



USC SENDS SMALL GROUP TO TRITON INVITE

- Trojan Throwers And Distance Runner To Compete This Weekend -



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	Meet
3/18-19	Trojan Invitational*
3/25-26	Power Conf. C&G Challenge*
4/2	California Collegiate
4/9	Pepsi Challenge
4/14	Pacific Coast Intercollegiate
4/14-16	Mt. SAC Relays
4/15-16	Beach Invitational
4/22-23	Triton Invitational
5/1	USC-UCLA Dual Meet
5/7-8	Pac-12 Multi-Events&
5/14-15	Pac-12 Championships&
5/26-28	NCAA Preliminary Rounds%
6/8-11	NCAA Championships#

* Home
&Seattle, Wash.
%Lawrence, Kan.
#Eugene, Ore.

USC Quick Facts

Location: Los Angeles, Calif.
Enrollment: 43,000 (18,000)
Nickname: Trojans
Colors: Cardinal and Gold
Athletic Dir: Pat Haden
Dir. of T&F: Caryl Smith Gilbert
 (213) 740-4201
Coaches: Sheldon Blockburger
 David Freeman
 Dan Lange
 Loreal Smith
 DeeDee Trotter (volunteer)
 Quincy Watts
Dir. of Ops: Mary Angell
Dir of Ops: Kyrah McCowan
T&F SID: David Tuttle
 (213) 740-8480

USC's History In Track & Field

NCAA Titles: Men (26 outdoor)
 Men (2 indoor)
 Women (1 outdoor)
Last Title: Men (1976)
 Women (2001)
NCAA Champs: Men (167)
 Women (32)
Olympic Champs: Men (41)
 Women (5)

Pronunciations

Berdousi, Katerina (Burr-DOO-see, Katerina)
 Clemes, Zyaire (Clems, Zeye-air)
 Gaither, Tynia (GAY-thur, Tie-Knee-uh)
 luel, Amalie (Yool, Ah-muh-lee)
 Jakowec, Nicolaus (Jack-oh-wek, Nick-oh-las)
 Joyner, Jadon (Joy-ner, Jah-Don)
 Rohani, Alex (Roe-Han-ee, Alex)
 Smith, Mikaela (Smith, Mick-KAY-luh)
 Stepter, Jaide (Step-tur, Jade)
 Thymes, Just'N (Times, Justin)

WEEKLY TRACK AND FIELD RELEASE - APRIL 22, 2016

THIS WEEK - The No. 3-ranked USC women's team and the No. 15-ranked men's team will compete at the Triton Invitational in La Jolla, Calif. on April 22-23.

USC HAS BIG WEEKEND AROUND THE SOUTHLAND - USC had a big weekend at four meets around the Southland from April 14-16. **At the Mt. SAC Relays:** USC athletes winning Invite events on April 16 were Kendall Ellis (400m), Ricky Morgan (400m) and Jaide Stepter (400m IH). Ellis had a PR of 51.82 to move from 8th to 5th on USC's all-time list and to 3rd among collegians this season. Stepter, who leads the country in the 400m (50.91), won the 400m IH with a season-best time of 55.90, 2nd among collegians this season. Morgan won the 400m with a time of 46.43. Other top results included Margaux Jones taking 2nd in the Invite LJ with a wind-aided PR of 21-2.75/6.47m (+3.4w), 3rd in the country. She also had a legal outdoor PR of 20-9.75/6.34m (+1.4) which moved her into 7th on USC's all-time LJ list. Adoree' Jackson took 4th in the men's Invite LJ by matching his season best with a jump of 25-8.00/7.82m (+1.9). Robert Ford placed 3rd in the Invite 800m race with a PR of 1:47.54. On April 15, Dominic Smallwood was 3rd in the College/Open TJ with a wind-aided PR of 50-8.25/15.45 and Jackson was 9th in the C/O 100m with a wind-aided PR of 10.35. On April 15 **at the Beach Invitational:** Nathan Bultman had a hammer throw PR of 192-1 (58.54). On April 14 **at the CSULA Twilight Meet:** Tera Novy was 2nd in the discus throw with a new PR, school record and NCAA-leading mark of 200-5 (16.10m). On April 14 at the Pacific Coast Intercollegiate: Multi-eventer Lyndsey Lopes had a javelin throw of 110-6 and a HJ of 5-3, Felicia Horvath tied for 7th in the pole vault at 12-0.50 and Sophia Racette was 3rd in the 1500m with a season-best time of 4:49.54.

NOVY BREAKS HER SCHOOL DISCUS THROW RECORD - USC standout senior discus thrower Tera Novy is in her final season of competing for the Trojans and it looks like she plans on making it special. She broke her school record with a NCAA-leading winning toss of 196-6 (59.90) at the California Collegiate on April 2. Then she bettered it with a throw of 200-5 (61.10m) at the CSULA Twilight Meet on April 14. She also had throws of 196-1 and 200-1 (61.00m) at that meet. The 61-meter mark met the Olympic A standard. She currently leads the NCAA by more than five feet and has four throws farther than the best throw by the second-leading collegian. Last season Novy set the school discus throw record with a mark of 193-11 (59.12m) at the CSULA Twilight Meet on April 16, breaking the mark of 189-5 by Kate Hutchinson which had stood since 2006. Novy took fourth at the 2015 NAAs in the discus throw with a mark of 191-3 (58.31m). Novy also took second in the discus throw and sixth in the shot put at the 2015 Pac-12 Championships.

WESTBROOK AND THYMES TO REDSHIRT 2016 SEASON - All-American sprinters sophomore Ky Westbrook and senior Just'N Thymes have decided to redshirt the 2016 season. Both athletes have dealt with leg injuries beginning in the indoor season and have not competed outdoors at all in 2016. Westbrook finished up the 2015 season by running a wind-aided 11.11 to place fourth in the 100m dash at the NCAA Championships, the third-fastest any condition time ever run by a Trojan in the NCAA finals. Westbrook set a legal PR of 11.17 (+1.8) at the NCAA semis to move into sixth on USC's all-time list. She also earned All-America honors in the 4x100m relay which placed third with a time of 43.27. Thymes had a solid first season at USC after transferring from Riverside City College, posting best of 10.37 in the 100m and a PR of 20.46 in the 200m. He also finished third at the Pac-12 Championships with a time of 20.75, making it a 1-2-3 finish by the Trojans in the event. He earned All-America honors as part of the 4x100m relay which ran 38.75, the second-fastest time in USC history. Thymes has a 100m PR of 10.18 set while at Riverside.

TOP 25 TROJANS - In the early season, USC has 18 athletes and relays which have posted 23 top 25 marks in the country. **Women:** Ellis (3rd - 400m), Gaither (T-13th - 100m, 10th - 200m), Graham (21st - 100m HH), Hill (T-13th - 100m, T-4th - 200m), luel (6th - 400m IH, 10th - Hep.), Jones (3rd - LJ), Novy (1st - DT), Sapa (25th - SP), Stepter (24th - 200m, 1st - 400m, 2nd - 400m IH), **4x100m** (8th) and **4x400m** (4th). **Men:** Cunningham (3rd - HJ), Ford (15th - 800m), Jackson (12th - LJ), Katnik (16th - SP), Morgan (3rd - 400m), Ponzio (8th - SP), Sloan (13th - LJ).

PAC-12 ATHLETE OF THE WEEK HONORS: **March 29** - Adoree' Jackson (Men's Field), Ricky Morgan Jr. (Men's Track), Jaide Stepter (Women's Track), **April 5** - Tera Novy (Women's Field), **April 19** - Tera Novy (Women's Field).

NEXT WEEK: - USC will face rival UCLA in the annual Dual Meet being held in Westwood, Calif. on May 1.

RANKINGS - USC's women finished the 2015 season ranked No. 5 in the final poll before nationals and the men's team was No. 6. The 2016 USTFCCCA first regular season poll has the USC women's team ranked No. 2 and the men's team ranked No. 13.

	Pre	April 4	April 11	April 18	April 25	May 2	May 9	May 16	May 24	May 30
USC Men --	16	13	14	15						
USC Women --	4	2	3	3						

USC TRACK AND FIELD HISTORY - USC is well known as one of the most successful athletic programs in the history of the NCAA, with 122 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 - USC Director of Track & Field Caryl Smith Gilbert is in her third season at the helm of the Trojans' track and field program. Already she has guided the men's team to a pair of top 5 finishes and the women's team, which returns most of its scorers, took 7th last season. In addition she has guided the men's team to the 2016 MPSF conference title and the women's team to the 2014 and 2015 titles. She has guided both the men's and women's teams to a second place finishes in the her first two Pac-12 Championships and 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 and 2015 MPSF Women's Coach of the Year and the 2016 Men's Coach of the Year, the 2014 and 2015 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 USTFCCCA West Region Women's Outdoor Coach of the Year. 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 25 medals at the 2012 London Olympics, 12 golds, 9 silvers and 4 bronze. Six of those medal were won by USC track and field athletes and Trojan track athletes have claimed 46 gold medals in Olympic competition. USC's 25 total medals and 12 gold medals in 2012 were school records for a single Olympics, breaking the previous highs of 24 total medals at the 1984 Los Angeles Games and 10 golds at both the 1948 London Games and the 2008 Beijing Olympics. Troy's 12 gold medals in London tied with Stanford for the most by a university in 2012. USC continued its streak of having won a gold medal at every Summer Olympics from 1912. If USC athletes had competed as a country in 2012, they would have placed sixth in the gold medal standings at the London Games and 11th in overall medals. Forty-one athletes with a USC affiliation competed in London (tied with Stanford for most from any U.S. university). They competed in seven sports and represented 18 countries. Twenty-four of USC's London Olympians were women and 22 were competing in their first Games. Seven coaches with USC ties served on Olympic staffs in 2012. 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 David Freeman (distances), Loreal Smith, Quincy Watts and the newest member Sheldon Blockburger (jumps), who guided athletes to 11 NCAA titles in 10 seasons at Arizona. Also, USC has DeeDee Trotter on staff as volunteer assistant coach. Watts was an Olympic gold medalist in the 400m and 4x400m relay, Trotter has an Olympic bronze medal in the 400m and two golds as part of the USA 4x400m relay team, Wilson was the 2013 USA 110m HH champion.

