



# USC HEADS TO NCAA INDOOR CHAMPIONSHIPS

- Trojan Women Ranked No. 2, Men No. 21 -



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## USC Track & Field Schedule

Date	Outdoor Meets
3/1-2	Beach Opener
3/15-16	Trojan Invitational*
3/23	Power 5 Trailblazer Challenge+
3/30	California Collegiate
4/4-5	Jim Click Multi-Events
4/6	Jim Click Shootout
4/12-13	Triton Invitational
4/17-19	Bryan Clay Invitational
4/18-20	Mt. SAC Relays
4/19-20	Beach Invitational
4/28	USC-UCLA Dual Meet*
5/4-5	Pac-12 Multi-Events&
5/11-12	Pac-12 Championships&
5/23-25	NCAA Preliminary Rounds%
6/5-8	NCAA Championships#

\* Home  
+ Miami, Fla.  
& Tucson, Ariz.  
%Sacramento, Calif.  
#Austin, Texas

## USC Quick Facts

**Location:** Los Angeles, Calif.  
**Enrollment:** 45,500 (19,000)  
**Nickname:** Trojans  
**Colors:** Cardinal and Gold  
**Athletic Dir:** Lynn Swann  
**Dir. of T&F:** Caryl Smith Gilbert  
 (213) 740-4201  
**Coaches:** Patrick Henner  
 Dan Lange  
 Carjay Lyles  
 Quincy Watts  
 Skyler Willis  
**Dir. of Ops:** Kryah McCowan  
**Asst. Dir/Ops:** Alitta Boyd  
**T&F SID:** David Tuttle  
 (213) 740-8480

## USC's History In Track & Field

**NCAA Titles:** Men (26 outdoor)  
 Men (2 indoor)  
 Women (2 outdoor)  
**Last Title:** Men (1976)  
 Women (2018)  
**NCAA Champs:** Men (173)  
 Women (32)  
**Olympic Champs:** Men (41)  
 Women (8)

## Pronunciation Guide

Carrioli, Damiano (CARE-e-oh-lee)  
 Jones, Margaux (MAR-go)  
 Roberts, Kaelin (KAY-lin)  
 Thomas, Lanae-Tava (LUH-nay-TAY-vuh)  
 Tullai, Sydney (TOO-lie)  
 Zavala, Joshua (Za-VAHL-uh)

## WEEKLY TRACK AND FIELD RELEASE - MARCH 8, 2019

**THIS WEEK** - The USC women's (No. 2) and men's (No. 21) indoor track and field teams will compete at the NCAA Indoor T&F Championships held at the Birmingham CrossPlex in Birmingham, Ala. on March 8-9. ESPN3 will stream the championships live starting at 3:30 p.m. PT on March 8 and starting at 2 p.m. PT on March 9. A re-air of the championship will take place starting at 7 p.m. PT Sunday, March 10 on ESPN2 and again Monday, March 11 starting at 7 p.m. PT on ESPN.

**USC WOMEN WIN MPSF TITLE; 8 INDIVIDUALS WIN EVENTS** - The USC women's team won its fifth MPSF team title in six seasons on Feb. 23, scoring 120 points and defeating second-place Stanford by 52.5 points. The USC men's team tied for third place with 63 points. Winning titles for the women were Angie Annelus (60m), Chanel Brissett (60m H), Krya Constantine (400m), Dior Hall (200m), Lanae-Tava Thomas (LJ) and the 4x400m relay. Men's MPSF champions were Isaiah Jewett (800m), Earnest Sears III (HJ), Brendon Stewart (60m) and the 4x400m relay.

**USC AT THE NCAA INDOOR T&F CHAMPIONSHIPS** - USC's men's team has won two NCAA indoor titles, winning in 1967 and 1972. USC's men placed second last season, its third runner-up finish. The USC women's program has never won an NCAA T&F indoor title, with its best finish being a tie for second in 1986. USC's women placed seventh indoors last season.

