

This is a comprehensive women's list of USC track athletes. It is a work in progress and will be continually updated. Names are still being discovered and added.
Please [contact me](#) if you notice any errors or omissions.

100 METERS

Angela Williams	11.04	6/5/1999
Natasha Mayers	11.09	4/19/2003
Virginia Powell	11.10	5/14/2006
Torri Edwards	11.10	6/4/1999
Inger Miller	11.11	4/7/1993
Deanna Hill	11.17	6/22/2017
Ky Westbrook	11.17	6/11/2015
Jessica Davis	11.19	5/14/2011
Tynia Gaither	11.21	5/1/2016
Candace Young	11.22	3/24/2001
Alexis Faulknor	11.26	6/25/2015
Jessica Onyepunka	11.31	4/15/2007
Carol Rodriguez	11.32	6/8/2010
Alexis Weatherspoon	11.34	4/30/2005
Gail Douglas	11.34	5/11/1979
Gervaise McGraw	11.37	1987
Kinshasa Davis	11.39	5/5/2001
Myra Mayberry	11.42	4/25/1987
Destinee Brown	11.43	4/17/2015
Aareon Payne	11.45	5/1/2011
Judith Onyepunka	11.46	5/2/2009
Loudia Laarman	11.47	4/18/2014
Coco Ncha-Ndip	11.48	4/27/2014
Gabriella Cantrell	11.53	4/3/2015
Candice Young	11.53	2/28/1999
Candice Davis	11.54	4/28/2007
Esi Benyarku	11.57	3/6/1998
Robin Simmons	11.57	4/28/1985
Melanna Gray	11.58	3/2/1992
Miya Edmonson	11.59	5/1/2004
Jenna Puterbaugh	11.60	3/23/2013
Linda Cassidy	11.6	3/10/1979
Kim Robinson	11.61	1981
Disia Page	11.62	5/4/2002
Zaria Francis	11.64	4/8/2017
Malika Edmonson	11.65	3/18/2000
Sau Ying Chan	11.73	3/5/1994
Ronda Brooks	11.73	4/21/1990
Desiree Bracey	11.74	3/13/1993
Elizabeth Olear	11.75	3/10/2007
Kanika Conwright	11.77	5/6/1995
La Tima Jones	11.78	3/21/1992
Patty Van Wolvelaere	11.78	5/19/1978
Tai-Ne Gibson	11.82	5/25/1996

LaWanda Cabell	11.84	1985
Tiffany Bennett	11.86	4/21/2002
Shalina Clarke	11.87	5/12/2007
Erica Alexander	11.90	5/2/2009
Sabrina Williams	11.90	1984
Louan Guiado	11.91	1988
Felice Lipscomb	11.94	5/22/1993
Rosetta Birt	11.94	1976
Dominique Dorsey	11.97	5/1/2004
Shana Woods	11.98	3/5/2011
Margaux Jones	12.00	3/18/2017
Charity Bruce	12.07	5/11/2013
Tara Davis-Quarrie	12.07	5/14/2005
Alitta Boyd	12.08	5/7/2011
Sandy Crabtree	12.0	3/31/1979
Dollie Fleetwood	12.11	1982
Madisen Richards	12.12	3/7/2015
Tracee Thomas	12.12	4/24/2004
Whitney Graham	12.13	2/25/2006
Aleksandra Pieluzek	12.14	2/22/2003
Myra Hasson	12.17	2/28/2009
Melia Cox	12.18	3/9/2013
Pam Simpson	12.29	4/17/1999
Patrice Latimore	12.33	3/6/1993
Elan Hilaire	12.42	3/7/2009
Ekene Anene	12.45	3/13/2010
Kerrie Pesques	12.49	5/9/1992
Teresa Strickland	12.49	4/8/1989
Megan Reppe	12.52	3/16/1996
Kim Adams	12.54c	1981
Kiana Henry	12.57	2/25/2012
Kira Davis-Quarrie	12.57	5/1/2010
Stephanie Jones	12.59	3/11/2000
Tunisia Johnson	12.66	2/26/2005
Merrill Balassone	12.76	4/24/2004
Malea Malik	12.78	2/25/2012
Sauda Johnson	12.83	3/3/1996
Katherine Chang	12.84	3/5/2011
Christina Ciampa	12.84	4/14/2001
Jennifer Jones	12.85	3/13/2010
Anna Biler	12.8	1977
Shayna Healy	12.92	4/1/1995
Candace Bailey	12.94	3/3/2012
Chanel Young	12.97	3/6/1999
Alexis Brown	12.99	3/3/2012

Jackie Gordon	13.0	1977
Courtney Clayton	13.20	3/12/2011
Cara Bickers	13.33	3/12/2011
Caroline Lutsky	13.47	4/27/2013
Alix Fitch	13.66	3/12/2011
Jazzmin Owen	13.75	2/27/2010
Janet Chowsanget	13.99	4/17/1999
Jennifer Mueller	14.15	2/23/2008
Simone Calvin	15.30	3/10/2001
Linda Molo		1978
Angels Hunter		1977

200 METERS

Carol Rodriguez	22.23a	5/27/2006
Inger Miller	22.33	4/17/1993
Deanna Hill	22.41	5/14/2017
Tynia Gaither	22.54	6/11/2016
Kinshasa Davis	22.69	4/16/2000
Kendall Ellis	22.79	3/18/2017
Natasha Mayers	22.80	5/29/2002
Aareon Payne	22.83	4/16/2011
Jessica Davis	22.84	5/14/2011
Torri Edwards	22.84	6/4/1999
Alexis Faulknor	22.97	6/27/2015
Gail Douglas	22.9	4/27/1979
Gervaise McGraw	23.07	5/2/1987
Alexis Weatherspoon	23.11	6/9/2005
Ky Westbrook	23.22	5/30/2015
Angela Williams	23.22	5/20/2000
Jaide Stepter	23.23	4/15/2016
Jessica Onyepunka	23.26	5/25/2007
Virginia Powell	23.29	4/29/2006
Gabriella Cantrell	23.34	4/3/2015
La Tima Jones	23.37	5/6/1995
Amalie Luel	23.41	5/7/2016
Cameron Pettigrew	23.42	5/14/2017
Vanessa Jones	23.43	4/18/2014
Miya Edmonson	23.46	5/1/2004
Jenna Puterbaugh	23.48	3/23/2013
Michelle Taylor	23.49	4/21/1990
Coco Ncha-Ndip	23.53	3/22/2014
Loudia Laarman	23.58	4/18/2014
Anna Cockrell	23.60	3/18/2017
Dalilah Muhammad	23.62	4/25/2009
Destinee Brown	23.63	5/16/2015

