

USC Indoor Top Ten Lists

MEN

60m

1. Aaron Brown	6.55	2/15/14
2. Mike Sanford	6.56	1/5/80
3. Andre DeGrasse	6.60	2/7/15
4. Alexander Barnum	6.61	2/9/18
BeeJay Lee	6.61	2/28/15
6. T.J. Brock	6.64	1/27/18
7. Just'N Thymes	6.67	2/25/17
8. Adoree Jackson	6.75	2/26/16
9. Clancy Edwards	6.77	1/7/78
10. Dominic Davis	6.78	2/26/16

60mH

1. Aleec Harris (7.51)	7.60	2/15/14
2. Brendan Ames	7.68	3/11/11
3. Oscar Spurlock	7.71	2/5/11
4. Marquis Morris	7.73	1/27/17
5. Robert Reading	7.75	2/17/89
6. Ryan Wilson	7.87	2/1/03
7. Kai Kelly	7.95	3/7/08
8. Allen Williams	8.00	2/15/14
9. Viktor Fajoyomi	8.25	2/15/14

200m

1. Andre DeGrasse	20.26	3/14/15
2. Rai Benjamin	20.34	3/10/18
3. Just'N Thymes	20.36	3/11/17
4. Aaron Brown	20.53	2/15/14
5. Michael Norman	20.75	2/11/17
6. Zyaire Cledes	20.97	2/3/17
7. BeeJay Lee	21.00	2/7/15
8. Davonte Stewart	21.03	2/15/14
9. Adoree Jackson	21.28	2/5/16
10. Ricky Morgan	21.30	1/23/16

400m

1. Michael Norman	44.52*	3/10/18
2. Zach Shinnick	45.81	3/10/18
3. Rai Benjamin	45.94	2/24/18
4. Ricky Morgan	45.96	2/24/18
5. Zyaire Cledes	46.74	2/27/16
6. James Sanford	47.8	1/7/79
7. Cameron Samuel	48.59	1/27/18
8. Alex Rohani	48.70	2/25/17

* - WR, CR

800m

1. Robert Ford	1:47.88	2/27/16
2. Ibrahim Okash	1:49.17	2/8/86
3. David Omwanza	1:49.4	1/7/78
4. Myles Andrews	1:49.90	2/14/15
5. Ibrahim Okash	1:51.11	2/19/88
6. David Manahan	1:54.60	2/14/15
7. Alex Rohani	1:55.01	2/24/18
8. Jordan Wallin	1:55.76	2/27/16
9. Brandon Pacheco	1:56.79	1/23/99
10. Matthew Mytrue	2:00.74	2/25/17

MILE

1. Blake Shaw	3:59.85	3/6/10
2. Neil Duggan	4:01.80	2/3/68
3. Steve Crane	4:05.1	2/19/72
4. Chris Johnson	4:06.60	1/30/65
5. Ole Oleson	4:06.70	2/22/69
6. Dennis Carr	4:06.90	2/24/67
7. John Link	4:07.50	3/12/66
8. Brandon Pacheco	4:10.99	2/24/96
9. Julio Marin	4:12.3	12/27/63
10. Myles Andrews	4:12.45	1/17/15

() = post-USC marks
BOLD = current team member
RED = current season (2019)

3000m

1. Trent Rule	8:45.08	1/16/16
2. Nicolaus Jakowec	8:53.19	1/16/16

4x400 RELAY

1. 2018	3:00.77*	3/10/18
(Z. Shinnick, R. Benjamin, R. Morgan, M. Norman)		
2. 2017	3:05.57	2/4/17
(R. Morgan, J. Thymes, Z. Cledes, M. Norman)		
3. 2016	3:07.32	2/27/16
(Z. Cledes, J. Thymes, A. Jackson, R. Morgan)		
4. 2017	3:07.80	1/21/17
(R. Morgan, J. Thymes, R. Ford, Z. Cledes)		
5. 2015	3:08.74	2/28/15
(R. Morgan, J. Thymes, A. Jackson, D. Stewart)		
6. 2016	3:10.13	2/6/16
(R. Morgan, A. Jackson, Z. Cledes, M. Morris)		
7. 2018	3:10.87	1/20/18
(R. Morgan, A. Rohani, C. Samuel, Z. Shinnick)		
8. 2015	3:11.05	1/24/15
(R. Morgan, R. Ford, M. Andrews, D. Stewart)		
9. 2015	3:11.44	2/14/15
(R. Morgan, D. Stewart, J. Thymes, M. Morris)		
10. 2015	3:15.01	2/7/15
(R. Morgan, R. Ford, M. Morris, M. Andrews)		

