

2025 USC WOMEN'S OUTDOOR BESTS

Mark Athlete Place Day Event

100M (USC: 10.89 FR: 10.99)

10.93 (+1.4)-PR	Moody	5	6/12	NCAA Semifinals
10.93 (+0.9)-PR	DeFrاند	6	6/12	NCAA Semifinals
11.01 (+1.5)-PR	Selby	7	6/12	NCAA Semifinals
11.04 (+1.3)-PR	Carter	2	5/29	NCAA West Prelims
11.30 (+1.5)	Eyakpobeyan	21	5/29	NCAA West Prelims
11.34 (+1.8)-PR	Pace	25	5/29	NCAA West Prelims
11.36 (+3.8w)	Mallard	4	4/4	Battle at the Beach
11.39 (-0.2)	Mallard	3	3/22	Trojan Invitational
11.43 (+3.8w)	Brahe-Pedersen	5	4/4	Battle at the Beach
11.49 (-0.2)	Brahe-Pederson	7	3/22	Trojan Invitational
11.79 (-1.3)	Lewis	9	3/22	Trojan Invitational
11.82 (+2.1w)	Washington	11	4/4	Battle at the Beach
11.86 (-1.3)	Washington	11	3/22	Trojan Invitational
12.01 (-1.3)	G. Smith	13	3/22	Trojan Invitational

200M (USC: 22.16 FR: 22.65)

22.16 (+0.9)-T-SR	Whyte	1	5/31	NCAA Quarterfinals
22.20 (+0.9)-PR	DeFrاند	2	6/12	NCAA Semifinals
22.52 (+0.9)	Carter	5	5/31	NCAA Quarterfinals
22.55 (+0.7)	Moody	8	6/12	NCAA Semifinals
23.03 (+0.8)	Mallard	5	4/19	Mt. SAC Relays Elite
23.09 (+1.3)	Eyakpobeyan	5	4/11	Texas A&M 44 Farms
23.15 (+4.0w)	John	4	4/4	Battle at the Beach
23.33 (+4.0w)	Pace	5	4/4	Battle at the Beach
23.72 (+0.1)	John	14	4/11	Texas A&M 44 Farms
23.82 (+2.2w)	Scott	9	4/4	Battle at the Beach
23.84 (+1.9)	Brahe-Pedersen	16	3/28	Battle on the Bayou
23.88 (+1.1)	Scott	6	3/22	Trojan Invitational
24.77 (+0.2)	Cenci	36	3/28	Battle on the Bayou
25.27 (+0.7)	Lott	12	3/22	Trojan Invitational

400M (USC: 49.99 FR: 50.74)

50.78-PR	Whyte	1	5/4	USC-UCLA Dual
50.79-PR	John	1	5/29	NCAA West Prelims
52.04	Mallard	12	5/29	NCAA West Prelims
54.52	Cenci	1	3/22	Trojan Invitational
55.00	Scott	11	3/29	Battle on the Bayou

800M (USC: 1:58.51 FR: 2:04.16)

2:09.04	Maccagnini	2	5/4	USC-UCLA Dual
2:13.04-PR	I. Duarte	5	3/22	Trojan Invitational
2:19.48-PR	Lott	8	5/17	Big Ten Heptathlon
2:21.75	Vasquez	10	3/22	Trojan Invitational

1500M (USC: 4:12.05 FR: 4:18.52)

4:37.94-PR	J. Duarte	9	4/18	Mt. SAC Relays Elite
4:45.21	Maccagnini	6	3/22	Trojan Invitational
4:48.38-PR	Spoden	12	4/4	Battle at the Beach

3000M (USC: 9:11.78 FR: 9:33.29)

10:37.98-PR	J. Duarte	4	5/4	USC-UCLA Dual
10:38.03-PR	Spoden	5	5/4	USC-UCLA Dual

3000M SC (USC: 10.01.99 FR: 10:03.73)

5000M (USC: 16.00.11 FR: 16:36.66)

10000M (USC: 33.18.75 FR: 36:32.25)