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Candace Young	23.66	3/24/2001	Noelle Chapin	25.01	3/25/1989	Allison Franke	27.56	5/22/1992
Esi Benyarku	23.71	4/12/1997	Patrice Latimore	25.02	3/6/1993	Jackie Gordon	28.0	1977
Tai-Ne Gibson	23.72	3/29/1997	Brandy Stephens	25.07	4/14/1995	Caroline Lutsky	28.37	3/16/2013
Dominique Dorsey	23.75	5/1/2004	Sabrina Williams	25.24c	1982	Lyn Carter	28.64c	1982
Dior Hall	23.76	4/30/2017	Linda Cassidy	25.25	2/11/1979			
Kayla Richardson	23.76	4/8/2017	Kerrie Pesques	25.29	4/18/1992	400 METERS		
Robin Simmons	23.77	3/16/1985	Charity Bruce	25.35	3/10/2012	Kendall Ellis	50.00	6/24/2017
Myra Mayberry	23.79	5/23/1987	Pam Simpson	25.35	5/18/1996	Jaide Stepter	50.91	3/26/2016
Melanna Gray	23.82	4/20/1991	Michelle Sanford	25.46	3/18/2005	Carol Rodriguez	51.39	5/3/2008
Kim Robinson	23.84	1981	Merrill Balassone	25.60	4/2/2005	Vanessa Jones	51.50	5/17/2015
Shana Woods	23.86	5/9/2009	Megan Reppe	25.68	3/16/1996	Cameron Pettigrew	51.61	5/14/2017
Ronda Brooks	23.87	5/12/1990	Erin Williams	25.80	3/13/2004	Michelle Taylor	51.75	6/2/1989
Nia Ali	23.90	6/11/2009	Nicole Haynes	25.83	5/12/1995	Amalie luel	51.81	3/18/2017
Elizabeth Olear	23.91	3/28/2009	Jenny Opoku	25.84	3/8/2003	Brigita Langerholc	52.02	7/2001
Desiree Bracey	23.98	3/20/1993	Christina Ciampa	25.90	4/21/2001	Gervaise McCraw	52.24	6/7/1986
Kyra Constatine	23.99	7/8/2017	Michelle DeCoux	25.90	3/18/1989	Nakiya Johnson	52.29	5/19/2002
Ashley Liverpool	24.00	4/19/2013	Candice Davis	25.91	4/10/2004	Kyra Constatine	52.63	7/21/2017
Tiffany Bennett	24.01	4/21/2002	Effie Daetz	25.93	5/6/1989	Inger Miller	52.76	3/26/1994
Malika Edmonson	24.03	3/18/2000	Kira Davis-Quarrie	25.99	5/9/2009	Tracee Thomas	52.99	5/1/2004
Leslie Maxie	24.04	4/18/1986	Teresa Strickland	26.00	4/8/1989	Coco Ncha-Ndip	53.00	5/17/2015
LaWanda Cabell	24.14	1986	Lindsay Oman	26.05	4/2/2008	Malika Edmonson	53.02	5/2/1998
Carla Estes	24.17	3/10/2001	Madisen Richards	26.13	3/18/2017	Ashley Liverpool	53.04	5/11/2013
Lauren Blackburn	24.20	4/18/2014	Kiana Henry	26.18	5/4/2013	Kinshasa Davis	53.04	4/21/1999
Shalina Clarke	24.21	3/10/2007	Alexa Harmon-Thomas	26.28	5/6/2017	Leslie Maxie	53.10	4/28/1990
Zaria Francis	24.22	4/30/2017	Alitta Boyd	26.33	3/12/2011	Myra Hasson	53.13	5/1/2010
Myra Hasson	24.22	4/24/2010	Kerrie Pegues	26.33	2/27/1993	LaWanda Cabell	53.15	5/3/1986
Kanika Conwright	24.29	4/25/1996	Kerry Zwart-Bell	26.34	1982	Carla Estes	53.20	5/2/1998
Jasmine Lee	24.33	3/26/2005	Cecile Poppen	26.3	5/11/1979	Natasha Danvers	53.26	6/13/1998
Louan Guialdo	24.36	1988	Anniya Louis	26.60	3/3/2012	Elizabeth Olear	53.29	5/28/2010
Sandy Crabtree	24.3	3/10/1979	Shannon Lewallen	26.61	4/30/2005	Treani Swain	53.62	5/1/2004
Rosetta Birt	24.51	4/30/1977	Stephanie Marquez	26.67	4/26/2003	La Tima Jones	53.63	5/20/1995
Melia Cox	24.55	3/7/2015	Shayna Healy	26.6	4/14/1995	Asha Jayasinghe	53.75	3/29/1997
Jasmyn Graham	24.58	3/18/2017	Candace Bailey	26.80	3/9/2013	Jasmine Lee	53.77	5/28/2005
Nakiya Johnson	24.59	4/6/2002	Martise Moore	26.8	4/13/1996	Kayla Richardson	53.81	4/14/2017
Whitney Graham	24.62	5/1/2004	Stephanie Davis	26.8	1977	Myra Mayberry	54.04	5/11/1987
Lyndsey Lopes	24.63	5/7/2016	Oluwakemi Olonade	26.91	3/22/2014	Jessica Davis	54.10	3/3/2012
Judith Onyepunka	24.70	3/30/2007	Sauda Johnson	27.03	4/14/1995	Natasha Mayers	54.34	3/1/2003
Tara Davis-Quarrie	24.72	5/14/2005	Katherine Chang	27.11	3/13/2010	Jenna Puterbaugh	54.63	4/22/2011
Felice Lipscomb	24.73	5/7/1994	Ashley Selman	27.11	3/25/1990	Tara Davis-Quarrie	54.66	5/5/2007
Margaux Jones	24.76	3/18/2017	Jennifer Mueller	27.27	5/3/2008	Tynia Gaither	54.68	3/21/2015
Tanya Smith	24.76	5/25/1993	Lydia Rolle	27.27	4/8/2000	Linda Cassidy	54.86	1980
Tracee Thomas	24.79	4/10/2004	Marian Eastern	27.2	3/24/1979	Noelle Chapin	54.91	4/30/1988
Angela Rolfe	24.83	1/14/1990	Tessa Granowski	27.38	3/3/2012	Karen Koellner	55.02	4/8/1988
Natasha Danvers	24.99	3/17/2000	Adriana Lozano	27.39	4/1/1995	Aleksandra Deren	55.17	4/6/2002
Jennifer Jones	25.00	3/12/2011	Samantha Ojo	27.43	3/22/2014	Angela Rolfe	55.44	3/30/1990

Last update: [7/22/17](#)