* - WR, CR

DISTANCE MEDLEY RELAY

1. 1969	9:48.1	3/15/69
2. 1967	9:50.1	3/11/67
(C. Grant, R. Wolff, D. Carr, J. Link)		
3. 1969	9:51.2	2/15/69
(H. Becker, M. Turner, C. Trentadue, O. Oleson)		
4. 1968	9:51.3	3/16/68
(C. Grant, G. Vanderstock, O. Oleson, C. Trentadue)		

HIGH JUMP

1. Randall Cunningham	(2.29) - 7' 6	3/10/18
Jesse Williams (7' 8½)	(2.29) - 7' 6	3/11/06
3. Manjula Wijesekara	(2.19) - 7' 2½	3/7/09
4. Lew Hoyt	(2.16) - 7' 1	2/13/64
5. Michael Krone	(2.14) - 7' 0¼	2/28/15
Charlie Dumas	(2.14) - 7' 0¼	2/13/60
7. Anthony Caire	(2.13) - 7' 0	1/21/83
Jerry Culp	(2.13) - 7' 0	3/10/73
Larry Hollins	(2.13) - 7' 0	1/16/71
10. Earnie Sears	(2.13) - 6' 11¾	2/24/18

POLE VAULT

1. Dave Kenworthy	(5.56) - 18' 3	3/12/83
2. Brandon Estrada	(5.50) - 18' 0½	3/6/10
Denis Kholev (18' 2½)	(5.50) - 18' 0½	2/19/00
4. Doug Wicks	(5.38) - 17' 8	3/9/85
5. Russ Rogers	(5.33) - 17' 6	1/17/76
Bob Seagren	(5.33) - 17' 6	2/8/69
7. Eric White	(5.25) - 17' 3	3/14/87
8. Steve Klassen	(5.23) - 17' 2	3/2/85
9. Bob Pullard	(5.18) - 17' 0	2/17/74
10. Derek Scott	(5.12) - 16' 9½	2/5/10

LONG JUMP

1. Dietmar Haaf	(8.21) - 26' 11¼	2/18/90
2. Henry Hines	(8.10) - 26' 7	1/15/72
3. Randy Williams	(8.03) - 26' 4¼	3/10/73
4. Larry Doubly	(7.86) - 25' 9¼	1/22/78
5. Eric Sloan	(7.85) - 25' 9¼	1/23/16
6. Wellesey Clayton	(7.74) - 25' 4¼	2/8/64
7. Jesus Olivan	(7.72) - 25' 4	2/20/87
8. Dominic Smallwood	(7.67) - 25' 2	2/24/17
9. Adoree Jackson	(7.66) - 25' 1¾	2/26/16
10. Ed Tave	(7.65) - 25' 1¼	2/10/84

TRIPLE JUMP

1. Allen Simms	(17.26) - 56' 7½	3/15/03
2. Eric Sloan	(17.03) - 55' 10½	2/13/16
3. Julien Kapek	(16.62) - 54' 6¼	2/1/03
4. Henry Jackson	(16.09) - 52' 9¼	3/12/72
5. Mahoney Samuels	(16.02) - 52' 7	1/18/64
6. Greg Harper	(16.01) - 52' 6¼	1/22/88
7. Fred Assef	(15.63) - 51' 3½	2/6/76
8. Dominic Smallwood	(15.58) - 51' 1½	2/24/18
9. Tim Barrett	(15.41) - 50' 6¾	1/7/67
10. Tom Cochee	(15.34) - 50' 4¼	2/6/76

SHOT PUT

1. Noah Bryant	(20.55) - 67' 5¼	3/10/07
2. Matt Katnik	(19.75) - 64' 9¼	2/25/17
3. Nick Ponzio	(19.62) - 64' 4½	2/24/18
4. Doug Lane	(19.59) - 64' 3½	3/12/72
5. Hank Kraychir	(19.58) - 64' 3	3/12/83
6. Dave Murphy	(19.26) - 63' 2¼	1/3/70
7. Tambi Wenj	(19.05) - 62' 6	1/31/87
8. Nathan Bultman	(18.85) - 61' 10¼	2/4/17
9. Dave Davis	(18.75) - 61' 6¼	1/22/60
10. Ralph Fruguglietti	(18.60) - 61' 0½	1/22/77

WEIGHT THROW

1. Conor McCullough	(24.48) - 80' 3¼	3/13/15
2. Nathan Bultman	(19.35) - 63' 6	2/10/17
3. John Wolitarsky	(19.25) - 63' 2	1/17/86
4. David Sellens	(18.00) - 59' 0¼	2/3/17

HEPTATHLON

1. Viktor Fajoyomi	5544	2/8/14
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Past indoor marks are still being discovered.
Please email any omissions or corrections to the [Trojan Force](#)

