



USC FACES UCLA IN ANNUAL DUAL MEET

- Trojans Could Secure Lexus Gauntlet -



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USC Track & Field Schedule

Date	Meet
2/28	Claremont Relays
3/1	Trojan Relays*
3/6-7	Fullerton Invitational
3/13-14	NCAA Indoor Championships CS Northridge Invitational
3/21	Trojan Invitational*
3/27-28	Stanford Relays
3/28-29	Cal-Nevada Championships
4/1-4	Texas Relays
4/9-11	RJ/JJK Invitational
4/10-11	Sun Angel Classic
4/15-18	Mt. SAC Relays
4/18	Long Beach Invitational
4/24-25	UC San Diego Invitational Tiny Lister Invitational
5/2	USC-UCLA Dual Meet*
5/9-10	Pac-10 Multi-Events
5/16-17	Pac-10 Championships
5/29-30	NCAA West Regional
6/10-13	NCAA Championships

* Home

USC Quick Facts

Location:	Los Angeles, Calif.
Enrollment:	33,000 (16,500)
Nickname:	Trojans
Colors:	Cardinal and Gold
Athletic Dir:	Mike Garrett
Dir. of T&F:	Ron Alice (213) 740-4201
Coaches:	Kate Carlson Tina Fernandes John Henry Johnson Dan Lange Michael Pullins Laszlo Tabori Tom Walsh Dr. Tommie White
T&F SID:	David Tuttle (213) 740-8480

USC Track & Field History

NCAA Titles:	Men (26 outdoor) Women (1 outdoor)
Last Title:	Men (1976) Women (2001)
Indiv. Champs:	Men (111) Women (22)

WEEKLY TRACK AND FIELD RELEASE - APRIL 28, 2009

LOS ANGELES - The USC men's and women's track and field team will be hosting the annual USC-UCLA Dual Meet at Loker Stadium on May 2 at 11 a.m. The hammer throw competition will be held at Mt. SAC in Walnut, Calif. on May 1 at 2 p.m.

TROJANS READY TO DUEL WITH BRUINS - USC and UCLA will lock horns in the most prestigious and storied Dual Meet in the country on May 2 at Loker Stadium. The USC men's team leads the all-time series 40-35, while the USC women's team trails 4-21. The USC men's team fell 89-74 to UCLA last season, while the Trojan women won 86-77 to snap a 15-year losing streak to the Bruins. Six of the last 10 Dual Meets on the men's side have been decided by 5 points or less, including the last five held at USC.

2008 DUAL MEET HIGHLIGHTS - USC's women trailed 71-69 with three events left, but outscored the Bruin women 17-6 in the 1500m behind Zsafia Erdelyi (1st) and Sarah Cocco (3rd), the 4x400m (1st) and in the long jump with Michelle Sanford (1st) and Ekene Anene (3rd). Sanford officially clinched the meet with a jump of 43-1 1/2, nearly two feet farther than her previous best jump of the season. The men's meet was close throughout the day and USC actually lead 64-58 with five events left, however, UCLA swept the discus, 5000m and pole vault to gain 27 unanswered points and put the meet away. Lionel Larry was a 4-time winner for USC, taking the 100m, the 200m, the 400m and running anchor in USC's winning 4x100m relay.

TROJANS IMPRESS AT CSULA AND UC SAN DIEGO - Judith Onyepunuka (100m, 200m) and Dalilah Muhammad (200m, 110m HH) posted two regional-qualifying marks, Duane Walker one (400m) and Joey Hughes one (200m) to lead the Trojans' strong effort over the weekend. The Trojans also posted nine other PRs, including Colin Campbell throwing the discus 188-5.

STATELY BREAKS HER SCHOOL POLE VAULT RECORD - Redshirt junior Brysun Stately bettered her school record in the pole vault with a mark of 13-11 1/4 (4.25m) to place fourth (1st among collegians) at the Mt. SAC Relays in the women's invitational pole vault competition on April 18. It was the third time this season she had improved her school record in the pole vault. She won the PV with a new record of 13-7 3/4 (4.16m) at the Trojan Invitational on March 21. She then bettered that with a clearance of 13-9 1/4 (4.20m) on March 28. She had to redshirt last season after transferring back to USC from Nebraska. Stately set the USC pole vault record as a freshman in 2006 with a clearance of 13-7 1/4. Following that season, USC's pole vault coach left and Stately transferred to Nebraska where she set their school's standard, too, with pole vault of 14-3 1/4. Once a Trojan, always a Trojan, so Stately decided to return to USC where her heart was and now has a new pole vault coach to work with in Kate Carlson, who joined the Trojans this season. Stately placed eighth at the NCAA Championships as a freshman and third as a sophomore.

AAREON "CHAMP" PAYNE RUNS TO VICTORY AT MT. SAC - Trojan freshman Aareon Payne won the women's 200m Olympic Development race and placed third in the women's 100m Olympic Development race at Mt. SAC on April 18, posting season-bests in both events. She won the 200m race with a PR-tying time of 23.65 in come-from-behind fashion, defeating among others former Trojan great Jessica Onyepunuka. Prior to that she place third in the 100m dash with a time of 11.67. Both of those times qualified the Trojan freshman for the NCAA West Regional.

LEXUS GAUNTLET STANDINGS - USC has a 50-40 lead over UCLA in the Lexus Gauntlet Challenge with four events left: men's golf, women's rowing and men's and women's track and field. Each of these events has 5 points on the line.

RETURNING ALL-AMERICANS - The Trojans have three returning student-athletes who qualified for All-American honors during the 2008 outdoor track and field season: Shalina Clarke (100m HH), Eva Orban (Hammer) and Corey White (Javelin).

SCHOOL RECORD HOLDERS - The Trojans have 5 individuals on the current team who hold USC records: Zsofia Erdelyi (3000m SC, 10000m), Eva Orban (hammer), Irek Sekretarski (1-Mile), Brysun Stately (Pole Vault) & Corey White (Javelin).

USTFCCA NCAA DIVISION I RANKINGS -

		<u>Pre</u>	<u>4/8</u>	<u>4/15</u>	<u>4/22</u>	<u>4/29</u>	<u>5/6</u>	<u>5/13</u>
USC Men's Team	-	19	17	18	18			
USC Women's Team	-	7	9	8	6			

USC TRACK AND FIELD HISTORY - USC is well known as one of the most successful athletic programs in the history of the NCAA, with 109 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.

RON ALLICE AND SUCCESS GO HAND IN HAND - Director of Track and Field Ron Allice enters his 15th season at the helm of the USC program. With the outstanding coaching staff he has assembled, the Trojans have returned to prominence on a national level once again. USC has the only track and field program in the country to have both the men's and women's squad finish in the top 10 in the country from 2005-08 and last year had the men's team place seventh and the women 11th, narrowly missing keeping the streak alive. Under his guidance, the Trojan men's team has finished in the top 10 at the NCAA finals in 11 of his 14 seasons, including a seventh-place finish last season. The Women of Troy won their first-ever national championship in 2001 under Allice, who has guided the women's track and field team to a top 10 finish nine times in 14 seasons. USC's past successes in track and field are well known: 29 NCAA championships (including two indoor titles), 61 world records, 98 Olympic team members, 41 Olympic gold medals and 16 inductees in the U.S. National Track and Field Hall of Fame - all encapsulated in 107 years of a rich and storied tradition.

TROJANS' OLYMPIC GLORY - USC athletes of the present and past won 21 medals at the 2008 Beijing Olympics, 9 golds, 10 silvers and 2 bronze. It was USC's second-highest overall medal count, behind the 24 medals it won at the 1984 Olympics and tied for the second-most gold medals won by USC in a single Olympics, behind the 10 garnered at the 1948 London Games. If USC had competed as a country in 2008, it would have placed 13th in the overall medal standings at the Beijing Games. Trojans winning medals in track and field in Beijing were Natasha Danvers-Smith (Great Britain) in the 400m IH (bronze) and Allyson Felix in the 200m (silver) and 4x400m relay (gold). In all, USC had 11 track and field athletes compete at the Olympics. 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.