100M HH (USC: 12.48 FR: 12.74)

12.89 (+2.3w)	Waldron	1	4/4	Battle at the Beach
12.98 (+0.6)-PR	Waldron	2	3/29	Battle on the Bayou
13.12 (+3.3w)	J. Smith	3	4/12	Texas A&M 44 Farms
13.18 (+1.5)	J. Smith	14	5/31	NCAA Quarterfinals
14.06 (-0.5)	Lott	9	5/16	Big Ten Heptathlon

Mark Athlete Place Day Event

400M IH (USC: 52.77 FR: 55.14)

58.20	Waldron	2	5/4	USC-UCLA Dual
58.81-PR	Lott	3	5/4	USC-UCLA Dual

LONG JUMP (USC: 21-11.00/6.68M FR: 21-5.25)

20-5.25/6.23 (+0.6)	Lott	1	3/22	Trojan Invitational
19-11.75/6.09 (+1.9)	Hope	8	4/19	Mt. SAC Relays Elite
19-11.00/6.07 (+0.8)	G. Smith	3	3/22	Trojan Invitational
19-10.75/6.06 (+0.3)-PR	Bush	4	3/22	Trojan Invitational
19-8.75/6.01 (+2.5w)	Lewis	3	4/4	Battle at the Beach
19-7.00/5.97 (+0.5)	Lewis	7	4/11	Texas A&M 44 Farms
19-3.25/5.87 (+1.3)	Reed	7	3/22	Trojan Invitational
19-2.75/5.86 (+0.0)	Foreman	3	5/4	USC-UCLA Dual
19-2.50/5.85 (-0.2)-PR	Gatlin	8	3/22	Trojan Invitational

TRIPLE JUMP (USC: 45-7.25/13.90M FR: 44-8.25)

42-9.00/13.03 (+0.7)-PR	Reed	23	5/31	NCAA West Prelims
42-8.75/13.02 (+1.0)-PR	Foreman	2	3/29	Battle on the Bayou
41-2.50/12.56 (+2.1w)	Gatlin	2	4/4	Battle at the Beach
40-11.50/12.48 (+0.0)	Gatlin	5	4/18	Mt. SAC Relays C/O
40-5.00/12.32 (+0.0)	Bush	4	3/22	Trojan Invitational

HIGH JUMP (USC: 6-2.00/1.88M FR: 6-2.00)

5-7.75/1.72	Lott	T-1	4/16	Mt. SAC Hept "B"
5-5.25/1.61	Hope	T-4	5/4	USC-UCLA Dual

SHOT PUT (USC: 59-0.25/17.99 FR: 59-0.25)

59-0.25/17.99-SR	Erasmus	5	6/12	NCAA Championships
48-1.75/14.67	Garland	4	3/22	Trojan Invitational
47-3.50/14.41	Owens	5	3/22	Trojan Invitational
34-2.00/10.41	Lott	7	4/16	Mt. SAC Hep "B"

DISCUS (USC: 200-5/61.10M FR: 179-5)

181-11 (55.46)-PR	Garland	1	4/5	Triton Invitational
176-11 (53.92)-PR	Erasmus	7	4/12	Texas A&M 44 Farms
174-0 (53.04)-PR	Owens	2	4/5	Triton Invitational
125-0 (38.11)	Galloway	5	5/4	USC-UCLA Dual

JAVELIN (USC: 186-10/56.95M FR: 173-11)

116-10 (35.62)	Erasmus	3	5/4	USC-UCLA Dual
78-5 (23.90)	Galloway	5	5/4	USC-UCLA Dual
78-4 (23.89)	Lott	19	5/17	Big Ten Heptathlon

HAMMER (USC: 230-3/70.18M FR: 226-8)

199-1 (60.68)-PR	Owens	5	3/21	Trojan Invitational
189-10 (57.86)	Galloway	15	5/16	B1G Championships

POLE VAULT (USC: 14-0.00/4.27M FR: 13-7.25)

HEPTATHLON (USC: 6234 POINTS FR: 5,582)

