



USC HEADS TO TRITON INVITATIONAL

- Trojan Throwers & Distance Runners In Action -



University of Southern California Sports Information Office, Heritage Hall 103A, L.A., CA 90089-0601 • Phone: (213) 740-8480 • Fax: (213) 740-7584

USC Track & Field Schedule

Date	Outdoor Meets
3/1-2	Beach Opener
3/15-16	Trojan Invitational*
3/23	Power 5 Trailblazer Challenge+
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

Annelus, Anglerne "Angie"
 (Ann-NELL-us, Ann-juh-leen)
 Carrioli, Damiano (CARE-e-oh-lee)
 Jones, Margaux (MAR-go)
 Lewis, Talin (TAY-lin)
 Roberts, Kaelin (KAY-lin)
 Thomas, Lanae-Tava (LAH-nay-TAY-vuh)
 VanDorpe, Sam - (VanDOORP)
 Zavala, Joshua (Za-VAHL-uh)

WEEKLY TRACK AND FIELD RELEASE - APRIL 12, 2019

THIS WEEK - The No. 1 USC women's team and the No. 34 men's team will be at the Triton Invitational in San Diego, Calif on April 12-13. Only the USC throwers and select distance runners will be in action this weekend.

TROJANS CLICK IN ARIZONA - USC won 11 events and Kyra Constantine was named the women's outstanding athlete of the meet at the 2019 Jim Click Shootout held at Roy P. Drachman Stadium in Tucson, Ariz. on April 6. Constantine won the women's 400m dash, had a strong anchor for the winning 4x400m relay and took fourth in the women's 200m race. Trojans winning events were Chanel Brissett (W - 100m hurdles), Kyra Constantine (W - 400m), Alexa Harmon-Thomas (W - HJ), Nicolaus Jakowec (M - 3000m), Isabella Marten (W - TJ), Marquis Morris (M - 110m hurdles), Cameron Samuel (M - 400m hurdles), Lanae-Tava Thomas (W - 200m), W - 4x100m, W - 4x400m and M - 4x400m.

TOP 10 TROJANS - USC's women have 10 marks that currently rank in the top 10 nationally, while the men's team has four. Current Trojans in the top 10 are: Alyssa Brewer (10 - W-800m), Chanel Brissett (1 - W-100m H), Kyra Constantine (9 - W-400m), Matthew Katnik (8 - M-SP), Bailey Lear (10 - W-400m), Mecca McGlaston (T-6 - W-100mH), Marquis Morris (9 - M-110m H), Omotade Ojora (10 - M-110m H), Kaelin Roberts (3 - W-200m), Cameron Samuel (2 - M-400m H), TeeTee Terry (T-5 - W-100m, T-5 - W-200m), Thomas (9 - W-200m), W -4x100m (1st). Of this group, Morris is the only senior and nine of the marks have been posted by freshmen or sophomores.

BRISSETT NAMED PAC-12 WOMEN'S TRACK ATHLETE OF THE WEEK - USC sophomore hurdler Chanel Brissett was named the Pac-12 Women's Track Athlete of the Week for the week of April 1-7. Brissett won the women's 100m hurdles with a world-leading time of 12.87 (+0.1) at the Jim Click Shootout on April 6. Brissett also posted a wind-legal 100m PR of 10.65 (+0.7) to place fifth.

A DOZEN TROJANS NAMED MPSF ALL-ACADEMIC - The USC track and field program had 12 Trojans named to 2019 Mountain Pacific Sports Federation (MPSF) All-Academic teams, it was announced on April 5. To be named to the MPSF All-Academic team an athlete must be at least a sophomore with one full season of residence at their current school, compete in at least half of the team's competitions and maintain a grade-point average of 3.0 or higher. The USC women's team had nine scholar-athletes named All-Academic in Chloe Berry, Chanel Brissett, Anna Cockrell, Kyra Constantine, Margaux Jones, Joy McArthur, Cassidy Palka, Kaelin Roberts and TeeTee Terry. The USC men earning MPSF All-Academic honors were Nathan Bultman, Matthew Katnik and Matthew Myrtue.

VANDORPE TOP FRESHMAN - USC freshman Sam VanDorpe had a PR of 1:49.61 to place third in the 800m race at the Jim Click Shootout on April 6. His time ranks 33rd in the country and is the top time by a freshman so far this outdoor season.