THE 2009 WOMEN'S TEAM - The women's team placed 11th at the NCAA Championships in 2008, as well as finishing third at the NCAA West Regional and placing fourth at the Pac-10 Championships. All-Americans and school record holders Kate Hutchinson, Jessica Onyepunuka and Carol Rodriguez are gone, but the Trojans return a strong group. Leading the way are All-American hurdler Shalina Clarke and defending NCAA hammer throw champion Eva Orban. Another top-notch thrower back for her second season is javelin specialist Kristine Busa, who posted the second-farthest throw in school history last year. USC's dynamic heptathlon duo of Shana Woods and Nia Ali are expected to challenge the school's all-time heptathlon score as well as be key performers in the sprints, jumps and relays. A key for the Trojan distance corps is Zsofia Erdelyi who set the USC steeplechase record and placed 9th at the NCAA Championships last year as a freshman. In addition, All-American Brysun Stately returns to competition after sitting out last season after transferring back to USC from Nebraska. Add to this the No. 3 ranked recruiting class and the Women of Troy are looking for a special season.

THE 2009 MEN'S TEAM - The men's team tied for seventh at the NCAA Championships last season, took second at the NCAA West Regional and came in seventh at the Pac-10 Championships. All-Americans Kai Kelley, Lionel Larry and Duane Solomon are gone, but USC returns NCAA second-place finisher and school record-holder in the javelin Corey White. USC returns all of its top throwers from a season ago, and former football player Trey Henderson will focus on track this season. USC has a pair of 17-foot pole vaulters in Derek Scott and Brandon Estrada (sat out last season). Oscar Spurlock had a strong freshman season hurdling for USC and is joined this year by transfer Brendan Ames from Kentucky. The Trojans top jumpers Desmond Hamilton and Aven Wright return, as does high jumper Manjula Wijesekara, who ranks third all-time at USC. If Ahmad Rashad returns to health this season, USC will have one of the top sprinters on the West Coast. Add to this the No. 5 ranked recruiting class is USC's men's team should be just fine.

TROJANS LEAVING THEIR MARKS - The Trojans have 22 athletes on the current team that have posted top 10 marks all-time by a Trojan, including 8 who rank in the top three. The following is a list of those athletes and their ranking at USC:

Men

Stenn Parton (10th - Javelin)
Irek Sekretarski (1st - Mile, 6th - 1500m, 2nd - 4x800m)
Corey White (1st - Javelin)
Manjula Wijesekera (3rd - High Jump)

Women

Nia Ali (T-10th - HJ, 4th - 100m HH, 4th - Heptathlon)
Ekene Anene (5th - Triple Jump, T-10th - High Jump)
Kristine Busa (2nd - Javelin)
Shalina Clarke (3rd - 100m HH, 6th - 400m IH, 9th - 4x100m, 6th - 4x400m)
Katherine Ellis (7th - 3000m SC)
Zsafia Erdelyi (1st - 3000m SC, 4th - 3000m, 3rd - 5000m 1st - 10000m - 34:04.70)
Chanel Fischetti (8th - 3000m SC - 11:24.08)
Myra Hasson (6th/10th - 4x400m)
Zara Lukens (5th - 10000m)
Katalin Mate (8th - Discus)
Dalilah Muhammad (7th - 400m IH)
Elizabeth Olear (6th/10th - 4x400m)
Judith Onyepunuka (10th - 4x400m)
Eva Orban (1st - Hammer)
Brysun Stately (1st - Pole Vault)
Kenisha Strong (T-6th - Pole Vault)
Shea Wickland (4th - 10000m, 7th 5000m)
Shana Woods (7th - Long Jump, 3rd - Heptathlon)

ORBAN, THE HUNGARIAN HAMMER - Call her consistent, call her unflappable, call her a competitor...call her an NCAA Champion. USC senior Eva Orban, from Papa, Hungary, is the defending NCAA women's hammer champion and USC's school record-holder in the event with a career-best throw of 230-10 (70.18m) set on March 15, 2008 at the CS Northridge Invitational which bettered her previous school record. Orban has stepped up to every challenge, winning the USC-UCLA Dual Meet all three seasons and placing no lower than third in the hammer at the NCAA Championships, NCAA West Regional and Pac-10 Championships in each of her three seasons. The only thing she has not accomplished is winning all three postseason meets in the same season (won the West Regional in 2006, 2007 & 2008/won Pac-10 title in 2006). She placed second in the invitational hammer competition at the Mt. SAC Relays (1st among collegians) with a season-best mark of 226-3 3/4 (68.98m) on April 18. She also won the hammer this season at the Ben Brown Invitational in Fullerton on March 7 (221-7), the Trojan Invitational on March 21 (218-9) and the Cal-Nevada Championship on March 28 (222-10).

CLARKE CLEARING EVERY HURDLE - Junior Shalina Clarke earned All-American honors in the 100m HH last season, placing 8th at the NCAA Championships with a time of 13.58. She also won the 400m IH title at the Pac-10 Championships with a season-best time of 58.05 and the 100m HH crown at the NCAA West Regional with a time of 13.46. She ranks 3rd all-time on USC' women's high hurdle list with a time of 13.13 and 6th in the 400m IH with a time of 57.78. She also is a key member of the Trojan relay teams and last season helped earn 31 of USC's 91 points at the Pac-10 Championships by winning the 400m IH, placing 3rd in the 100m HH and running the leadoff leg of the 1st-place 4x100m team and 4th-place 4x400m relay team. So far this season she has bests of 13.31 in the 100m HH and 1:01.06 in the 400m IH.

MUHAMMAD IN THE BOOKS - Sure freshman Dalilah Muhammad is probably in the school books all the time, but we are referring to the Trojan record books. She ran 59.44 in the 400m IH at the Northridge Invitational on March 14 to tie for the 8th-fastest 400m IH race in USC history, then took 8th place all alone with a time of 59.01 at the Trojan Invitationa on March 21. She moved up to seventh place on the USC all-time list when she ran 58.47 to place second in the 400m IH Olympic Development race at Mt. SAC on April 18. Last week she tried her hand at the 100m HH (13.87) and 200m dash (23.62) and qualified for the NCAA West Regional in both events.

KATALIN IS RATTLIN' - Senior transfer Katalin Mate (Auburn) also has entered the USC track and field record books with a discus throw of 160-7 at the Trojan Relays on March 1. She then bettered it with a throw of 160-10 at Mt. SAC on April 17. That mark places her eighth all-time by a Trojan female. Mate has a career-best throw of 178-7.

ZSOFIA'S CHOICE - Zsafia Erdelyi had a fantastic freshman season at USC in 2008, placing her name in USC's all-time top five in three separate events: 3000m SC (1st - 10:03.73), 3000m (4th - 9:33.29), 5000m (3rd - 16:36.66). She scored for USC at the Pac-10 Championships in the steeplechase (4th) and 5000m (7th) and at the NCAA West Regional in the steeplechase (2nd). All three of those times established USC freshman records. Erdelyi also reached the finals in the 3000m steeplechase at the NCAA Championships, but placed 9th with a time of 10:10.71 and just missed out on All-America honors. Erdelyi holds two USC records (3000m SC and 10000m) and ranks 3rd all-time in the 5000m and 4th all-time in the 3000m. She ran her first 3000m SC at Mt. SAC on April 16 and posted a regional-qualifying mark of 10:08.34.

WOODS AND ALI CAN DO IT ALL - When you go to a track meet to watch the Trojans, you might find juniors Shana Woods and Nia Ali entered in pretty much any event. Woods ranks third on USC's all-time heptathlon list and Ali now ranks fourth and was on pace to challenge the school record at the Pac-10s last season before being injured. Both athletes have the potential to score for the Trojans at the NCAA Championships in the heptathlon. Woods also ranks seventh all-time for a Trojan female in the long jump (20-8) and Ali ranks fourth in the 100m HH (13.14) and tied for 10th in the high jump (5-8 3/4).