**LAST YEAR AT THE NCAA INDOOR CHAMPIONSHIPS** - USC's men's team scored 37 points to finish second led by Michael Norman who won the men's 400m with a world-record time and who was part of the 4x400m relay which won with the fastest time ever recorded in the world for the event. The women scored 28 points to take seventh, led by Kendall Ellis who won the women's 400m with a USA-record time and was part of the winning women's relay. Randall Cunningham also won the men's high jump title and tied the school record, but suffered a broken leg on his final attempt.

**WHO'S NEW ON THE 2019 TROJANS** - The Trojans lost some key members from the women's 2018 NCAA title team and the men's fourth-place team, but return a strong core of athletes and have added a very strong group of newcomers. There are 12 new women's athletes on this season's outdoor roster: Breanna Bernard-Joseph (sprints), Alyssa Brewer (distances), Jacquelyn Fields (jumps), Karlee Freeman (throws), Bailey Lear (sprints), Katherine Longjohn (throws), Isabella Marten (jumps), Jemima Russell (distances), Brynn Sauer (distances), Natasha Stamp\* (throws), Lanae-Tava Thomas (sprints/jumps) and Lauren Rain Williams (sprints). There are 20 new athletes competing for the men's team this outdoor season: Eric Allen Jr. (sprints), Devin Bright (sprints), Randall Cunningham\* (high jump) Earvin da Silva (sprints), John Dempsey (distances), Noah Green (hurdles), Nicolaus Jakowec (distances), Isaiah Jewett (distances), Mathew Katnik (throws), Dylan Lange (throws), Talin Lewis (jumps), Mitch Libby (distances), Jaydon Logan\* (sprints/hurdles), Marquis Morris\* (hurdles), Omotade Ojora (hurdles), Ayden Owens (multis), Nathan Patterson (jumps), Daniel Robinson (sprints), Brendon Stewart (sprints) and Sam VanDorpe (distances).

\*denotes athlete who redshirted outdoors in 2018

**HALL, JEWETT AND SMITH GILBERT EARN MPSF HONORS** - USC redshirt junior Dior Hall was named Women's Athlete of the Meet, junior Isaiah Jewett was named Men's Athlete of the Meet and Caryl Smith Gilbert was named Women's Coach of the Year by the MPSF following the conclusion of the 2019 conference championship. Hall won the 200m and was second in the 60m hurdles and Jewett won the 800m and anchored USC's winning men's 4x400m relay. Smith Gilbert led the women's team to the title, winning six of the 17 events.

**SMITH GILBERT & WATTS EARN USTFCCCA REGIONAL HONORS** -- Caryl Smith Gilbert was named the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) 2019 Indoor West Region Women's Coach of the Year and Quincy Watts was named the 2019 Indoor West Region Women's Assistant Coach of the Year on March 1. Smith Gilbert, in her sixth season as USC Director of Track & Field, led the USC women's team to its fifth MPSF title in six seasons, winning the team title by a whopping 52.5 points. USC's women won five individual events and the 4x400m relay. USC's hurdlers finished first-fourth and its 60m sprinters also qualified four for the finals, finishing first, second and fifth. USC's No. 2 ranked women's team has 11 individuals in events and the 4x400m relay qualified for the indoor championships. Additionally, 14 individuals posted USC all-time top 10 marks this indoor season. This is Smith Gilbert's fifth USTFCCCA West Region Indoor Coach of the Year Award. Watts guided Krya Constantine to the MPSF 400m title with a time of 52.07, No. 2 in the country. Kaelin Roberts ran 52.25 to win at the Texas Tech Classic & 52.54 to win at the MLK Invite. Constantine & Roberts now rank No. 2 & No. 4 on USC's all-time indoor 400m list and are 2 of 7 runners to go sub-52.50 this season. His 4x400m team ranked No. 1 all season, capturing the MPSF title & winning the 4x400m relay at every meet it competed: MLK Invite, Texas Tech Classic, Tyson and MPSFs. This is Watts's second USTFCCCA West Region Indoor Assistant Coach of the Year Award.

**NEXT MEET: TROJAN INVITATIONAL** - USC will host the Trojan Invitational at Loker Stadium on March 15-16.

**RANKINGS** - The 2019 USTFCCCA preseason indoor rankings on Jan. 10 had the men's team No. 31 and the women's team No. 4. USC's men finished the 2018 indoor season 2nd and the women's team 7th.

