



USC TO HOST UCLA FOR DUAL MEET SUNDAY

- Trojan Women Ranked No. 4, Men No. 8 -



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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+
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 28, 2019

THIS WEEK - The No. 4-ranked USC women's team and the No. 8-ranked men's team will be hosting UCLA (W-No. 24/M-No. 21) in the annual Dual Meet at Loker Stadium on April 28 beginning at 11 a.m. with field events and at noon with the running events. The hammer throw will take place on April 27 beginning at 1 p.m. at CS Northridge. This is the first USC-UCLA Dual Meet where both the men's and women's teams were ranked within the Top 25 since the 2013 season.

DUAL MEET HISTORY - USC swept the 2018 Dual Meet with the men winning 103-53 and the women winning 86-77. It was USC's second sweep in the past four seasons. USC's men lead 44-41 and the Trojan women trail 22-13 in the all-time Dual Meet series. USC's women have won 10 of the last 11 meetings with the Bruins, including the last five. USC's men have gone 2-2 in the last four Dual Meets. A USC male athlete has won the 100m and 200m dashes in 15 of the last 16 Dual Meets and the 400m dash 12 consecutive seasons. A USC woman athlete has won the 100m dash 16 of the last 17 Dual Meets and the 200m for 10 consecutive seasons. USC's women have won the 4x100m relay 14 consecutive times.

TROJANS EXCEL AT THREE MEETS AROUND THE SOUTHLAND - Last week USC had a strong showing at the Bryan Clay Invitational, Mt. SAC Relays and the Beach Invitational. Things started with Ayden Owen's school record in the decathlon at the Bryan Clay Invitational on April 17-18, then Mecca McGlaston (200m), Marquis Morris (110m hurdles) and Zach Shinnick (400m) won open collegiate races at the Mt. SAC Relays on April 19. Nathan Bultman had season-best hammer throws on April 18 at Mt. SAC and then again at the Beach Invitational on April 19. In the Invitational portion of the Mt. SAC Relays on April 20, Angie Annelus (200m), Isaiah Jewett (800m) and Cameron Samuel (400m hurdles) won individual events, and the men's 4x400m and women's 4x100m relays took home titles. The women's 4x100m relay ran 42.93, third on USC's all-time list and currently No. 2 in the world.

TOP 20 TROJANS - USC's women have 15 marks that currently rank in the top 20 nationally, while the men's team has eight. Trojans in the top 20 are: Angie Annelus (15 - W-100m, T-4 - W-200m), Alyssa Brewer (16 - W-800m), Chanel Brissett (3 - W-100m H), Kyra Constantine (12 - W-400m), Dior Hall (7, W-100m H), Alexa Harmon-Thomas (T-15 - W-HJ), Isaiah Jewett (2 - M-800m), Matthew Katnik (10 - M-SP), Bailey Lear (15 - W-400m), Mecca McGlaston (12 - W-100m H), Marquis Morris (14 - M-110m H), Omotade Ojora (15 - M-110m H), Ayden Owens (1 - M-Decathlon), Kaelin Roberts (10 - W-200m), Cameron Samuel (3 - M-400m H), Ernest Sears III (T-3, M-HJ), TeeTee Terry (T-8 - W-100m, T-14 - W-200m), Lanae-Tava Thomas (14 - W-100, 20 - W-200m), W -4x100m (1st), M - 4x400m (7th). Of this group, Morris, Hall and Harmon-Thomas are the only seniors and 12 of the marks have been posted by freshmen or sophomores.

WOMEN REACH UNCHARTED HIGH GROUND - The USC women's was ranked No. 1 in the country for four consecutive weeks (March 18-April 15) in the 2019 U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) rankings, a program first. The previous most consecutive No. 1 rankings by the USC women's team in the USTFCCCA rankings of two weeks occurred in the 2018 season when it ended up winning the NCAA team title.

FABULOUS FRESHMEN - Karlee Freeman is the top freshman woman discuss thrower so far this season, but she isn't the only USC freshman making their mark in the early season. Ayden Owens leads overall in the decathlon and ranks fifth among freshmen in the long jump and 110m hurdles. In addition among the men, Omotade Ojora ranks second among freshmen in the 110m hurdles, Sam VanDorpe is second in the 800m and Brendon Stewart is fifth among freshmen in the 100m dash. For the freshmen women, Lanae-Tava Thomas ranks third in the 100m and fourth in the 200m, Alyssa Brewer is second in the 800m, Bailey Lear is third in the 400m and Jemima Russell is fifth in the 800m among freshmen.