INSIDE THE 2016 USC TRACK & FIELD TEAM

USC'S RETURNING ALL-AMERICANS - USC has 17 2015 first-team All-Americans returning including Randall Cunningham (HJ), Adoree' Jackson (LJ, 4x100m), Nick Ponzio (shot put) and Just'N Thymes (4x100m), on the men's side and Kendall Ellis (4x400m), Alexis Faulknor (4x100m), Dior Hall (100m HH, 4x100m), Deanna Hill (4x100m), Amalie luel (400m IH, 4x400m), Tera Novy (discus throw), Jaide Stepter (400m IH, 4x400m) and Ky Westbrook (100m, 4x100m).

WHO'S NEW ON THE 2016 TROJANS - There are 11 new women's athletes on this season's team: Rebekah Ent (distances), Rachel Glynn (distances), Amber Gore (distances), Jasmyne Graham (hurdles, jumps), Margaux Jones (jumps), Lyndsey Lopes (multi-events), Lauren Mauer (distances), Sophia Racette (distances), Taylor Seamans (distances), Mikaela Smith (distances) and Jordan Winters (high jump). The men's team features 10 new athletes: Nathan Bultman (throws), Mitchell Cameron (distances), Zyaire Clemes (sprints), Dominic Davis (sprints), Nicolaus Jakowec (distances), Jadon Joyner (sprints), Matthew Katnik (throws), Garrett Mack (distances), Trent Rule (distances), Eric Sloan (jumps) and K.C. Sullivan (throws).

TROJANS LEAVING THEIR MARKS - The Trojans have 20 athletes on the current team that have posted 48 top 10 marks all-time by a Trojan, including 30 marks that rank in USC's all-time top 5. The following is a list of those athletes and their ranking at USC:

Men

Randall Cunningham (5th - HJ)
Adoree' Jackson (T-8th - Long Jump, 2nd - 4x100m)
Nick Ponzio (6th - Shot Put)
Just'N Thymes (2nd, 9th - 4x100m)

Women

Katerina Berdousi (8th-3000m, 9th-3000m SC, 7th- 5000m)
Destinee Brown (9th - 4x100m)
Gabriella Cantrell (9th - 4x100m)
Kendall Ellis (5th - 400m, 1st, 5th - 4x400m)
Alexis Faulknor (10th-100m, 200m, 8th-LJ, 2nd, 3rd, 5th - 4x100m)
Tynia Gaither (T-5th - 200m, 2nd, 3rd, 9th- 4x100m, 4th - 4x400m)
Dior Hall (3rd - 100m HH, 5th - 4x100m)
Deanna Hill (4th - 200m, 3rd, 5th, 9th - 4x100m)
Felicia Horvath (T-4th - Pole Vault)
Amalie luel (4th - 400m IH, 3rd - Hept., 1st, 5th - 4x400m)
Margaux Jones (7th - LJ)
Cameron Pettigrew (5th - 4x400m)
Tera Novy (1st - Discus, 6th - Shot)
Tanya Sapa (5th - Shot)
Jaide Stepter (3rd - 400m IH, 1st - 400m, 1st, 5th, 6th- 4x400m)
Jenna Tong (4th - 300m SC,)
Ky Westbrook (6th - 100m, 3rd, 5th - 4x100m)

SCHOOL FRESHMAN RECORD HOLDERS - Four of USC's athletes hold the school's freshman record in an event: Women: Kendall Ellis (400m) and Dior Hall (100m HH) and Men: Marquis Morris (110m HH) and Nick Ponzio (Shot Put).

SENIOR STEPTER SETS SCHOOL 400M RECORD - Senior co-captain Jaide Stepter entered this season as one of the top 400m IH runners in the country and a key member of USC's highly-ranked 4x400m relay team, but has opened eyes with her immense talent at any distance. Stepter opened up her 2016 outdoor season by winning the 200m dash with a PR of 23.23 (-1.2) at the Trojan Invitational on March 19, which is 24th in the country. Then in only her second 400m race as a collegian and first since 2013, she won the event at the C&G Challenge on March 26 with a USC record-time of 50.91, tops in the country. She broke Carol Rodriguez' record of 51.39 (2008) and tied the Loker Stadium record set by Monique Henderson (2005). Then Stepter opened up in her signature event the 400m IH at the Pepsi Invitational on April 9 and won with a time of 55.91, already second in the country. She then slightly improved to 55.90 in winning the 400m IH at the Mt. SAC Relays on April 16. She has a 400m IH PR of 55.83 which ranks third on USC's all-time list. She won the Pac-12 400m IH title each of the last two seasons and took eighth in the event at the 2015 NCAA Championships to earn All-America honors. She also ran on the Trojan 4x400m relay which set the school indoor and outdoor record and placed second at the 2015 NCAA Championships. During the 2016 indoor season, Stepter set the USC 400m record of 52.22 to place sixth at the NCAA Indoor Championships.

GAITHER GOT HER GROOVE BACK - USC senior sprinter Tynia Gaither has had a long wait to prove she is one of the top sprinters in the country. Gaither was well on the way to proving it last season, already qualifying for the NCAA Championships and reaching the quarterfinals in the 200m, before a hamstring injury during the 4x100m qualifying ended her season. Then, since she had used up two indoor seasons at Georgia before transferring to USC, she could not compete for the Trojans this past indoor season. Gaither placed sixth in the 200m and eighth in the 100m dashes at the 2014 NCAA Championships. She opened up at the Power Conference Cardinal & Gold Challenge on March 26 with a time of 23.37 in the 200m and was part of the 4x100m relay which ran the then-10th-fastest time in USC history. She then set a PR by running 22.80 (+0.9) in the 200m at the Pepsi Invitational, tied for the fifth-fastest time in school history and 10th in the country this season. She placed third in the 100m at the Mt. SAC relays with a time of 11.29 (+3.9w) which ranks T-13th in the country. She also ranks just outside of the USC top 10 in the 100m with a PR of 11.27 and is in USC's top 10 in the 4x100m and 4x400m.

FORD GETTING BETTER AND BETTER - Sophomore Robert Ford set an 800m PR by running 1:47.54 to place third in the Invite race at the Mt. SAC Relays on April 16, currently 15th in the country. The week before he had PR'd with a time of 1:47.94 in taking third at the Pepsi Invitational on April 9. His previous best of 1:48.00 was set when he took second at the USATF Junior Championships last summer. He went on to take third at the Pan-Am Juniors with a time of 1:48.80. Ford took fourth in the 800m as a freshman at the Pac-12 Championships and went on to tie for 14th at the NCAA Championships with a time of 1:48.67. He was one of three freshman to reach the NCAA semifinals and posted the fastest time of the group. During the indoor season, Ford broke his own USC indoor record in winning the 800m at the MPSF Championships with a time of 1:47.88.

WOMEN'S 4X400M RELAY LOOKS STRONG AGAIN - USC lost All-American Vanessa Jones to graduation, but returns a trio of All-Americans in Kendall Ellis, Amalie luel and Jaide Stepter. That quartet set the school record with a time of 3:27.86 at the NCAA West Regional last season. During the 2016 indoor season, Deanna Hill was inserted into the relay and the Trojans went on to set the USC indoor record with a time of 3:28.82 and finish fourth at the NCAA Indoor Championships with a time of 3:29.98. USC's women's 4x400m relay has scored at both the indoor and outdoor national championships the last two seasons. The 4x400m relay of Ellis, luel, Stepter and Cameron Pettigrew opened up at the C&G Challenge on March 26 with a time of 3:29.73, fifth-fastest in school history and the fourth-fastest time in the country this season.

MORGAN MAKING HIS MARK - Sophomore Ricky Morgan Jr. earned honorable mention All-America status in the 400m, finishing 21st at the NCAA Championships. He was one of two freshman to reach the NCAA semifinals in the 400m and finished with the fastest time of 46.75. He entered this season with an outdoor PR of 46.51 in the event and ran 46.63 to take fifth at the 2015 Pac-12 Championships. He opened up his outdoor season by posting a PR of 20.91 (+1.3) to win the 200m at the Trojan Invitational on March 19. During the 2016 indoor season, he set a school record in winning the MPSF 400m title with a time of 46.45. In his first 400m race this season on March 26 at the C&G Challenge, he had nearly a one-second PR of 45.54, which ranks No. 3 in the country. He also won the 400m Invite at Mt. SAC with a time of 46.43.