	<u>Wk.1</u>	<u>1/22</u>	<u>1/28</u>	<u>2/4</u>	<u>2/11</u>	<u>2/18</u>	<u>2/26</u>	<u>3/4</u>
<b>USC Men --</b>	<b>31</b>	<b>22</b>	<b>9</b>	<b>11</b>	<b>13</b>	<b>12</b>	<b>19</b>	<b>21</b>
<b>USC Women --</b>	<b>4</b>	<b>7</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>

**USC TRACK AND FIELD HISTORY** - USC is well known as one of the most successful athletic programs in the history of the NCAA, with 129 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 sixth season as the Trojan Director of Track & Field and once again last season demonstrated that she is one of the premier track and field coaches in the country and that USC is one of the elite programs. Smith Gilbert earned her first national title by guiding the USC women's team to the 2018 NCAA Outdoor T&F Championship, the second in program history. The women claimed the crown with an epic come-from-behind victory in the 4x400m relay, the meet's final event. The men's team had a historic final day with Michael Norman and Rai Benjamin combining to set three collegiate records en route to a fourth place team finish. This was the culmination of an extremely successful season which also saw the men's team take second and the women's seventh at the 2018 NCAA Indoor Championships, the women's team winning the Pac-12 title and the men taking third and both teams winning the MPSF indoor conference team titles. The women's teams have scored 173 points at the NCAA Championships in her first five seasons as the program leader, the most points in a five-year stretch since scoring 212 points during the 2000-04 seasons. USC's teams garnered 22 All-America honors, and combined indoors and outdoors to set 10 school records and six USC freshman records, running the total to 29 freshman records (20 indoor and 9 outdoor) and 46 school records (29 indoors and 17 outdoor) under her leadership. Smith Gilbert was named the 2018 U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) National Women's Coach of the Year, Pac-12 Women's Coach of the Year and MPSF Men's & Women's Coach of the Year. Nine Trojans were named USTFCCCA All-Academic and the women's team was named 2018 outdoor National Scholar Team of the Year. In addition 19 Trojans were named to Pac-12 All-Academic teams, bringing the total to 73 in her first five 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 2019, 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, 2018 and 2019 MPSF Women's Coach of the Year and the 2016 and 2018 Men's Coach of the Year, the 2014, 2015 and 2019 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 and 2018 USTFCCCA West Region Women's Outdoor Coach of the Year. She also was named the national USTFCCCA Women's Coach of the Year in 2018, after she led the Trojans to the team title, the second in program history. 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 former Georgetown head coach Patrick Henner (distances), Carjay Lyles (jumps and multis), Olympic gold medalist Quincy Watts (sprints and long hurdles) and Skyler Willis (hurdles and sprints).

**THE 2019 WOMEN'S TEAM** - The women's team is the defending 2018 NCAA T&F outdoor champions and returns many of its scorers and added a strong class of newcomers. Gone from 2018 are All-American Kendall Ellis, Deanna Hill and Madisen Richards, but the cupboards are far from bare. Returners include 2018 NCAA 200m champion Angie Annelus, two-time 400m hurdles runner-up Anna Cockrell and Kyra Constantine (4x400m), Dior Hall (100m hurdles), TeeTee Terry (100m, 200m, 4x100m) and Ky Westbrook (100m, 200m, 4x100m) who have all earned All-America honors. In addition, transfers Isabella Marten (triple jump) and Lauren Rain Williams (4x100m) have both earned All-America status before. Among USC's key freshman are Alyssa Brewer (800m), Karlee Freeman (throws), Bailey Lear (400m), Jemima Russell (800m) and Lanae-Tava Thomas (sprints/long jump).

**THE 2018 MEN'S TEAM** - The men's team finished fourth at the 2018 NCAA Championships and lost a lot with the graduation of Ricky Morgan Jr. and Robert Ford and the turning pro of Rai Benjamin and 2018 Bowerman winner Michael Norman. USC does return 2018 All-Americans in Earnest Sears III (HJ) and Zach Shinnick (4x400m), as well as All-American Marquis Morris (110m hurdles) and Randall Cunningham (HJ) who are coming back from injuries. USC has also added a strong group of newcomers which includes Eric Allen Jr. (sprints), transfer Eavin da Silva (sprints), Noah Green (hurdles), Tade Ojora (hurdles), Ayden Owens (multis), transfer Isaiah Jewett (800m), Nathan Patterson (HJ) and Brendon Stewart (sprints).

