/28/15
7. Morgan, Jackson, Clemes, Morris	3:10.13	2/6/16
8. Morgan, Rohani, Samuel, Shinnick	3:10.97	1/20/18
9. Morgan, Ford, Andrews, Stewart	3:11.05	1/24/15
10. Morgan, Stewart, Thymes, Morris	3:11.44	2/14/15

DISTANCE MEDLEY RELAY

1. N/A	9:48.1	3/15/69
2. Grant, Wolff, Carr, Link	9:50.1	3/11/67
3. Becker, Turner Trentadue, Oleson	9:51.2	2/15/69
4. Grant, Vanderstock, Oleson, Trentadue	9:51.3	3/16/68

ALL-TIME WOMEN'S INDOOR PERFORMERS

60 METERS

1. Angela Williams	7.09	3/11/01
2. Ky Westbrook	7.18	1/17/15
3. Virginia Powell	7.21	3/11/06
4. Tynia Gaither	7.23	2/28/15
5. TeeTee Terry	7.23	2/9/18
6. Deanna Hill	7.26	2/10/17
7. Alexis Faulknor	7.27	1/24/15
8. Alexis Weatherspoon	7.28	3/4/06
Angela Daigle	7.28	2/28/03
10. Jessica Davis	7.30	3/15/14
Angie Annelus	7.30	1/27/18

200 METERS

1. Deanna Hill	22.54	3/11/17
2. Carol Rodriguez	22.77	3/11/06
3. Kendall Ellis	22.97	1/27/17
4. Anna Cockrell	23.16	1/26/18
5. Tynia Gaither	23.19	2/14/15
6. Twanisha Terry	23.19	2/10/18
7. Jessica Davis	23.32	3/15/14
Angie Annelus	23.32	2/16/18
9. Ky Westbrook	23.44	2/14/15
10. Coco Ndipagbor	23.51	2/14/14
Cameron Pettigrew	23.51	2/11/17

400 METERS

1. Kendall Ellis	51.07	3/11/17
2. Jaide Stepter	52.22	3/12/16
3. Cameron Pettigrew	52.27	2/25/17
4. Coco Ndipagbor	52.47	3/14/14
5. Amalie Luel	52.52	2/12/16
6. Michelle Taylor	52.60	2/11/89
7. Kyra Constantine	52.73	2/24/18
8. Vanessa Jones	53.33	2/28/15
9. Ashley Liverpool	54.21	3/1/14
10. Myra Hasson	54.71	1/30/10

800 METERS

1. Michelle Taylor	2:05.70	3/10/90
2. Mikaela Smith	2:05.94	2/25/17
3. Amalie Luel	2:06.88	2/26/16
4. Leslie Noll	2:08.70	2/25/89
5. Lorea Ibarzabal	2:08.82	2/11/17
6. Shannon Clark	2:10.11	2/25/89
7. Erica Capellino	2:11.54	2/28/15
8. Reika Kijima	2:11.55	2/28/15
9. Rebekah Ent	2:11.90	2/27/16
10. Rachel Glynn	2:13.22	1/23/16

ONE MILE

1. Anna Lopaculich	4:43.23	2/8/98
2. Elise Lyon	4:53.35	2/8/86
3. Amy Goodwin	4:55.00	2/9/90
4. Chloe Berry	4:56.67	2/11/17
5. Katerina Berdousi	4:57.43	2/12/16
6. Amber Gore	4:58.34	2/9/18
7. Christine Cortez	5:08.07	2/12/11
8. Jenna Tong	5:09.16	2/8/14
9. Katherine Ellis	5:16.72	1/26/08
10. Kamryn Weber	5:18.31	2/9/18

3,000 METERS

1. Katerina Berdousi	9:50.40	2/13/16
2. Jenna Tong	10:02.63	2/27/16
3. Dina Kitayama	10:52.97	2/26/11
4. Erin Robinson	10:56.63	1/20/12
5. Katherine Ellis	10:57.78	1/27/07
6. Zara Lukens	10:58.71	2/26/11
7. Bridget Helgeson	11:07.73	1/27/07
8. Natalie Jarvey	12:04.25	1/27/07

60-METER HURDLES

1. Virginia Powell	7.84	3/11/06
2. Dior Hall	7.94	1/20/18
3. Anna Cockrell	7.96	2/9/18
4. Candice Davis	8.05	3/10/07
5. Nia Ali	8.06	2/5/11
6. Chanel Brissett	8.09	2/9/18
7. Lauren Blackburn	8.19	3/1/14
8. Jasmyne Graham	8.21	2/25/17
9. Mecca McGlaston	8.21	2/9/18
10. Dalilah Muhammad	8.23	3/2/12