OWENS HAS RECORD-SETTING DECATHLON - USC freshman Ayden Owen made his first collegiate outdoor multi-event competition a special one as he scored a USC record of 8,130 points in winning the decathlon at the Bryan Clay Invitational on April 17-18. His point total is the current world leader and set the Puerto Rico national record in the event. Owens set seven personal bests in the 10 events and won three events (100m, 110m hurdles & 400m) outright. He didn't clinch the win until the final event, running down 2018 Pac-12 champion Harrison Williams of Stanford in the final stretch of the 1500m race to win the two-day event by 18 points.

BRISSETT & ROBERTS ON BOWERMAN MID-OUTDOOR WATCH LIST - USC sophomores Chanel Brissett and Kaelin Roberts were named to the 10-woman Mid-Outdoor Watch List for the Bowerman on April 17.

NEXT MEET: PAC-12 MULTI-EVENTS - USC will next be competing at the Pac-12 Multi-Events Championships held in Tucson, Ariz. on May 4-5.

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	36	8					
USC Women --	1	1	1	1		4				

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 Allice 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 the100m 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 29 athletes on the current team that have posted 52 outdoor top 10 marks all-time by a Trojan, including 29 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)
Nicolaus Jakowec (9th - 5000m)
Isaiah Jewett (3rd - 800m)
Matthew Katnik (5th - SP)
Marquis Morris (10th - 110m H)
Ayden Owens (1st - Decathlon)
Cameron Samuel (T-10th - 400m H)
Earnest Sears III (6th - High Jump)
Zach Shinnick (4th - 4x100m, 1st, 4th - 4x400m)

Women

Angie Annelus (5th - 200m, 1st, 3rd, T-10th - 4x100m)
Alyssa Brewer (7th - 800m)
Chanel Brissett (4th - 100m H, T-10th - 4x100m)
Anna Cockrell (5th - 100m H, 3rd - 400m H, 2nd, 4th - 4x400m)
Kyra Constantine (4th, 5th - 4x400m)
Courtney Corrin (4th - LJ)
Karlee Freeman (4th - DT)
Dior Hall (3rd - 100m H, 3rd, 8th, 9th - 4x100m)
Alexa Harmon-Thomas (10th - HJ)
Margaux Jones (8th - LJ)
Lyndsey Lopes (5th - Heptathlon)
Isabella Marten (7th - TJ)
Joy McArthur (10th - HT)
Mecca McGlaston (7th - 100m H)
Kaelin Roberts (3rd - 400m)
TeeTee Terry (1st - 100m, 8th - 200m, 1st, 3rd, 8th, T-10th - 4x100m)
Lanae-Tava Thomas (3rd, T-10th - 4x100m)
Ky Westbrook (T-7th - 100m, 6th, 8th, 9th, - 4x100m)

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

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).

FREEMAN SETS USC FRESHMAN DISCUS RECORD - Freshman Karlee Freeman won the women's discus throw at the Triton Invitational on April 12 with a PR and USC freshman record of 179-5 (54.70m). Her throw moved her to fourth place on USC's all-time women's discus throw list. Her mark ranks third among Pac-12 throwers, 24th overall nationally and is the top discus throw by a freshman this season.

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 Standord 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 2018 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. Annelus opened up this season with a time of 22.81 (-0.5) to win the Invitational 200m race at the Mt. SAC Relays on April 20, tied for fourth in the country.

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 2018 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. She opened up in the 4x400m relay last week and expected to compete in the hurdles this week.

JEWETT MAKES AN IMMEDIATE IMPACT - Junior transfer Isaiah Jewett from UC Irvine proved during the indoor season that he was 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 prior to this season had 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 32nd nationally. He opened up in the 800m last week and won the Invitational race at the Mt. SAC Relays with a PR of 1:46.11, third on USC's all-time list and second this season among NCAA runners. That time is also currently ninth in the world and the top American time this season.

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). 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 moved from eighth to seventh on USC's all-time list with a jump of 43-0.25/13.11m (+0.2) to finish sixth in the Invitational triple jump at Mt. SAC on April 19. 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 Matthew Katnik 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). 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 10th in the country in the shot put.

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 and moved from 9th to 5th on USC's all-time list already this season. 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 and moved into 9th on USC's outdoor 5K list at the Mt. SAC Relays on April 19. In addition, junior Jaydon Logan transferred to USC from Ceritos College last year, but was injured and redshirted. He has a best 400m hurdles time of 52.89 and he opened with a time of 53.80 last week.