WHITE SPEARS USC AND PAC-10 (SORT OF) JAVELIN RECORD - Corey White threw the javelin 272-2 (82.97m) to win the competition at the Texas Relays on April 4. What is known is that he broke his USC record of 267-10 which was set on April 10, 2008. What is not known is if he broke the Pac-10 javelin record of 268-7 set in 1998 by Esko Mikkola of Arizona. The problem is, almost simultaneously, Oregon's Cyrus Hostetler had a throw of 272-10 to establish a new Pac-10 record, so it is not clear if White actually held the conference all-time record for a moment. White had a throw of 258-4 in his first meet of the season to win the Trojan Invitational. He enjoyed a phenomenal first season as a Trojan in 2008, winning the Pac-10 and NCAA West Regional titles in the javelin and placing second at the NCAA Championships. His second-place finish in the javelin at the NCAA Championships to Chris Hill of Georgia by two feet was his only loss of the collegiate season.

ROCKET RASHAD RETURNS - Ahmad Rashad made an immediate impact for USC as a freshman in 2007 earning All-America honors, but battled a hamstring injury throughout the 2008 season. In his season debut last year at the USC-UCLA Dual Meet, he set a PR while winning the 100m dash with a time of 10.26, just outside the Trojans' all-time top 10 list. He also took second in the 200m with a time of 20.97. Unfortunately for Rashad and USC, that was the first and last time he was healthy all season. He tried to run the 100m at the Pac-10 Championships and NCAA West Regional, even posting the fastest preliminary time at the Pac-10s before having to withdraw from the competition. Rashad showed a good sign that he has returned to health by winning the 100m dash with a time of 10.43 in come-from-behind fashion over Gerald Phiri of Texas A&M at the Trojan Invitational on March 21.

THIS PRICE IS RIGHT - Junior Jason Price is USC's top returning 400m threat with a best of 46.35 set at the 2008 USC-UCLA Dual Meet. He advanced out of the 2008 NCAA Regional (4th), but had a foot injury and could only limp to the finish in a gutsy effort at the NCAA Championships. His top mark so far this season is 48.45 at Mt. SAC on April 18.

WIJESEKARA SEEKS NEW HEIGHTS...AND DISTANCES - USC high jumper Manjula Wijesekara enters the season eyeing the school record in his specialty event and now that he has returned to health, is adding the triple jump to his repertoire. Wijesekara, from Sri Lanka, placed second in the high jump at the 2008 NCAA West Regional, then went on to place 12th at the NCAA Championships. His career-best jump of 7-5 1/4 (2.27) ranks third all-time by a Trojan. He had not competed since the 2005 NCAA Championships, before jumping at the Mt SAC Relays on April 18, 2008 and won the event with a jump of 7-3 3/4, the fourth-highest jump by a collegian entering the NCAA Championships. He jumped 7-2 1/4 (2.19) to qualify for the NCAA Indoor Championships in College Station, Texas where he cleared 7-0 1/4 (2.14m) to place seventh and earn All-America honors. He placed second in the triple jump to qualify for regionals at the Long Beach Invite on April 18 with a mark of 50-0 (15.24m).

HASSON TAKES AIM AT TROJAN TOP 10 - Junior Myra Hasson, already in USC's top 10 as a member of two relays, will take aim this season to crack into the Trojans' all-time top 10 in the 400m race. Hasson has a career best of 53.25 which is just 0.1 second from reaching the list. She was clocked with a 52-second split while anchoring USC's 4x400m relay team at the Pac-10s last season. Her season best 400m race is 54.21 on March 7 & she ran 54.77 two weeks ago at Mt. SAC.

SPURLOCK AND AMES TO PUSH EACH OTHER - The Trojans have a pair of top-notch hurdlers in sophomores Oscar Spurlock and Brendan Ames. Spurlock placed sixth at the Pac-10 Championships and 10th at the NCAA West regional in the 110m HH as a freshman, with a season-best time of 14.01. Following the season he placed second in the 110m HH at the U.S. Junior Outdoor Championships to qualify for the U.S. Junior Team. Spurlock set a new personal collegiate best in the 110m HH with a time of 13.92 at the Northridge Invitational on March 14 and then topped that with a 13.72w time at the Texas Relays on April 4. Ames comes to USC from Kentucky where he spent his freshman season, posing a season best of 14.14 which is the fourth-best time all-time by a Wildcat. Ames, from Cheyenne, Wyo. was the Wyoming Gatorade Athlete of the Year and was a 2007 U.S. Junior National Team member. That summer he ran 13.15 in the high school hurdles, the fastest time ever recorded by a Junior run under any conditions. His best time this season is 14.45 at Mt. SAC on April 17.

SCOTT AND ESTRADA LOOK TO VAULT INTO TROJAN TOP 10 LIST - Redshirt juniors Derek Scott (17-2 3/4) and Brandon Estrada (17-4 1/2) both look to break into USC's all-time top 10 in the pole vault this season. Scott, who missed the 2007 season, jumped a PR of 17-2 3/4 at the 2008 Trojan Invitational. He then went on to tie for seventh at the Pac-10 Championships and tie for ninth at the NCAA West Regional. Estrada redshirted last season, but as a sophomore in 2007 improved nearly a foot and a half and established a then-PR of 17-1 at the NCAA West Regional where he placed 11th. Estrada set a new PR of 17-4 1/2 (5.30m) in placing fourth in the pole vault at the Texas Relays on April 4.

NOW HUGHES SEE HIM, NOW YOU DON'T - Trojan freshman Joey Hughes has gotten out of the blocks quickly with a season-best time of 46.83 in the 400m dash. His career-best time is 46.28 run while he was at Long Beach Poly. Hughes has also been part of USC's top 4x100m (41.10) and 4x400m (3:07.56) relays this season. He ran his first 200m race of the season on April 25 at the Tiny Lister Classic and ran a regional-qualifying and USC-best of 21.17.

MINDERLER HAS THROWN HERSELF INTO THE MIX - Sophomore Marissa Minderler has quickly placed herself among the Trojans top throwers this season, having the second-best mark in the hammer (178-11) and javelin (140-11) and third best in the shot put (43-4 1/2). Minderler's hammer throw of 178-11 (54.53m) at the Trojan Invitational on March 21 was the best throw by a USC female other than Eva Orban since Julia Rozenfeld threw the hammer 202-10 on May 26, 2007.

2009 MEET RECAPS

TROJAN RELAYS - USC hosted the Trojan Relays last weekend at Loker Stadium and turned in some impressive early-season performances. Six different athletes and two relay teams posted regional qualifying marks: Nia Ali (100m HH), Shalina Clarke (100m HH), Aaron Dan (Discus), Katalin Mate (Discus), Dalilah Muhammad (400m IH), Derek Scott (PV), women's 4x400m relay and the women's 4x100m relay.

BEN BROWN INVITATIONAL - USUSC won 10 events at the Ben Brown Invitational in Fullerton, Calif. led by Colin Campbell's win in the discus (184-2) and Trey Henderson's win in the hammer (210-4). Both set new PRs. Eva Orban won the hammer throw (221-4) and Shea Wickland won the women's 10000m race with the third-fastest time is USC history (36:16.00). Women posting top times on the day were Elizabeth Olear in the 100m (11.84), Myra Hasson in the 400m (54.21) and the 4x100m (45.93) and 4x400m (3:44.60) relays. Men posting top times were Joey Hughes in the 400m (47.22) and Blake Shaw in the 1500m (3:49.50).