CUNNINGHAM CONTINUES TO SOAR - Sophomore high jumper Randall Cunningham had a great first season as a Trojan, culminating with an eighth-place tie in the high jump (7-1.00) at the NCAA Championships, becoming the only freshman All-American in the event. He won the USC-UCLA Dual Meet high jump title with a clearance of 7-2.50 (2.20m), took second at the Pac-12 Championships with a jump of 7-1.00 (2.16m) and had an outdoor PR of 7-4.25 (2.24m) at the Florida Relays on April 4 which moved him into fifth on USC's all-time list. During the indoor season, Cunningham had an indoor PR of 7-5.00 (2.26m) to win at the Conference Clash on Jan. 22. He opened up his outdoor season with a win at the C&G Challenge on March 26 with a clearance of 7-3.75 (2.23m), his highest height in competition on his home track. That currently ranks as the third-highest clearance this outdoor season. He also won the high jump at the Pepsi Invitational on April 9 with a clearance of 7-1.50 (2.17m).

STRONG IN THE SHOT - When Nick Ponzio took third in the shot put at the 2015 Pac-12 Championships, he became the first Trojan to score in the event at the conference meet since 2010. Ponzio went on to set the USC freshman record of 64-1 (19.43m) and move into sixth on USC's all-time list, while placing eighth at the NCAA Championships. He was the first Trojan to score at nationals since Noah Bryant won the shot put title in 2007. Ponzio opened 2016 with a mark of 62-3.00 (18.97) at the C&G Challenge on March 26, then improved to 62-8.75 (19.12) to win at the California Collegiate on April 2 and to 63-5 (19.33m) for 4th at Mt. SAC, good for 8th in the country. He also won at the Pepsi Invitational on April 9 with a mark of 62-1.25. The Trojans look like they appear ready to stay on the national scene in the event with the addition of freshmen Matthew Katnik and Nathan Bultman. Katnik won every meet he was in as a senior, including winning the California State Meet with a throw of 72-0. He had a best in the high school shot of 72-3 (22.02m) which ranks 10th on the all-time high school shot put list. He opened up his collegiate career with a winning throw of 61-7.75 (18.79m) to win at the Trojan Invitational on March 19 is already less than a foot outside the USC all-time top 10 list in the event and ranks 16th in the country. Bultman was second to Katnik at the California State Meet last season and had a high school best of 64-5. He opened up his collegiate career in the shot put with a mark of 58-7.25 (17.86m) to take second at the Trojan Invitational and then improved to 59-1.25 (18.01m) at the C&G Challenge on March 26 and to 59-11.25 (18.27) at the Pepsi Invitational on April 9.

WHAT CAN'T IUEL DO - Junior Amalie Iuel walked on at USC as a freshman and has proceeded to place her name in the record book as a heptathlete, hurdler and relay runner. She won the 2014 Pac-12 Multi-Events title, finished third in 2015, won the 2016 MPSF pentathlon title and was third in the event at the 2016 NCAA Indoor Championships, was second in the 400m IH at the 2015 Pac-12 Championships and seventh in the event at the 2015 NCAA Outdoor Championships and ran on USC's 4x400m relay last season which set the USC indoor and outdoor records and placed second at the 2015 NCAA Championships. She competed in the heptathlon at the Sam Adams Combined Events on April 1-2 and set a new PR of 5,799 to move from fourth (5,610) to third on USC's all-time list. That total currently ranks 10th among NCAA women. Iuel also ranks fourth on USC's all-time 400m IH list with a PR of 55.92. Iuel took fifth in the 400m IH with a time of 56.36 at the European U23 Championships last summer which set a Norwegian U23 record. She became an official citizen of Norway last summer. So far this outdoor season she has set a 100m HH PR of 13.72, a long jump PR of 19-9.75/6.04 (+0.0), an outdoor 800m PR of 2:08.41 and an outdoor high jump PR of 5-8.75 (1.75m). She also ran a 56.37 400m IH race to place second at Mt. SAC, which ranks sixth in country.

ELLIS BUILDING OFF STRONG FIRST SEASON - Sophomore Kendall Ellis had an impressive freshman season for Troy, setting the USC freshman indoor and outdoor 400m records, placing fifth at the Pac-12 Championships in the 400m, reaching the NCAA semifinals in the event and earning All-America honors with the 4x400m relay which also set USC indoor and outdoor records. She originally set the USC freshman 400m record with a time of 53.10 at the Jim Click Shootout on April 11, besting Malika Edmonson's record of 53.02 set in 1998. Ellis kept improving her record until running a then-PR of 52.32 to win the 400m title at the USATF Junior Championships on June 27. She went on to place third in the 400m at the Pan-Am Juniors on July 31 with a time of 52.81. This season she has been even better. Ellis opened up in the 400m this season at the C&G Challenge with a time of 52.45 to take second. She then won the 400m Invite race at Mt. SAC on April 16 with a PR of 51.82. That time moved her from eighth to fifth on USC's all-time list and ranks third in the country this season. She also set a 200m PR at Mt. SAC on April 15 with a time of 23.32 (+1.1) which ranks 38th in the country.

JONES JUMPS INTO USC TOP 10 - It was obvious freshman Margaux Jones would have an immediate impact for the 2016 Trojans if the indoor season is any indication. In her second indoor meet Jones jumped 20-3.00 (6.17m) to set the USC freshman record and then in her next meet, the New Mexico Classic on Feb. 5, she set the school indoor record with a jump of 21-0.50 (6.41m). She closed out her indoor season by winning the MPSF long jump title with a leap of 20-10.00 (6.35m). Jones had a high school PR of 20-5.50 (6.23m) which ranked fourth in the country as a high school junior. She had a 2015 best jump of 20-4.25 (6.20m) to take second at the 2015 CIF State Meet, which ranked seventh among high school jumpers. Jones opened up her outdoor season with an PR of 20-6.50/6.26m (+1.2) to win at the Pepsi Invitational on April 9. He then bettered that and placed second in the Invite long jump competition at Mt. SAC on April 16 with a wind-aided jump of 21-2.75/6.47m (3.4w) which ranks third in the country. She also had a legal outdoor PR of 20-9.75/6.34m (+1.4) which moved her to seventh on USC's all-time list.

FLYING FAULKNOR - Senior jumper and sprinter Alexis Faulknor is a key member of the Trojan team and a common name on the USC all-time lists. She ranks seventh on USC's all-time long jump list with a jump of 20-9.25 (6.33m) which she set in winning the 2015 Pac-12 long jump title. Her actual winning jump that day was 21-0.75/6.42m (+3.7w) which was wind-aided. She owns a legal best of 21-4.75 (6.52m) set while a freshman at UCF. As a sprinter last season, Faulknor placed second in the 200m and fourth in the 100m at the Pac-12 Championships and placed ninth in the 100m at the NCAA Championships. She competed at the USATF Championships and set a 100m PR of 11.26 (+1.8) and a 200m PR of 22.97 (+0.5), which both rank 10th on USC's all-time lists. Injuries have limited her to just one relay race this outdoor season.

MORRIS CLOSED STRONG IN 2015 - Sophomore Marquis Morris won the 2015 Pac-12 110m HH title with a time of 13.95 (-0.9) on May 17. He then set a PR and USC freshman record of 13.77 (+0.9) in placing 12th at the NCAA West Regional in the quarterfinals. He went on to place 21st at the NCAA Semifinals with a time of 13.93 (+1.1), one of just two freshmen to reach the NCAA semis in the event. He also took second at the USATF Juniors and sixth at the Pan-Am Juniors in the event during the summer. Morris was named the 2015 Pac-12 Men's Freshman Track Athlete of the Year. He has been battling a quadricep injury and should return soon.

FOOTBALL CONNECTION - Most people are aware that USC's star sophomore cornerback/receiver Adoree' Jackson is on the track and field team competing in the long jump and sprints, but he is not the only athlete with football ties. Also, freshman running back Dominic Davis is a member of the sprint corps and relay team. Other USC track athletes with football ties are sophomore woman's sprinter Ky Westbrook who's father is former NFL receiver Michael Westbrook, sophomore men's high jumper Randall Cunningham is the son of former NFL great quarterback Randall Cunningham and freshman shot put specialist Matthew Katnik's father John was a center on USC's football team (1986-87) and his cousins Norm (2001-03) and Kurt Katnik (2003) and Brad Walker (2004-07) all played at USC.