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Louan Guialdo	55.49	4/13/1991	Natalia Williams	61.42	3/19/2011	Reika Kijima	2:10.93	4/18/2015
Judith Onyepunka	55.64	4/13/2007	Ellie Khabazian	61.56	3/4/2000	Gina Dyer	2:11.21	4/26/1980
Mikaela Smith	55.65	4/1/2017	Jennifer Jones	61.66	4/14/2011	Cameron Pettigrew	2:11.28	5/3/2015
Lesley Noll	55.74	1988	Jennifer Biller	61.7	1977	Karen Koellner	2:11.34	3/8/1986
Torri Edwards	55.76	3/9/1996	Francesca Adamski	61.89	3/5/2011	Shelby Buckley	2:11.41	4/27/2013
Whitney Graham	55.93	4/29/2006	Jazzmin Owens	62.65	4/24/2010	Rebekah Ent	2:12.07	5/1/2016
Shalina Clarke	55.99	3/10/2007	Natasha Strickland	62.97	3/15/2014	Mary Anne Bullard	2:12.25	3/23/1985
Ronda Brooks	56.04	1978	Amy Johnson	63.80c	1982	Rachel Glynn	2:12.27	3/19/2016
Tiffany Bennett	56.11	3/29/2003	Samantha Ojo	63.93	4/6/2013	Erica Capellino	2:12.58	4/21/2012
Kennedy Gillian	56.35	4/30/2017	Kathryn Karkut	64.18	3/9/2013	Nakiya Johnson	2:13.16	3/1/2003
Brandy Stephens	56.43	5/6/1995	Caroline Lutsky	64.66	3/23/2013	Natasha Strickland	2:13.25	5/16/2015
Michelle DeCoux	56.46	3/9/1991	Jazmin Treadway	64.89	3/20/2004	Allison Rojewski	2:13.44	5/1/2011
Frida Flodstrom	56.65	4/18/2009	Kiana Henry	67.66	3/10/2012	Chloe Berry	2:13.55	4/1/2017
Erica Alexander	56.78	5/16/2009	Janice McDowell	68.20c	1982	Sarah Cocco	2:13.87	4/19/2008
Gina Clayton	56.80	4/24/2004	Alyssa Reardon	69.28	3/15/2014	Emma Kao	2:13.92	5/16/2015
Tanya Smith	56.87	3/13/1993	Beth Johnson	71.55	4/10/1999	Kyra Constatine	2:14.03	3/25/2017
Esi Benyarku	56.93	3/9/1996	Vanessa Williams		1981	Vivian Grimes	2:14.29	4/1/2017
Alexis Weatherspoon	57.30	3/8/2003	Diana Rowden		1978	Kamryn Weber	2:14.31	4/22/2017
Elan Hilaire	57.38	4/17/2010	Charee Copenhauer		1978	Treasure Schultz	2:14.49	3/4/1995
Jenny Opoku	57.65	4/26/2003	Angels Hunter		1977	Madison Ricks	2:14.73	3/19/2016
Anniya Louis	57.95	3/3/2012				Crystal Becker	2:14.94	5/11/2002
Kerrie Pesques	58.18	3/5/1994	800 METERS			Taylor Seamans	2:15.00	3/19/2016
Cecile Poppen	58.1	3/24/1979	Brigita Langerholc	1:58.51	9/25/2000	Kerrie Pegues	2:15.07	5/1/1993
Alexis Brown	58.40	5/1/2010	Michelle Taylor	2:00.01	7/19/1989	Lindsay Oman	2:15.24	5/10/2008
Donna Curtis	58.50	1982	Lesley Noll	2:03.30	4/8/1988	Tracy Bourdeau	2:15.28	3/16/1991
Malea Malik	58.94	4/7/2012	Grazyna Penc	2:03.82	4/5/1997	Danielle Morrell	2:15.38	3/22/2003
Kristie Johnson	59.02	4/17/1999	Aleksandra Deren	2:04.18	4/26/2001	Kira Soderstrom	2:15.43	3/14/2015
Anna Biller	59.1	1977	Donna Curtis	2:04.58	5/29/1985	Kelly Owen	2:15.47	4/27/2013
Laura Simone	59.77	1982	Mikaela Smith	2:05.17	4/30/2017	Amber Gore	2:15.49	3/19/2016
Alexis Brown	59.98	4/2/2011	Anna Lopaciuch	2:05.71	5/24/1998	Miriam Bennett	2:15.52	3/25/1995
Tracy Bourdeau	60.09	3/18/1989	Treani Swain	2:05.93	4/30/2005	Melissa Marguilies	2:15.82	4/28/2007
Kelly Owen	60.14	4/2/2011	Kristie Johnston	2:06.09	5/3/1997	Hillary Schwarzbach	2:16.01	4/26/2003
Melissa Marguilies	60.14	4/29/2006	Amalie luel	2:06.34	5/8/2016	Dalilah Muhammad	2:16.06	3/5/2011
Rosalind Anderson	60.3	4/6/1979	Gina Clayton	2:06.58	4/30/2005	Amy Goodwin	2:16.1	4/11/1992
Shelby Buckley	60.36	3/16/2013	Frida Flodstrom	2:06.65	5/2/2009	Katerina Berdousi	2:16.85	4/4/2014
Anna Burger	60.44	4/2/2011	Shannon Clark	2:07.79	1989	Katherine Ellis	2:17.01	4/4/2009
Marian Eastern	60.4	1979	Amy Goodwin	2:08.34	4/15/1989	Lindsay Enright	2:17.06	3/28/2014
Tessa Granowski	60.76	3/24/2012	Iryna Vashchuk	2:08.48	4/18/2004	Kristen Berglas	2:17.78	4/24/2004
Rachel Glynn	60.80	3/25/2017	Elise Lyon	2:09.19	4/26/1986	Heather Hennessy	2:17.89	3/30/2002
Jackie Dion	60.81	4/2/2011	Christine Cortez	2:09.76	5/1/2010	Christine Lewis	2:17.93	4/17/1994
Christina Ciampa	61.07	3/3/2001	Lucyna Ligaj	2:10.02	4/24/2001	Myra Hasson	2:18.47	3/8/2008
Carli Kyles	61.07	3/3/1996	Anniya Louis	2:10.15	5/9/2009	Jenna Tong	2:18.63	4/26/2014
Sauda Johnson	61.0	5/4/1996	Lorea Ibarzabal	2:10.28	4/30/2017	Lauren Grego	2:19.07	4/19/2014
Allison Rojewski	61.14	4/2/2011	Shantae McKinney	2:10.28	5/8/2004	Anna Burger	2:19.29	3/12/2011
Latreace Benson	61.20	4/22/1998	Julie Seleine	2:10.30	1987	Tanya Smith	2:19.30	5/26/1993