5142-PR	Lott	13	5/16-17	Big Ten Heptathlon
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4X100M (USC: 42.21)

42.22	1	6/14	NCAA Championships
(Moody, DeFrاند, Whyte, Carter)			

4X400M (USC: 3:23.35)

3:26.01	3	6/14	NCAA Championships
(John, Carter, Cenci, Whyte)			

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Mark	Athlete	Place	Day	Event
100M (USC: 9.92)		FR: 10.17)		
9.91 (+2.1w)	Banks	2	5/30	NCAA Quarterfinals
9.92 (+2.4w)	Thomas	1	4/12	Texas A&M 44 Farms
9.93 (+2.4w)	Kaalund	2	4/12	Texas A&M 44 Farms
9.96 (+2.4w)	Nketia	3	4/12	Texas A&M 44 Farms
10.03 (+1.1)-PR	Thomas	6	5/30	NCAA Quarterfinals
10.06 (+2.4w)	Stevenson	11	5/30	NCAA Quarterfinals
10.07 (+2.4w)	T.Williams	4	4/12	Texas A&M 44 Farms
10.15 (+0.7)	Banks	7	4/12	Texas A&M 44 Farms
10.18 (-0.6)	Nketia	2	5/18	B1G Championships
10.18 (-0.7)	Stevenson	2	5/28	NCAA West Prelims
10.21 (-0.2)	T.Williams	16	6/11	NCAA Semifinals
10.31 (+0.4)	Kaalund	6-p	5/17	B1G Championships
10.45 (+2.4w)	Levan	16	3/29	Battle on the Bayou
10.47 (+0.4)-PR	Levan	5	4/18	Mt. SAC Relays C/O
10.54 (+0.4)	Knox	3	3/22	Trojan Invitational
10.70 (-0.6)	Johnson III	5	5/4	USC-UCLA Dual

200M (USC: 19.84)		FR: 20.24)		
19.85 (+1.1)-PR	Kaalund	1	5/30	NCAA Quarterfinals
20.02 (+0.9)-PR	Thomas	4	6/11	NCAA Semifinals
20.24 (+1.2)-PR	Nketia	5	5/30	NCAA Quarterfinals
20.51 (+0.9)-PR	Levan	7-p	5/16	B1G Championships
20.81 (+0.5)	Andrews	10	4/11	Texas A&M 44 Farms
20.86 (+1.4)-PR	T.Williams	2	5/4	USC-UCLA Dual
20.96 (+1.4)	Knox	3	3/22	Trojan Invitational
21.27 (+3.7w)	Banks	16	3/28	Battle on the Bayou
21.37 (+3.6w)	Johnson III	11	4/4	Battle at the Beach
21.58 (+1.2)	Johnson III	8	3/22	Trojan Invitational
21.60 (+0.0)	W.Jones	25	3/28	Battle on the Bayou
21.69 (+0.2)	Mauricette	50	4/11	Texas A&M 44 Farms

400M (USC: 43.50)		FR: 44.60)		
44.73-PR	Kaalund	1	5/4	USC-UCLA Dual
44.76	W.Jones	2	5/4	USC-UCLA Dual
45.46-PR	Andrews	3	5/4	USC-UCLA Dual
47.30-PR	Knox	20	4/12	Texas A&M 44 Farms
47.47	Cumberbatch	22	4/12	Texas A&M 44 Farms
47.87	Mauricette	29	3/29	Battle on the Bayou
48.18-PR	Thomas	4	3/22	Trojan Invitational

800M (USC: 1:43.85)		FR: 1:47.1)		
1:47.70-PR	Cumberbatch	1	3/29	Battle on the Bayou
1:50.45-PR	Carter	5	5/4	USC-UCLA Dual
1:52.09	McCallum	6	5/4	USC-UCLA Dual
1:54.94	Arriola	12	4/4	Battle at the Beach
1:58.85	Reina Corona	10	3/22	Trojan Invitational

