

2017 USC WOMEN'S OUTDOOR BESTS

Mark	Athlete	Place	Day	Event
<u>100M (USC: 11.04 FR: 11.04)</u>				
11.18 (+1.8)-PR	Hill	2	3/25	Aztec Invitational
11.36 (-0.8)	Westbrook	11	4/15	Mt. SAC Relays Invite
11.52 (+0.8)	Brown	1	3/18	Trojan Invitational
11.64 (+2.0)	Francis	6	4/8	Battle on the Bayou
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>				
22.59 (-0.6)-PR	Hill	2	4/15	Mt. SAC Relays Invite
22.79 (+1.5)-PR	Ellis	1	3/18	Trojan Invitational
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
23.66 (+1.1)-PR	Pettigrew	1	3/25	Aztec 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
23.89 (+1.1)	Hall	4	3/25	Aztec Invitational
24.14 (-0.3)	Constatine	18	4/14	Mt. SAC Relays
24.58 (+1.0)-PR	Graham	13	3/18	Trojan Invitational
24.60 (+1.0)	Francis	14	3/18	Trojan Invitational
24.76 (+1.8)	Jones	16	3/18	Trojan Invitational
24.88 (+2.8w)	Lopes	16	4/8	Battle on the Bayou
25.10 (+1.0)	Lopes	22	3/18	Trojan Invitational
26.13 (+1.8)	Richards	30	3/18	Trojan Invitational
26.44 (+0.8)-PR	H-Thomas	30	3/25	Aztec Invitational

<u>400M (USC: 50.91 FR: 52.32)</u>				
50.98-PR	Ellis	1	4/8	Battle on the Bayou
51.81-NR	luel	1	3/18	Trojan Invitational
52.11-PR	Pettigrew	2	4/8	Battle on the Bayou
53.18	Constantine	4	4/8	Battle on the Bayou
53.81-NR	Ka.Richardson	4	4/14	Mt. SAC Relays
55.65	Smith	3	4/1	Cal Collegiate
57.25	Gillian	8	4/13	Pacific Coast
1:00.80	Glynn	19	3/25	Aztec Invitational

<u>800M (USC: 1:58.51 FR: 2:04.16)</u>				
2:08.68	Smith	13	4/15	Beach Invitational
2:10.31	Ibarzabal	1	4/1	Cal Collegiate
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
2:22.46	Glynn	20	3/25	Aztec Invitational
2:25.40	Lopes	2	3/24	Jim Klein Combined

<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)

5000M (USC: 16:00.11 FR: 16:36.66)

Mark	Athlete	Place	Day	Event
<u>100M HH (USC: 12.48 FR: 12.74)</u>				
13.12 (+0.8)	Hall	2	4/8	Battle on the Bayou
13.18 (+0.8)	Cockrell	3	4/8	Battle on the Bayou
13.37 (+0.6)	Graham	2	3/18	Trojan Invitational
13.66 (+2.3w)	McGlaston	4	4/13	Pacific Coast
14.04 (+0.3)-PR	Lopes	12	4/8	Battle on the Bayou
14.75 (+2.6w)	H-Thomas	14	3/25	Aztec Invitational
14.77 (+0.6)	H-Thomas	12	3/18	Trojan Invitational

<u>400M IH (USC: 54.95 FR: 55.51)</u>				
55.38-PR	luel	1	4/8	Battle on the Bayou
55.51-PR	Cockrell	2	4/8	Battle on the Bayou
62.38	Graham	4	3/25	Aztec Invitational

<u>LONG JUMP (USC: 21-11.00/6.68M FR: 21-3.25)</u>				
20-8.50/6.31 (+0.0)	Jones	3	4/15	Beach Invitational
19-9.00/6.02 (+2.7w)	Richards	2	3/25	Aztec Invitational
19-6.75/5.96 (+1.7)	Richards	2	3/25	Aztec Invitational
19-0.00/5.79 (+0.4)-PR	Lopes	1	3/24	Jim Klein Combined
18-9.50/5.73 (+2.0)	H-Thomas	5	3/25	Aztec Invitational

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

<u>HIGH JUMP (USC: 6-2.00/1.88M FR: 6-2.00)</u>				
5-7.75/1.72-PR	Lopes	2	3/23	Jim Klein Combined
5-4.25/1.62	H-Thomas	8	4/13	Pacific Coast

<u>SHOT PUT (USC: 57-7.50/17.56M FR: 53-3.50)</u>				
56-8.50/17.28	Mann	1	3/25	Aztec Invitational
55-3.75/16.86	Sapa	2	3/25	Aztec Invitational
33-8.75/10.28	Lopes	4	3/23	Jim Klein Combined

<u>DISCUS (USC: 200-5/61.10M FR: 177-11)</u>				
163-1/49.70	Mann	2	4/21	Triton Invitational
144-0/43.91-PR	Sapa	13	4/21	Triton Invitational