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Kelsey Connor	2:19.33	4/7/2007				Mikaela Smith	4:43.20	3/24/2017
Natalia Williams	2:19.68	4/2/2011	1500 METERS			Chanel Fischetti	4:43.56	3/29/2009
Cammie Patton	2:20.11	4/21/2001	Grazyna Penc	4:12.05	4/20/1997	Diane Byington	4:43.6	5/29/1977
Tosha Clements	2:20.46	3/3/1996	Iryna Vashchuk	4:12.79	5/29/2004	Leticia Mora	4:44.3	4/1/1995
Chanel Fischetti	2:20.49	4/26/2008	Elise Lyon	4:15.96	5/23/1987	Lindsay Enright	4:44.46	4/5/2014
Asha Jayasinghe	2:20.58	3/3/1996	Anna Lopaciuch	4:16.49	4/4/1998	Julie Rollow	4:45.03	1985
Tara Davis-Quarrie	2:20.83	4/21/2007	Lesley Noll	4:17.25	4/30/1989	Christine Greer	4:45.75	4/25/2009
Sapphira Ibrahim	2:21.18	3/12/1994	Emebet Shiferaw	4:20.75	5/4/1996	Anniya Louis	4:46.06	4/4/2009
Jennifer Wells	2:21.29	3/24/2007	Aleksandra Deren	4:20.84	5/5/2001	Kelly Owen	4:46.09	4/2/2011
Marley Jung	2:21.2	4/27/1979	Kristie Johnston	4:21.84	5/3/1997	Katie Kennedy	4:46.14	5/8/1999
Lyndsey Lopes	2:21.34	5/7/2017	Shannon Clark	4:22.06	4/11/1987	Heather Hennessy	4:46.3	3/17/2002
Goldie Thompkins	2:21.93	4/26/2003	Lucyna Ligaj	4:22.77	5/20/2001	Kathleen Moloney	4:46.94	3/13/2010
Jackie Dion	2:21.95	4/29/2012	Zsafia Erdelyi	4:23.18	5/2/2009	Jessica Lundin	4:48.56	4/4/2009
Francesca Adamski	2:22.06	4/9/2011	Julie Seleine	4:23.92	4/11/1987	Rae Stumbough	4:48.58	3/8/2003
Staci Burgess	2:22.55	1982	Donna Curtis	4:26.25	4/7/1984	Nicole Davies	4:48.61	3/9/2013
Kerry Zwart-Bell	2:22.76	1982	Gina Dyer	4:27.40	3/23/1980	Jennifer Wells	4:49.09	3/22/2008
Sheronda Gaines	2:22.86	4/22/1998	Amy Goodwin	4:27.70	4/14/1989	Treasure Schultz	4:49.38	3/26/1994
Shana Woods	2:23.13	5/10/2008	Rebekah Ent	4:27.72	4/15/2016	Sophia Rchette	4:49.54	4/14/2016
Rae Stumbough	2:24.34	4/26/2003	Erica Capellino	4:27.92	3/24/2012	Reika Kijima	4:50.71	3/14/2015
Jennifer Biller	2:24.5	1977	Christine Cortez	4:28.12	3/20/2010	Lauren Maurer	4:50.73	4/14/2017
Kerrie Pesques	2:24.65	4/18/1992	Danielle Morrell	4:30.29	5/18/2003	Lauren Grego	4:51.54	4/18/2014
Devon Rennie	2:25.78	3/22/2008	Katerina Berdousi	4:30.43	5/16/2015	Amber Bragdon	4:52.04	5/3/2015
Allison Franke	2:26.05	5/15/1993	Sarah Cocco	4:31.49	3/22/2008	Crystal Becker	4:52.57	3/8/2003
Donna Van Pulvelde	2:26.0	1977	Brooke Thomas	4:32.11	3/8/2003	Jasmine Leija	4:52.94	4/19/2008
Carey Hill	2:26.5	1977	Oksana Milokumova	4:32.40	4/13/2007	Jaclyn Walles	4:53.05	3/12/2011
Sophia Rchette	2:26.63	4/2/2016	Ariel Wright	4:32.88	3/19/2011	Sinfo Orozco	4:53.87	4/26/2001
Laura Simone	2:27.13	1982	Christine Lewis	4:33.27	4/6/1996	Tina Kefelas	4:53.8	4/6/1996
Latreace Benson	2:27.35	3/27/1998	Chloe Berry	4:33.65	4/22/2017	Austin Lundin	4:54.88	4/8/2013
Amber Bragdon	2:27.55	3/14/2015	Natasha Strickland	4:34.76	3/23/2013	Erin Robinson	4:55.76	3/3/2012
Shayvonne Goldsby	2:27.94	3/5/1994	Shelby Buckley	4:35.12	3/24/2012	Kristin Byrne	4:56.49	4/18/2009
Nia Ali	2:28.77	4/10/2009	Lorea Ibarzabal	4:36.44	3/24/2017	Mai Ngo	4:57.03	4/14/1995
Alyssa Reardon	2:29.41	3/22/2014	Kristen Berglas	4:36.60	4/15/2005	Rachel Glynn	4:57.39	4/2/2016
Brenda Bruce	2:30.9	1977	Kira Soderstrom	4:36.61	3/14/2015	Jessica Cuevas	4:57.53	4/26/2003
Ashley Selman	2:31.1	1990	Katherine Ellis	4:36.88	3/14/2009	Goldie Thompkins	4:58.51	4/21/2002
Nicole Haynes	2:31.76	5/26/1993	Vivian Grimes	4:37.65	3/18/2017	Erin Matranga	4:59.57	3/9/2013
Karlin McCullen	2:33.55	1982	Mary Anne Bullard	4:38.4	3/29/1986	Laura Meyers	4:59.81	3/15/2008
Julie Garcia	2:32.50	4/15/1989	Amber Gore	4:39.02	4/22/2017	Bridget Helgerson	5:00.68	5/1/2010
La Tima Jones	2:35.5	2/29/1992	Jenna Tong	4:39.98	4/2/2016	Liz Gill	5:02.24	4/18/2009
Sarah Sisco	2:38.13	3/18/2006	Natalia Kovtun	4:37.46	4/7/2007	Sapphira Ibrahim	5:02.65	3/19/1994
Kiana Henry	2:38.33	3/28/2013	Allison Rojewski	4:40.23	4/4/2009	Meghan Mainwaring	5:02.67	3/6/2003
Alexa Harmon-Thomas	2:41.49	5/7/2017	Leah Gaeta	4:41.05	3/13/2010	Alyssa Reardon	5:05.91	4/18/2015
Mitzi McMillan	2:42.6	1977	Tori Carter	4:41.1	2005	Hayley Sifton	5:06.54	3/30/2001
Cathy Cummins	2:42.7	1977	Kristy Ambrosini	4:42.17	3/20/2010	Zara Lukens	5:07.27	4/18/2009
Gail Berger	2:43.6	1977	Madison Ricks	4:42.89	4/15/2017	Barb Almarez	5:07.83	4/21/2001
Diana Rowden		1978	Tracy Bourdeau	4:42.98	3/16/1991	Emma Kao	5:08.00	5/3/2015

This is a comprehensive women's list of USC track athletes. It is a work in progress and will be continually updated. Names are still being discovered and added.
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Erika Hanson	5:11.41	4/10/1999	Katie McGraw	10:41.84	4/17/1998	Sinfo Orozco	11:29.44	5/4/2002
Staci Burgess	5:13.10c	1982	Julie Seleine	10:43.26	5/2/1987	Tori Carter	11:36.77	5/1/2004
Francesca Adamski	5:15.98	3/3/2012	Julie Sumpter	10:43.74	3/31/1984	Jaclyn Walles	11:37.46	5/1/2011
Julie Sumpter	5:17.8	1982	Diane Byington	10:44.4	3/26/1977	Meghan Mainwaring	11:40.00	4/26/2003
Sarah Sisco	5:19.07	3/25/2006	Austin Lundin	10:44.71	4/7/2012	Jessica Lundin	11:44.11	5/2/2009
Anna Burger	5:22.48	3/3/2012	Madison Ricks	10:44.72	4/23/2016	Theresa Kurth	11:48.36	5/1/2011
Cathy Cummins	5:39.5	1977	Allison Erbert	10:44.8	4/17/1998	Austin Lundin	12:06.50	4/18/2013
Jackie Louth		1981	Theresa Kurth	10:44.92	3/20/2010	Harlye Maya	12:22.50	4/30/2005

3000 METERS

Emebet Shiferaw	9:11.78	6/6/1997
Anna Lopaciuch	9:23.44	5/2/1998
Zsofia Erdelyi	9:27.96	3/20/2010
Iryna Vashchuck	9:31.14	3/20/2004
Lucyna Ligaj	9:38.07	3/3/2001
Shannon Clark	9:41.41	4/17/1987
Sarah Cocco	9:42.68	3/1/2008
Katerina Berdousi	9:45.42	3/22/2013
Elise Lyon	9:48.69	4/17/1987
Beth Van Alstine	9:49.07	3/20/2004
Gina Dyer	9:50.32	4/21/1980
Kira Soderstrom	9:54.21	3/7/2015
Jenna Tong	10:02.97	3/18/2016
Leticia Mora	10:06.40	4/22/1995
Natalia Kovtun	10:08.52	3/24/2007
Oksana Milokumova	10:08.73	3/24/2007
Daniela Gergley	10:16.21	10/24/2007
Christine Lewis	10:17.35	3/9/1996
Christine Greer	10:19.44	3/21/2009
Brooke Thomas	10:19.94	2/17/2001
Tina Kefelas	10:23.79	3/8/1998
Laura Meyers	10:24.36	3/23/2008
Leah Gaeta	10:24.45	3/19/2011
Kate Neeper	10:24.62	3/20/2004
Robbyn Bryant	10:26.5	3/18/1989
Christina Eads	10:28.81	3/18/2006
Treasure Schultz	10:28.90	3/12/1994
Amber Bragdon	10:29.89	2/28/2015
Adriana Lozano	10:33.5	3/3/1996
Bridget Helgerson	10:34.12	3/21/2009
Mary Anne Bullard	10:34.20	3/22/1986
Katie Kennedy	10:35.50	5/1/1999
Rachel Glynn	10:39.36	3/18/2016
Erin Robinson	10:39.99	3/23/2012
Jessica Lundin	10:41.38	3/1/2009

