

WOMEN OF TROY TRACK & FIELD

ALL-TIME RECORDS

*Best acceptable outdoor performances made by USC varsity and freshmen track athletes in undergraduate seasons of competition and approved by the head coach. Non-winning times have not been acceptable unless fully electronically timed. Current Women of Troy listed in **bold**.*

TRACK EVENTS

100 METERS:	11.04, Angela Williams, NCAA Championships, Boise, Idaho, June 5, 1999.
200 METERS:	22.23, Carol Rodriguez, NCAA West Regional, Provo, Utah, May 26, 2006.
400 METERS:	51.39, Carol Rodriguez, USC-UCLA Dual Meet, Westwood, Calif, May 3, 2008.
800 METERS:	1:58.51, Brigita Langerholc, Olympic Games, Sydney, Australia, Sept. 25, 2000.
1,500 METERS:	4:12.05, Grazyna Penc, Mt. SAC Relays, Walnut, Calif., April 20, 1997.
3,000 METERS:	9:11.78, Emebet Shiferaw, NCAA Championships, Bloomington, Ind., June 6, 1997.
3,000 METER SC:	10:01.99, Zsofia Erdelyi, NCAA West Regional, May 30, 2009
5,000 METERS:	16:00.11, Zsofia Erdelyi, Mt. SAC Relays, Walnut, Calif., April 15, 2011.
10,000 METERS:	33:18.75, Zsofia Erdelyi, Stanford Invitational, Palo Alto, Calif., March 26, 2010.
100-METER HURDLES:	12.48, Virginia Powell, NCAA Championships, Sacramento, Calif., June 9, 2006
400-METER HURDLES:	54.95, Natasha Danvers, Olympic Games, Sydney, Australia, Sept. 25, 2000.

FIELD EVENTS

HIGH JUMP:	6-2 (1.88), Emelie Fardigh, Stanford Invitational, Palo Alto, March 22, 1997.
LONG JUMP:	21-11 (6.68) , Yvette Bates, Olympic Trials, Indianapolis, Ind., July 23, 1988.
TRIPLE JUMP:	45-5 1/4 (13.85), Wendy Brown, TAC Championships, Tampa, Fla., June 17, 1988.
POLE VAULT:	14-0 (4.27), Brysun Stately, USC-UCLA Dual Meet, Westwood, Calif., May 1, 2010
SHOT PUT:	57-7 1/2 (17.56), Karen Freberg, USC-UCLA Dual Meet, Westwood, Calif., April 29, 2006.
JAVELIN: (old Implement)	187-9 (57.22), Ashley Selman, Columbus, Ohio, 1989.
JAVELIN: (new Implement)	186-10, (56.95), Inga Stasiulionyte, Pac-10 Championships, Pullman, Wash., May 19, 2002.
DISCUS:	189-5 (57.73), Kate Hutchinson, Pac-10 Championships, Eugene, Ore., May 6, 2006.
HAMMER:	230-3 (70.18), Eva Orban, CS Northridge Invitational, Northridge, Calif., March 15, 2008.
HEPTATHLON (old table):	5,616, Debra Larsen, UCLA, Westwood, June 24-25, 1983.
HEPTATHLON (new table):	6,079, Wendy Brown, United States Olympic Trials, July 15-16, 1988.
PENTATHLON:	3,801, Kerry Zwart-Bell, 1979.

RELAY EVENTS

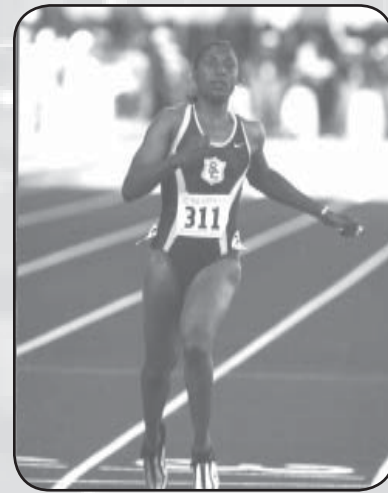
400 METERS:	42.96, Virginia Powell, Jessica Onyepunuka, Candice Davis, Carol Rodriguez, NCAA Championships, Sacramento, Calif, June 9, 2006.
800 METERS:	1:30.99, Akawkaw Ndipagbor, Jessica Davis, Alexis Faulknor, Tynia Gaither, Florida Relays, April 5, 2014.
1,600 METERS:	3:28.08, Natasha Danvers, Malika Edmonson, Brigita Langerholc, Kinshasa Davis, NCAA Championships, Boise, Idaho, June 5, 1999.
3,200 METERS:	8:32.59, Amy Goodwin, Shannon Clark, Michelle Taylor, Leslie Noll, 1989.
SPRINT MEDLEY:	1:39.66, Louan Guiald, Ronda Brooks, Leslie Maxie, Noelle Chapin, April 7, 1990.
DISTANCE MEDLEY:	11:24.40, Kristie Johnston, Brigita Langerholc, Anna Lopacuich, Grazyna Penc, 1998.
FOUR-MILE (yards):	19:54.6, Shannon Clark, Julie Seleine, Elise Lyon, Lesley Noll, 1987.



Natasha Danvers



Grazyna Penc



Candace Young