ACTION JACKSON - Sophomore Adoree' Jackson had quite a first season with the USC track and field team, especially when you factor in that he saw limited practice due to his football commitments. He began his season with a long jump of 24-4.25 (7.42m) to win at the Trojan Invitational on March 21. He continued to make improvement throughout the season, culminating with a PR of 25-11.50/7.91m (+1.9) to place fifth at the NCAA Championships on June 10...that jump moved him into an eighth-place tie on USC's all-time list. He also won the Pac-12 long jump title with a jump of 25-3.50/7.71m (-0.6) and the USC-UCLA Dual Meet long jump title with a leap of 25-2.00/7.67m (+4.0w). Jackson also took sixth in the 100m at the Dual Meet with a time of 10.54. He also set a then-100m PR of 10.48 (+0.6) to take seventh at the Pac-12 Championships. He was inserted into the 4x100m relay at the West Regional and helped the team run 39.49 to qualify fifth and advance to the NCAA Championships. At the NCAAs, Jackson ran anchor as the team placed fourth with a time of 38.75, the second-fastest time in school history. With Jackson getting excused from football spring practice this season, there is no telling what he may do this season. He competed mostly in the sprints during the indoor season, posting a best of 6.75 in the 60m dash and going on to place fourth at the MPSF Championships. He also long jumped at MPSFs and set an indoor PR of 25-1.75 (7.66m) to place second. He opened up outdoors with a win at the C&G Challenge on March 26 with a wind-aided 25-10.75/7.89 (+4.1w) and a legal 25-8.00/7.82m (+1.9). He also took second in the 100m dash with a PR of 10.41 (+0.6). Jackson ran a wind-aided 100m PR of 10.35 (+3.6w) at the Mt. SAC Relays on April 15 and then took fourth in the Invite LJ at Mt. SAC on April 16 with a best leap of 25-8.00/7.82 (+1.9). He currently ranks 12th in the long jump and T-27th in the 100m dash this season.

SLOAN OPENS EYES DURING THE INDOOR SEASON - Junior jumper Eric Sloan, a transfer from San Joaquin Delta College, looks like he will make some noise on the national level. He won the triple jump at the Tyson Indoor Invitational on Feb. 13 with a PR and an NCAA-leading jump of 55-10.50 (17.03m). He won both the triple jump and long jump at the MPSF Championships to help lead USC to the team title. He went on to place fourth in the triple jump at 53-7.75 (16.35m) at the NCAA Indoor Championships, but was feeling discomfort in his hamstring and shut it down early. He also took sixth in the long jump at the NCAA Indoor Championships with a jump of 25-2.75 (7.69m). He had a long jump PR of 25-9.25 (7.85m) during the indoor season. Sloan was named the West Region Men's Field Athlete of the Year by the USTFCCCA. Sloan has outdoor PRs of 54-0.00 (16.46m) in the triple jump and 25-8.00 (7.82m) in the long jump. USC hasn't had a triple jumper crack into the school's top 10 (52-8 or better) since 2003 when Allen Simms (56-4) and Julien Kapek (56-2) set the top two marks in Trojan triple jump history. He opened up outdoors at the Pepsi Invitational on April 9 and won the long jump with a mark of 25-7.25/7.80m (+1.3) which is 13th in the country and took second in the triple jump with a leap of 51-3.00/15.62m (+0.0) which is T-26th in the country.

CLEMES WILL HAVE AN IMMEDIATE IMPACT - Redshirt freshman sprinter Zyaire Clemes is expected to make an immediate impact on the USC track and field program. Clemes went to Florida State last season out of high school (Trenton Center in NJ), but did not compete and has four seasons of eligibility remaining. His high school bests were 10.45 in the 100m, 21.29 in the 200m and 46.26 in the 400m. He opened up his 2016 outdoor season by winning the 400m with a time of 46.68 at the Trojan Invitational on March 19 which ranks 35th in the country. During the indoor season, he placed second to teammate Ricky Morgan Jr. in the 400m race at the MPSF Championships with a USC freshman record time of 46.74.

GRAHAM WILL HAVE TO KEY THE HURDLES - When USC added hurdler/jumper Jasmyne Graham to the team, it looked like the Trojans would have one of the top 100m hurdles duos in the country, but when Dior Hall went down with an injury, that left Graham as the key to USC's sprint hurdles efforts. Graham was the 2015 California Girls Gatorade Track and Field Athlete of the Year as she won the 100m HH and 300m IH titles at the California State Meet. Her best time of 13.17 (+1.4) in the 100m HH was the fastest run by a high schooler last season, the second-fastest ever in the state and fifth all time by a high school runner. Her best 300m IH time is 40.73 and she had a long jump best of 19-8.25 (6.00m) which took fourth at the 2014 CIF State Meet. Graham opened up her outdoor USC career by winning the 100m HH with a time of 13.44 (-0.7) at the Trojan Invitational on March 19. She also won the long jump that day with a leap of 18-9. She then won the 100m HH at the C&G Challenge on March 26 with a time of 13.27 (+0.3), just outside the Trojans' top 10 and T-21st in the country...she also had a wind-aided long jump of 19-8.75/6.01m (+3.1) that day. Graham again ran 13.27 (+0.9) to take third in the 100m HH and a long jump of 19-7.50/5.98m (+1.4) to take second at the Pepsi Invitational on April 9.

SHE'S APPARENTLY RUNNING DOWN HILL - Sophomore sprinter Deanna Hill quickly established herself as one of the top sprinters in the country last season, running a 22.88 (+1.6) 200m dash to place second at the Florida Relays on April 3. That time tied her for eighth on USC's all-time 200m list and was just .04 off the school freshman record. Hill went on to place third in the 200m and fifth in the 100m at the Pac-12 Championships. She reached the NCAA semifinals in both events, taking 12th in the 100m and 200m dashes at the NCAA Championships. Hill went on to win the USATF Junior and Pan-Am Juniors 200m titles during the summer. She also took fourth in the 100m dash at the USATF Juniors with a then-PR of 11.41 (+0.6). Hill also ran the leadoff leg on USC's 4x100m relay which ran the third-fastest time in school history of 43.10 to win the Pac-12 title. She then anchored the relay which ran 43.27 to take third at the NCAA Championships with the fifth-fastest time in school history. Hill opened up in the 100m at the C&G Challenge on March 26 with a PR of 11.29 (+1.2), T-13th in the country. Hill won the 200m with a PR of 22.71 (+0.9) to set a Pepsi Invitational meet record and move her to fourth on USC's all-time list. That time is also tied for fourth-best in the country this season.

HALL HAS SURGERY, OUT FOR SEASON - All-American sophomore hurdler and USC freshman and World Junior record-holder Dior Hall injured her left ACL while training at home in Colorado over Christmas break and had season-ending surgery on Jan. 5.

2016 USC TRACK & FIELD MEET RECAPS

MEN WIN MPSF INDOOR TITLE - The USC men's team won its first MPSF indoor championship in its second season in the conference led by individual event titles by Ricky Morgan Jr. (400m), Robert Ford (800m), Eric Sloan (LJ & TJ) and the 4x400m relay (with a school indoor record). The women's team was a little undermanned, but was able to finish third behind titles by Kendall Ellis (400m), Amalie Luel (pentathlon) and Margaux Jones (long jump).

NCAA INDOORS RECAP - The USC women's team tied for 10th with 18 points and the three-man men's team finished tied for 27th with eight points at the 2016 NCAA Indoor T&F Championships held in Birmingham, Ala. Jaide Stepter placed sixth in the 400m dash with a school-record time, Amalie Luel set a school indoor high jump record en route to finishing third in the pentathlon and Eric Sloan scored in both the long jump and triple jump to highlight the Trojans' efforts.

TROJAN INVITATIONAL RECAP - USC opened up the outdoor season last week hosting the Trojan Invitational and posted some impressive early season marks. Among the standouts were Zyaire Clemes (46.68 in the 400m), Jasmyne Graham (13.44 in the 100m HH), Matthew Katnik (61-7.75 in the shot), Ricky Morgan Jr. (20.91 in the 200m), Tera Novy (190-6 in the discus), Tanya Sapa (53-6.25 in the shot) and Jaide Stepter (23.23 in the 200m). USC won 14 events at the Trojan Invitational.

POWER CONFERENCE CARDINAL & GOLD CHALLENGE RECAP - USC's women won and the men placed second at the Power Conference Cardinal & Gold Challenge on March 25-26. The meet featured USC, Florida, Ohio State and Texas, with both the men's and women's teams of each school ranked in the top 16 in the country. Trojans winning events were: Randall Cunningham (HJ), Jasmyne Graham (100m HH), Amalie Luel (HJ), Adoree' Jackson (LJ), Ricky Morgan (400m), Tera Novy (discus), Nick Ponzio (discus), Dominic Smallwood (TJ), Jaide Stepter (400m) and the women's 4x400m relay. Stepter set the USC school record of 50.91 in the 400m dash, Morgan had a 400m time of 45.54 the top time in the country, the women's 4x100m relay time of 43.62 is 10th all-time by a USC 4x100m relay and the 4x400m relay ran 3:29.73, fifth all-time by a Trojan quartet and the top time in the country.

NOVY BETTERS HER USC RECORD AT THE CALIFORNIA COLLEGIATE - Tera Novy won the women's discus throw by bettering her school record and USC won seven events at the California Collegiate in La Jolla, Calif. on April 2. Novy had a PR of 196-6 (59.90m) to win the discus competition with the best mark in the country. Nick Ponzio won the discus (179-5/54.69m) and shot put competitions (62-8.75/19.12m). Also posting event wins were Cameron Pettigrew (400m - 54.84), Mikaela Smith (800m - 2:07.71), Rebekah Ent (1500m - 4:33.44) and the men's 4x400m relay (3:15.77).