Last update: 9/18/18

USC Indoor Top Ten Lists

WOMEN

60m

1. Angela Williams	7.09	3/11/01
2. Ky Westbrook	7.18	1/17/15
3. Virginia Powell	7.21	3/11/06
4. Twanisha Terry	7.22	3/9/18
5. Tynia Gaither	7.23	2/28/15
6. Alexis Faulknor	7.27	1/24/15
7. Deanna Hill	7.28	2/10/17
Alexis Weatherspoon	7.28	3/4/06
Angela Daigle	7.28	2/28/03
10. Angie Annelus	7.30	1/27/18
Jessica Davis	7.30	3/15/14

60mH

1. Virginia Powell	7.84	3/11/06
2. Anna Cockrell	7.93	3/10/18
3. Dior Hall	7.94	1/20/18
4. Candice Davis (7.90)	8.05	3/10/07
5. Nia Ali (7.80)	8.06	2/5/11
6. Chanell Brissett	8.09	2/9/18
7. Lauren Blackburn	8.19	3/1/14
8. Mecca McGlaston	8.21	2/9/18
Jasmyne Graham	8.21	2/25/17
10. Dalilah Muhammad	8.23	3/2/12

200m

1. Deanna Hill	22.54	3/11/17
2. Carol Rodriguez	22.77	3/11/06
3. Kendall Ellis	22.97	2/11/17
4. Anna Cockrell	23.16	1/26/18
5. Twanisha Terry	23.19	2/10/18
Tynia Gaither (23.11)	23.19	2/14/15
7. Angie Annelus	23.32	2/16/18
Jessica Davis	23.32	3/15/14
9. Ky Westbrook	23.44	2/14/15
10. Carmen Pettigrew	23.51	2/11/17
Coco Ndipagbor	23.51	2/14/14

400m

1. Kendall Ellis	50.34	3/10/18
2. Jaide Stepter	52.22	3/12/16
3. Carmen Pettigrew	52.27	2/25/17
4. Coco Ndipagbor	52.47	3/14/14
5. Amalie Luel	52.52	2/12/16
6. Michelle Taylor	52.60	2/11/89
7. Kyra Constantine	52.73	2/24/18
8. Vanessa Jones	53.33	2/28/15
9. Ashley Liverpool	54.21	3/1/14
10. Myra Hasson	54.71	1/30/10

800m

1. Michelle Taylor	2:05.70	3/10/90
2. Mikaela Smith	2:06.60	2/11/17
3. Amalie Luel	2:06.88p	2/26/16
4. Lorea Ibarzabal	2:08.82	2/11/17
5. Lesley Noll	2:08.70	2/25/89
6. Shannon Clark	2:10.11	2/25/89
7. Erica Capellino	2:11.54	2/28/15
8. Reika Kijima	2:11.55	2/28/15
9. Rebekah Ent	2:11.90	2/27/16
10. Rachel Glynn	2:13.22	1/23/16

MILE

1. Grayzna Penc	4:41.98	2/24/96
2. Anna Lopacuich	4:43.23	2/8/98
3. Elise Lyon	4:53.35	2/8/86
4. Amy Goodwin	4:55.00	2/9/90
5. Chloe Berry	4:56.67	2/11/17
6. Katerina Berdousi	4:57.43	2/12/16
7. Amber Gore	4:58.34	2/9/18
8. Christine Cortez	5:08.07	2/12/11
9. Jenna Tong	5:09.16	2/8/14
10. Kamryn Weber	5:16.31	2/9/18

3000m

1. Katerina Berdousi	9:50.40	2/13/16
2. Jenna Tong	10:02.63	2/27/16
3. Dina Kitayana	10:52.97	2/26/11
4. Erin Robinson	10:56.63	1/20/12
5. Katherine Ellis	10:57.78	1/27/07
6. Zara Lukens	10:58.71	2/26/11
7. Bridget Helgerson	11:07.73	1/27/07
8. Natalie Jarvey	12:04.25	1/27/07

4x400 RELAY

1. 2017	3:27.03	3/11/17
(C. Pettigrew, A. Luel, D. Hill, K. Ellis)		
2. 2018	3:27.45	3/10/18
(K. Roberts, A. Cockrell , D. Hill, K. Ellis)		
3. 2018	3:27.56	2/10/18
(K. Constantine, A. Cockrell , D. Hill, K. Ellis)		
4. 2016	3:28.82	2/13/16
(K. Ellis, A. Luel, D. Hill, J. Stepter)		
5. 2015	3:29.63	3/13/15
(J. Stepter, A. Luel, K. Ellis, V. Jones)		
6. 2017	3:30.66	1/28/17
(K. Ellis, A. Cockrell , C. Pettigrew, D. Hill)		
7. 2017	3:31.72	1/21/17
(C. Pettigrew, A. Luel, K. Constantine , K. Ellis)		
8. 2014	3:33.20	3/15/14
(A. Ndipagbor, V. Jones, J. Stepter, A. Liverpool)		
9. 2016	3:35.43	1/23/16
(K. Ellis, A. Luel, J. Stepter, C. Pettigrew)		
10. 2018	3:35.86	2/24/18
(K. Roberts, S. Robinson, K. Richardson, K. Gillian)		