NORTHRIDGE INVITATIONAL - USC had a strong showing at the Northridge Invitational on March 13-14 in Northridge, Calif. Individuals winning events at the meet included: Shana Woods in the women's javelin throw B section (130-1), Marissa Minderler in the women's shot put B section (40-8 3/4), Kristine Busa in the women's javelin throw (157-9), Katalin Mate in the women's discus throw A section (159-7), Frida Flodstrom in the women's 800m (2:09.89), Shalina Clarke in the women's 100m HH (13.68) and the women's 4x400m relay team (3:40.37). Men taking home first place included: Trey Henderson in the hammer throw (193-9), Aaron Dan in the discus throw A section (187-9), Derek Scott in the pole vault (17-0 3/4), the 4x800m relay team (7:35.09), Oscar Spurlock in the 110m HH (13.92), the 1600m sprint medley team (3:23.64) and the men's 4x400m relay team (3:14.33).

TROJAN INVITATIONAL PRODUCES SOME STRONG MARKS - Brysun Stately bettered her school record with a pole vault of 13-7 3/4 (4.16m) and Corey White won the men's javelin with a throw of 258-4 to highlight the Trojan efforts at the Trojan Invitational on March 21 at Loker Stadium. The competition was strong as the meet featured NCAA power Texas A&M as well as the Pac-10's Washington State. Other Trojans winning Section A events were Zsofia Erdelyi (3000m - 9:38.66), Irek Sekretarski (1500m - 3:47.36), Joey Hughes (400m - 46.83), Ahmad Rashad (100m - 10.43), Blake Shaw (800m - 1:51.95), Elizabeth Olear (200m - 24.01), Women's 4x400m (3:41.57), Eva Orban (Hammer - 218-9), Trey Henderson (Hammer - 201-10), Shana Woods (Long Jump - 20-2 1/4), Derek Scott (Pole Vault - 17-2 3/4) and Colin Campbell (Discus - 182-9).

CAL-NEVADA CHAMPIONSHIPS - Brysun Stately placed second in the pole vault, but bettered her school record with a clearance of 13-9 1/4 (4.20m) at the Cal-Nevada Championships from March 28-29. Eva Orban won the hammer (222-10), Nia Ali the high jump (tied PR of 5-8 3/4) and Trey Henderson placed second in the hammer with a throw of 200-9.

TEXAS RELAYS & POMONA-PITZER RECAP - Corey White won the men's javelin at the Texas Relays with a school-record throw of 272-2, Kristine Busa placed third in the women's javelin with a throw of 164-8, Brandon Estrada came in fourth in the men's pole vault with a PR of 17-4 1/2, Nia Ali (13.32) and Shalina Clarke (13.55) came in 4th and 7th respectively in the women's 100m hurdles and Oscar Spurlock came in 4th in the men's 110m HH with a PR of 13.72w. At Pomona, Shea Wickland won the women's 5000m race with a time of 17:34.99, the seventh-best time ever by a Trojan female. Also, Kenisha Strong won the women's pole vault with a PR of 12-1 1/2, Katalin Mate was 4th in the women's discus (157-9) and Marissa Minderler 4th in the women's hammer throw (173-3).

RJ/JJK INVITATIONAL AND SUN ANGEL CLASSIC RECAP - Nia Ali and Shana Woods placed 1st and 2nd respectively in the women's heptathlon at the Rafer Johnson/Jackie Joyner Kersee Invitational, both with NCAA Regional provisional scores. Ali totaled 5,492 points, eight points off an automatic qualifying score, good for the fourth-highest total in USC history. Woods, who is third all-time on the USC heptathlon list, placed second in this competition with a score of 3,315 points. Also at the RJ/JJK Invitational, Charles Fasi placed second in the men's open pole vault with a new PR of 16-0 3/4. At the Sun Angel Classic, Shalina Clarke placed second in the 100m HH with a season-best time of 13.36, tops among the collegiate entrants. Aaron Dan took third in the discus with a throw of 183-10.

USC ENJOYS GOOD WEEK AT MT. SAC & LONG BEACH INVITE - The Trojans posted 50 different season-best marks during competition last week at the Mt. SAC Relays and the Long Beach Invitational. Among the top performances were Brysun Stately clearing 13-11 1/4 in the pole vault to better her school record, Kristine Busa throwing the javelin 173-4 1/4 to better her second-place standing on USC's all-time list, Dalilah Muhammad running a 58.47 400m IH to move from eighth to seventh all-time on the USC career-best list, Chanel Fischetti with the eighth-best 3000m SC by a Trojan female (11:24.08) and Katalin Mate improving her eighth-place standing on the USC women's discus list (160-10).

TROJANS WITH 2009 REGIONAL QUALIFYING MARKS:

Women

100m (11.75) - Payne (11.67), Onyepunuka (11.68)
 200m (23.96) - Olear (23.91), Aareon Payne (23.65)
 Muhammad (23.62), Onyepunuka (23.81)
 400m (54.61) - Hasson (54.21), Olear (54.36)
 800m (2:09.80) - Flodstrom (2:07.46)
 1500m (4:27.80) -
 3000m SC (10:50.25) - Erdelyi (10:08.34)
 5000m (16:52.00) -
 10000m (33:30.00) - Erdelyi (34:04.70)*
 100m HH (13.92) - Ali (13.32), Clarke (13.31), Muhammad (13.81)
 400m IH (1:00.82) - Muhammad (58.47)
 4x100m (45.70) - 45.07, March 21
 4x400m (3:42.00) - 3:35.06, April 4
 HJ (1.75m) - Ali (1.75)
 PV (3.85m) - Stately (4.25m)
 LJ (6.00m) - Woods (6.15m)
 TJ (12.32m) -
 SP (14.30m) -
 DT (47.30m) - Mate (49.02m)
 HT (54.15m) - Orban (68.98m), Minderler (54.53m)
 JT (43.45m) - Busa (52.84m)
 Heptathlon (5,500 pts) - Ali (5,492)*, Woods (5,315)*

Men

100m (10.55) - A.Rashad (10.43)
 200m (21.35) - Hughes (21.17)
 400m (47.20) - Hughes (46.83), Walker (46.69)
 800m (1:50.40) - Sekretarski (1:48.68), Shaw (1:49.96)
 1500m (3:47.80) - Sekretarski (3:47.36)
 3000m SC (9:07.00) -
 5000m (14:12.00) -
 10000m (28:45.00) -
 110m HH (14.30) - Spurlock (13.72)
 400m IH (52.51) - Walker (52.45)
 4x100m (40.66) -
 4x400m (3:10.00) - 3:07.56, April 4
 HJ (2.10m) -
 PV (5.05m) - Scott (5.25m), Estrada (5.30m)
 LJ (7.34m) - Hamilton (7.46)
 TJ (15.00m) - Wright (15.36m), Wijesekara (15.24)
 SP (16.80m) -
 DT (51.70m) - Dan (57.25m), Campbell (57.44m)
 HT (56.80m) - Henderson (64.12), Wilhelm (59.74), Curiel (59.08)
 JT (61.60m) - White (82.97m)
 Decathlon (7,500 **pts**) -

* Provisional Qualifying Mark

2009 USC Women's Season/Career Bests

100m

Elizabeth Olear (11.84, March 7/11.33)
Erica Alexander (12.04, April 25/11.40)
Aareon Payne (11.67, April 18/11.48)
Shana Woods (----/11.62)
Elan Hilaire (12.42, March 7/11.68)
Judith Onyepunuka (11.68, April 25/11.68)
Shalina Clarke (----/11.87)
Kira Davis-Quarrie (12.67, April 25/12.1)

200m

Elizabeth Olear (23.91, March 29/23.36)
Erica Alexander (24.76, April 25/23.53)
Dalilah Muhammad (23.62, April 25)
Aareon Payne (23.65, April 18/23.65)
Judith Onyepunuka (23.81, April 25/23.81)
Shana Woods (24.25, April 9/23.94)
Nia Ali (24.63, April 9/23.94)
Shalina Clarke (----/24.21)
Kira Davis-Quarrie (26.36, April 4/24.8)

400m

Myra Hasson (54.21, March 7/53.25)
Erica Alexander (57.56, April 18/53.29)
Elan Hilaire (----/53.97)
Dalilah Muhammad (----/54.00)
Judith Onyepunuka (----/54.00)
Elizabeth Olear (54.36, April 17/54.36)
Frida Flodstrom (56.65, April 18/55.55)
Aareon Payne (----/55.88)
Shalina Clarke (----/55.99)