1500M (USC: 3:39.5)		FR: 3:45.85)		
3:43.55-PR	Cumberbatch	1	5/4	USC-UCLA Dual
3:54.04-PR	Ruelas	2	4/4	Battle at the Beach
4:03.66	Reina Corona	5	4/4	Battle at the Beach
4:04.79	Arriola	13	3/22	Trojan Invitational
4:09.15	Swaminathan	16	3/22	Trojan Invitational

3000M (USC: --)				
8:32.56-PR	Ruelas	4	5/4	USC-UCLA Dual
8:41.25	Reina Corona	2	3/22	Trojan Invitational
9:05.87	Castillo	7	3/22	Trojan Invitational

3000M SC (USC: 8:52.1)		FR: 9:04.8)		
10:25.28	Gatua	4	5/4	USC-UCLA Dual

5000M (USC: 14:02.6)		FR: 14:19.18)		
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Mark	Athlete	Place	Day	Event
110M HH (USC: 13:14)		FR: 13:68)		
13.39 (+1.7)	Brackins Jr.	8	5/30	NCAA Quarterfinals
13.58 (+1.0)	Senior	1	5/4	USC-UCLA Dual
400M IH (USC: 47:02)		FR: 49:46)		
49.04-PR	Brackins Jr.	4	5/30	NCAA Quarterfinals
49.94-PR	Mauricette	1	5/18	B1G Championships
53.52	Marschall	5	4/4	Battle at the Beach

LONG JUMP (USC: 27-4.25/8.33m)		FR: 27-4.25)		
26-3.75/8.02 (+1.8)	Stevenson	2	4/19	Mt. SAC Relays Elite
24-8.50/7.53 (+2.2w)	Holmes	3	3/28	Battle on the Bayou
24-5.75/7.46 (+1.8)	Holmes	3	3/38	Battle on the Bayou
23-8.75/7.22 (+2.1w)	Gerald	3	4/4	Battle at the Beach
22-8.00/6.91 (+1.1)	Gerald	3	4/4	Battle at the Beach
21-8.75/6.62 (+1.9)	Frech	27	4/18	Mt. SAC Relays C/O

TRIPLE JUMP (USC: 56-4.00/17.17m)		FR: 53-9)		
53-1.00/16.18 (+0.0)	Holmes	1	3/22	Trojan Invitational

HIGH JUMP (USC: 7-7.25/2.32m)		FR: 7-4.50)		
7-3.75/2.23-PR	Gerald	1	3/29	Battle on the Bayou
6-2.75/1.90	Frech	T-2	3/22	Trojan Invitational

SHOT PUT (USC: 68-1.50/20.76m)		FR: 64-1.00)		
60-6.75/18.46-PR	Dunn	1	5/4	USC-UCLA Dual
58-2.00/17.73-PR	Beery	2	5/4	USC-UCLA Dual
57-0.75/17.39	Garland	3	3.22	Trojan Invitational

DISCUS (USC: 207-8/63.31m)		FR: 204-6)		
207-8/63.31-SR	Broderick	4	6/13	NCAA Championships
184-3/56.17	Dunn	5	4/4	Battle at the Beach
161-10/49.33	Garland	5	5/4	USC-UCLA Dual
151-11/46.31	Beery	6	5/4	USC-UCLA Dual

JAVELIN (USC: 272-2/82.97m)		FR: 247-5)		
202-10/61.82	Heydon	10	5/16	B1G Championships
140-3/42.75	Beery	5	5/4	USC-UCLA Dual

HAMMER (USC: 271-1/82.62m)		FR: 253-2)		
184-6/56.24	Garland	6	3/21	Trojan Invitational

POLE VAULT (USC: 18-6.50/5.65m)		FR: 17-6)		
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DECATHLON (USC: 8,130 POINTS)		FR: 8,130)		
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4X100M (USC: 38.41)				
38.41-SR		1	4/12	Texas A&M 44 Farms
(T.Williams, Thomas, Kaalund, Nketia)				

4X400M (USC: 2:59.00)				
3:02.18		2	5/30	NCAA Quarterfinals
(Andrews, Thomas, Brackins Jr., W.Jones)				