Katie McGraw	10:41.84	4/17/1998
Julie Seleine	10:43.26	5/2/1987
Julie Sumpter	10:43.74	3/31/1984
Diane Byington	10:44.4	3/26/1977
Austin Lundin	10:44.71	4/7/2012
Madison Ricks	10:44.72	4/23/2016
Allison Erbert	10:44.8	4/17/1998
Theresa Kurth	10:44.92	3/20/2010
Laura Strachan	10:45.27	3/18/2006
Zara Lukens	10:47.11	3/1/2009
Donna Curtis	10:47.64	1985
Katie DeYoung	10:47.80	4/7/2012
Roseann Nardon	10:49.70	4/12/1986
Julie Rollow	10:50.40	3/23/1985
Barb Almarez	10:50.49	5/5/2001
Erin Matranga	10:52.64	3/16/2013
Erin Ferguson	10:55.22	4/26/2001
Maria Arroyo	10:59.8	3/4/1995
Amy Goodwin	11:00.8	2/24/1991
Margarita Fernandez	11:10.8	3/21/1992
Jasmine Leija	11:15.56	3/1/2008
Kristen Berglas	11:20.72	2006
Diane Versteeg	11:21.5	2/22/1986
Kristin Byrne	11:24.36	3/21/2009
Katie Budman	11:29.3	3/4/1995
Shannon Selander	11:30.0	3/2/1991
Taylor Carroll	11:36.21	4/26/2008
Mai Ngo	11:38.7	3/5/1994
Kristin Rinos	12:04.03	2/9/2000
Maria Crowley	12:08.3	2/19/1994
Karlin McCullen	13:04.45	1982

3K STEEPLECHASE

Zsofia Erdelyi	10:01.99	5/30/2009
Julia Budniak	10:13.23	7/4/2004
Kira Soderstrom	10:34.18	4/16/2015
Katerina Berdousi	10:42.72	5/14/2016
Jenna Tong	10:42.91	4/5/2014
Laura Meyers	10:49.95	4/5/2008
Natalia Kovtun	11:04.35	4/28/2007
Kristen Berglas	11:06.70	4/30/2005
Katherine Ellis	11:07.26	5/2/2009
Brooke Thomas	11:07.63	4/21/2001
Chanel Fischetti	11:24.08	4/18/2009
Erin Matranga	11:28.47	3/24/2012

5000 METERS

Zsofia Erdelyi	16:00.11	4/15/2011
Emebet Shiferaw	16:16.27	5/18/1996
Ariel Wright	16:23.66	3/25/2011
Iryna Vashchuck	16:28.71	3/25/2005
Julia Budniak	16:42.65	4/18/2004
Brooke Thomas	16:53.82	3/29/2003
Beth Van Alstine	16:53.90	4/18/2004
Katerina Berdousi	17:04.41	5/15/2016
Julie Seleine	17:18.81	3/21/1987
Kathleen Moloney	17:29.33	3/6/2010
Shea Wickland	17:34.99	4/4/2009
Rebekah Ent	17:35.27	5/15/2016
Kira Soderstrom	17:40.52	5/17/2015
Oksana Milokumova	17:41.24	3/30/2007
Carey Hill	17:43.14	1980
Kate Neeper	17:46.19	3/6/2004
Jenna Tong	17:50.22	5/15/2016
Christine Greer	17:50.89	3/28/2009
Jessica Lundin	17:50.90	3/5/2011
Natalia Kovtun	17:53.45	3/30/2007
Daniela Gergley	17:54.46	3/30/2007
Bridget Helgerson	17:56.84	3/6/2010
Leah Gaeta	18:06.14	3/5/2011
Erin Matranga	18:13.96	3/10/2012
Kate Pinta	18:20.46	2003
Dina Kitayama	18:24.90	5/1/2011
Theresa Kurth	18:28.34	4/17/2010
Erin Robinson	18:28.70	3/2/2013
Zara Lukens	18:31.10	5/1/2010
Diane Byington	18:31.1	4/1/1977
Harlye Maya	18:45.36	5/4/2002
Sophia Rchette	18:50.96	4/23/2016

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Jaclyn Walles	18:55.05	3/10/2012
Roseann Nardon	18:55.54	4/12/1986
Katie McGraw	18:56.79	3/21/1998
Madison Ricks	18:58.63	4/30/2017
Julie Sumpter	19:12.54	1984
Holly Peters	19:19.33	4/26/2003
Austin Lundin	19:19.60	4/21/2012
Christina Eads	19:19.84	4/16/2005
Katie DeYoung	19:25.20	4/21/2012
Adriana Lozano	19:31.56	2/19/1994
Laura Strachan	19:34.49	3/1/2003
Margarita Fernandez	19:45.1	4/11/1992
Julie Rollow	19:51.54	1985
Maria Arroyo	19:57.0	4/1/1995
Lindsay Enright	19:57.57	5/4/2014
Taylor Carroll	20:04.75	4/19/2008
Katie Budman	20:35.0	4/1/1995
Sarah Fusco	20:53.68	4/16/2005

10000 METERS

Zsofia Erdelyi	33:18.75	3/26/2010
Beth Van Alstine	34:29.62	3/27/2004
Kate Neeper	36:09.24	4/17/2004
Shea Wickland	36:16.00	3/7/2009
Dina Kitayama	36:38.60	4/14/2011
Zara Lukens	37:11.02	4/14/2011
Holly Peters	39:51.67	5/1/2003
Roseann Nardon	40:21.64	5/6/1986

100-METER HURDLES

Virginia Powell	12.48	6/9/2006
Nia Ali	12.73	6/25/2011
Dior Hall	12.74	6/13/2015
Candice Davis	12.90	6/8/2007
Anna Cockrell	12.91	4/30/2017
Lauren Blackburn	13.06	5/14/2011
Shalina Clarke	13.09	5/29/2010
Sau Ying Chan	13.14	5/7/1994
Patty Van Wolvelaere	13.14	5/26/1978
Natasha Danvers	13.20	5/6/2000
Jasmyn Graham	13.21	6/25/2016
Melia Cox	13.24	5/30/2015
Natasha Neal	13.24	5/31/2001
Dalilah Muhammad	13.33	5/26/2012
Myriam Tschomba-Fariala	13.35	3/29/1997

Mecca McGlaston	13.46	5/14/2017
Yvette Bates	13.55	5/21/1988
Talia Stewart	13.56	3/31/2007
Felice Lipscomb	13.56	3/6/1993
Amalie luel	13.69	5/1/2016
Mitzi McMillan	13.71	5/15/1978
Shana Woods	13.76	5/3/2008
Wendy Brown	13.77	1988
Lyndsey Lopes	13.82	5/14/2017
Michelle DeCoux	13.83	3/14/1992
Tanya Smith	13.94	5/25/1993
Effie Daetz	13.94	5/14/1988
Gail Wilson	14.04	4/18/1986
Tunisia Johnson	14.15	4/26/2003
Kay Garnet	14.29	1980
Spring Harris	14.32	5/5/2001
Jaide Stepter	14.35	4/27/2013
Lyn Carter	14.46	1984
Sharon Hatfield	14.51	1987
Kiana Henry	14.58	5/4/2013
Alexa Harmon-Thomas	14.66	5/6/2017
Katie Kirst	14.67	5/3/2008
Glory Dolphin	14.74	5/6/1995
Lindsay Oman	14.75	3/22/2008
Kerry Zwart-Bell	14.84	1982
Aleksandra Pielusek	14.86	2/23/2002
Liesl Griffin	14.92	2/23/2002
Nicole Haynes	15.01	5/25/1993
Martise Moore	15.03	2/28/1998
Allison Franke	15.05	3/19/1993
Andrea Wasden	15.11	3/16/1996
Tiffany Jones	15.25	3/20/2004
Lydia Rolle	15.44	3/6/1999
Rosalind Anderson	15.54c	1982
Janice McDowell	15.58	1982
Karen Kelly	15.60	3/27/1992
Chanel Young	15.83	3/30/2001
Kathryn Karkut	15.92	4/16/2011
Lyn Carter	16.10c	1982
Carist Washington	16.53	3/1/2003
Brenda Bruce	16.54	1977
Ashley Selman	16.77	3/24/1990
Anna Biller	18.3	1977
Julie Garcia	18.64	4/14/1989
Carey Hill	18.6	1977