**TROJANS LEAVING THEIR MARKS** - The Trojans have 19 athletes on the current team that have posted 38 outdoor top 10 marks all-time by a Trojan, including 22 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** (4th, 5th - 4x100m)  
**Randall Cunningham** (T-4th - High Jump)  
**Matthew Katnik** (9th - SP)  
**Marquis Morris** (10th - 110m H)  
**Earnest Sears III** (6th - High Jump)  
**Zach Shinnick** (4th - 4x100m, 1st, 4th - 4x400m)

**Women**

**Angie Annelus** (5th - 200m, 1st - 4x100m)  
**Chanel Brissett** (4th - 100m H)  
**Anna Cockrell** (5th - 100m H, 3rd - 400m H, 2nd, 4th - 4x400m)  
**Kyra Constantine** (4th, 5th - 4x400m)  
**Courtney Corrin** (4th - LJ)  
**Dior Hall** (3rd - 100m H, 7th, 8th, 10th - 4x100m)  
**Margaux Jones** (8th - LJ)  
**Lyndsey Lopes** (5th - Heptathlon, 10th - HJ)  
**Joy McArthur** (10th - HT)  
**Mecca McGlaston** (7th - 100m H)  
**Kaelin Roberts** (3rd - 400m)  
**TeeTee Terry** (1st - 100m, 8th - 200m, 1st, 7th - 4x100m)  
**Ky Westbrook** (T-7th - 100m, 5th, 7th, 8th, 10th - 4x100m)

**TRAVELING TROJANS IN USC's INDOOR TOP 10** - The following Trojans competing at the 2019 NCAA Indoor Championships rank inside USC's all-time top 10 indoor lists: **Men** - **Eric Allen Jr.** (5th - 200m), **Isaiah Jewett** (1st - 800m), **Mathew Katnik** (2nd - SP), **Ayden Owens** (1st - Heptathlon, 6th - 60m hurdles), **Cameron Samuel** (6th - 400m), **Earnest Sears III** (3rd - HJ), **Zach Shinnick** (2nd - 400m), **Brendon Stewart** (T-3rd - 60m, 10th - 200m). In addition, Allen Jr., Jewett, Owens, Samuel and Shinnick also are part of four of USC's top 10 all-time indoor 4x400m relays. **Women** - **Angie Annelus** (3rd - 200m), **Chanel Brissett** (2nd - 60m hurdles), **Anna Cockrell** (3rd - 60m hurdles, 7th - 200m), **Kyra Constantine** (2nd - 400m), **Dior Hall** (4th - 60m hurdles), **Margaux Jones** (1st - LJ), **Bailey Lear** (9th - 400m), **Mecca McGlaston** (7th - 60m hurdles), **Kaelin Roberts** (4th - 400m), **TeeTee Terry** (2nd - 60m, T-8th - 200m), **Lanae-Tava Thomas** (t-8th, 60m, 4th - 200m, 7th - LJ) and **Lauren Rain Williams** (5th - 200m). In addition, Cockrell, Constantine, Lear and Roberts are part of five of USC's all-time top 10 indoor 4x400m relays.

**SCHOOL FRESHMAN OUTDOOR RECORD HOLDERS** - Five of USC's athletes hold the school's outdoor freshman record in an event: **Women**: **Anna Cockrell** (400m H), **Dior Hall** (100m H), **Kaelin Roberts** (400m) and **TeeTee Terry** (100, 200m) and **Men**: **Marquis Morris** (110m H).

**USC INDOOR RECORD HOLDERS** - USC has six athletes that are school indoor record-holders in an event: **Women** - **Margaux Jones** (LJ) and **Men** - **Randall Cunningham** (T-1st - HJ) **Nicolaus Jakowec** (3000m), **Isaiah Jewett** (800m), **Ayden Owens** (Heptathlon) and **Zach Shinnick** (4x400m).