800m

Frida Flodstrom (2:07.05, April 17/2:05.76)
Anniya Louis (2:14.42, April 18/2:09.16)
Allison Rojewski (2:13.86, April 18/2:13.86)
Katherine Ellis (2:17.01, April 4)
Dalilah Muhammad (2:17.53, March 7/2:17.53)
Myra Hasson (----/2:18.47)
Shana Woods (2:29.23, April 10/2:20)
Nia Ali (2:28.77, April 10)

1500m

Zsafia Erdelyi (----/4:30.96)
Katherine Ellis (4:36.88, March 14/4:36.88)
Allison Rojewski (4:40.23, April 4/4:40.23)
Chanel Fischetti (4:43.56, March 29/4:43.56)
Leah Gaeta (4:44.30, April 18/4:44.30)
Christine Greer (4:45.75, April 25/4:45.75)
Anniya Louis (4:46.06, April 4/4:46.06)
Jessica Lundin (4:48.56, April 4/4:48.56)
Jasmine Leija (4:58.29, April 4/4:52.94)
Kristin Byrne (4:56.49, April 18)
Liz Gill (5:02.24, April 18)
Zara Lukens (5:07.27, April 4)

3000m

Zsafia Erdelyi (9:38.66, March 21/9:33.29)
Christine Greer (10:19.44, March 21/10:19.44)
Jessica Lundin (10:41.38, March 1)
Bridget Helgeson (10:34.12, March 21/10:34.12)
Zara Lukens (10:47.11, March 1/10:47.11)
Kristin Byrne (11:24.36, March 21)

3000m Steeplechase

Zsafia Erdelyi (10:08.34, April 16/10:03.73)
Katherine Ellis (----/11:19.07)
Chanel Fischetti (11:24.08, April 18/11:24.08)
Jessica Lundin (11:49.63, April 18/11:49.63)

5000m

Zsafia Erdelyi (----/16:25.25)
Shea Wickland (17:34.99, April 4/17:34.99)
Christine Greer (17:50.89, March 28/17:50.89)
Bridget Helgeson (18:07.20, April 18/18:05.63)
Zara Lukens (18:33.95, April 18/18:33.95)

10000m

Zsafia Erdelyi (34:04.70, March 27/34:04.70)
Shea Wickland (36:16.00, March 7/36:16.00)
Zara Lukens (38:12.91, March 7/38:12.91)

100m HH

Shalina Clarke (13.31, April 18/13.13)
Nia Ali (13.32, April 4/13.14)
Dalilah Muhammad (13.87, April 25)
Shana Woods (13.97, April 9/13.76)

400m IH

Shalina Clarke (1:01.06, March 21/57.78)
Dalilah Muhammad (58.47, April 18/57.09)

4x100m Relay (45.07, March 21)

Payne, Onyepunuka, Hasson, Olear

4x400m Relay (3:35.06, April 4)

Olear, Muhammad, Clarke, Hasson

High Jump

Nia Ali (5-8 3/4 (1.75m), March 29/5-8 3/4)
Shana Woods (5-4 1/2 (1.64m), March 1/5-5 3/4)
Candace Bailey (4-9 (1.45m), April 4)

Pole Vault

Bryson Stately (13-11 1/4 (4.25m), April 18/14-3 1/4)
Kenisha Strong (12-1 1/2 (3.70m), April 4/12-1 1/2)
Kalynn Good (10-2 (3.10m), March 21/11-0)
Jasmine Knight (10-2 (3.10m), March 1/10-2)
Kelly Williams (9-2 1/4 (2.80m), March 21)

Long Jump

Shana Woods (20-2 1/4 (6.15m), March 21/20-10)
Courtney Clayton (18-8 (5.69m), March 1/18-8)
Nia Ali (18-6 3/4 (5.66m), April 10)
Cara Bickers (17-11 3/4 (5.48m), April 18/18-3 3/4)
Nicole Anthony (16-9 1/4 (5.11m), March 1/16-9 1/4)
Candace Bailey (15-2 (4.62m), April 4)

Triple Jump

Cara Bickers (36-5 (11.10m), April 4/37-8)
Candace Bailey (32-10 1/2 (10.02m), April 18)
Katherine Chang (32-4 1/4 (9.86m), March 1)

Shot Put

Katalin Mate (44-1 1/2 (13.44m), March 21/48-11 1/2)
Marissa Minderler (43-4 1/2 (13.22m), March 21/43-4 1/2)
Eva Orban (----/42-2 3/4)
Nia Ali (44-8 (13.61m), April 9/44-8)
Shana Woods (32-0 3/4 (9.77m), April 9/35-6)

Discus

Katalin Mate (160-10 (49.02m), April 17/178-7)
Lauren Guerrieri (146-0 (46.14m), April 24/157-1)
Ashley Pyka (152-1 (46.35m), April 24/152-1)
Marissa Minderler (143-5 (43.71m), April 24/143-5)
Eva Orban (140-5 (42.79m), April 24/140-5)

Hammer

Eva Orban (226-3 3/4 (68.98m), April 18/230-3)
Marissa Minderler (178-11 (54.53m), March 21/178-11)
Tamara Baumann (166-4 (50.70m), March 1/166-4)
Kathryn Daniels (152-0 (46.32m), March 1)
Lauren Guerrieri (----/147-6)
Ashley Pyka (147-6 (44.95m), March 21)

Javelin

Kristine Busa (173-4 1/4 (52.84m), April 17/173-4 1/4)
Marissa Minderler (140-11 (42.95m), March 21)
Shana Woods (131-5 (40.05m), March 14/135-4)
Devon Rennie (109-11 1/4 (33.51m), April 18/109-11 1/4)
Nia Ali (100-11 (30.76m), April 10)

Heptathlon

Shana Woods (5,315, April 10/5,533 points)
Nia Ali (5,492, April 10/5,492 points)

2009 USC Men's Track and Field Season/Career Bests

100m

Ahmad Rashad (10:43, March 21/10.26)
Devin Forte' (11.15, March 21/10.5)
Desmond Hamilton (10.86, April 18/10.53)
Matthew Palmer (-----/10.69)
Sean Jackson (10.91, April 25)
Nic Curry (11.62, March 21)

200m

Ahmad Rashad (-----/20.56)
Joey Hughes (21.17, April 25/20.9)
Desmond Hamilton (22.41, March 14/21.42)
Matthew Palmer (21.65, March 21/21.50)
Jason Price (-----/21.99)
Sean Jackson (22.02, April 25)
Josh Tennefoss (22.17, March 14/22.17)
Scott DeYoung (22.22, April 4)
Dijon Morrisette (22.44, April 25)
Devin Forte' (22.85, March 14/22.23)
Nic Curry (24.14, March 14)

400m

Joey Hughes (46.83, March 21/46.28)
Jason Price (48.45, April 18/46.35)
Nate Anderson (47.74, April 18/46.47)
Duane Walker (46.69, April 25/46.69)
Ahmad Rashad (-----/47.16)
Scott DeYoung (48.43, April 25)
Martin Glencowe (48.87, March 14)
Josh Tennefoss (48.98, March 27/48.98)
Dijon Morrisette (49.52, March 7)
Jahmar Rashad (49.61, March 7)
Sean Jackson (49.89, March 21)
Thomas Parides (53.52, March 21)
Sean Cawley (54.94, April 4)

800m

Irek Sekretarski (1:48.68, April 17/1:48.18)
Blake Shaw (1:49.96, April 17/1:49.41)
Nate Anderson (1:52.76, April 18/1:50.27)
Andreas Bezamat-Homer (1:55.77, April 18/1:53.90)
Andrew Gausepohl (1:54.99, March 21/1:54.99)
Ryan Philyaw (1:57.88, March 21/1:56.13)
Miles Brewington (1:59.28, March 21)
Matthew Huntington (2:00.50, April 25)
Hans Lauzen (-----/2:05.47)
Crispin Collins (2:05.56, March 7)

