

2017 USC WOMEN'S OUTDOOR BESTS

Mark	Athlete	Place	Day	Event
<u>100M (USC: 11.04 FR: 11.04)</u>				
11.01 (+4.7w)	Hill	3	5/25	NCAA West Prelims-p
11.18 (+1.8)-PR	Hill	2	3/25	Aztec Invitational
11.23 (+5.2w)	Westbrook	13	5/25	NCAA West Prelims-p
11.36 (-0.8)	Westbrook	11	4/15	Mt. SAC Relays Invite
11.45 (+3.0w)	Francis	2	4/30	Dual Meet
11.51 (+3.0w)	Brown	4	4/30	Dual Meet
11.52 (+0.8)	Brown	1	3/18	Trojan Invitational
11.60 (+1.9)	Francis	6	5/13	Pac-12 Championships-p
12.00 (+0.6)	Jones	10	3/18	Trojan Invitational
12.28 (+1.3)	Richards	18	3/18	Trojan Invitational

<u>200M (USC: 22.23 FR: 22.84)</u>				
22.30 (+3.8w)	Hill	2	5/27	NCAA West Prelims
22.41 (+1.5)-PR	Hill	2	5/14	Pac-12 Championships
22.79 (+1.5)-PR	Ellis	1	3/18	Trojan Invitational
23.24 (+0.2)-PR	Pettigrew	7	5/13	Pac-12 Championships-p
23.46 (+1.0)	luel	2	3/18	Trojan Invitational
23.49 (+1.5)	Westbrook	3	3/18	Trojan Invitational
23.60 (+1.5)	Cockrell	4	3/18	Trojan Invitational
23.73 (-1.0)	Brown	5	4/8	Battle on the Bayou
23.76 (+0.4)	Ka.Richardson	7	4/8	Battle on the Bayou
23.76 (+1.1)-PR	Hall	3	4/30	Dual Meet
24.14 (-0.3)	Constatine	18	4/14	Mt. SAC Relays
24.22 (+1.7)	Francis	7	4/30	Dual Meet
24.58 (+1.0)-PR	Graham	13	3/18	Trojan Invitational
24.76 (+1.8)	Jones	16	3/18	Trojan Invitational
24.81 (-1.8)	Lopes	1	5/6	Pac-12 Multi-Events
26.13 (+1.8)	Richards	30	3/18	Trojan Invitational
26.28 (+0.5)-PR	H-Thomas	10	5/6	Pac-12 Multi-Events

<u>400M (USC: 50.45 FR: 52.32)</u>				
50.45-SR	Ellis	1	5/26	NCAA West Prelims
51.61-PR	Pettigrew	3	5/14	Pac-12 Championships
51.81-NR	luel	1	3/18	Trojan Invitational
52.92	Constantine	6	5/14	Pac-12 Championships
53.81-NR	Ka.Richardson	4	4/14	Mt. SAC Relays
55.65	Smith	3	4/1	Cal Collegiate
56.35	Gillian	4	4/30	Dual Meet
1:00.80	Glynn	19	3/25	Aztec Invitational

<u>800M (USC: 1:58.51 FR: 2:04.16)</u>				
2:05.17-PR	Smith	2	4/30	Dual Meet
2:10.28	Ibarzabal	4	4/30	Dual Meet
2:13.55-PR	Berry	6	4/1	Cal Collegiate
2:14.03	Constantine	9	3/25	Aztec Invitational
2:14.29-PR	Grimes	10	4/1	Cal Collegiate
2:14.31-PR	Weber	15	4/22	Triton Invitational
2:18.28	Ricks	19	4/1	Cal Collegiate
2:20.07	Pettigrew	7	4/30	Dual Meet
2:21.34	Lopes	6	5/7	Pac-12 Multi-Events
2:22.46	Glynn	20	3/25	Aztec Invitational
2:41.49	H-Thomas	13	5/7	Pac-12 Multi-Events

<u>1500M (USC: 4:12.05 FR: 4:18.52)</u>				
4:33.65-PR	Berry	2	4/22	Triton Invitational
4:36.44	Ibarzabal	18	3/24	Aztec Invitational
4:37.65-PR	Grimes	8	3/18	Trojan Invitational
4:39.02-PR	Gore	6	4/22	Triton Invitational
4:42.89-PR	Ricks	50	4/15	Beach Invitational
4:43.20-PR	Smith	30	3/24	Aztec Invitational
4:50.73-PR	Maurer	35	4/14	Mt. SAC Relays

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

3000M SC (USC: 10:01.99 FR: 10:03.73)

13:17.27	Maurer	4	4/30	Dual Meet
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5000M (USC: 16:00.11 FR: 16:36.66)

18:58.63	Ricks	5	4/30	Dual Meet
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Mark	Athlete	Place	Day	Event
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<u>100M HH (USC: 12.48 FR: 12.74)</u>				
12.87 (+4.5w)	Hall	4	5/27	NCAA West Prelims
12.91 (+1.1)-PR	Cockrell	1	4/30	Dual Meet
13.03 (+1.1)	Hall	2	4/30	Dual Meet
13.37 (+0.6)	Graham	2	3/18	Trojan Invitational
13.46 (+0.5)	McGlaston	5	5/14	Pac-12 Championships
13.82 (+0.5)-PR	Lopes	6	5/14	Pac-12 Championships
14.66 (+1.2)	H-Thomas	6	5/6	Pac-12 Multi-Events