**T&F SPREADS THE LOVE ON VALENTINE'S DAY** - To celebrate Valentine's Day, USC's track & field athletes Anna Cockrell and Nathan Bultman stopped by the Los Angeles Veterans Affairs Medical Center on Feb. 14 to spend time with U.S. veterans and make them feel the love. Alongside the Laker Girls and other local dignitaries, Cockrell and Bultman visited with hospitalized veterans, handing out trinkets and treats. The Trojans brought four dozen cardinal and gold colored roses, one rose for each veteran they met. While visiting hospital rooms, they met Greg Monroe, an Army vet who immediately recognized Bultman because he loves to watch to collegiate track & field on TV. They also spent time passing out roses in the outpatient room, where they met a USC alum named Bill Plyley, who played football until shipping off to the Navy. (link: <https://usctrojans.com/news/2019/2/14/trojan-outreach-track-field-spreads-the-love-on-valentines-day.aspx?path=track>)

**NORMAN WINS THE 2018 BOWERMAN** - USC's Michael Norman was named The Bowerman winner at the U.S. Track & Field and Cross Country Coaches Association (USTFCCA) convention in San Antonio, Texas on Dec. 20. The Bowerman is given out annually to the top men's and women's collegiate performer and is track and field's highest honor for a college athlete. Norman, from Murrieta, Calif., won the NCAA title in the 400m dash and as part of USC's winning 4x400m relay, with both setting collegiate records at the 2018 NCAA Outdoor Track & Field Championships in Eugene, Ore. Norman helped lead the Trojans to a fourth-place finish as a team. Norman stormed around the track to victory in the 400m dash with a collegiate-record time of 43.61, breaking the record of 43.70 set by Fred Kerley in 2017. Norman's time also broke the NCAA finals record of 44.00 set by his coach Quincy Watts in 1992. He also bettered the Hayward Field record of 43.74 set by Michael Johnson in 1993. Norman's becomes the seventh best performer ever and the fastest American since Jeremy Wariner ran 43.45 in 2007. Norman and his teammates Ricky Morgan Jr., Rai Benjamin and Zach Shinnick closed out the men's championships by winning the 4x400m relay with a collegiate, NCAA meet, Hayward Field and school record time of 2:59.00. The previous NCAA record and NCAA championship record was 2:59.59 set by LSU in 2005. USC's previous school record in the men's 4x400m relay was 3:00.58 set in 1992. At the 2018 NCAA Indoor Track & Field Championships on March 10 in College Station, Texas, Norman won the 400m dash with a USC, collegiate, USA and World record-time of 44.52. He broke the previous world record of 44.57 set by Kerron Clement of USA in 2005. Then the 4x400m relay of Shinnick, Benjamin, Morgan Jr. and Norman shattered the world, collegiate and USC record with a winning time of 3:00.77. Norman turned pro on June 12 and remains at USC working to complete his undergraduate degree in Communication. His teammate Benjamin was also one of the three finalist for the award.

**GETTING TO KNOW THE TROJANS** - The USC program has been featuring a weekly "Getting to Know" feature on its website of some of the newest Trojan track and field athletes, starting on Oct. 9. To view the Q&A's with some of USC's new track talent, go to [USCTrojans.com/track](https://usctrojans.com/track).



# 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
	<b>Brendon Stewart</b>	<b>6.60</b>	<b>2/23/19</b>
5.	BeeJay Lee	6.61	2/28/15
	<b>Alexander Barnum</b>	<b>6.61</b>	<b>2/9/18</b>
7.	T.J. Brock	6.64	1/27/18
8.	Just'N Thymes	6.67	2/25/17
9.	Adoree' Jackson	6.75	2/26/16
	Clancy Edwards	6.77	1/7/78

## 200 METERS

1.	Andre De Grasse	20.26	3/14/15
2.	Rai Benjamin	20.34	3/10/18
3.	Just'N Thymes	20.36	3/11/17
4.	Aaron Brown	20.53	2/15/14
5.	<b>Eric Allen Jr.</b>	<b>20.63</b>	<b>1/26/19</b>
6.	Michael Norman	20.75	2/11/17
7.	Zyaire Clemes	20.97	2/3/17
8.	BeeJay Lee	21.00	2/7/15
9.	Davonte Stewart	21.03	2/15/14
10.	<b>Brendon Stewart</b>	<b>21.26</b>	<b>1/26/19</b>