IUEL PR'S IN HEPTATHLON AT SAM ADAMS COMBINED EVENTS - Amalie Luel placed fifth in the heptathlon at the Sam Adams Combined Events in Santa Barbara, Calif. on April 1-2 with a PR of 5,799. She moved from fourth to third on USC's all-time list in the event and her total ranks fifth in the country. She was tops among the three collegians at the event which had a field that included 7-time U.S. champion heptathlete Sharon Day, Barbara Nwaba the 2015 USA heptathlon champion and former USC standout Nia Ali who ranks second on USC's all-time heptathlon list, was fourth in the event at the 2009 NCAA Championships and is the 2014 and 2016 World Indoor 60m HH champion. Not all of the athletes competed in every event, but the 1-4 finishers scored 5900 points or more and Luel edged out Ali who was leading much of the competition. Luel had outdoor PRs in the high jump, long jump and 800m race. Her win in the 800m race moved her from 9th to 5th.

USC WINS 8 EVENTS AT PEPSI INVITATIONAL - USC won eight events highlighted by Nick Ponzio's wins in the men's discus throw (171-7) and shot put (62-1.25), Jaide Stepter's win in the women's 400m IH (meet-record time of 55.91) and Deanna Hill's win in the women's 200m dash (meter-record time of 22.71) at the Pepsi Invitational at Hayward Field in Eugene, Ore. on April 9. Also winning events were Margaux Jones (LJ - 20-6.50), Eric Sloan (LJ - 25-7.50), Randall Cunningham (HJ - 7-1.50) and Tera Novy (DT - 184-11). Tynia Gaither was second in the 200m with a PR of 22.80 to tie for fifth on USC's all-time list and the women's 4x100m relay took second with a time of 43.59, the ninth-fastest time in school history.

2016 WOMEN OF TROY ROSTER

NAME	EVENTS	HT	BIRTHDATE	YEAR	HOMETOWN (HIGH SCHOOL/J.C.)
Katerina Berdousi	Distances	5-10	8/26/93	Senior	Tripoli, Greece (Second HS of Tripoli)
Destinee Brown	Sprints	5-5	7/6/94	Junior	Inglewood, Calif. (Westchester/CS Fullerton)
Gabriella Cantrell	Sprints	5-5	11/30/95	Sophomore	San Leandro, Calif. (San Leandro)
Kendall Ellis	Sprints	5-8	3/8/96	Sophomore	Pembroke Pines, Fla. (St. Thomas Aquinas)
Rebekah Ent	Distances	5-8	1/20/95	Sophomore*	Moraga, Calif. (Miramonte/UCSB)
Alexis Faulkner	Sprints/LJ	5-5	9/22/94	Senior	Los Angeles, Calif. (Serra/UCF)
Tynia Gaither	Sprints	5-2	3/16/93	Senior*	Kissimmee, Fla. (Osceola/Georgia)
Rachel Glynn	Distances	5-8	3/31/97	Freshman	Aurora, Ontario, Canada (Country Day)
Amber Gore	Distances	5-6	1/21/97	Freshman	Redondo Beach, Calif. (Redondo Union)
Jasmyne Graham	Hurdles/Jumps	5-3	5/6/97	Freshman	Eastvale, Calif. (East Roosevelt)
Dior Hall	Hurdles	5-6	1/2/96	Sophomore	Denver, Colo. (Denver School of Science & Technology)
Deanna Hill	Sprints	5-6	4/13/96	Sophomore	Orlando, Fla. (Lake Highland Prep)
Felicia Horvath	Pole Vault	5-7	7/7/93	Senior	Budapest, Hungary (Szinyei Merse Pal)
Amalie Iuel	Multi-Events/Hurdles	5-11	4/17/94	Junior	Oslo, Norway (International School of Bangkok)
Margaux Jones	Jumps	5-5	2/11/97	Freshman	Redlands, Calif. (Redlands)
Lyndsey Lopes	Multi-Events	5-9	8/23/97	Freshman	Clovis, Calif. (Edison)
Lauren Maurer	Distances	5-6	1/17/97	Freshman	Fullerton, Calif. (Crean Lutheran)
Tera Novy	Discus/Shot	6-0	2/10/94	Senior	Montesano, Wash. (Montesano)
Mackensie Peace	Distances	5-8	5/12/96	Sophomore	Mission Viejo, Calif. (Mission Viejo)
Cameron Pettigrew	Sprints	5-10	4/17/95	Junior	Chicago, Ill. (Walter Payton College Prep)
Erika Peyton	Throws	5-11	10/12/94	Junior*	Studio City, Calif. (Notre Dame/Fresno State)
Sophia Racette	Distances	5-5	9/27/96	Freshman	St. Louis, Mo. (Nerinx Hall)
Madisen Richards	Jumps	5-6	11/15/96	Sophomore	Simi Valley, Calif. (Simi Valley)
Madison Ricks	800m, 1500m	5-11	10/20/96	Sophomore	San Ramon, Calif. (California)
Tanya Sapa	Throws	5-8	6/13/95	Junior	Riverside, Calif. (La Sierra)
Taylor Seamans	Distances	5-5	8/14/97	Freshman	Solana Beach, Calif. (Torrey Pines)
Mikaela Smith	Distances	5-7	7/4/97	Freshman	Fresno, Calif. (Clovis North)
Jaide Stepter	Hurdles	5-8	9/25/94	Senior	Tucson, Ariz. (Canyon Del Oro)
Natasha Strickland	Distances	5-11	12/9/93	Senior	Laguna Beach, Calif. (Laguna Beach)
Jenna Tong	Distances	5-2	12/3/93	Senior	Manhattan Beach, Calif. (Mira Costa)
Ky Westbrook	Sprints	5-9	2/29/96	Sophomore	Chandler, Ariz. (Chandler)
Jordan Winters	High Jump	5-7	1/9/97	Freshman	Kentfield, Calif. (The Branson School)

* -- used redshirt year

2016 USC MEN'S ROSTER

<i>NAME</i>	<i>EVENTS</i>	<i>HEIGHT</i>	<i>BIRTHDATE</i>	<i>COMPETITIVE YEAR</i>	<i>HOMETOWN (HIGH SCHOOL/J.C.)</i>
Nathan Bultman	Throws	6-4	4/6/97	Freshman	Santa Clarita, Calif. (West Ranch)
Mitchell Cameron	Distances	6-0	8/8/96	Sophomore	Chino Hills, Calif. (Damien)
Zyair Clemes	Sprints	6-2	12/21/95	Freshman*	Trenton, N.J. (Trenton Central/Florida State)
Randall Cunningham	High Jump	6-6	1/4/96	Sophomore	Las Vegas, Nev. (Bishop Gorman)
Dominic Davis	Sprints	5-10	1/8/96	Freshman	Los Angeles, Calif. (Bishop Alemany)
Robert Ford	Middle Distances	5-10	3/8/96	Sophomore	San Antonio, Texas (Claudia Taylor Johnson)
Adoree' Jackson	Jumps, Sprints	5-11	9/18/95	Sophomore	Belleville, Ill. (Serra)
Nicolaus Jakowec	Distances	5-9	7/20/97	Freshman	Monrovia, Calif. (Loyola)
Jadon Joyner	Sprints	6-5	3/19/96	Sophomore	Brooklyn, N.Y. (Hotchkiss School/Ohio Wesleyan)
Matthew Katnik	Throws	6-3	10/10/96	Freshman	Rolling Hills Estates, Calif. (St. John Bosco)
Diego Lopez	Javelin	6-0	1/9/93	Senior*	Pasadena, Calif. (Loyola/Cal Poly Pomona)
Garrett Mack	Distances	6-1	5/30/97	Freshman	Menlo Park, Calif. (Sacred Heart)
Ricky Morgan Jr.	Sprints	5-9	9/12/95	Sophomore	Woodbridge, Va. (Forest Park)
Marquis Morris	Hurdles	6-3	2/6/96	Sophomore	Pittsburg, Calif. (De La Salle)
Nick Ponzio	Throws	6-0	1/4/95	Sophomore*	Temecula, Calif. (Great Oak/Florida)
Will Robinson	800m	6-0	12/4/93	Senior	San Juan Capistrano, Calif. (Crean Lutheran)
Alex Rohani	400m	6-0	2/21/95	Sophomore*	Beverly Hills, Calif. (Beverly Hills)
Clayton Rule	Distances	6-1	3/27/95	Junior	San Diego, Calif. (Valhalla)
Trent Rule	Distances	5-10	7/23/97	Freshman	San Diego, Calif. (Valhalla)
David Sellens	Throws	6-4	6/26/94	Sophomore*	Yreka, Calif. (Yreka)
Eric Sloan	Jumps	6-0	6/20/94	Junior	Stockton, Calif. (Bear Creek/Delta College)
Dominic Smallwood	Jumps	6-2	12/28/95	Sophomore	Las Vegas, Nev. (Silverado)
Just'N Thymes	Sprints	6-0	1/24/94	Senior	Phoenix, Ariz. (Hamilton/Riverside CC)
Jordon Wallin	Distances	5-11	11/7/95	Sophomore	Meridian, Id. (Rocky Mountain)