FABULOUS FRESHMEN - Sam VanDorpe isn't the only USC freshman making their mark in the early season. Omotade Ojora also has the top freshman 110m hurdles time, Eric Allen Jr. is fourth among freshmen in the 100m dash and Ayden Owens is fourth in the 110m hurdles. Lanae-Tava Thomas leads the USC freshmen women, ranking third in the 200m, fourth in the long jump and fifth in the 100m among freshmen. Bailey Lear is second among freshmen in the 400m and Alyssa Brewer is second in the 800m and Jemima Russell is fourth in the 800m.

WELCOME BACK - The 2019 USC men's roster features four athletes which have competed for USC before, but not during the 2018 outdoor season. Two-time NCAA high jump champion Randall Cunningham (2016 outdoors & 2018 indoors) returns from a broken left leg. Cunningham injured himself on his final attempt at the 2018 NCAA Indoor Championships after winning the title with his PR clearance of 7-6 (2.29m) which had tied the school indoor record. Hurdler Marquis Morris returns after missing last season with a fractured right clavicle suffered in a fall at the 2018 Trojan Invitational on March 17. Morris ranks 10th on USC's all-time 110m hurdles list with a time of 13.56. Matthew Katnik used the 2018 season as a redshirt year. He has an outdoor shot put PR of 62-9.50/19.14m which ranks ninth on USC's all-time list. He competed indoors this season and finished seventh in the shot put with a mark of 64-7.25/19.69m at the NCAA Indoor Championships. Nicolaus Jakowec took two years off from the track and field team and returned during the indoor season to set the school indoor 3000m record with a time of 8:09.77. In addition, junior Jaydon Logan transferred to USC from Cerritos College last year, but was injured and redshirted. He has a best 400m hurdles time of 52.89.

BRISSETT & ROBERTS ON BOWERMAN POST-INDOOR WATCH LIST - USC sophomores Chanel Brissett and Kaelin Roberts were named to the 10-woman Post-Indoor Watch List for the Bowerman.

NEXT MEETS: MT. SAC RELAYS & BEACH INVITATIONAL - USC will be at the Mt. SAC Relays held at El Camino College in Torrance, Calif. on April 18-20 and at the Beach Invitational held in Long Beach, Calif. on April 19-20.

RANKINGS - The 2019 USTFCCCA preseason outdoor rankings came out on March 18 and the women's team opened at No.1 and the men's team at No. 30. USC's women finished the 2018 season No. 1 and the men's team placed No. 4.

	<u>3/18</u>	<u>4/1</u>	<u>4/8</u>	<u>4/15</u>	<u>4/22</u>	<u>4/29</u>	<u>5/6</u>	<u>5/13</u>	<u>5/20</u>	<u>5/28</u>
USC Men --	30	34	34							
USC Women --	1	1	1							

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).

USC WOMEN 2ND, MEN 17TH AT 2019 NCAA INDOOR CHAMPIONSHIPS - Chanel Brissett in the 60m hurdles, Kaelin Roberts in the 400m and TeeTee Terry in the 60m all won titles to help lead the USC women's team to a second-place finish, while Earnest Sears III placed fourth in the men's high jump to help lead the Trojan men's team to a 17th place finish at the 2019 NCAA Indoor T&F Championships being held at the Birmingham CrossPlex in Birmingham, Ala. on March 8-9. USC's women scored 51 points and the men's team scored 12 points in the two-day event. The USC women's three individual titles in the 17 events were more than any other school and only two other teams had two individual champions. The second-place finish for the women's team tied for its best finish ever at the NCAA Indoor Championships (T-2nd in 1986).

THE MAGICAL 2018 OUTDOOR SEASON - The USC women's track and field team won the 2018 NCAA Outdoor Track & Field title, the second in school history, with an epic come-from-behind victory in the 4x400m relay by .07 seconds, the meet's final event. Angie Annelus won the 200m title and Anna Cockrell placed second in the 400m hurdles to help key the Trojans' comeback. Also scoring individually for USC was TeeTee Terry in the 100m, Deanna Hill in the 100m and 200m, Ellis in the 400m and Madisen Richards in the LJ. The men's team placed fourth at the Championships, it highest since tying for fourth in 2014 and the last time USC finished higher was third place in 2003. Michael Norman in the 400m, Rai Benjamin in the 400m hurdles and the 4x400m relay all set collegiate records. Also scoring for USC were Robert Ford in the 800m (7th) and Earnest Sears III in the HJ (7th).