400M IH (USC: 54.95 FR: 55.51)

55.38-PR	luel	1	4/8	Battle on the Bayou
55.51-FR	Cockrell	2	4/8	Battle on the Bayou
61.28-PR	McGlaston	8	5/13	Pac-12 Championships-p
62.38	Graham	4	3/25	Aztec Invitational

LONG JUMP (USC: 21-11.00/6.68M FR: 21-3.25)

20-8.50/6.31 (+0.0)	Jones	3	4/15	Beach Invitational
20-1.50/6.13 (+2.1w)	Richards	3	4/30	Dual Meet
19-6.75/5.96 (+1.7)	Richards	2	3/25	Aztec Invitational
19-4.75/5.91 (-0.8)-PR	Lopes	4	4/30	Dual Meet
18-10.00/5.74 (+1.3)	H-Thomas	2	5/7	Pac-12 Multi-Events

TRIPLE JUMP (USC: 45-5.25/13.85M FR: 44-8.25)

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

5-8.75/1.75	luel	1	4/30	Dual Meet
5-7.75/1.72-PR	Lopes	2	3/23	Jim Klein Combined
5-4.25/1.63	H-Thomas	6	5/6	Pac-12 Multi-Events

SHOT PUT (USC: 57-7.50/17.56M FR: 53-3.50)

56-8.50/17.28	Mann	1	3/25	Aztec Invitational
55-3.75/16.86	Sapa	2	3/25	Aztec Invitational
35-5.50/10.80-PR	H-Thomas	7	5/6	Pac-12 Multi-Events
33-8.75/10.28	Lopes	4	3/23	Jim Klein Combined

DISCUS (USC: 200-5/61.10M FR: 177-11)

163-1/49.70	Mann	2	4/21	Triton Invitational
150-3/45.80-PR	Sapa	4	4/30	Dual Meet

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

126-9/38.64-PR	Lopes	10	3/18	Trojan Invitational
103-6/31.54	H-Thomas	4	4/8	Battle on the Bayou

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

193-5/58.95-PR	Mann	1	4/29	Dual Meet
179-0/54.56	Sapa	2	4/29	Dual Meet

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

HEPTATHLON (USC: 6,079 POINTS FR: 5,582)

5,371-PR	Lopes	3	5/6-7	Pac-12 Multi-Events
4,741	H-Thomas	10	5/6-7	Pac-12 Multi-Events

4X100M (USC: 42.90)

43.38	---	2	5/14	Pac-12 Championships
(Hall, Westbrook, Brown, Hill)				

4X400M (USC: 3:26.09)

3:26.09-SR	---	1	5/27	NCAA West Prelims
(Pettigrew, luel, Cockrell, Ellis)				

2017 USC MEN'S OUTDOOR BESTS

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<u>100M (USC: 9.92 FR: 10.17)</u>				
10.08 (+2.1w)	Thymes	2	4/1	Texas Relays
10.14 (+1.4)-PR	Thymes	2	3/31	Texas Relays (pre)
10.16 (+4.2w)	Brock	16	5/25	NCAA West Prelims-p
10.30 (+1.7)-PR	Brock	7	3/31	Texas Relays (pre)
10.30 (+4.5w)	Barnum	26	5/25	NCAA West Prelims-p
10.32 (+0.9)-PR	Barnum	2	4/30	Dual Meet
10.36 (+3.0w)	Sourapas	32	5/25	NCAA West Prelims-p
10.37 (+0.9)-PR	Sourapas	3	4/30	Dual Meet
10.86 (-0.3)	Joyner	9	3/18	Trojan Invitational
11.67 (+0.8)	Norwitz	8	5/6	Pac-12 Multi-Events

<u>200M (USC: 19.88 FR: 20.24)</u>				
20.24 (+2.1w)	Thymes	1	3/25	Aztec Invitational
20.52 (+2.8w)	Sourapas	3	5/14	Pac-12 Championships
20.61 (+0.3)	Thymes	2	4/15	Mt. SAC Relays Invite
20.63 (+0.9)-PR	Sourapas	1	4/30	Dual Meet
20.76 (+2.8w)	Morgan	4	5/14	Pac-12 Championships
20.97 (+1.0)	Morgan	2	3/18	Trojan Invitational
21.06 (+0.9)-PR	Barnum	3	4/30	Dual Meet
21.37 (+0.0)	Brock	6	4/8	Battle on the Bayou

<u>400M (USC: 43.50 FR: 45.22)</u>				
45.15-FR	Norman	1	5/14	Pac-12 Championships
45.44-PR	Morgan	6	5/26	NCAA West Prelims
55.97	Norwitz	8	5/6	Pac-12 Multi-Events