*--used redshirt year

2016 USC WOMEN'S OUTDOOR BESTS

Mark	Athlete	Place	Day	Event
<u>100M (USC: 11.04 FR: 11.04)</u>				
11.29 (+1.2)	Hill	3	3/26	C&G Challenge
11.29 (+3.9w)	Gaither	3	4/15	Mt. SAC Relays
11.37 (+0.0)	Gaither	2	4/9	Pepsi Invitational
11.60 (+1.2)	Brown	5	3/26	C&G Challenge
11.70 (+3.7w)	Canrell	25	4/15	Mt. SAC Relays
12.02 (+0.0)	Cantrell	6	4/9	Pepsi Invitational
12.41 (-1.8)	Jones	10	4/9	Pepsi Invitational
<u>200M (USC: 22.23 FR: 22.84)</u>				
22.71 (+0.9)-PR	Hill	1	4/9	Pepsi Invitational
22.80 (+0.9)-PR	Gaither	2	4/9	Pepsi Invitational
23.23 (-1.2)-PR	Stepter	1	3/19	Trojan Invitational
23.32 (+1.1)-PR	Ellis	5	4/15	Mt. SAC Relays
23.67 (-1.2)	Cantrell	3	3/19	Trojan Invitational
23.96 (+3.4w)	Pettigrew	23	4/15	Mt. SAC Relays
23.97 (+3.8w)	Brown	3	4/9	Pepsi Invitational
24.22 (-0.5)	luel	4	4/1	Sam Adams Combined
24.71 (+1.6)-PR	Pettigrew	3	4/2	California Collegiate
25.26 (-1.1)	Graham	16	3/19	Trojan Invitational
25.29 (+3.8w)	Lopes	13	4/9	Pepsi Invitational
25.80 (+1.6)	Lopes	7	4/2	California Collegiate
<u>400M (USC: 50.91 FR: 52.32)</u>				
50.91-SR	Stepter	1	3/26	C&G Challenge
51.82-PR	Ellis	1	4/16	Mt. SAC Relays
54.58	Pettigrew	13	4/15	Mt. SAC Relays
<u>800M (USC: 1:58.51 FR: 2:04.16)</u>				
2:07.50	Smith	3	4/9	Pepsi Invitational
2:08.41-PR	luel	1	4/2	Sam Adams Combined
2:12.87	Glynn	3	3/19	Trojan Invitational
2:13.37	Ent	38	4/15	Mt. SAC Relays
2:14.73	Ricks	8	3/19	Trojan Invitational
2:15.00	Seamans	9	3/19	Trojan Invitational
2:15.49	Gore	10	3/19	Trojan Invitational
2:19.83	Strickland	5	3/26	C&G Challenge
2:19.96	Tong	24	4/2	California Collegiate
2:26.63	Racette	41	4/2	California Collegiate
<u>1500M (USC: 4:12.05 FR: 4:18.52)</u>				
4:27.72-PR	Ent	22	4/15	Mt. SAC Relays
4:31.74	Berdousi	3	3/26	C&G Challenge
4:39.98-PR	Tong	4	4/2	California Collegiate
4:49.54-PR	Racette	3	4/14	Pacific Coast Meet
4:50.74	Gore	21	4/2	California Collegiate
4:57.39	Glynn	27	4/2	California Collegiate
<u>3000M (USC: 9:11.78 FR: 9:33.29)</u>				
9:53.68	Berdousi	1	3/18	Trojan Invitational
10:02.97-PR	Tong	4	3/18	Trojan Invitational
10:39.36	Racette	12	3/18	Trojan Invitational
<u>3000M SC (USC: 10:01.99 FR: 10:03.73)</u>				
10:44.58	Tong	23	4/14	Mt. SAC Relays
11:07.37	Berdousi	31	4/14	Mt. SAC Relays
<u>5000M (USC: 16:00.11 FR: 16:36.66)</u>				
17:40.14	Berdousi	4	4/2	California Collegiate
<u>100M HH (USC: 12.48 FR: 12.74)</u>				
13.27 (+0.3)	Graham	1	3/26	C&G Challenge
13.72 (-0.7)-PR	luel	3	3/19	Trojan Invitational
14.27 (+0.9)	Lopes	5	4/9	Pepsi Invitational
<u>400M IH (USC: 54.95 FR: 56.49)</u>				
55.90	Stepter	1	4/16	Mt. SAC Relays
56.37	luel	2	4/16	Mt. SAC Relays

Mark	Athlete	Place	Day	Event
<u>LONG JUMP (USC: 21-11.00/6.68M FR: 21-3.25)</u>				
21-2.75/6.47 (+3.4w)	Jones	2	4/16	Mt. SAC Relays
20-9.75/6.34 (+1.4)-PR	Jones	2	4/16	Mt. SAC Relays
19-9.75/6.04 (+0.0)-PR	luel	T2	4/2	Sam Adams Combined
19-8.75/6.01 (+3.1w)	Graham	2	3/26	C&G Challenge
19-7.50/5.98 (+1.4)	Graham	2	4/9	Pepsi Invitational
19-0.00/5.79 (+3.4w)	Richards	5	4/16	Mt. SAC Relays
18-2.00/5.54 (+1.7)	Richards	5	4/16	Mt. SAC Relays
18-2.00/5.54 (+1.5)-PR	Lopes	6	3/26	C&G Challenge
<u>TRIPLE JUMP (USC: 45-5.25/13.85M FR: 44-8.25)</u>				
<u>HIGH JUMP (USC: 6-2.00/1.88M FR: 6-2.00)</u>				
5-8.75/1.75-PR	luel	T-3	4/1	Sam Adams Combined
5-3.00/1.69	Lopes	T-5	4/14	Pacific Coast Meet
5-1.00/1.55	Winters	5	3/19	Trojan Invitational
<u>SHOT PUT (USC: 57-7.50/17.56M FR: 53-3.50)</u>				
53-6.25/16.31-PR	Sapa	1	3/19	Trojan Invitational
51-3.00/15.62-PR	Novy	3	3/26	C&G Challenge
34-0.25/10.37	luel	17	4/1	Sam Adams Combined
33-7.25/10.24	Lopes	8	3/26	C&G Challenge
<u>DISCUS (USC: 200-5/61.10M FR: 177-11)</u>				
200-5/61.10-SR	Novy	2	4/14	CSULA Twilight
<u>JAVELIN (USC: 186-10/56.95M FR: 173-11)</u>				
115-10/35.32	Lopes	6	3/26	C&G Challenge
106-11.25/32.60	luel	13	4/2	Sam Adams Combined
93-11/28.62	Sullivan	8	3/26	C&G Challenge
<u>HAMMER (USC: 230-3/70.18M FR: 226-8)</u>				
190-7/58.10-PR	Peyton	3	3/18	Trojan Invitational
175-6/53.50	Sapa	27	4/15	Beach Invitational
<u>POLE VAULT (USC: 14-0.00/4.27M FR: 13-7.25)</u>				
12-5.50/3.80	Horvath	2	3/26	C&G Challenge
<u>HEPTATHLON (USC: 6,079 POINTS FR: 5,582)</u>				
5,799-PR	luel	5	4/1-2	Sam Adams Combined
<u>4X100M (USC: 42.96)</u>				
43.59	---	2	4/9	Pepsi Invitational
	(Brown, Hill, Cantrell, Gaither)			
<u>4X400M (USC: 3:27.86)</u>				
3:29.73	---	1	3/26	C&G Challenge
	(Ellis, luel, Stepter, Pettigrew)			

2016 USC MEN'S OUTDOOR BESTS

Mark	Athlete	Place	Day	Event
<u>100M (USC: 9.95 FR: 10.17)</u>				
10.35 (+3.6w)	Jackson	9	4/15	Mt. SAC Relays
10.41 (+0.6)-PR	Jackson	2	3/26	C&G Challenge
10.65 (+0.6)	Davis	6	3/26	C&G Challenge
10.81 (+1.1)	Joyner	4	4/2	California Collegiate

<u>200M (USC: 19.88 FR: 20.24)</u>				
20.91 (+1.3)	Morgan	1	3/19	Trojan Invitational
21.83 (+1.2)	Joyner	2	4/2	California Collegiate
21.88 (+2.0)	Davis	6	3/26	C&G Challenge
22.08 (+1.4)	Rohani	8	4/9	Pepsi Invitational

<u>400M (USC: 43.50 FR: 45.29)</u>				
45.54-PR	Morgan	1	3/26	C&G Challenge
46.68	Clemes	1	3/19	Trojan Invitational
48.14	Rohani	6	3/26	C&G Challenge
48.24-PR	Ford	3	4/2	California Collegiate
49.61	Joyner	10	3/26	C&G Challenge

<u>800M (USC: 1:44.92 FR: 1:47.1)</u>				
1:47.54-PR	Ford	3	4/16	Mt. SAC Relays
1:53.23	Wallin	10	4/9	Pepsi Invitational
2:00.05	Cameron	8	4/2	California Collegiate
2:02.99-PR	Robinson	18	4/2	California Collegiate