## 400 METERS

1.	Michael Norman	44.52	3/10/18
2.	<b>Zach Shinnick</b>	<b>45.81</b>	<b>3/10/18</b>
3.	Rai Benjamin	45.94	2/24/18
4.	Ricky Morgan	45.96	2/24/18
5.	Zyaire Clemes	46.74	2/27/16
6.	<b>Cameron Samuel</b>	<b>47.21</b>	<b>1/25/19</b>
7.	James Sanford	47.8	1/7/78
8.	Alex Rohani	48.70	2/25/17

## 800 METERS

1.	<b>Isaiah Jewett</b>	<b>1:46.91</b>	<b>1/26/19</b>
2.	Robert Ford	1:47.88	2/27/16
3.	Ibrahim Okash	1:49.17	2/8/86
4.	David Omwanza	1:49.4	1/7/78
5.	Myles Andrews	1:49.90	2/14/15
6.	<b>Matthew Myrtue</b>	<b>1:51.64</b>	<b>2/8/19</b>
7.	<b>Sam VanDorpe</b>	<b>1:51.65</b>	<b>1/26/19</b>
8.	David Manahan	1:54.60	2/14/15
9.	Alex Rohani	1:54.75	1/27/18
10.	<b>Devin Bright</b>	<b>1:55.67</b>	<b>2/8/19</b>

## 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.	<b>Nicolaus Jakowec</b>	<b>8:09.77</b>	<b>2/23/19</b>
2.	Trent Rule	8:45.08	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
	<b>Marquis Morris</b>	<b>7.73</b>	<b>1/28/17</b>
5.	Robert Reading	7.75	2/17/89
6.	<b>Ayden Owens</b>	<b>7.83</b>	<b>2/8/19</b>
7.	Ryan Wilson	7.87	2/1/03
8.	Kai Kelly	7.95	3/7/08
9.	<b>Tade Ojora</b>	<b>7.96</b>	<b>2/8/19</b>
10.	Allen Williams	8.00	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.	Wellesley 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
	<b>Randall Cunningham</b>	<b>7-6.00 (2.29)</b>	<b>3/10/18</b>
3.	<b>Earnest Sears III</b>	<b>7-5.25 (2.27)</b>	<b>1/18/19</b>
4.	Manjula Wijesekara	7-2.25 (2.19)	3/7/09
5.	Tim Walker	7-1.50 (2.17)	1975
6.	Lew Hoyt	7-1.00 (2.16)	2/13/64
7.	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
10.	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.	<b>Matt Katnik</b>	<b>64-9.75 (19.75)</b>	<b>2/25/17</b>
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.	<b>Nathan Bultman</b>	<b>61-10.25 (18.85)</b>	<b>2/4/17</b>
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.	<b>Nathan Bultman</b>	<b>67-8.00 (20.62)</b>	<b>1/18/19</b>
3.	John Wolitarsky	63-2.00 (19.25)	1/17/98
4.	David Sellens	59-0.75 (18.00)	2/3/17

## HEPTATHLON

1.	<b>Ayden Owens</b>	<b>5,642</b>	<b>1/24-25/19</b>
2.	Viktor Fajoyomi	5,544	2/8/14

## 4x400-METER RELAY

1.	<b>Shinnick, Benjamin</b> Morgan, Norman	<b>3:00.77</b>	<b>3/10/18</b>
2.	Norman, Thymes, Clemes, Morgan	3:05.57	2/4/17
3.	Morgan, Thymes, Clemes, <b>Morris</b>	<b>3:06.08</b>	<b>3/11/17</b>
4.	<b>Samuel, Owens,</b> <b>Allen Jr, Jewett</b>	<b>3:06.46</b>	<b>1/26/19</b>
5.	<b>Shinnick, Samuel,</b> <b>Owens, Jewett</b>	<b>3:06.78</b>	<b>2/9/19</b>
6.	Clemes, Thymes, Jackson, Morgan	3:07.32	2/27/16
7.	Morgan, Thymes, Ford, Clemes	3:07.80	1/21/17
8.	Morgan, Thymes, Jackson, Stewart	3:08.74	2/28/15
9.	Morgan, Jackson, Clemes, <b>Morris</b>	3:10.13	2/6/16
10.	Morgan, Rohani, <b>Samuel, Shinnick</b>	<b>3:10.97</b>	<b>1/20/18</b>