1500m

Irek Sekretarski (3:47.36, March 21/3:40.32)
Blake Shaw (3:49.50, March 7/3:49.50)
Ryan Philyaw (3:58.28, March 14/3:57.62)
Andy Gausepohl (3:58.64, April 4/3:58.64)
John Carley (4:02.64, April 25/4:02.64)
Gerad Herkey (4:11.25, March 7/4:03.97)
Jason Silva (4:05.44, April 18)
Matt Huntington (4:07.86, April 4)
James Komen (4:10.77, April 4/4:10.77)
Tony Martinez (4:14.46, March 7)
Greg Woodburn (4:14.57, April 4)
Brendan Hochhauser (4:15.34, April 18)
Jeff Brown (4:18.95, March 7)
Daniel Livsey (4:43.23, March 7)

3000m

John Carley (8:54.25, March 21/8:54.25)
Gerad Herkey (-----/9:11.77)
Andrew Gausepohl (-----/9:12.84)
Tony Martinez (9:19.47, March 21)
Greg Woodburn (9:21.54, March 21)
James Komen (9:44.41, March 1/9:32.35)
Mike Conoscenti (-----/9:53.08)

3000m SC

Gerad Herkey (-----/10:10.85)
Tony Martinez (10:55.98, April 18)
Michael Conoscenti (10:58.49, March 1)

5000m

John Carley (15:09.32, March 28/15:09.32)
Matt Huntington (16:14.23, March 14)
Tony Martinez (16:20.46, April 18)
Andy Gausepohl (-----/16:33.41)
Gerad Herkey (-----/16:39.12)
James Komen (-----/17:20.50)
Sammy Goldenberg (-----/17:35.21)
Michael Conoscenti (-----/17:35.78)

10000m

Tony Martinez (33:17.98, March 28/33.17.98)

110m HH

Oscar Spurlock (13.72w, April 4/13.92)
Brendan Ames (14.45, April 17/14.14)
Putchong Dispanurat (15.94, April 25)

400m IH

Duane Walker (52.45, April 18/52.45)
Putchong Dispanurat (57.53, March 1/57.53)
Thomas Parides (59.67, April 18)

4x100m Relay

(41.10, April 4)
Hamilton, A.Rashad, Hughes, Palmer

4x400m Relay

(3:07.56, April 4)
Hughes, Price, Anderson, Walker

High Jump

Manjula Wijesekara (-----/7-5 1/4)
Donovan Lim (6-4 3/4 (1.95m), April 18/6-8 3/4)

Pole Vault

Brandon Estrada (17-4 1/2 (5.30m), April 4/17-4 1/2)
Derek Scott (17-2 3/4 (5.25m), March 21/17-2 3/4)
Charles Fasi (16-0 3/4 (4.90m), April 10/16-0 3/4)
Taylor Slingsby (14-7 1/4 (4.45m), March 7/15-9)
Justin Matoesian (14-7 1/4, (4.45m), March 7/15-3)
Thomas Parides (12-1 1.2 (3.70m), March 21)

Long Jump

Desmond Hamilton (24-5 1/2 (7.46m), April 18/25-8)
Elliott Ferrara (21-8 1/4 (6.61m), April 18/22-11)
Ben Brown (20-8 (6.30m), March 14/21-7 1/2)
Manjula Wijesekara (21-4 1/4 (6.50m), March 1)
Aven Wright (21-0 1/2 (6.41m), March 7)
Donovan Lim (19-8 3/4 (6.01m), March 1/19-10 3/4)
Thomas Parides (16-0 1/2 (4.89m), March 21)

Triple Jump

Aven Wright (50-4 3/4 (15.36m), April 4/50-3 1/2)
Manjula Wijesekara (50-0 (15.24m), April 18)
Kevin Deiter (45-6 (13.87m), April 18/46-10)
Ben Brown (45-1 3/4 (13.76m), April 25/46-8)
Elliott Ferrara (-----/42-1 1/2)

Shot Put

Aaron Dan (-----/56-4 1/2)
Brian Wilhelm (-----/56-0 1/2)

Hammer

Trey Henderson (210-4 (64.12m), March 7/210-4)
Brian Wilhelm (196-0 (59.74m), March 21/196-1)
Mike Curiel (193-10 (59.08m), April 25/196-1)

Javelin

Corey White (272-2 (82.97m), April 4/272-3)
Stenn Parton (171-11 (52.40m), March 21/197-8)
Jacob Aronson (181-5 (55.30m), March 14/181-5)

Discus

Aaron Dan (187-10 (57.25m), March 14/189-6)
Colin Campbell (188-5 (57.44m), April 25/188-5)
Brian Wilhelm (-----/160-0)
Tyler Grady (147-1 (44.83m), March 7)

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. Candace Young	11.22	3/24/01
7. Carol Rodriguez	11:24h	4/7/07
8. Jessica Onyepunuka	11:31	4/15/07
9. Gail Douglas	11.34	5/11/79
Alexis Weatherspoon	11.34	5/14/05

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. Natasha Mayers	22.80	5/29/02
5. Torri Edwards	22.84n	6/4/99
6. Gervaise McCraw	23.07	5/2/87
7. Alexis Weatherspoon	23.11	6/9/05
8. Gail Douglas	23.14	4/27/79
9. Angela Williams	23.22	4/10/99
10. Jessica Onyepunuka	23.26	5/25/07

400 METERS

1. Carol Rodriguez	51.39	5/3/08
2. Michelle Taylor	51.75	6/2/89
3. Brigita Langerholc	52.02	7/01
4. Gervaise McCraw	52.24	6/7/86
5. Nakiya Johnson	52.29	5/19/02
6. Inger Miller	52.76	3/26/94
7. Tracee Thomas	52.99	5/1/04
8. Malika Edmonson	53.02n	5/2/98
9. Kinshasa Davis	53.04	4/21/99
10. LaWanda Cabell	53.15	5/3/86

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. Treant 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. Iryna Vashchuk	9:31.14	3/20/04
4. Zsafia Erdelyi	9:33.29	3/22/08
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. Elise Lyon	9:48.69	4/17/87
9. Beth Van Alstine	9:49.07	3/20/04
10. Gina Dyer	9:50.32	4/21/80

3,000m Steeplechase

1. Zsafia Erdelyi	10:03.73	5/31/08
2. Julia Budniak	10:14.51	6/12/04
3. Laura Meyers	10:49.95	4/5/08
4. Natalia Kovtun	11:04.35	4/28/07
5. Kristen Berglas	11:06.70	4/30/05
6. Brooke Thomas	11:07.63	4/21/01
7. Katherine Ellis	11:19.07	5/10/08
8. Chanel Fischetti	11:24.08	4/18/09
9. Sinfo Orozco	11:29.44	5/4/02
10. Victoria Carter	11:36.77	5/1/04

5,000 METERS

1. Emebet Shiferaw	16:16.27	5/18/96
2. Iryna Vashchuk	16:28.71	3/25/05
3. Zsafia Erdelyi	16:36.66	4/5/08
4. Julia Budniak	16:42.65	4/18/04
5. Brooke Thomas	16:53.82	3/29/03
6. Julie Seleine	17:18.81	3/21/87
7. Shea Wickland	17:34.99	4/4/09
8. Oksana Milokumova	17:41.24	3/30/07
9. Carey Hill	17:43.14	1980
10. Kate Neeper	17:46.19	3/6/04

10000 METERS

1. Zsafia Erdelyi	34:04.70	3/27/09
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. Zara Lukens	38:12.91	3/7/09
6. Holly Peters	39:51.67	5/1/03

