

2025 USC WOMEN'S INDOOR BESTS

Mark	Athlete	Place	Day	Event
60M (USC: 7.07 FR: 7.18)				
7.09-PR	Dajaz DeFrاند	1	3/15	NCAA Championships
7.15	Samirah Moody	1	1/24	Red Raider Invite
7.23-PR	Jassani Carter	3-s	2/14	Tiger Paw Invitational
7.24	Brianna Selby	3-p	2/28	Big Ten Championships
7.29-PR	Rachael Uvieghara	3	1/24	Red Raider Invite
7.30	Avery Lewis	4	1/24	Red Raider Invite
7.30-PR	Olivia Pace	14-s	2/14	Tiger Paw Invitational
7.31-PR	T. Eyakpobeyan	9-s	2/8	Collegiate Classic
7.39	Madison Whyte	6-p	1/17	Spokane Showcase
7.42	Christine M. Mallard	8-p	1/17	Spokane Showcase
7.55	Jordan Washington	11-p	1/17	Spokane Showcase
60HH (USC: 7.77 FR: 7.98)				
8.08-PR	Nonah Waldron	3-s	2/8	Collegiate Classic
8.28-PR	Jalaysiya Smith	3	1/17	Spokane Showcase
8.64-PR	Falyn Lott	10	2/28	Big Ten Pentathlon
200M (USC: 22.54 FR: 22.90)				
22.62-PR	Dajaz DeFrاند	1	3/1	Big Ten Championships
22.73-PR	Madison Whyte	2-p	2/28	Big Ten Championships
22.92-PR	Jassani Carter	4-p	2/28	Big Ten Championships
23.00-PR	Christine M. Mallard	6	3/1	Big Ten Championships
23.08-PR	Samirah Moody	4	2/7	Collegiate Classic
23.48	Mia Brahe-Pedersen	6	2/7	Collegiate Classic
23.53-PR	Rachael Uvieghara	8	2/7	Collegiate Classic
23.86	Maira Scott	6	1/24	Red Raider Invite
23.86-PR	Yemi John	17	2/7	Collegiate Classic
300M (USC: 36.63 FR: 36.63)				
37.86	Christine M. Mallard	1	1/17	Spokane Showcase
38.43	Jassani Carter	2	1/17	Spokane Showcase
38.74	Dajaz DeFrاند	3	1/17	Spokane Showcase
38.79	Maira Scott	4	1/17	Spokane Showcase
400M (USC: 50.34 FR: 51.90)				
51.76	Yemi John	2	3/1	Big Ten Championships
51.93-PR	Madison Whyte	4	2/14	Tiger Paw Invitational
53.83	Takiya Cenci	13	2/8	Collegiate Classic
55.03	Maira Scott	25	2/8	Collegiate Classic
55.16	Christine M. Mallard	27	2/8	Collegiate Classic
600Y (USC: 1:18.55 FR: ---)				
1:18.55-SR	Yemi John	1	1/24	Red Raider Invite
600M (USC: 1:34.80 FR: ---)				
800M (USC: 2:04.17 FR: 2:05.90)				
2:09.22	Gigi Maccagnini	15	2/15	Husky Classic
2:29.80-PR	Falyn Lott	14	2/28	Big Ten Pentathlon
1000M (USC: 2:40.0 FR: ---)				
2:55.23	Gigi Maccagnini	1	1/17	Spokane Showcase
1 MILE (USC: 4:43.23 FR: 4:53.35)				
5:09.24-PR	Jacqueline Duarte	114	2/15	Husky Classic
3000M (USC: 9:50.40 FR: 10:11.90)				
10:36.55	H. Teixeira-Dasilva	8	1/17	Spokane Showcase
11:51.33	Giovanna Pisano	10	1/17	Spokane Showcase

Mark	Athlete	Place	Day	Event
4X400M (USC: 3:27.03)				
3:26.97		3	3/15	NCAA Championships
(John, Carter, Mallard, Whyte)				
DMR (USC: 11:27.77)				
xx:xx.xx		x	x/xx	xxxxxxxxxx
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LONG JUMP (USC: 21-0.50/6.41M FR: 21-0.50)				
19-10.25/6.05-PR	Falyn Lott	3	1/24	Red Raider Invite
19-7.50/5.98	Grace Smith	15	2/28	Big Ten Championships
19-6.00/5.94	Alyssa Hope	4	1/17	Spokane Showcase
18-6.00/5.64	Avery Lewis	10	1/24	Red Raider Invite
17-8.00/5.38	Jada Foreman	37	2/14	Tiger Paw Invitational
TRIPLE JUMP (USC: 45-3.00/13.79 FR: 43-2.25)				
44-11.50/13.70	Temi Ojora	3	3/15	NCAA Championships
41-1.00/12.52-PR	Lauren Reed	2	1/17	Spokane Showcase
40-7.00/12.37-PR	Jada Foreman	8	1/24	Red Raider Invite
40-6.75/12.36-PR	Ahnyx Bush	3	1/17	Spokane Showcase
Fouls	Jada Gatlin	-	1/17	Spokane Showcase
HIGH JUMP (USC: 5-11.50/1.82M FR: 5-11.50)				
5-7.75/1.72	Falyn Lott	3	1/17	Spokane Showcase
POLE VAULT (USC: 13-5.75/4.10M FR:13-5.75)				
SHOT PUT (USC: 58-4.00/17.78M FR: 57-0.75)				
57-0.75/17.39-PR	Ashley Erasmus	6	3/1	Big Ten Championships
44-7.00/13.59	Karyssa Owens	12	1/24	Red Raider Invite
31-10.00/9.70-PR	Falyn Lott	22	2/28	Big Ten Pentathlon
WEIGHT THROW (USC: 63-9.00/19.43 FR.:)				
PENTATHLON (USC: 4,528 FR: 3,897)				
3,897-PR	Falyn Lott	9	2/28	Big Ten Pentathlon