LONG JUMP

1. Margaux Jones	21-0.50 (6.41)	2/5/16
2. Yvette Bates	20-10.00 (6.35)	3/12/88
3. Alitta Boyd	20-9.75 (6.33)	2/4/12
4. Wendy Brown	20-8.00 (6.30)	3/8/86
Sabrina Williams	20-8.00 (6.30)	2/8/85
6. Alexis Faulknor	20-5.25 (6.23)	2/28/15
7. Michelle Sanford	20-3.00 (6.17)	3/4/06
8. Courney Corrin	20-2.50 (6.16)	2/9/18
9. Amalie Luel	20-2.25 (6.15)	3/11/16
10. Madisen Richards	19-9.75 (6.04)	2/23/18

TRIPLE JUMP

1. Yvette Bates	45-3.00 (13.79)	3/14/87
2. Wendy Brown	44-8.00 (13.61)	3/14/87
3. Michelle Sanford	43-2.25 (13.16)	1/30/04
4. Alitta Boyd	42-6.00 (12.95)	2/9/13
5. Melia Cox	41-5.75 (12.64)	2/9/13
6. Ekene Anene	41-5.00 (12.62)	1/30/10
7. Kemi Olonade	41-2.50 (12.56)	3/1/14
8. Brittany Daniels	40-6.75 (12.36)	1/28/06
9. Katarzyna Klisowska	39-2.25 (11.94)	2/10/07
10. Candace Bailey	37-5.25 (11.41)	1/20/12

HIGH JUMP

1. Amalie Luel	5-10.75 (1.80)	3/11/16
2. Lyndsey Lopes	5-8.50 (1.74)	2/23/18
3. Wendy Brown	5-8.25 (1.73)	2/19/88
4. Spring Harris	5-8.00 (1.73)	2/15/03
Shawana Taylor	5-8.00 (1.73)	1/22/00
6. Alexa Harmon-Thomas	5-7.25 (1.71)	2/24/18
7. Yleana Carrasco	5-7.00 (1.70)	2/3/90
8. Alexandra Church	5-5.75 (1.67)	1/29/05
9. Cassidy Palka	5-5.25 (1.66)	1/19/18
10. Jordan Winters	5-3.00 (1.60)	1/16/16

POLE VAULT

1. Brysun Stately	13-5.75 (4.11)	3/4/06
2. Felicia Horvath	12-8.00 (3.86)	2/26/16
3. Melissa Astete	12-5.50 (3.80)	2/23/02
4. Kenisha Strong	11-0.75 (3.37)	1/31/09
5. Shannon Lewallen	10-10.00 (3.30)	1/21/05

SHOT PUT

1. Brittany Mann	58-4.00 (17.78)	3/10/17
2. Breana Jemison	56-8.00 (17.27)	1/20/18
3. Diana Clements	55-8.25 (16.97)	2/21/86
4. Karen Freberg	53-4.25 (16.26)	3/4/06
5. Tera Novy	50-6.75 (15.41)	2/27/16
6. Tanya Sapa	49-1.50 (14.97)	2/6/16
7. Heidi Adams	47-2.00 (14.37)	2/19/88
8. Marissa Minderler	46-0.00 (14.02)	2/26/11
9. Katlin Mate	43-6.00 (13.26)	1/19/09
10. Rugina Hendricks	40-7.75 (12.39)	2/3/90

WEIGHT THROW

1. Brittany Mann	63-3.25 (19.28)	2/24/17
2. Erika Peyton	57-5.00 (17.59)	2/26/16
3. Tanya Sapa	56-2.00 (17.12)	2/26/16
4. Tamara Bauman	53-5.75 (16.30)	2/26/11
5. Ashley Pyka	48-4.50 (14.74)	1/20/12
6. Alexandra Williams	47-4.00 (14.44)	1/28/06
7. Marissa Minderler	47-1.00 (14.35)	1/31/09
8. Kathryn Daniels	45-8.00 (13.92)	2/26/11
9. Farren Benjamin	35-5.75 (10.81)	1/20/12

PENTATHLON

1. Amalie Luel	4,444	3/26/16
2. Lyndsey Lopes	3,978	2/23/18
3. Alexa Harmon-Thomas	3,486	2/24/17
4. Kiana Henry	2,825	1/26/13

4x400-METER RELAY

1. Pettigrew, Luel, Hill, Ellis	3:27.03	3/11/17
2. Constantine, Cockrell, Hill, Ellis	3:27.56	2/10/18
3. Ellis, Luel, Hill, Stepter	3:28.82	2/13/16
4. Stepter, Luel, Ellis, Jones	3:29.63	3/13/15
5. Ellis, Cockrell, Pettigrew, Hill	3:30.66	1/28/17
6. Pettigrew, Luel, Constantine, Ellis	3:31.72	1/21/17
7. Ndipagbor, Jones, Stepter, Liverpool	3:33.20	3/15/14
8. Ellis, Luel, Stepter, Pettigrew	3:35.43	1/23/16
9. Roberts, Robinson, Richardson, Gillian	3:35.86	2/24/18
10. N/A	3:35.90	2/25/89