## 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.	<b>TeeTee Terry .....</b>	<b>7.15</b>	<b>1/25/19</b>
3.	<b>Ky Westbrook .....</b>	<b>7.18</b>	<b>1/17/15</b>
4.	Virginia Powell .....	7.21	3/11/06
5.	Tynia Gaither .....	7.23	2/28/15
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
	<b>Lanae-Tava Thomas .....</b>	<b>7.28</b>	<b>1/25/19</b>
11.	<b>Angie Annelus .....</b>	<b>7.29</b>	<b>2/23/19</b>

## 200 METERS

1.	Deanna Hill .....	22.54	3/11/17
2.	Carol Rodriguez .....	22.77	3/11/06
3.	<b>Angie Annelus .....</b>	<b>22.83</b>	<b>2/15/19</b>
4.	<b>Lanae-Tava Thomas .....</b>	<b>22.91</b>	<b>2/15/19</b>
5.	<b>Lauren Rain Williams .....</b>	<b>22.93</b>	<b>2/15/19</b>
6.	Kendall Ellis .....	22.97	1/27/17
7.	<b>Anna Cockrell .....</b>	<b>23.16</b>	<b>1/26/18</b>
8.	Tynia Gaither .....	23.19	2/14/15
	<b>Twanisha Terry .....</b>	<b>23.19</b>	<b>2/10/18</b>
10.	Jessica Davis .....	23.32	3/15/14

## 400 METERS

1.	Kendall Ellis .....	50.34	3/10/18
2.	<b>Kyra Constantine .....</b>	<b>52.07</b>	<b>2/23/19</b>
3.	Jaide Stepter .....	52.22	3/12/16
4.	<b>Kaelin Roberts .....</b>	<b>52.25</b>	<b>1/25/19</b>
5.	Cameron Pettigrew .....	52.27	2/25/17
6.	Coco Ndiagbor .....	52.47	3/14/14
7.	Amalie Iuel .....	52.52	2/12/16
8.	Michelle Taylor .....	52.60	2/11/89
9.	<b>Bailey Lear .....</b>	<b>53.17</b>	<b>1/19/19</b>
10.	Vanessa Jones .....	53.33	2/28/15

## 800 METERS

1.	Michelle Taylor .....	2:05.70	3/10/90
2.	<b>Jemima Russell .....</b>	<b>2:05.90</b>	<b>2/8/19</b>
3.	Mikaela Smith .....	2:05.94	2/25/17
4.	<b>Alyssa Brewer .....</b>	<b>2:06.48</b>	<b>1/26/19</b>
5.	Amalie Iuel .....	2:06.88	2/26/16
6.	Leslie Noll .....	2:08.70	2/25/89
7.	Lorea Ibarzabal .....	2:08.82	2/11/17
8.	Shannon Clark .....	2:10.11	2/25/89
9.	Erica Capellino .....	2:11.54	2/28/15
10.	Reika Kijima .....	2:11.55	2/28/15

## ONE MILE

1.	Anna Lopacuich .....	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.	<b>Chloe Berry .....</b>	<b>4:56.67</b>	<b>2/11/17</b>
5.	Katerina Berdousi .....	4:57.43	2/12/16
6.	<b>Amber Gore .....</b>	<b>4:58.34</b>	<b>2/9/18</b>
7.	<b>Kamryn Weber .....</b>	<b>5:04.27</b>	<b>2/23/19</b>
8.	Christine Cortez .....	5:08.07	2/12/11
9.	Jenna Tong .....	5:09.16	2/8/14
10.	Katherine Ellis .....	5:16.72	1/26/08