100-METER HURDLES

1. Virginia Powell	12.48	6/9/06
2. Candice Davis	12.90	6/8/07
3. Shalina Clarke	13.13	3/22/08
4. Nia Ali	13:14	5/9/08
Patty Van Wolvelaere	13.14	5/26/78
Sau Ying Chan	13.14	4/17/94
7. Natasha Danvers	13.20	5/6/00
8. Natasha Neal	13.24	5/31/01
9. Myriam Tschomba-Fariala	13.35n	3/29/97
10. Yvette Bates	13.55	5/21/88

400-METER HURDLES

1. Natasha Danvers	54.95	9/25/00
2. Leslie Maxie	55.79	6/6/87
3. Michelle DeCoux	57.05	4/4/92
4. Natasha Neal	57.16	5/5/01
5. Karen Koellner	57.59	3/18/89
6. Shalina Clarke	57.78	4/28/07
7. Dalilah Muhammad	58.47	4/18/09
8. Talia Stewart	58.65	3/17/07
9. Felice Lipscomb	59.44	5/9/92
10. Candice Davis	59.56	4/30/05

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. Shana Woods	20-8 (6.30)	4/28/07
8. Sandy Crabtree	20-7 1/2 (6.28)	6/17/82
Louan Guialdo	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. Wendy Brown	6-1 (1.85)	8/27/88
3. Spring Harris	6-0 1/2 (1.84)	3/22/03
4. Crissy Mills	6-0 (1.83)	1993
5. Debra Larsen	5-11 3/4 (1.82)	6/24/83
6. Natasha Danvers	5-11 1/2 (1.82)	5/24/98
Tanya Smith	5-11 1/2 (1.82)	3/9/96
8. Shawana Taylor	5-10 (1.78)	3/4/00
9. Nicole Haynes	5-9 3/4 (1.77)	5/11/96
10. Ekene Anene	5-8 3/4 (1.75)	3/17/07
Nia Ali	5-8 3/4 (1.75)	5/9/08

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. Tatyana Obukhova	43-2 1/4 (13.16)	4/22/01
5. Ekene Anene	41-11 1/4 (12.78)	5/3/08
6. Karleen Daniels	41-9 3/4 (12.74)	5/7/94
7. Brittany Daniels	41-2 1/2 (12.56)	4/29/06
8. Glory Dolphin	41-0 1/2 (12.51)	5/4/96
9. Stephanie Jones	40-7 1/2 (12.38)	5/5/01
10. Melissa Brule	39-10 (12.14)	5/3/97
Katarzyna Klisowska	39-10 (12.14)	4/30/05

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. Cerenity Young	51-2 1/4 (15.60)	4/6/02
6. Leslie Coons	49-10 1/2 (15.20)	5/4/96
7. Jennifer Vail	49-5 (15.06)	2/26/00
8. Heidi Adams	48-7 1/2 (14.82)	3/25/88
9. Amy Thiel	47-10 (14.58)	2/16/02
10. Carrie Martin	46-11 1/2 (14.31)	3/29/97

DISCUS THROW

1. Kate Hutchinson	189-5 (57.73)	5/6/06
2. Cynthia Ademiluyi	177-10 (54.20)	2/23/02
3. Claudia Paris	176-11 (53.92)	3/5/88
4. Cindy Johnson	173-11 (53.00)	6/4/83
5. Carrie Martin	168-6 (51.36)	4/20/96
6. Diana Clements	167-10 (51.16)	5/3/86
7. Jennifer Vail	162-1 (49.40)	3/26/00
8. Katalin Mate	160-10 (49.02)	4/17/09
9. Allison Franke	160-0 (48.78)	5/19/91
10. Dana Olsen	159-1 (48.74)	4/21/80

JAVELIN THROW (1999 Implement)

1. Inga Stasiulionyte	186-10 (56.95)	5/18/02
2. Kristine Busa	173-4 1/4 (52.84)	4/17/09
3. Leslie Erickson	168-11 (51.48)	5/4/02
4. Andrea McBride	161-7 (49.25)	4/30/05

JAVELIN THROW (old implement)

1. Ashley Selman	187-9 (57.22)	6/17/89
2. Diana Clements	168-8 (51.42)	5/22/87
3. Nicole Haynes	158-10 (48.42)	5/20/94
4. Wendy Brown	158-6 (48.32)	4/30/88
5. Allison Franke	156-8 (47.76)	3/9/91

HAMMER THROW

1. Eva Urban	230-3 (70.18m)	3/15/08
2. Julianna Tudja	218-9 (66.69)	6/14/03
3. L'Orangerie Crawford	209-8 (63.91)	3/8/03
4. Jennifer Vail	204-3 (62.26)	5/21/00
5. Julia Rozenfeld	203-1 (61.90)	3/12/05
6. Leslie Coons	198-7 (60.52)	5/4/96
7. Amy Thiel	193-0 (58.50)	5/31/03
8. Carrie Martin	184-7 (56.26)	2/28/98
9. Karen Freberg	184-4 (56.20)	4/29/06
10. Cynthia Ademiluyi	182-7 (55.66)	4/1/00

HEPTATHLON

1. Wendy Brown	6,079	7/16/88
2. Nicole Haynes	5,786	5/12/96
3. Shana Woods	5,507	6/8/07
4. Nia Ali	5,492	4/10/09
5. Sharon Hatfield	5,410	4/19/86
6. Tanya Smith	5,345	5/26/93
7. Yolanda Fletcher	5,307	5/17/86
8. Allison Franke	5,156	5/15/93
9. Lindsay Oman	5,025	4/3/08
10. Spring Harris	4,855	5/13/01

POLE VAULT

1. Bryson Stately	13-11 1/4 (4.25)	4/18/09
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
6. Sonya Negriff	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. Williams, Young, Edmonson, Davis	43.14	6/2/00
3. Williams, Edwards, Edmonson, Young	43.35	5/1/99
4. Williams, Edwards, Edmonson, Benyarku	43.52	6/4/99
5. Onyepunuka, Davis, Stewart, Rodriguez	43.61	3/17/07
6. Williams, Young, Neal, Davis	43.64	6/1/01
William, Young, Bennett, Davis	43.64	5/20/01
8. Powell, Onyepunuka, Thomas, Weatherspoon	43.66	5/15/05
9. Onyepunuka, Davis, Clarke, Rodriguez	43.69	6/8/07
10. Williams, Neal, Edmonson, Davis	43.70	5/5/01

1,600-METER RELAY

1. Danvers, Edmonson, Langerholc, Davis	3:28.08	6/5/99
2. Mayberry, McCraw, Taylor, Maxie	3:28.93	3/6/87
3. Neal, Langerholc, Davis, Estes	3:30.84	5/31/01
4. Danvers, Estes, Langerholc, Edmonson	3:31.29	4/19/98
5. Langerholc, Danvers, Edmonson, Davis	3:31.31	4/22/00
6. Olear, Clarke, Rodriguez, Hasson	3:31.85	5/3/08
7. Cabell, McCraw, Mayberry, Maxie	3:32.58	5/3/86
8. Neal, Estes, Edmonson, Langerholc	3:33.17	5/5/01
9. Thomas, Lee, Swain, Rodriguez	3:33.53	6/9/05
10. Hasson, Olear, Judith Onyepunuka, Rodriguez	3:34.39	4/5/08

USC MEN'S TOP 10 PERFORMERS

MEN'S OLYMPIC EVENTS

100 METERS

1. James Sanford	10.02	5/11/80
2. Lennox Miller	10.04	10/14/68
3. Clancy Edwards	10.07	6/2/78
4. Darwin Cook	10.10	5/18/85
5. Sultan McCullough	10.17	3/6/99
6. Luis Morales	10.21	5/14/83
Jason Shelton	10.21n	6/14/97
8. James Gilkes	10.22	10/13/75
Joel Andrews	10.22n	4/30/77
10. Jeff Laynes	10.23	3/27/93
Wes Felix	10.23	4/30/05
Philip Francis	10.23	4/29/06
Garry Jones	10.23	5/27/06