TROJANS LEAVING THEIR MARKS - The Trojans have 23 athletes on the current team that have posted 43 outdoor top 10 marks all-time by a Trojan, including 23 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)
Nathan Bultman (10th - HT)
Randall Cunningham (T-4th - High Jump)
Matthew Katnik (5th - 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, 9th - 4x100m)
Alyssa Brewer (7th - 800m)
Chanel Brissett (4th - 100m H, 9th - 4x100m)
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 - 4x100m)
Margaux Jones (8th - LJ)
Lyndsey Lopes (5th - Heptathlon, 10th - HJ)
Isabella Marten (8th - TJ)
Joy McArthur (10th - HT)
Mecca McGlaston (7th - 100m H)
Kaelin Roberts (3rd - 400m)
TeeTee Terry (1st - 100m, 8th - 200m, 1st, 7th, 9th - 4x100m)
Lanae-Tava Thomas (9th - 4x100m)
Ky Westbrook (T-7th - 100m, 5th, 7th, 8th, - 4x100m)

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).

USC WOMEN WIN MPSF TITLE; 8 INDIVIDUALS WIN EVENTS - The USC women's team won its fifth MPSF team title in six season on Feb. 23, scoring 120 points and defeating second-place Standard 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.

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.

BRISSETT WINS NCAA INDOOR HURDLES TITLE - Sophomore Chanel Brissett continued her scorching indoor campaign by winning the women's 60m hurdle title at the NCAA Indoor Championships on March 9 by tying her PR of 7.90 which ranks fifth in the world this season. Brissett won the 60m hurdles at all five meets she competed in this season.

ROBERTS WINS NCAA INDOOR 400M TITLE - Sophomore Kaelin Roberts then won the women's 400m title at the NCAA Indoor Championships on March 9 with a PR and the fastest indoor time in the world this season of 51.50. She won the second section by .77 seconds and bettered her second-place standing on USC's all-time list. Roberts became USC's second consecutive women's indoor 400m champion, as Kendall Ellis set the USA indoor record at the 2018 NCAA Championships.

TERRY WINS NCAA 60M TITLE - Sophomore TeeTee Terry next won the women's 60m dash at the NCAA Indoor Championships on March 9 with a PR of 7.14. That time bettered her second-place standing (7.15) on USC's all-time list.

SEARS 4TH IN HIGH JUMP AT NCAA INDOORS - Sophomore Earnest Sears III placed fourth in the men's high jump at the NCAA Indoor Championships on March 9 with a clearance of 7-3.75/2.23m. Sears was clean all the way up to the height he went out at, 7-5. Sears had indoor PRs of 7-5.25/2.27m at the MLK Invitational on Jan. 18 and the Texas Tech Classic on Jan. 26 which moved him into third on USC's all-time list behind former NCAA champions Jesse Williams and Randall Cunningham.

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 Kyra 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.

ANNELUS IMPROVEMENT LED TO 200M TITLE - Junior Angie Annelus won the 2018 NCAA women's 200m title with a time of 22.76 (-2.2w). She entered the season with a personal best of 23.22 and kept improving throughout the season. She won the USC-UCLA Dual Meet 200m race with a time of 22.89 (+1.0), then set a PR of 22.64 (+1.4) in the Pac-12 prelims before placing third in the final with a time of 22.70 (+2.9w). She also had a wind-aided PR of 22.52 (+2.2w) in the NCAA semifinals to place fourth.

COCKRELL DELIVERS TIME AND TIME AGAIN - Junior captain Anna Cockrell is a four-time outdoor All-American, placing second in the 400m hurdles at the NCAA Championships in each of the last two seasons. She also scored in the 100m hurdles at the 2017 NCAA Championships and ran on USC's title-clinching 4x400m relay which won with a time of 3:27.06. Cockrell has a 400m hurdles PR of 55.14 which ranks third on USC's all-time list and has a personal best of 12.88 in the 100m hurdles which ranks fifth on USC's all-time list. Last season she won the Pac-12 400m hurdles title, placed third in the 100m hurdles and ran on the winning 4x400m relay.

JEWETT MAKES AN IMMEDIATE IMPACT - Junior transfer Isaiah Jewett from UC Irvine proved during the indoor season that he is going to be a key member of the Trojan team. Jewett did not compete for UC Irvine last season and thus is eligible immediately. He won the 2017 Big West 800m title and has an 800m PR of 1:47.43. During the 2019 indoor season he set the USC 800m record with a time of 1:46.91 at the Texas Tech Classic on Jan. 26. He then claimed the conference 800m crown with a time of 1:47.20 at the MPSF Championships. He earned 2019 indoor All-America honors by placing seventh in the 800m with a time of 1:48.47 at the NCAA Indoor Championships. Jewett won the 400m at the Power 5 Trailblazer Challenge with a PR of 46.29 which ranks 21st nationally.