400-METER HURDLES

Jaide Stepter	54.95	7/10/2016
Natasha Danvers	54.95	9/25/2000
Anna Cockrell	55.14	6/24/2017
Amalie luel	55.38	4/8/2017
Leslie Maxie	55.79	6/6/1987
Dalilah Muhammad	56.04	6/8/2011
Michelle DeCoux	57.05	4/4/1992
Natasha Neal	57.16	5/5/2001
Aleksandra Pielusek	57.58	5/19/2002
Karen Koellner	57.59	3/18/1989
Shalina Clarke	57.78	4/28/2007
Talia Stewart	58.65	3/17/2007
Felice Lipscomb	59.44	5/9/1992
Candice Davis	59.56	4/30/2005
Tunisia Johnson	59.85	5/1/2004
Katie Kirst	59.79	5/3/2008
Nekeidra Shegog	59.84	5/2/1997
Lauren Blackburn	60.18	5/1/2011
Sharon Hatfield	60.32	1987
Myriam Tschomba-Fariala	60.45	4/18/1999
Brandy Stephens	60.47	4/19/1996
Mecca McGlaston	61.28	5/14/2017
Rebecca Paterson	61.50	4/21/2001
Jasmyn Graham	62.38	3/25/2017
Janice McDowell	62.42	5/15/1982
Mary Anne Bullard	62.66	1985
Brandy Stephens	62.70	4/6/1996
Tanya Smith	62.73	4/6/1996
Effie Daetz	63.05	1988
Glory Dolphin	63.48	3/4/1995
Rochelle Savoy	63.72	1985
Liesl Griffin	63.84	5/7/2005
Lynn Davis	63.84	5/11/1981
Rosalind Anderson	63.9	5/13/1979
Melia Cox	64.11	3/10/2012
Rosalyn Anderson	64.14	1979
Lindsay Oman	64.51	5/14/2005
Emile Winckel	64.61	3/17/2007
Marian Eastern	64.8	5/11/1979
Nicole Haynes	65.29	3/27/1993
Kathryn Karkut	65.61	3/12/2011
Anna Biller	66.0	1977
Karyn Neblett	66.1	1982

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Romina Carrillo	66.54	2/14/1998
Analisse De Lara	68.38	2/26/2000
Kenda Dose	69.27	5/4/1996
Giselle Torres	72.98	3/30/2001
Laura Crabtree	73.00	3/1/2003
Antoinette Levine	84.0	1977

HIGH JUMP

Emelie Fardigh	6' 2	3/22/1997
Nia Ali	6' 1¼	5/14/2011
Wendy Brown	6' 1	8/27/1988
Amalie luel	6' 0½	5/7/2016
Spring Harris	6' 0½	3/22/2003
Crissy Mills	6' 0	6/2/1993
Debra Larsen	5' 11¾	6/24/1983
Natasha Danvers	5' 11½	5/24/1998
Tanya Smith	5' 11½	3/19/1993
Shawana Taylor	5' 10	3/4/2000
Nicole Haynes	5' 9¾	5/11/1996
Kerry Zwart-Bell	5' 9	3/20/1982
Dalilah Muhammad	5' 8¾	3/13/2010
Ekene Anene	5' 8¾	3/17/2007
Reischea Canidate	5' 8¾	5/24/1997
Yleana Carrasco	5' 8¾	5/21/1989
Jennifer Stutland	5' 8	4/23/2011
Kelli Arrivey	5' 8	3/10/1984
Lyndsey Lopes	5' 7¾	3/23/2017
Mitzi McMillan	5' 7¾	4/3/1977
Lindsay Oman	5' 7	3/22/2008
Sharon Hatfield	5' 7	4/10/1987
Kathy Haynes	5' 7	4/22/1980
Julie Lendel	5' 7	1979
Janae Oliveira	5' 6	4/24/1993
Louan Guiado	5' 6	1988
Donna Carter	5' 6	1985
Rosetta Brit	5' 6	1976
Shana Woods	5' 5¾	4/9/2011
Alexandra Church	5' 5¾	2/26/2005
Tanya White	5' 5¾	3/2/2002
Malia Cravens	5' 5¼	5/4/2014
Katherine Callahan	5' 5	3/17/2001
Lindsay Paulick	5' 4½	5/5/2001
Alexa Harmon-Thomas	5' 4¼	5/6/2017
Andrea McBride	5' 4¼	4/30/2005
Dominique Chaplin	5' 3	3/6/2005
Molly Mahar	5' 3	3/8/2003

Allison Franke	5' 3	4/23/1992
Donna Curtis	5' 3	1982
Brenda Bruce	5' 3	1977
Tiffany Jones	5' 2½	4/26/2003
Karyn Neblett	5' 2	1982
Carey Hill	5' 2	1977
Candace Bailey	5' 1¾	3/3/2012
Shannon Smith	5' 1¾	2/22/2003
Jordan Winters	5' 1	3/19/2016
Vanessa Hill	5' 0	2/26/2000
Jennifer Oliviera	5' 0	2/28/1998
Beth Johnson	5' 0	2/18/1995
Louan Guialdo	5' 0	3/16/1991
Barb Gray	5' 0	3/29/1986
Karen Kelly	4' 11¾	2/22/1992
Kiana Henry	4' 11½	5/4/2013
Lydia Rolle	4' 11	5/1/1999
Ashley Selman	4' 10	3/8/1989
Maya Coelho	4' 9¾	2/24/2007
Julie Garcia	4' 6	4/14/1989
Tena Montoya		1981

POLE VAULT

Brysun Stately	14' 0	5/1/2010
Melissa Astete	12' 11½	5/15/2005
Brittani Bernhard	12' 11½	4/15/2005
Felicia Horvath	12' 5½	3/26/2016
Chun Mei Nickles	12' 5½	4/21/2007
Shannon Lewallen	12' 5½	3/26/2005
Thea Weiss	12' 4½	5/4/2013
Ariel Hayward	12' 2¾	3/2/2013
Kenisha Strong	12' 1½	4/4/2009
Sonya Negriff	12' 1½	4/26/2002
Jessica Luna	11' 11¾	4/15/2005
Daymora Pen	11' 1¾	4/1/2006
Meghan White	11' 0¾	4/26/2003
Katherine Chang	11' 0¼	3/9/2013
Jennifer Candipan	10' 9¾	5/24/1998
Jasmine Kinght	10' 6¾	5/1/2010
Melissa Sakowski	10' 6	4/26/2003
Kalynn Good	10' 2	3/21/2009
Isabel Lozowski	10' 0¾	4/27/2013
Joanne Rapadas	10' 0	2/28/2004
Michelle Muscato	10' 0	3/24/2001
Kelly Williams	9' 2¼	3/21/2009