## 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 Helgerson .....	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.	<b>Chanel Brissett .....</b>	<b>7.90</b>	<b>2/8/19</b>
3.	<b>Anna Cockrell .....</b>	<b>7.93</b>	<b>3/10/18</b>
4.	<b>Dior Hall .....</b>	<b>7.94</b>	<b>1/20/18</b>
5.	Candice Davis .....	8.05	3/10/07
6.	Nia Ali .....	8.06	2/5/11
7.	<b>Mecca McGlaston .....</b>	<b>8.10</b>	<b>1/25/19</b>
8.	Lauren Blackburn .....	8.19	3/1/14
9.	Jasmyne Graham .....	8.21	2/25/17
10.	Dalilah Muhammad .....	8.23	3/2/12

## LONG JUMP

1.	<b>Margaux Jones .....</b>	<b>21-0.50 (6.41)</b>	<b>2/5/16</b>
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.	<b>Lanae-Tava Thomas .....</b>	<b>20-5.00 (6.22)</b>	<b>2/23/19</b>
8.	Michelle Sanford .....	20-3.00 (6.17)	3/4/06
9.	<b>Courney Corrin .....</b>	<b>20-2.50 (6.16)</b>	<b>2/9/18</b>
10.	Amalie Iuel .....	20-2.25 (6.15)	3/11/16

## 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.	<b>Isabella Marten .....</b>	<b>41-10.50 (12.76)</b>	<b>2/23/19</b>
6.	Melia Cox .....	41-5.75 (12.64)	2/9/13
7.	Ekene Anene .....	41-5.00 (12.62)	1/30/10
8.	Kemi Olonade .....	41-2.50 (12.56)	3/1/14
9.	Brittany Daniels .....	40-6.75 (12.36)	1/28/06
10.	Katarzyna Klisowska .....	39-2.25 (11.94)	2/10/07

## HIGH JUMP

1.	Amalie Iuel .....	5-10.75 (1.80)	3/11/16
2.	<b>Lyndsey Lopes .....</b>	<b>5-8.50 (1.74)</b>	<b>2/23/18</b>
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.	<b>Alexa Harmon-Thomas .....</b>	<b>5-7.25 (1.71)</b>	<b>2/24/18</b>
7.	Yleana Carrasco .....	5-7.00 (1.70)	2/3/90
8.	Alexandra Church .....	5-5.75 (1.67)	1/29/05
9.	<b>Cassidy Palka .....</b>	<b>5-5.25 (1.66)</b>	<b>1/19/18</b>
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 (17.50)	2/26/16
	<b>Joy McArthur .....</b>	<b>57-5.00 (17.50)</b>	<b>1/25/19</b>
4.	Tanya Sapa .....	56-2.00 (17.12)	2/26/16
5.	Tamara Bauman .....	53-5.75 (16.30)	2/26/11
6.	Ashley Pyka .....	48-4.50 (14.74)	1/20/12
7.	Alexandra Williams .....	47-4.00 (14.44)	1/28/06
8.	Marissa Minderler .....	47-1.00 (14.35)	1/31/09
9.	Kathryn Daniels .....	45-8.00 (13.92)	2/26/11
10.	Farren Benjamin .....	35-5.75 (10.81)	1/20/12

## PENTATHLON

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

## 4x400-METER RELAY

1.	Pettigrew, Iuel, Hill, Ellis .....	3:27.03	3/11/17
2.	<b>Roberts, Cockrell, Hill, Ellis .....</b>	<b>3:27.45</b>	<b>3/10/18</b>
3.	<b>Constantine, Cockrell, Hill, Ellis .....</b>	<b>3:27.56</b>	<b>2/10/18</b>
4.	Ellis, Iuel, Hill, Stepter .....	3:28.82	2/13/16
5.	Stepter, Iuel, Ellis, Jones .....	3:29.63	3/13/15
6.	<b>Cockrell, Constantine, Lear, Roberts .....</b>	<b>3:30.43</b>	<b>2/9/19</b>
7.	Ellis, <b>Cockrell, Pettigrew, Hill .....</b>	3:30.66	1/28/17
8.	Pettigrew, Iuel, <b>Constantine, Ellis .....</b>	<b>3:31.72</b>	<b>1/21/17</b>
9.	Ndiagbor, Jones, Stepter, Liverpool .....	3:33.20	3/15/14
10.	Ellis, Iuel, Stepter, Pettigrew .....	3:35.43	1/23/16