MARTEN LEAPS INTO USC'S TOP 10 - Redshirt senior transfer Isabella Marten, in her first outdoor meet as a Trojan, won the women's triple jump at the Trojan Invitational on March 16 with a leap of 42-6.75/12.97 (-0.7). That jump moved her into eighth place on USC's all-time women's triple jump list. She then won the TJ at the Power 5 Trailblazer Challenge with a wind-aided jump of 42-11.50/6.09 (+2.3w) which ranks 21st nationally. She made it 3-for-3 in triple jump wins by taking the title at the Jim Click Shootout with a leap of 42-4/12.90 (+0.5). Marten also competed indoors and places second at the MPSF Championships with a leap of 41-10.50/12.76m. Marten, from Stuttgart, Germany, began her career at SMU in 2015, then spent two seasons competing for California (2016 & 2018). She has a PR of 43-8.00 (13.31m) and place seventh in the triple jump at the 2016 NCAA Championships to earn All-America honors.

KATNIK USED HIS TIME WELL - Redshirt junior sat out the 2018 season, but has already left his mark on the 2019 campaign by winning the shot put at the Power 5 Trailblazer Challenge with a PR and then-NCAA-leading throw of 64-6.50 (19.67m). That throw moved him to fifth on USC's all-time list and is the farthest shot put by a Trojan since Noah Bryant set the school record with a mark of 67-5.50 in 2007. He also won the shot put in his first outdoor meet back, the Trojan Invitational on March 16, with a then-PR and nation-leading throw of 63-10.25 (19.46m). His shot put mark also moved him for ninth to seventh on USC's all-time list. Katnik earned 2019 Indoor All-America honors by placing seventh at the NCAA Indoor Championships with a throw of 64-7.25 (19.69m). He currently ranks eighth in the country in the shot put.

PAC-12 ATHLETE OF THE WEEK HONORS - USC has won five Pac-12 Athlete of the Week honors this season. They honored Trojans are: **Alyssa Brewer** (W-Track, March 18-24), **Chanel Brissett** (W-Track, April 1-7), **Matthew Katnik** (M-Field, March 11-17 & March 18-24) and **TeeTee Terry** (W-Track, March 11-17).

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 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. Michael Norman.....	19.84	6/30/18
2. Andre De Grasse.....	19.88	7/24/15
3. James Sanford.....	19.94+	4/19/80
4. Rai Benjamin.....	19.99	6/30/18
5. Clancy Edwards.....	20.03	4/29/78
6. BeeJay Lee.....	20.11	6/28/15
7. Aaron Brown.....	20.16	5/31/14
8. Bryshon Nellum.....	20.23	5/12/13
9. Darwin Cook.....	20.33	5/18/85
10. James Gilkes.....	20.39	6/17/75
Philip Francis.....	20.39	5/14/06

400 METERS

1. Quincy Watts.....	43.50	8/5/92
2. Michael Norman.....	43.61	6/8/18
3. Jerome Davis.....	44.51	8/1/99
4. Lionel Larry.....	44.63	6/14/08
5. Bryshon Nellum.....	44.73	6/7/13
6. Rai Benjamin.....	44.74	4/21/18
7. Josh Mance.....	44.83	6/6/12
8. Billy Mullins.....	44.84	5/11/80
9. Ken Randle.....	44.99	6/4/76
10. Joey Hughes.....	45.05	5/14/11

800 METERS

1. Ibrahim Okash.....	1:44.92	6/19/88
2. Duane Solomon.....	1:45.69	6/24/07
3. Robert Ford.....	1:46.43	6/21/18
4. Lloyd Johnson.....	1:46.5en	7/4/77
5. Rayfield Beaton.....	1:46.5e	4/29/78
6. Mark Handelsman.....	1:46.5en	7/14/82
7. David Omwansa.....	1:46.8n	6/2/79
8. Joey Bunch.....	1:46.8	4/19/86
9. Irek Sekretarski.....	1:47.11	6/11/09
10. Isaac Turner.....	1:47.15	5/3/97

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 Babiszewicz.....	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. Rai Benjamin.....	47.02	6/8/18
2. Felix Sanchez.....	48.33	6/28/00
3. Tom Andrews.....	48.55	6/12/76
4. Reggie Wyatt.....	48.58	6/7/13
5. Pedro Rodrigues.....	48.82	8/20/95
6. Geoff Vanderstock.....	48.94+	9/11/68
7. George Porter.....	49.19n	6/3/89
8. Rich Graybehl.....	49.31n	6/3/78
9. Ryan Wilson.....	49.33	5/18/03
10. Kai Kelley.....	49.79	6/12/08