<u>JAVELIN (USC: 186-10/56.95M FR: 173-11)</u>				
126-9/38.64-PR	Lopes	10	3/18	Trojan Invitational
103-6/31.54	H-Thomas	4	4/8	Battle on the Bayou

<u>HAMMER (USC: 230-3/70.18M FR: 226-8)</u>				
183-7/55.97	Mann	4	3/17	Trojan Invitational
174-3/53.13	Sapa	13	4/21	Triton Invitational

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

<u>HEPTATHLON (USC: 6,079 POINTS FR: 5,582)</u>				
5,368-PR	Lopes	1	3/23-24	Jim Klein Combined

<u>4X100M (USC: 42.90)</u>				
43.97	---	1	3/25	Aztec Invitational (Brown, Francis, Westbrook, Hill)

<u>4X400M (USC: 3:26.27)</u>				
3:26.27-SR	---	1	4/1	Texas Relays (Pettigrew, luel, Hill, Ellis)

2017 USC MEN'S OUTDOOR BESTS

Mark	Athlete	Place	Day	Event
<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)
10.21 (+2.1w)	Brock	4	4/1	Texas Relays
10.30 (+1.7)-PR	Brock	7	3/31	Texas Relays (pre)
10.63 (-1.7)-PR	Barnum	2	4/22	Triton Invitational
10.64 (+4.6w)	Sourapas	T2	4/13	Pacific Coast
10.66 (-1.1)-PR	Sourapas	1	4/8	Battle on the Bayou
10.86 (-0.3)	Joyner	9	3/18	Trojan Invitational

<u>200M (USC: 19.88 FR: 20.24)</u>				
20.24 (+2.1w)	Thymes	1	3/25	Aztec Invitational
20.61 (+0.3)	Thymes	2	4/15	Mt. SAC Relays Invite
20.97 (+1.0)	Morgan	2	3/18	Trojan Invitational
21.06 (+0.3)-PR	Sourapas	1	4/13	Pacific Coast
21.22 (+2.3w)	Barnum	2	4/13	Pacific Coast
21.37 (+0.0)	Brock	6	4/8	Battle on the Bayou
21.83 (+0.8)	Barnum	10	4/8	Battle on the Bayou

<u>400M (USC: 43.50 FR: 45.29)</u>				
46.17	Morgan	1	4/8	Battle on the Bayou

<u>800M (USC: 1:44.92 FR: 1:47.1)</u>				
1:48.90	Ford	1	4/22	Triton Invitational
1:51.72-PR	Rohani	3	4/8	Battle on the Bayou
1:54.26-PR	Zavala	15	4/22	Triton Invitational
1:54.96-PR	Cameron	4	4/1	Cal Collegiate
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

<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>				
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<u>110M HH (USC: 13:32 FR: 13:77)</u>				
13.61 (-0.2)-PR	Morris	2	4/1	Texas Relays

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>				
25-7.50/7.81 (+1.6)	Sloan	4	4/1	Texas Relays
25-2.75/7.69 (+0.0)-PR	Smallwood	2	3/18	Trojan Invitational
22-8.75/6.93 (+1.8)-PR	Joyner	5	3/25	Aztec Invitational

<u>TRIPLE JUMP (USC: 56-4.00/17.17m FR: 53-9)</u>				
53-10.50/16.42 (+1.7)	Sloan	1	4/15	Beach Invitational
50-2.50/15.30 (+1.4)-PR	Smallwood	5	4/15	Beach Invitational
44-7.00/13.59 (+1.9)-PR	Joyner	8	3/25	Aztec Invitational

<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
NH	Norwitz	--	4/13	Pacific Coast

<u>SHOT PUT (USC: 67-5.50/20.56m FR: 64-1.00)</u>				
62-7.75 (19.09)	Ponzio	1	3/18	Trojan Invitational
61-7.75 (18.79)-tPR	Katnik	1	4/1	Cal Collegiate

<u>DISCUS (USC: 206-0/62.78m FR: 192-8)</u>				
169-9/51.73	Ponzio	2	4/1	Cal Collegiate
162-8/49.58-PR	Katnik	5	4/8	Battle on the Bayou

<u>JAVELIN (USC: 272-2/82.97m FR: 247-5)</u>				
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<u>HAMMER (USC: 271-1/82.62m FR: 253-2)</u>				
196-4/59.85-PR	Sellens	4	4/8	Battle on the Bayou
156-2/47.60-PR	Kim	29	4/22	Triton Invitational

<u>POLE VAULT (USC: 18-6.50/5.65m FR: 17-6)</u>				
15-11.00/4.85	Gonzalez	2	4/14	Mt. SAC Relays

<u>DECATHLON (USC: 8,022 POINTS FR: 7,623)</u>				
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<u>4X100M (USC: 38.69)</u>				
39.31	---	1	3/18	Trojan Invitational
(Morris, Thymes, Morgan, Brock)				

<u>4X400M (USC: 3:00.58)</u>				
3:06.49	---	6	4/1	Texas Relays
(Morgan, Morris, Rohani, Thymes)				