<u>1500M (USC: 3:39.5 FR: 3:45.85)</u>				
3:56.44-PR	Wallin	39	4/15	Mt. SAC Relays
4:01.72-PR	Cameron	48	4/15	Mt. SAC Relays
4:02.26-PR	Rule	49	4/15	Mt. SAC Relays
4:04.59-PR	Jakowec	3	3/26	C&G Challenge
4:36.55	Mack	10	3/19	Trojan Invitational

<u>3000M (USC: ---)</u>				
8:42.26	Jakowec	6	3/18	Trojan Invitational
8:43.38	Rule	7	3/18	Trojan Invitational

<u>5000M (USC: 14:02.6 FR: 14:19.18)</u>				
14.47.76	Jakowec	61	4/15	Mt. SAC Relays
15:06.20	Rule	5	4/2	California Collegiate

<u>110M HH (USC: 13:32 FR: 13:77)</u>				
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Mark	Athlete	Place	Day	Event
<u>400M IH (USC: 48:33 FR: 49:46)</u>				

<u>LONG JUMP (USC: 27-4.25/8.33m FR: 27-4.25)</u>				
25-10.75/7.89 (+4.1w)	Jackson	1	3/26	C&G Challenge
25-8.00/7.82 (+1.9)	Jackson	1	3/26	C&G Challenge
25-7.25/7.80 (+1.3)	Sloan	1	4/9	Pepsi Invitational
25-0.50/7.63 (+4.2w)	Smallwood	4	3/26	C&G Challenge
24-7.00/7.49 (-0.4)-PR	Smallwood	4	3/26	C&G Challenge

<u>TRIPLE JUMP (USC: 56-4.00/17.17m FR: 53-9)</u>				
51-3.00/15.62 (+0.0)	Sloan	2	4/9	Pepsi Invitational
50-8.25/15.45 (+4.8w)	Smallwood	3	4/15	Mt. SAC Relays
50-1.25/15.27 (+1.2)-PR	Smallwood	1	3/26	C&G Challenge

<u>HIGH JUMP (USC: 7-7.25/2.32m FR: 7-4.50)</u>				
7-3.75/2.23	Cunningham	1	3/26	C&G Challenge

<u>SHOT PUT (USC: 67-5.50/20.56m FR: 64-1.00)</u>				
63-5.00 (19.33)	Ponzio	4	4/16	Mt. SAC Relays
61-7.75 (18.79)-PR	Katnik	1	3/19	Trojan Invitational
59-11.25 (18.27)-PR	Bultman	4	4/9	Pepsi Invitational

<u>DISCUS (USC: 206-0/62.78m FR: 192-8)</u>				
179-5/54.69	Ponzio	1	4/2	California Collegiate
169-3/51.59-PR	Bultman	2	4/2	California Collegiate
154-9/47.18	Katnik	9	3/25	C&G Challenge

<u>JAVELIN (USC: 272-2/82.97m FR: 247-5)</u>				
193-11/59.11-PR	Lopez	8	4/9	Pepsi Invitational

<u>HAMMER (USC: 271-1/82.62m FR: 253-2)</u>				
192-1/58.53-PR	Bultman	14	4/15	Beach invitational
180-6/55.02-PR	Sellens	3	4/2	California Collegiate

<u>POLE VAULT (USC: 18-6.50/5.65m FR: 17-6)</u>				
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<u>DECATHLON (USC: 8,022 POINTS FR: 7,623)</u>				
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<u>4X100M (USC: 38.69)</u>				
39.93	---	1	3/19	Trojan Invitational
(Davis, Morgan, Clemes, Jackson)				

<u>4X400M (USC: 3:00.58)</u>				
3:13.98	---	3	3/19	Trojan Invitational
(Clemes, Rohani, Ford, Robinson)				

ALL-TIME WOMEN'S PERFORMERS

WOMEN'S OLYMPIC EVENTS

100 METERS

1. Angela Williams	11.04	6/5/99
2. Natasha Mayers	11.09	4/19/03
3. Torri Edwards	11.10n	6/4/99
Virginia Powell	11.10	5/14/06
5. Inger Miller	11.11	4/7/93
6. Ky Westbrook	11.17	6/11/15
7. Jessica Davis	11.19	5/14/11
8. Candace Young	11.22	3/24/01
9. Carol Rodriguez	11.24h	4/7/07
10. Alexis Faulknor	11.26	6/25/15

200 METERS

1. Carol Rodriguez	22.23	5/27/06
2. Inger Miller	22.33	4/17/93
3. Kinshasa Davis	22.69	4/16/00
4. Deanna Hill	22.71	4/9/16
5. Natasha Mayers	22.80	5/29/02
Tynia Gaither	22.80	4/9/16
7. Aareon Payne	22.83	4/16/11
8. Jessica Davis	22.84	5/14/11
Torri Edwards	22.84n	6/4/99
10. Alexis Faulknor	22.97	6/27/15

400 METERS

1. Jaide Stepter	50.91	3/26/16
2. Carol Rodriguez	51.39	5/3/08
3. Vanessa Jones	51.50	5/17/15
4. Michelle Taylor	51.75	6/2/89
5. Kendall Ellis	51.82	4/16/16
6. Brigita Langerholc	52.02	7/01
7. Gervaise McCraw	52.24	6/7/86
8. Nakiya Johnson	52.29	5/29/02
9. Inger Miller	52.76	3/26/94
10. Tracee Thomas	52.99	5/1/04

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. Anna Lopaciuch	2:05.71	5/24/98
8. Treani Swain	2:05.93	4/30/05
9. Kristie Johnston	2:06.09n	5/3/97
10. Gina Clayton	2:06.58	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. Jenna Tong	10:42.91	4/5/14
5. Laura Meyers	10:49.95	4/5/08
6. Natalia Kovtun	11:04.35	4/28/07
7. Kristen Berglas	11:06.70	4/30/05
8. Katherine Ellis	11:07.26	5/2/09
9. Katerina Berdousi	11:07.37	4/14/16
10. Brooke Thomas	11:07.63	4/21/01

5,000 METERS

1. Zsafia Erdelyi	16:00.11	4/15/11
2. Emebet Shiferaw	16:16.27	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	17:08.08	5/17/15
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 Neeper	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. Candice Davis	12.90	6/8/07
5. Lauren Blackburn	13.06	5/14/11
6. Shalina Clarke	13.09	5/29/10
7. Patty Van Wolvelaere	13.14	5/26/78
Sau Ying Chan	13.14	4/17/94
9. Natasha Danvers	13.20	5/6/00
10. Natasha Neal	13.24	5/31/01
Melia Cox	13.24	5/30/15

400-METER HURDLES

1. Natasha Danvers	54.95	9/25/00
2. Leslie Maxie	55.79	6/6/87
3. Jaide Stepter	55.83	4/3/15
4. Amalie Iuel	55.92	4/3/15
5. Dalilah Muhammad	56.04	6/8/11
6. Michelle DeCoux	57.05	4/4/92
7. Natasha Neal	57.16	5/5/01
8. Karen Koellner	57.59	3/18/89
9. Shalina Clarke	57.78	4/28/07
10. Talia Stewart	58.65	3/17/07

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. Pamela Simpson	21-0 (6.40)	6/2/99
5. Tatyana Obukhova	20-11 3/4 (6.39)	4/13/02
6. Michelle Sanford	20-10 1/2 (6.36)	5/1/04
7. Margaux Jones	20-9 3/4 (6.34)	4/16/16
8. Alexis Faulknor	20-9 1/4 (6.33)	5/16/15
9. Shana Woods	20-8 (6.30)	4/28/07
10. Sandy Crabtree	20-7 1/4 (6.28)	6/17/82
Louan Gualdo	20-7 1/4 (6.28)	3/17/90
Yolanda Fletcher	20-7 1/4 (6.28)	5/21/83

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. Crissy Mills	6-0 (1.83)	1993
6. Debra Larsen	5-11 3/4 (1.82)	6/24/83
7. Natasha Danvers	5-11 1/2 (1.82)	5/24/98
Tanya Smith	5-11 1/2 (1.82)	3/9/96
9. Shawana Taylor	5-10 (1.78)	3/4/00
10. Nicole Haynes	5-9 3/4 (1.77)	5/11/96

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. Ailitta 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. Karleen Shields	41-9 3/4 (12.74)	5/7/94
9. Oluwakemi Olonade	41-8 3/4 (12.72)	5/30/14
10. Brittany Daniels	41-2 1/2 (12.56)	4/29/06

SHOT PUT

1. Karen Freberg	57-7 1/2 (17.56)	4/29/06
2. L'Orangerie Crawford	56-3 1/4 (17.15)	5/14/04
3. Diana Clements	55-8 1/4 (16.97)	2/21/86
4. Cynthia Ademiluyi	55-0 1/4 (16.77)	5/31/00
5. Tanya Sapa	53-6 1/4 (16.31)	3/19/16
6. Tera Novy	51-3 (15.62)	3/26/16
7. Cerenity Young	51-2 1/4 (15.60)	4/6/02
8. Marissa Minderler	50-2 3/4 (15.31)	3/12/11
9. Leslie Coons	49-10 1/2 (15.20)	5/4/96
10. Jennifer Vail	49-5 (15.06)	2/26/00