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 Cohee.....	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. David 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. Ernest Sears.....	7-2 1/2 (2.20)	5/13/18
7. Dean Owens.....	7-2 1/4 (2.19)	4/7/73
8. Dennis Smith.....	7-2n (2.18)	5/24/80
9. Tyler Ruiz.....	7-1 1/2 (2.17)	5/12/13
10. Tim Walker.....	7-1 1/4 (2.16)	5/14/77

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. Matthew Katnik.....	64-6 1/2 (19.67)	3/22/19
6. Dave Murphy.....	64-3 (19.58)	5/15/70
7. Nick Ponzio.....	64-1 (19.53)	6/10/15
8. William Denbo.....	63-7 1/2 (19.39m)	5/12/07
9. Mike Budincich.....	63-5 3/4 (19.34)	5/1/76
10. Van Mounts.....	62-6 (19.05)	5/21/00
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. Jim Stewart.....	7,709	5/11-12/28
4. Bo Sterner.....	7,667	6/4-5/74
5. Daniel Haag.....	7,623	3/14-15/98
6. Bob Coffman.....	7,623	6/4-5/74
7. Shelton Davis.....	7,290	5/10-11/03
8. Russell Silvers.....	7,254	5/11-5/12/02
9. Darren Hall.....	7,173	5/20-21/83
10. Roy Williams.....	7,163	4/25-26/64

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 Fearnley.....	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 (70.67)	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. Nathan Bultman.....	220-2 (67.12)	4/20/18

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. Barnum, Morgan, Shinnick, Norman.....	38.88	3/24/18
5. Francis, Felix, Larry, Anderson.....	38.89	4/17/05
6. Barnum, Benjamin, Brock, Morgan.....	38.89	4/29/18
7. Reading, Manning, Dexter, Morales.....	38.90n	6/6/86
8. Williams, Bradford, J. Sanford, Mullins.....	38.91	4/28/79
9. Jones, Felix, Francis, Anderson.....	38.92	6/9/05
10. Lee, Davis, Williams, McCullough.....	38.94n	4/3/99

1,600-METER RELAY

1. Morgan, Benjamin, Shinnick, Norman.....	2:59.00	6/8/18
2. Hannah, Conway, Cannady, Watts.....	3:00.58	3/6/92
3. Hughes, Mance, Wyatt, Nellum.....	3:00.64	6/9/12
4. Benjamin, Shinnick, Ford, Norman.....	3:01.11	5/26/18
5. Ekpenyong, Hervey, Rodrigues, Krill.....	3:02.59	6/2/95
6. Jordan, Joyner, Sanchez, Davis.....	3:02.68	5/22/99
7. Hughes, Mance, Walker, Wyatt.....	3:02.87	4/9/11
8. Lee, Williams, Sanchez, Davis.....	3:02.89	4/3/99
9. Kelley, Garrison, Cunningham, Larry.....	3:03.08	6/10/06
10. Hughes, Nellum, Walker, Wyatt.....	3:03.21	6/7/12

ALL-TIME WOMEN'S PERFORMERS

WOMEN'S OLYMPIC EVENTS

100 METERS

1. Twanisha Terry	10.99	4/21/18
2. Angela Williams.....	11.04	6/5/99
3. Natasha Mayers.....	11.09	4/19/03
4. Torri Edwards.....	11.10n	6/4/99
5. Virginia Powell.....	11.10	5/14/06
6. Inger Miller.....	11.11	4/7/93
7. Ky Westbrook	11.17	6/11/15
Deanna Hill.....	11.17	6/22/17
9. Jessica Davis.....	11.19	5/14/11
Tynia Gaither.....	11.19	6/9/16

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. Angie Annelus	22.64	5/12/18
6. Kinshasa Davis.....	22.69	4/16/00
7. Kendall Ellis.....	22.71	5/12/18
8. Twanisha Terry	22.74	5/26/18
9. Natasha Mayers.....	22.80	5/29/02
10. Aareon Payne.....	22.83	4/16/11