200 METERS

1. James Sanford	19.94+	4/19/80
2. Clancy Edwards	20.03	4/29/78
3. Darwin Cook	20.33	5/18/85
4. James Gilkes	20.39	6/21/75
Philip Francis	20.39	5/14/06
6. Edward Hervey	20.40	5/19/95
7. Antonio Manning	20.41	5/4/85
8. Wes Felix	20.43	5/15/04
9. Luis Morales	20.44n	5/22/87
10. Mike Dexter	20.49	5/24/86

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. Billy Mullins	44.84	5/11/80
5. Ken Randle	44.99	6/4/76
6. Bill Green	45.07n	5/10/81
7. Travis Hannah	45.17n	6/5/92
8. Paul Greene	45.50	8/13/95
9. Bryan Krill	45.55	5/20/95
10. Tom Andrews	45.57	5/14/77

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. Isaac Turner	1:47.15	5/3/97
9. William Wang	1:47.3	5/3/80
10. Kevin Elliott	1:47.40	5/12/01

1,500 METERS

1. David Omwansa	3:39.5en	5/20/78
2. Ibrahim Okash	3:40.86	7/5/88
3. Tomasz Babiszkiewicz	3:43.41	4/15/05
4. Ray Griffin	3:45.54	5/6/89
5. Rayfield Beaton	3:46.2	5/1/76
6. Irek Sekretarski	3:46.53	3/31/07
7. Dan Aldridge	3:47.7n	5/14/77
8. Brandon Pacheco	3:47.81n	4/21/96
9. Duane Solomon	3:48.29	5/3/08
10. Nicolas Thebault	3:48.4	2/18/84

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. Ray Griffin	14:24.66	4/1/89
5. Roman Gomez	14:28.74n	5/2/87
6. Ryan Holman	14:31.9n	4/4/81
7. Adolfo Garcia	14:34.7n	5/14/88
8. Justin Neems	14:34.85	3/30/03
9. Angel Silva	14:35.19n	4/9/88
10. Mitch Sloan	14:36.34	3/9/91

110-METER HIGH HURDLES

1. Mark Crear	13.33	8/14/92
2. Ryan Wilson	13.35	6/14/03
3. Robert Reading	13.42	6/2/89
4. Earl McCullough	13.44	7/16/67
Tonie Campbell	13.44n	8/28/81
6. Milan Stewart	13.46n	4/25/82
7. Kehinde Alade'fa	13.58	6/9/95
8. Kai Kelley	13.59	6/7/07
9. Jerry Wilson	13.64+	6/2/72
10. William Erese	13.66n	6/6/97

400-METER INTERMEDIATE HURDLES

1. Felix Sanchez	48.33	6/28/00
2. Tom Andrews	48.55	6/12/76
3. Pedro Rodrigues	48.82	8/20/95
4. Geoff Vanderstock	48.94+	9/11/68
5. George Porter	49.19n	6/3/89
6. Rich Graybehl	49.31n	6/3/78
7. Ryan Wilson	49.33	5/18/03
8. Kai Kelley	49.79	6/12/08
9. Rex Cawley	50.04+	5/13/61
10. Kehinde Alade'fa	50.07	5/29/96

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. Drex Valentini	9:04.1	4/8/89
6. Rich Dyer	9:07.4	4/18/70
7. Roman Gomez	9:09.4	1987
8. Andrew Knutsen	9:19.09	5/5/01
9. Matt McCarthy	9:20.4n	4/8/89
10. John Peate	9:20.79	4/28/07

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
9. Al Olson	25-8 7/8 (7.84)	6/22/35
10. Henry Jackson	25-8 (7.82)	5/6/72

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
6. Jeff Ryan	17-10 1/2 (5.45)	5/17/03
7. Bob Seagren	17-9 (5.41)	9/12/68
8. Paul Wilson	17-7 3/4 (5.37)	6/23/67
9. David Grijalva	17-7 1/4 (5.37)	5/18/02
10. Doug Wicks	17-6 (5.33)	3/23/85
Tom DiStanislao	17-5 1/2 (5.32)	2/26/77

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
5. Dean Owens	7-2 1/4 (2.19)	4/7/73
6. Dennis Smith	7-2n (2.58)	5/24/80
7. Tim Walker	7-1 1/4 (2.16)	5/14/77
8. 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

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
6. William Denbo	63-7 1/2 (19.39m)	5/12/07
7. Mike Budincich	63-5 3/4 (19.34)	5/1/76
8. Van Mounts	62-6 (19.05)	5/21/00
Tambi Wenj	62-6n (19.05)	1/31/87
10. Les Mills	62-1 1/2 (18.93)	8/13/64

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
6. Joe Antunovich	198-10 (60.60)	5/8/71
7. Darrell Elder	195-2 (59.48)	4/16/77
8. Gary Kirchoff	194-7 (59.32)	5/1/93
9. Gordon Hovey	193-2 (58.88)	3/28/98
10. Les Mills	191-0 (58.22)	8/9/64

JAVELIN

(1986 IMPLEMENT)

1. Corey White	272-2 (82.97)	4/4/09
2. Nils Fearnley	244-8 (74.58)	5/20/95
3. Henrik Kjaereng	227-0n (69.20)	5/3/97
4. Matt Gee	213-5 (65.06)	3/4/89
5. Dennis Rice	211-6 (64.47)	3/18/05
6. Mike Gonzales	208-9n (63.62)	5/3/86
7. Mike Thomas	206-10 (63.04)	5/14/94
8. William O'Grady	206-6 (62.95)	5/5/01
9. Daniel Haag	198-5n (60.48)	6/6/98
10. Stenn Parton	197-8 (60.24)	4/28/07

HAMMER

1. Balazs Kiss	271-1 (82.62)	9/95
2. Norbert Horvath	241-11 (73.75)	6/5/99
3. Bengt Johansson	236-11n (72.22)	6/5/98
4. Adam Midles	228-3 (69.57)	4/27/07
5. John Wolitarsky	225-10 (68.84)	5/19/95
6. Szabolcs Maroti	225-9 (68.80)	3/24/00
7. Chad Danowsky	220-1 (67.08)	5/19/95
8. Noah Bryant	214-11 1/2 (65.52)	3/17/07
9. Michael Murray	214-11 (65.51)	3/13/04
10. Andy Tolpitt	213-7 (65.08)	4/18/87

400-METER RELAY

1. Williams, Mullins, J. Sanford, M. Sanford	38.69	2/23/80
2. Williams, Mullins, Edwards, J. Sanford	38.85	4/29/78
3. Francis, Felix, Larry, Anderson	38.89	4/17/05
4. Reading, Manning, Dexter, Morales	38.90n	6/6/86
5. Williams, Bradford, J. Sanford, Mullins	38.91	4/28/79
6. Jones, Felix, Francis, Anderson	38.92	6/9/05
7. Lee, Davis, Williams, McCullough	38.94n	4/3/99
8. Volsan, Hervey, Ekpenyong, Krill	39.10	6/2/95
9. Williams, M. Sanford, J. Sanford, Green	39.12	6/5/80
10. S. McCree, Manning Dexter, Morales	39.17	4/6/86
10. Jones, Felix, Francis, Garrison	39.17	5/10/05

1,600-METER RELAY

1. Hannah, Conway, Cannady, Watts	3:00.58	3/6/92
2. Ekpenyong, Hervey, Rodrigues, Krill	3:02.59	6/2/95
3. Jordan, Joyner, Sanchez, Davis	3:02.68	5/22/99
4. Lee, Williams, Sanchez, Davis	3:02.89	4/3/99
5. Kelley, Garrison, Cunningham, Larry	3:03.08	6/10/06
6. Carter, Turner, Joyner, Davis	3:03.28n	6/7/97
7. Jordan, Williams, Ammons, Sanchez	3:03.31	6/3/00
8. Mullins, Bethany, J. Sanford, Green	3:04.34+	3/8/80
9. Andrews, Johnson, Beaton, T. Andrews	3:04.50	6/4/77
10. Krill, Hervey, Alade'fa, Ekpenyong	3:04.57	4/1/95