LONG JUMP

Yvette Bates	21' 11	7/23/1988
Wendy Brown	21' 7½	7/19/1988
Sabrina Williams	21' 7	2/23/1985
Pamela Simpson	21' 2	6/2/1999
Tatyana Obukhova	20' 11¾	4/13/2002
Margaux Jones	20' 10¾	6/25/2016
Michelle Sanford	20' 10½	5/1/2004
Alexis Faulknor	20' 9¼	5/16/2015
Shana Woods	20' 8	4/28/2007
Louan Guialdo	20' 7¼	3/17/1990
Yolanda Fletcher	20' 7¼	5/21/1983
Sandy Crabtree	20' 7¼	6/17/1982
Alitta Boyd	20' 6½	5/24/2012
Stephanie Jones	20' 5¾	4/16/2000
Disia Page	20' 3¾	5/4/2002
Nicole Haynes	20' 3	5/4/1996
Madisen Richards	20' 1¾	4/3/2015
Kathy Haynes	19' 11¾	5/11/1980
Glory Dolphin	19' 11½	5/13/1995
Erin Williams	19' 11	5/14/2004
Kerry Zwart-Bell	19' 10	1982
Amalie luel	19' 9¾	4/1/2016
Karleen Shields	19' 9¾	5/7/1994
Debra Larsen	19' 9	1983
Carla Estes	19' 8¾	5/2/1998
Mitzi McMillan	19' 8¾	5/5/1978
Jasmyn Graham	19' 7½	4/9/2016
Katarzyna Klisowska	19' 6¼	4/30/2005
Oluwakemi Olonade	19' 5¼	3/21/2014
Lyndsey Lopes	19' 4¾	4/30/2017
Karen Ota	19' 1¼	4/26/2003
Madisen Richards	19' 0¾	4/23/2016
Myeshia Gibson	19' 0¾	4/28/2007
Tiffany Jones	19' 0	5/1/2004
Alexa Harmon-Thomas	18' 10	5/7/2017
Courtney Clayton	18' 8	3/1/2009
Chanel Young	18' 8	4/6/2002
Cara Bickers	18' 7	5/2/2009
Jennifer Oliviera	18' 6¼	4/8/1995
Allison Franke	18' 5¼	3/20/1993
Jennifer Jones	18' 5	3/31/2012
Brittany Daniels	18' 4½	4/1/2006
Tanya Smith	18' 3	3/6/1993

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Spring Harris	18' 0¼	2/23/2002
Kiana Henry	17' 11¾	5/5/2012
Tracee Thomas	17' 9¾	3/20/2004
Molly Mahar	17' 8¾	4/26/2003
Stephanie Davis	17' 6¼	1977
Miya Edmonson	17' 5¾	3/24/2001
Chun Mei Nickles	17' 5½	3/1/2008
Jamila Marston	17' 3¼	4/30/2005
Lindsay Oman	17' 0	3/22/2008
Nicole Anthony	16' 10	5/2/2009
Shannon Lewallen	16' 10	2/28/2004
Jill Snipes	16' 4¼	1977
Ashley Selman	16' 3	1990
Lydia Rolle	16' 2¾	3/6/1999
Ursula Walton	16' 1½	3/4/1995
Brenda Bruce	16' 1¼	1977
Katherine Chang	15' 11½	3/19/2011
Carey Hill	15' 11	1977
Kathryn Karkut	15' 7¾	3/19/2011
Julie Garcia	15' 5¾	4/15/1989
Alix Fitch	15' 5½	3/19/2011
Alycia Carrillo	15' 5	5/1/2010
Candace Bailey	15' 2	4/4/2009
Karen Kelly	15' 0½	3/14/1992
Laura Hayden	14' 7½	4/22/1998

TRIPLE JUMP

Wendy Brown	45' 5¼	6/17/1988
Yvette Bates	45' 3½	1987
Michelle Sanford	43' 9¼	5/15/2004
Alitta Boyd	43' 8¾	5/25/2013
Tatyana Obukhova	43' 5¼	5/4/2002
Melia Cox	43' 3¼	6/7/2013
Ekene Anene	42' 10¼	5/29/2010
Karleen Shields	41' 9¼	5/7/1994
Oluwakemi Olonade	41' 8¾	5/30/2014
Brittany Daniels	41' 2½	4/29/2006
Glory Dolphin	41' 0½	5/4/1996
Stephanie Jones	40' 7½	5/5/2001
Katarzyna Klisowska	39' 10	4/30/2005
Melissa Brule'	39' 10	5/3/1997
Chun Mei Nickles	39' 6½	5/3/2008
Allison Franke	39' 6	3/6/1993
Candace Bailey	39' 4	3/23/2013
Sabrina Williams	38' 9	3/30/1985

Nicole Haynes	38' 7	3/6/1993
Myeshia Gibson	38' 3½	4/28/2007
Gail Wilson	37' 8	1984
Samantha Ojo	37' 6½	2/22/2014
Dominique Chaplin	37' 6½	4/30/2005
Chanel Young	36' 10½	5/12/2001
Tonya Ransom	36' 6¾	5/17/1985
Cara Bickers	36' 5	4/4/2009
Katie Haller	36' 5	4/30/1994
Karen Ota	36' 3½	3/17/2002
Jennifer Jones	35' 9½	4/27/2013
Dominique Chaplin	35' 6	4/1/2006
Laura Hayden	35' 2½	5/1/1998
Katherine Chang	34' 6¾	4/14/2011
Shayvonne Goldsby	33' 0½	3/12/1994
Beth Johnson	33' 0¼	4/6/1996

SHOT PUT

Karen Freberg	57' 7½	4/29/2006
Brittany Mann	57' 4¾	6/8/2017
L'Orangerie Crawford	56' 3¼	5/14/2004
Diana Clements	55' 8¼	2/21/1986
Tanya Sapa	55' 7¼	5/1/2016
Cynthia Ademiluyi	55' 0¼	5/31/2001
Tera Novy	53' 0	5/1/2016
Cerenity Young	51' 2¼	4/6/2002
Marissa Minderler	50' 2¾	3/12/2011
Leslie Coons	49' 10½	5/4/1996
Jennifer Vail	49' 5	2/26/2000
Heidi Adams	48' 7½	3/25/1988
Amy Thiel	47' 10	2/16/2002
Carrie Martin	46' 11½	3/29/1997
Kerry Swart-Bell	45' 10¾	6/8/1980
Yolanda Fletcher	45' 9¼	5/16/1986
Andrea McBride	45' 8½	4/28/2007
Jenny Ozorai	45' 6½	5/1/2011
Nia Ali	44' 8	4/9/2009
Wendy Brown	44' 7	4/24/1988
Jade Niemeyer	44' 1½	3/10/2012
Katalin Mate	44' 1½	3/21/2009
Dana Olsen	44' 0	3/8/1980
Nicole Haynes	43' 10¾	5/29/1996
Cindy Johnson	43' 10½	3/18/1983
Lauren Chambers	43' 5¼	5/1/2010
Kate Hutchinson	43' 1½	5/3/2008

Eva Orban	42' 2¾	4/15/2007
Sharon Hatfield	42' 1	1986
Rugina Hendricks	40' 11¾	3/25/1988
Ashley Selman	40' 4	3/24/1989
Lillian Copeland	40' 3	7/4/1931
Julie Morgan	39' 9½	3/19/1977
Lindsay Oman	38' 8	4/2/2008
Allison Franke	38' 7¾	3/14/1992
Kiana Henry	38' 3¾	5/4/2013
Amalie luel	38' 2	5/7/2016
Mitzi McMillan	37' 3¾	1977
Celeste McVey	36' 11½	3/12/1994
Joyce Simley	36' 7½	5/13/1979
Teri Ortega	36' 6¾	2/29/1992
Tanya Smith	36' 4¾	5/25/1993
Ashley Selman	36' 2¼	3/2/1991
Shana Woods	35' 6	5/5/2007
Lyndsey Lopes	34' 10¼	6/25/2016
Honor Henry	34' 3½	5/13/1979
Donna Hollingsworth	33' 8	1982
Carey Hill	33' 4	1977
Karen Kelly	33' 3¼	3/17/1990
Brenda Bruce	32' 3½	1977
Julie Garcia	29' 9¼	4/14/1989
Molly Mahar	26' 1¼	2/22/2003