<u>800M (USC: 1:44.92 FR: 1:47.1)</u>				
1:47.58	Ford	7	5/26	NCAA West Prelims
1:49.73-PR	Rohani	2	4/30	Dual Meet
1:53.40-PR	Zavala	4	4/30	Dual Meet
1:54.77-PR	Cameron	6	4/30	Dual Meet
1:55.96	Myrtue	15	3/18	Trojan Invitational
1:56.37-PR	Rohani	10	3/25	Aztec Invitational
1:58.52-PR	Rule	33	4/22	Triton Invitational
2:14.66	Mack	24	4/13	Pacific Coast

<u>1500M (USC: 3:39.5 FR: 3:45.85)</u>				
3:53.33-PR	Ford	3	4/1	Cal Collegiate
3:58.30-PR	Rule	50	4/15	Beach Invitational
4:03.26	Cameron	25	3/24	Aztec Invitational
4:09.09-PR	Zavala	31	3/24	Aztec Invitational
4:24.41-PR	Mack	17	3/18	Trojan Invitational
5:40.05	Norwitz	8	5/7	Pac-12 Multi-Events

<u>3000M (USC: ---)</u>				
8:35.58-PR	Rule	1	3/17	Trojan Invitational

<u>3000M SC (USC: 8:52.1 FR: 9:04.8)</u>				
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<u>5000M (USC: 14:02.6 FR: 14:19.18)</u>				
15:02.94	Rule	23	5/14	Pac-12 Championships

<u>110M HH (USC: 13:32 FR: 13:77)</u>				
13.51 (+2.5w)	Morris	3	5/27	NCAA West Prelims
13.56 (+2.0)-PR	Morris	1	4/30	Dual Meets
17.29 (+2.1w)	Norwitz	8	5/7	Pac-12 Multi-Events

Mark	Athlete	Place	Day	Event
<u>400M IH (USC: 48:33 FR: 49:46)</u>				
55.28	Morris	2	4/30	Dual Meet
<u>LONG JUMP (USC: 27-4.25/8.33m FR: 27-4.25)</u>				
26-4.25/8.03 (+2.4w)	Sloan	2	5/25	NCAA West Prelims
25-9.25/7.85 (+1.0)-PR	Sloan	4	4/30	Dual Meet
25-2.75/7.69 (+0.0)-PR	Smallwood	2	3/18	Trojan Invitational
23-6.75/7.18 (-1.8)-PR	Joyner	4	4/30	Dual Meet
20-11.50/6.39 (+0.9)	Norwitz	8	5/6	Pac-12 Multi-Events

<u>TRIPLE JUMP (USC: 56-4.00/17.17m FR: 53-9)</u>				
55-6.25/16.92 (+1.9)-PR	Sloan	1	5/27	NCAA West Prelims
51-8.50/15.76 (+2.8w)	Smallwood	2	5/14	Pac-12 Championships
51-6.50/15.71 (+1.5)-PR	Smallwood	14	5/27	NCAA West Prelims
45-8.00/13.92 (-1.9)-PR	Joyner	5	4/30	Dual Meet

<u>HIGH JUMP (USC: 7-7.25/2.32m FR: 7-4.50)</u>				
7-3.00/2.21	Cunningham	2	4/1	Texas Relays
6-4.75/1.95	Norwitz	5	4/30	Dual Meet

<u>SHOT PUT (USC: 67-5.50/20.56m FR: 64-1.00)</u>				
63-10.50 (19.47)	Ponzio	2	5/13	Pac-12 Championships
62-8.75 (19.12)-PR	Katnik	4	5/26	NCAA West Prelims
32-6.25 (9.91)-PR	Norwitz	8	5/6	Pac-12 Multi-Events

<u>DISCUS (USC: 206-0/62.78m FR: 192-8)</u>				
169-9/51.73	Ponzio	2	4/1	Cal Collegiate
164-3/50.06-PR	Katnik	3	4/30	Dual Meet
85-2/25.97-PR	Norwitz	7	5/7	Pac-12 Multi-Events

<u>JAVELIN (USC: 272-2/82.97m FR: 247-5)</u>				
158-6/48.32-PR	Norwitz	4	4/30	Dual Meet

<u>HAMMER (USC: 271-1/82.62m FR: 253-2)</u>				
196-4/59.85-PR	Sellens	4	4/8	Battle on the Bayou
156-2/47.61-PR	Kim	5	4/30	Dual Meet

<u>POLE VAULT (USC: 18-6.50/5.65m FR: 17-6)</u>				
16-9.75/5.11-PR	Gonzalez	1	4/30	Dual Meet
12-9.50/3.90-PR	Norwitz	7	5/7	Pac-12 Multi-Events

<u>DECATHLON (USC: 8,022 POINTS FR: 7,623)</u>				
5,656-PR	Norwitz	8	5/6-7	Pac-12 Multi-Events

<u>4X100M (USC: 38.69)</u>				
39.31	---	1	3/18	Trojan Invitational (Morris, Thymes, Morgan, Brock)

<u>4X400M (USC: 3:00.58)</u>				
3:04.65	---	6	5/27	NCAA West Prelims (Morgan, Rohani, Morris, Norman)