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

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 Tujda	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. Leslie Coons	198-7 (60.52)	5/4/96

HEPTATHLON

1. Wendy Brown	6,079	7/16/88
2. Nia Ali	5,824	5/10/09
3. Amalie Iuel	5,799	4/2/16
4. Nicole Haynes	5,786	5/12/96
5. Kerry Zwart-Bell	5,550	6/1/82
6. Shana Woods	5,507	6/8/07
7. Sharon Hatfield	5,410	4/19/86
8. Tanya Smith	5,345	5/26/93
9. Yolanda Fletcher	5,307	5/17/86
10. Allison Franke	5,156	5/15/93

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
5. 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)	3/2/13
9. Sonya Negri	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
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400-METER RELAY

1. Powell, Onyepunuka, Davis, Rodriguez	42.96	6/9/06
2. Laarman, Davis, Faulknor, Gaither	43.00	6/14/14
3. Hill, Westbrook, Faulknor, Gaither	43.10	5/17/15
4. Williams, Young		
Edmonson, Davis	43.14	6/2/00
5. Hall, Westbrook, Faulknor, Hill	43.27	6/13/15
6. Williams, Edwards, Edmonson, Young	43.35	5/1/99
7. Laarman, Payne, Putterbaugh, Davis	43.42	6/11/11
8. Williams, Edwards, Edmonson, Benyarku	43.52	6/4/99
9. Brown, Hill, Cantrell, Gaither	43.59	4/9/16
10. Onyepunuka, Davis, Stewart, Rodriguez	43.61	3/17/07

1,600-METER RELAY

1. Stepter, Iuel, Ellis, Jones	3:27.86	5/30/15
2. Danvers, Edmonson, Langerholc, Davis	3:28.08	6/5/99
3. Mayberry, McCraw, Taylor, Maxie	3:28.93	3/6/87
4. Ndipagbor, Jones, Davis, Gaither	3:29.42	4/5/14
5. Ellis, Iuel, Stepter, Pettigrew	3:29.73	3/26/16
6. Ndipagbor, Stepter, Liverpool, Jones	3:30.29	6/12/14
7. Neal, Langerholc, Davis, Estes	3:30.84	5/31/01
8. Danvers, Estes, Langerholc, Edmonson	3:31.29	4/19/98
9. Langerholc, Danvers, Edmonson, Davis	3:31.31	4/22/00
10. Olear, Clarke, Muhammad, Hassan	3:31.57	6/11/09

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.	Sultan McCullough	10.17	3/6/99
10.	Luis Morales	10.21	5/14/83
	Jason Shelton	10.21n	6/14/97

200 METERS

1.	Andre De Grasse	19.88	7/24/15
2.	James Sanford	19.94+	4/19/80
3.	Clancy Edwards	20.03	4/29/78
4.	BeeJay Lee	20.11	6/28/15
5.	Aaron Brown	20.16	5/31/14
6.	Bryshon Nellum	20.23	5/12/13
7.	Darwin Cook	20.33	5/18/85
8.	James Gilkes	20.39	6/21/75
	Phillip Francis	20.39	5/14/06
10.	Edward Hervey	20.40	5/19/95

400 METERS

1.	Quincy Watts	43.50	8/5/92
2.	Jerome Davis	44.51	8/1/99
3.	Lionel Larry	44.63	6/14/08
4.	Bryshon Nellum	44.73	6/7/13
5.	Josh Mance	44.83	6/6/12
6.	Billy Mullins	44.84	5/11/80
7.	Ken Randle	44.99	6/4/76
8.	Joey Hughes	45.05	5/14/11
9.	Bill Green	45.07n	5/10/81
10.	Travis Hannah	45.17n	6/5/92

800 METERS

1.	Ibrahim Okash	1:44.92	6/19/88
2.	Duane Solomon	1:45.69	6/24/07
3.	Lloyd Johnson	1:46.5en	7/4/77
	Rayfield Beaton	1:46.5e	4/29/78
	Mark Handelsman	1:46.5en	7/14/82
6.	David Omwansa	1:46.8n	6/2/79
	Joey Bunch	1:46.8	4/19/86
8.	Irek Sekretarski	1:47.11	6/11/09
9.	Isaac Turner	1:47.15	5/3/97
10.	William Wang	1:47.3	5/3/80

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 Babiszkiewicz	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
	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.	Kehinde Alade fa	13.58	6/9/5

400-METER INTERMEDIATE HURDLES

1.	Felix Sanchez	48.33	6/28/00
2.	Tom Andrews	48.55	6/12/76
3.	Reggie Wyatt	48.58	6/7/13
4.	Pedro Rodrigues	48.82	8/20/95
5.	Geoff Vanderstock	48.94+	9/11/68
6.	George Porter	49.19n	6/3/89
7.	Rich Graybehl	49.31n	6/3/78
8.	Ryan Wilson	49.33	5/18/03
9.	Kai Kelley	49.79	6/12/08
10.	Rex Cawley	50.04+	5/13/61

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 Doubley	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 (7.22)	4/3/65
8.	Kenny Hays	25-11 3/4 (7.91)	5/30/80
	Adoree' Jackson	25-11 1/2 (7.91)	6/10/15
10.	Al Olson	25-8 7/8 (7.84)	6/22/35

TRIPLE JUMP

1.	Allen Simms	56-4 (17.17)	4/28/03
2.	Julien Kappek	56-2 (17.12)	6/14/03
3.	Tom Cochee	54-4 1/2n (16.57)	5/10/75
4.	Djeke Mambo	54-4 (16.56)	3/17/01
5.	Ed Washington	53-9 (16.38)	3/16/74
	Don Bryson	53-9n (16.38)	5/3/75
7.	Kenny Hays	53-3 1/4 (16.23)	5/3/80
8.	Kedjeloba Mambo	53-0 1/4 (16.16)	4/19/98
9.	Michael Pullins	52-10 1/4 (16.11)	3/23/85
10.	Greg Harper	52-8 (16.05)	5/21/88

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
	Eric White	18-0 1/2 (5.50)	5/2/87
	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 Giralva	17-7 1/4 (5.37)	5/18/02

HIGH JUMP

1.	Jesse Williams	7/7 1/4 (2.32)	6/9/06
2.	Dawid 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
	Randall Cunningham	7-4 1/4 (2.24)	4/4/15
6.	Dean Owens	7-2 1/4 (2.19)	4/7/73
7.	Dennis Smith	7-2n (2.18)	5/24/80
8.	Tyler Ruiz	7-1 1/2 (2.17)	5/12/13
9.	Tim Walker	7-1 1/4 (2.16)	5/14/77
10.	Jerry Culp	7-1 (2.16)	2/23/74
	Brian Patchett	7-1 (2.16)	2/22/86
	Jeff Trepagnier	7-1 (2.16)	5/21/00
	Viktor Fajoyomi	7-1 (2.16)	4/5/14

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.	Dave Murphy	64-3 (19.58)	5/15/70
	Nick Ponzio	64-1 (19.53)	6/10/15
7.	William Denbo	63-7 1/2 (19.39m)	5/12/07
8.	Mike Budincich	63-5 3/4 (19.34)	5/1/76
9.	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.	Daniel Haag	7,623	3/14-15/98
4.	Bo Sterner	7,574	6/4-5/74
5.	Bob Coffman	7,321	6/4-5/74
6.	Shelton Davis	7,290	5/10-11/03

7.	Russell Silvers	7,254	5/11-2/02
8.	Roy Williams	7,163	4/25-26/64
9.	Marcell Almond	7,152	3/10-11/00
10.	Casey Thompson	7,106	4/14-15/00

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 Antonovich	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 Fearley	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.	Norbort 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 (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.	Daniel Szabo	220-2 (67.10)	3/23/12

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.	Francis, Felix, Larry, Anderson	38.89	4/17/05
5.	Reading, Manning, Dexter, Morales	38.90n	6/6/86
6.	Williams, Bradford, J. Sanford, Mullins	38.91	4/28/79
7.	Jones, Felix, Francis, Anderson	38.92	6/9/05
8.	Lee, Davis, Williams, McCullough	38.94n	4/3/99
9.	Lee, De Grasse	38.97	4/4/15
	Thymes, Mercado		
10.	Harris, Brown, Lee, Abram	39.08	6/11/14

1,600-METER RELAY

1.	Hannah, Conway, Cannady, Watts	3:00.58	3/6/92
2.	Hughes, Mance, Wyatt, Nellum	3:00.64	6/9/12
3.	Ekpenyong, Hervey, Rodrigues, Krill	3:02.59	6/2/95
4.	Jordan, Joyner, Sanchez, Davis	3:02.68	5/22/99
5.	Hughes, Mance, Walker, Wyatt	3:02.87	4/9/11
6.	Lee, Williams, Sanchez, Davis	3:02.89	4/3/99
7.	Kelley, Garrison, Cunningham, Larry	3:03.08	6/10/06
8.	Hughes, Nellum, Walker, Wyatt	3:03.21	6/7/12
9.	Nelum, Hughes, Anderson, Wyatt	3:03.26	4/3/10
10.	Carter, Turner, Joyner, Davis	3:03.28n	6/7/97