DISCUS THROW

Tera Novy	200' 5	4/14/2016
Alexandra Collatz	189' 8	4/16/2015
Kate Hutchinson	189' 5	5/6/2006
Cynthia Ademiluyi	177' 10	2/23/2002
Claudia Paris	176' 11	3/5/1988
Cindy Johnson	173' 11	6/4/1983
Lauren Guerrieri	168' 6	5/1/2010
Carrie Martin	168' 6	4/20/1996
Diana Clements	167' 10	5/3/1986
Allison Franke	166' 5	5/26/1992
Katalin Mate	165' 10	5/29/2009
Brittany Mann	163' 1	4/21/2017
Jennifer Vail	162' 1	3/26/2000
Celeste McVey	160' 11	5/8/1993
Dana Olsen	159' 11	4/21/1980
Amy Thiel	159' 10	3/23/2002
Teri Ortega	158' 2	3/30/1991
Jenny Ozorai	154' 5	4/27/2013

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Ashley Pyka	152' 1	4/29/2009	'Ofa Wolfgramm	166' 8	3/13/1999	Dana Olsen	152' 9	4/26/1980
Karen Freberg	151' 4	4/29/2006	Kelley Shapiro	164' 10	2/24/2001	Celeste McVey	152' 3	6/3/1994
Leslie Coons	150' 11	2/17/1996	Kathryn Daniels	159' 3	5/16/2010	Regina Steele	145' 2	1978
Andrea McBride	150' 8	4/2/2005	Tera Novy	150' 0	5/4/2014	Charm Bishop	144' 8	4/26/1980
Vivian Turner	150' 1	3/12/1977	Farren Benjiman	148' 9	4/5/2013	Sharon Hatfield	143' 8	5/2/1987
L'Orangerie Crawford	149' 10	5/1/2004	Kate Hutchinson	148' 9	3/20/2004	Kathy Nelson	142' 6	1981
Cerenity Young	145' 9	5/4/2002	Cerenity Young	143' 9	3/25/2000	Lori Jepson	141' 0	5/19/1977
Donna Hollingsworth	144' 2	1981	Stephanie Hoffer	134' 5	3/23/2012	Lynn van Benthem	136' 11	1981
Heidi Adams	143' 3	4/24/1988				Alexis Crampton	133' 6	1979
Erika Peyton	140' 5	5/3/2015	JAVELIN THROW (1999 Implement)			Lorelei van Benthem	130' 8	3/10/1979
Eva Orban	140' 5	4/24/2009	Inga Stasiulionyte	186' 10	5/18/2002	Yolanda Fletcher	121' 7	5/16/1986
Lillian Copeland	133' 2	8/2/1932	Kristine Busa	179' 1	7/18/2009	Lillian Copeland	116' 1	7/25/1931
Leslie Erickson	132' 2	3/20/2004	Leslie Erickson	168' 11	5/4/2002	Tanya Smith	114' 2	5/12/1996
Rugina Hendricks	124' 4	2/28/1988	Andrea McBride	161' 7	4/30/2005	Kerry Zwart-Bell	114' 2	1982
Cindy Makens	121' 0	5/6/1995	Marissa Minderler	157' 3	4/2/2010	Alex Crampton	114' 2	1977
Jade Niemeyer	115' 7	5/1/2011	Shana Woods	135' 4	6/14/2008	Cheri Thomas	108' 8	4/28/1990
Lauren Chambers	113' 3	5/1/2010	Devon Rennie	132' 11	5/1/2011	Julie Garcia	104' 2	4/15/1989
Honor Henry	111' 8	1979	Nia Ali	128' 9	5/10/2009	Karen Kelly	102' 7	3/17/1990
Julie Morgan	111' 7	1977	Lyndsey Lopes	126' 9	3/18/2017	Yleana Carrasco	92' 1	3/3/1990
Carey Hill	106' 8	1977	Becky Richey	124' 8	4/26/2003	Sally Boehmer	90' 1	1977
			Jennifer Vail	121' 3	3/18/2000	Teri Ortega	86' 2	2/29/1992
			Amalie luel	110' 5	5/11/2014			
HAMMER THROW			Jade Niemeyer	110' 5	5/1/2011	HEPTATHLON		
Eva Orban	230' 3	3/15/2008	Lindsay Oman	109' 10	4/30/2005	Wendy Brown	6,079	7/16/1988
Jenny Ozorai	223' 4	3/9/2012	Ashley Pyka	107' 8	4/27/2013	Amalie luel	6,011	5/7-8/2016
Marissa Minderler	220' 11	5/12/2012	Arielle Sepulveda	107' 1	4/28/2007	Nia Ali	5,824	5/10/2009
Julianna Tudja	218' 9	6/14/2003	Alexa Harmon-Thomas	103' 6	4/8/2017	Nicole Haynes	5,786	5/12/1996
L'Orangerie Crawford	209' 8	3/8/2003	Kate Hutchinson	101' 8	4/30/2005	Kerry Zwart-Bell	5,550	6/1/1982
Jade Niemeyer	208' 0	5/26/2012	K.C. Sullivan	100' 6	4/2/2016	Shana Woods	5,507	6/8/2007
Lauren Chambers	206' 5	4/16/2010	Kelley Shapiro	99' 4	4/27/2000	Sharon Hatfield	5,410	4/18-19/1986
Jennifer Vail	204' 3	5/21/2000	Kiana Henry	98' 1	3/2/2013	Lyndsey Lopes	5,371	5/6-7/2017
Julia Rozenfeld	203' 1	3/12/2005	Jenny Ozorai	96' 11	4/27/2013	Tanya Smith	5,345	5/25-26/1993
Leslie Coons	198' 7	5/4/1996	Alitta Boyd	95' 11	4/27/2013	Yolanda Fletcher	5,307	5/16-17/1986
Brittany Mann	193' 5	4/29/2017	Julia Tseng	90' 1	5/4/2014	Allison Franke	5,156	5/14-15/1993
Amy Thiel	193' 0	5/31/2003	Spring Harris	88' 9	4/1/2000	Lindsay Oman	5,025	4/3-4/2008
Erica Peyton	190' 7	3/18/2016	Farren Benjiman	77' 9	4/27/2013	Spring Harris	4,855	5/12-13/2001
Alexandra Collatz	189' 11	5/2/2015				Alexa Harmon-Thomas	4,741	5/6-7/2017
Tamara Baumann	184' 11	3/9/2012	JAVELIN THROW (old implement)			Kiana Henry	4,507	5/4-5/2013
Carrie Martin	184' 7	2/28/1998	Sherry Calvert	192' 0	5/12/1972	Ashley Selman	4,469	3/25/1990
Karen Freberg	184' 4	4/29/2006	Ashley Selman	187' 9	6/17/1989	Sandra Murray	4,455	1981
Brittany Mann	183' 7	3/17/2017	Diana Clements	168' 8	5/22/1987	Karen Koellner	4,247	4/11/1987
Cynthia Ademiluyi	182' 7	4/1/2000	Allison Franke	164' 4	5/23/1992	Chanel Young	4,125	3/14-15/2002
Tanya Sapa	181' 5	5/2/2015	Nicole Haynes	158' 10	5/20/1994	Lydia Rolle	4,021	5/14-15/1999
Ashley Pyka	179' 2	3/3/2012	Wendy Brown	158' 6	4/30/1988	Disia Page	3,876	5/14-15/1999
Alexandrea Williams	174' 0	3/10/2007	Lisa van Benthem	154' 6	5/18/1983	Julie Garcia	3,648	4/14-15/1989
Sharon Smith	168' 4	4/21/2002						

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PENTATHLON

Kerry Zwart	3,796	4/25-26/1980
Mitzi McMillan	3,739	4/3/1977
Brenda Bruce	3,295	1977