400 METERS

1. Kendall Ellis.....	49.99	5/13/18
2. Jaide Stepter.....	50.91	3/26/16
3. Kaelin Roberts	51.33	5/13/18
4. Carol Rodriguez.....	51.39	5/3/08
5. Vanessa Jones.....	51.50	5/17/15
6. Cameron Pettigrew.....	51.61	5/14/17
7. Michelle Taylor.....	51.75	6/2/89
8. Amalie Iuel.....	51.81	3/18/17
9. Brigita Langerholc.....	52.02	7/01
10. Gervaise McCraw.....	52.24	6/7/86

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. Alyssa Brewer	2:04.93	3/23/19
8. Mikaela Smith.....	2:05.17	4/30/17
9. Anna Lopaciuch.....	2:05.71	5/24/98
10. Treani Swain.....	2:05.93	4/30/05

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.....	16:12.27	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 Neepor.....	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. Chanel Brissett	12.75	5/13/18
5. Anna Cockrell	12.88	5/13/18
6. Candice Davis.....	12.90	6/8/07
7. Mecca McGlaston	12.98	6/7/18
8. Lauren Blackburn.....	13.06	5/14/11
9. Shalina Clarke.....	13.09	5/29/10
10. Patty Van Wolvelaere.....	13.14	5/26/78
Sau Ying Chan.....	13.14	4/17/94

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. Courtney Corrin	21-2 1/2 (6.46)	4/21/18
5. Madisen Richards.....	21-0 3/4 (6.42)	6/7/18
6. Pamela Simpson.....	21-0 (6.40)	6/2/99
7. Tatyana Obukhova.....	20-11 3/4 (6.39)	4/13/02
8. Margaux Jones	20-10 3/4 (6.37)	6/25/16
9. Michelle Sanford.....	20-10 1/2 (6.36)	5/1/04
10. Alexis Faulknor.....	20-9 1/4 (6.33)	5/16/15

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. Lyndsey Lopes	5-10 1/2 (1.79)	5/12/18

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. Isabella Marten	42-6.75 (12.97)	3/16/19
9. Karleen Shields.....	41-9 3/4 (12.74)	5/7/94
10. Oluwakemi Olonade.....	41-8 3/4 (12.72)	5/30/14

SHOT PUT

1. Breana Jemison.....	57-7 3/4 (17.57)	3/31/18
2. Karen Freberg.....	57-7 1/2 (17.56)	4/29/06
3. Brittany Mann.....	57-4 3/4 (17.49)	6/8/17
4. L'Orangerie Crawford.....	56-3 1/4 (17.15)	5/14/04
5. Diana Clements.....	55-8 1/4 (16.97)	2/21/86
6. Tanya Sapa.....	55-7 3/4 (16.96)	5/1/16
7. Cynthia Ademiluyi.....	55-0 1/4 (16.77)	5/31/00
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. Joy McArthur	201-9 (61.49)	3/23/18

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. Lyndsey Lopes	5,719	5/6/18
6. Kerry Zwart-Bell.....	5,550	6/1/82
7. Shana Woods.....	5,507	6/8/07
8. Sharon Hatfield.....	5,410	4/19/86
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
6. 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)	3/12/13
9. Sonya Negriff.....	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
--------------------------	-------	------

400-METER RELAY

1. Annelus, Ellis, Hill, Terry	42.57	4/21/18
2. Brown, Hill, Faulknor, Gaither.....	42.90	6/11/16
3. Powell, Onyepunuka, Davis, Rodriguez.....	42.96	6/9/06
4. Laarman, Davis, Faulknor, Gaither.....	43.00	6/14/14
5. Hill, Westbrook , Faulknor, Gaither.....	43.10	5/17/15
6. Williams, Young Edmonson, Davis.....	43.14	6/2/00
7. Hall, Westbrook , Hill, Terry	43.18	3/24/18
8. Hall, Westbrook , Faulknor, Hill.....	43.27	6/13/15
9. Williams, Edwards, Edmonson, Young.....	43.35	5/1/99
9. Thomas, Brissett, Annelus, Terry	43.35	3/16/19

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. Constantine, Cockrell , Hill, Ellis.....	3:27.06	6/9/18
5. Pettigrew, Iuel, Constantine , Ellis.....	3:27.64	6/8/17
6. Stepter, Iuel, Ellis, Jones.....	3:27.86	5/30/15
7. Danvers, Edmonson, Langerholc, Davis.....	3:28.08	6/5/99
8. Mayberry, McCraw, Taylor, Maxie.....	3:28.93	3/6/87
9. Ndipagbor, Jones, Davis, Gaither.....	3:29.42	4/5/14
10. Ndipagbor, Stepter, Liverpool, Jones.....	3:30.29	6/12/14