PR = Personal Best
 SR = School Record
 SFR = USC Fr. Record
 h = Heat
 s = Section
 p = Prelims

2025 USC MEN'S INDOOR BESTS

Mark	Athlete	Place	Day	Event
60M (USC: 6.46)		FR: 6.60)		
6.46-SR	JC Stevenson	1-s	3/14	NCAA Championships
6.53-PR	Max Thomas	1	1/17	Spokane Showcase
6.54	Travis Williams	5	3/15	NCAA Championships
6.59-PR	Taylor Banks	4	1/24	Red Raider Invite
6.59-PR	Edward Nketia	1-p	2/8	Collegiate Classic
6.84-PR	Nickolas Miller	11	1/24-p	Red Raider Invite
6.85-PR	Jazonte Levan	10	1/17-p	Spokane Showcase
6.87	Dominick Corley	14	1/17-p	Spokane Showcase
6.90-PR	Jaelen Knox	19	2/8-s	Collegiate Classic
6.92-PR	Curtis Johnson	19	1/17-p	Spokane Showcase

60M HH (USC: 7.43)		FR: 7.83)		
7.43-SR	Johnny Brackins Jr.	3	2/22	USATF Championships

200M (USC: 20.26)		FR: 20.63)		
20.34-PR	Johnnie Blockburger	1	2/7	Collegiate Classic
20.53-PR	Max Thomas	1	1/24	Red Raider Invite
20.54-PR	Garrett Kaalund	6-p	3/14	NCAA Championships
21.00-PR	Edward Nketia	9	2/7	Collegiate Classic
21.07-PR	Jaelen Knox	6	2/7	Collegiate Classic
21.26-PR	Jacob Andrews	20	2/15	Tiger Paw Invitational
21.36-PR	Jazonte Levan	17-p	2/28	Big Ten Championships

300M (USC: 30.51)		FR: ---)		
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400M (USC: 44.52)		FR: 45.81)		
45.45-PR	J. Blockburger	1	2/8	Collegiate Classic
45.56-PR	Jacob Andrews	2	2/8	Collegiate Classic
45.64	William Jones	3	2/8	Collegiate Classic
46.83-PR	Y. Mauricette	14	2/8	Collegiate Classic

600Y (USC: 1:07.52)		FR: ---)		
1:07.52-SR	William Jones	1	1/24	Red Raider Invite
1:09.59-PR	Y. Mauricette	6	1/24	Red Raider Invite

600M (USC: 1:15.95)		FR: ---)		
1:17.52-PR	William Jones	1	1/17	Spokane Showcase
1:17.63	Y. Mauricette	2	1/17	Spokane Showcase
1:17.70-PR	N. Cumberbatch	3	1/17	Spokane Showcase
1:19.43	Jacob Andrews	7	1/17	Spokane Showcase
1:22.65	L. Marschall	13	1/17	Spokane Showcase

800M (USC: 1:46.91)		FR: 1:47.78)		
1:48.58	N. Cumberbatch	9	2/15	Husky Classic
1:51.10	Jack Carter	8	2/7	Collegiate Classic
1:54.40-PR	Luke Metcalf	9	1/24	Red Raider Invite

1 MILE (USC: 3:59.85)		FR: 4:15.64)		
4:09.90	A. Reina Corona	76	2/15	Husky Classic
4:10.89	Morgan Fierro	83	2/15	Husky Classic
4:48.37	Kennie Arriola	16	2/7	Collegiate Classic

3000M (8:06.97)		FR.: 8:45.08)		
8:30.04	Alfredo Reina Corona	1	1/17	Spokane Showcase

Mark	Athlete	Place	Day	Event
5000M (USC: 14:37.86 FR.: ----)				
4X400M (USC: 3:00.77)				
3:03.57		1	2/8	Collegiate Classic
(Andrews, Jones, Brackins Jr., Blockburger)				

DISTANCE MEDLEY (USC: 9:48.1)

Pole Vault (USC: 18-3.0/5.56m)		FR: ---)		
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High Jump (USC: 7-6.50/2.30m)		FR: 7-1.75/2.18)		
7-3.25/2.22-PR	Elias Gerald	2	2/15	Tiger Paw Invitational
7-3.25/2.22-PR	Brady Palen	2	3/1	Big Ten Championships

Long Jump (USC: 27-0.00/8.23m)		FR: 25-3.25/7.70)		
26-9.75/8.17-PR	JC Stevenson	1	2/7	Collegiate Classic
26-2.75/7.99	J. Brackins Jr.	1	2/28	Big Ten Championships

Triple Jump (USC: 56-7.5)		FR: 47-0.25/14.33)		
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Weight Throw (USC: 80-3.75/24.48m)		FR: 64-10.50)		
69-2.50/21.09-PR	N. Polychroniou	7	2/28	Big Ten Championships

Shot Put (USC: 70-4.50/21.45m)		FR: 61-4.75/18.71)		
58-3.75/17.77	Shaiquan Dunn	5	1/24	Red Raider Invite

Heptathlon (USC: 5,809)		FR: 5,809)		
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