PAC-12 ATHLETE OF THE WEEK HONORS - USC has won seven Pac-12 Athlete of the Week honors this season. They honored Trojans are: **Angie Annelus** (W-Track, April 15-21), **Alyssa Brewer** (W-Track, March 18-24), **Chanel Brissett** (W-Track, April 1-7), **Matthew Katnik** (M-Field, March 11-17 & March 18-24), **Ayden Owens** (M-Field, April 15-21) 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 (USTFCCCA) 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.

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
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	6/21/75
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. Isaiah Jewett.....	1:46.11	4/20/19
4. Robert Ford.....	1:46.43	6/21/18
5. Lloyd Johnson.....	1:46.56	7/4/77
Rayfield Beaton.....	1:46.56	4/29/78
Mark Handelman.....	1:46.56	7/14/82
8. David Omwansa.....	1:46.8n	6/2/79
Joey Bunch.....	1:46.8	4/19/86
10. Irek Sekretarski.....	1:47.11	6/11/09

1,500 METERS

1. David Omwansa.....	3:39.56n	5/20/78
2. Ibrahim Okash.....	3:40.86	7/5/88
3. Blake Shaw.....	3:43.08	4/15/11
4. Tomasz Babiszkieciewicz.....	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. Nicolaus Jakowec.....	14:33.10	4/19/19
10. Adolfo Garcia.....	14:34.7n	5/14/88

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
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
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
Cameron Samuel.....	49.79	4/20/19

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
Joe Antunovich.....	198-10	(60.60)	5/8/71
7. Aaron Dan.....	198-5	(60.48)	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 Conater.....	238-8	(72.76)	3/21/14
5. Bengt Johansson.....	236-11n	(72.22)	6/5/98
6. Adam Midles.....	228-3	(69.57)	4/27/07
7. Trey Henderson.....	227-10	(69.45)	4/1/11
8. John Wolitarsky.....	225-10	(68.84)	5/19/85
9. Szabolcs Maroti.....	225-9	(68.80)	3/24/00
10. 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

DECATHLON

1. Ayden Owens.....	8,130	4/17-18/19
2. Mike Gonzales.....	8,022	6/21-22/84
3. Viktor Fajoyomi.....	7,712	6/11-12/14
4. Jim Stewart.....	7,709	5/11-12/28
5. Bo Sterner.....	7,667	6/4-5/74
6. Daniel Haag.....	7,623	3/14-15/98
7. Bob Coffman.....	7,623	6/4-5/74
8. Shelton Davis.....	7,290	5/10-11/03
9. Russell Silvers.....	7,254	5/11-5/12/02
10. Darren Hall.....	7,173	5/20-21/83

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
Virginia Powell	11.10	5/14/06
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
Kinshasa Davis	22.69	4/16/00
7. Kendall Ellis	22.71	5/12/18
8. Twanisha Terry	22.74	5/26/18
Natasha Mayers	22.80	5/29/02
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. Brigit Langerholc	52.02	7/01
10. Gervaise McCraw	52.24	6/7/86

800 METERS

1. Brigit 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
Mikaela Smith	2:05.17	4/30/17
9. Anna Lopaciuch	2:05.71	5/24/98
10. Trean 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. Zsofia 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. Zsofia 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. Zsofia Erdelyi	16:00.11	4/15/11
2. Emebet Shiferaw	16:16.27	5/18/96
3. Ariel Wright	16:23.66	3/25/11
4. Iryna Vashchuk	16:28.71	3/25/05
5. Julia Budniak	16:42.65	4/18/04
6. Brooke Thomas	16:53.82	3/29/03
7. Katerina Berdousi	17:04.41	5/15/16
8. Julie Seleine	17:18.81	3/21/87

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

10000 METERS

1. Zsofia Erdelyi	33:18.75	3/26/10
2. Beth Van Alstine	34:29.62	3/27/04
3. Kate Neerer	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	4/14/11
9. Shalina Clarke	13.09	5/29/10
10. Patty Van Wolvevlaere	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
5. 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. Alexa Harmon-Thomas	5-10 3/10 (1.80)	4/19/19

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. Isabella Marten	43-0 1/4 (13.11)	4/19/19
8. Ekeni Anene	42-10 1/4 (13.06)	5/29/10
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. Karlee Freeman	179-5 (54.70)	4/12/19
5. Cynthia Ademiluyi	177-10 (54.20)	2/23/02
6. Claudia Paris	176-11 (53.92)	3/5/88
7. Cindy Johnson	173-11 (53.00)	6/4/83
8. Lauren Guerrieri	168-6 (51.37)	5/1/10
9. Carrie Martin	168-6 (51.36)	