HIGH JUMP

1. Amalie Luel	(1.80) - 5' 10 ^{3/4} p	3/11/16
2. Lyndsey Lopes	(1.74) - 5' 8^{1/2}p	2/23/18
3. Wendy Brown	(1.73) - 5' 8 ^{1/4}	2/19/88
4. Spring Harris	(1.73) - 5' 8	2/15/03
Shawana Taylor	(1.73) - 5' 8	1/22/00
6. Alexa Harmon-Thomas	(1.71) - 5' 7^{1/4}	2/24/18
7. Yleana Carrasco	(1.70) - 5' 7	2/3/90
8. Alexandra Church	(1.67) - 5' 5 ^{1/4}	1/29/05
9. Cassidy Palka	(1.66) - 5' 5^{1/4}	1/19/18
10. Jordan Winters	(1.60) - 5' 3	1/16/16

POLE VAULT

1. Bryson Stately	(4.11) - 13' 5 ^{1/4}	3/4/06
2. Felicia Horvath	(3.86) - 12' 8	2/26/16
3. Melissa Astete	(3.80) - 12' 5 ^{1/2}	2/23/02
4. Kenisha Strong	(3.37) - 11' 0 ^{3/4}	1/31/09
5. Shannon Lewallen	(3.30) - 10' 10	1/21/05

LONG JUMP

1. Margaux Jones	(6.41) - 21' 0^{1/2}	2/5/16
2. Yvette Bates	(6.35) - 20' 10	3/12/88
3. Alitta Boyd	(6.33) - 20' 9 ^{3/4}	2/4/12
4. Wendy Brown	(6.30) - 20' 8	3/8/86
Sabrina Williams	(6.30) - 20' 8	2/8/85
6. Alexis Faulknor	(6.23) - 20' 5 ^{1/4}	2/28/15
7. Michelle Sanford	(6.17) - 20' 3	3/4/06
8. Courtney Corrin	(6.16) - 20' 2^{1/4}	2/9/18
9. Amalie Luel	(6.15) - 20' 2 ^{1/4} p	3/11/16
10. Madisen Richards	(6.04) - 19' 9 ^{3/4}	2/23/18

TRIPLE JUMP

1. Yvette Bates	(13.79) - 45' 3	3/14/87
2. Wendy Brown	(13.61) - 44' 8	3/14/87
3. Michelle Sanford	(13.16) - 43' 2 ^{1/4}	1/30/04
4. Alitta Boyd (43' 1 ^{1/2})	(12.95) - 42' 6	2/9/13
5. Melia Cox	(12.64) - 41' 5 ^{1/4}	2/9/13
6. Ekene Anene	(12.62) - 41' 5	1/30/10
7. Kemi Olonade	(12.56) - 41' 2 ^{1/2}	3/1/14
8. Brittany Daniels(42' 11 ^{3/4})	(12.36) - 40' 6 ^{3/4}	1/28/06
9. Katarzyna Klisowska	(11.94) - 39' 2 ^{1/4}	2/10/07
10. Candace Bailey	(11.41) - 37' 5 ^{1/4}	1/20/12

SHOT PUT

1. Brittany Mann	(17.78) - 58' 4	3/10/17
2. Breanna Jamison	(17.27) - 56' 8	1/20/18
3. Diana Clements	(16.97) - 55' 8 ^{1/4}	2/21/86
4. Karen Freberg	(16.26) - 53' 4 ^{1/4}	3/4/06
5. Tera Novy	(15.41) - 50' 6 ^{3/4}	2/27/16
6. Tanya Sapa	(14.97) - 49' 2	2/6/16
7. Heidi Adams	(14.37) - 47' 2	2/19/88
8. Marissa Minderler	(14.02) - 46' 0	2/26/11
9. Katlin Mate	(13.26) - 43' 6	1/19/09
10. Rugina Hendricks	(12.39) - 40' 7 ^{1/4}	2/3/90

WEIGHT THROW

1. Brittany Mann	(19.28) - 63' 3 ^{1/4}	2/24/17
2. Erika Peyton	(17.59) - 57' 5	2/26/16
3. Tanya Sapa	(17.12) - 56' 2	2/26/16
4. Tamara Bauman	(16.30) - 53' 5 ^{1/4}	2/26/11
5. Ashley Pyka	(14.74) - 48' 4 ^{1/2}	1/20/12
6. Alexandra Williams	(14.44) - 47' 4	1/28/06
7. Marissa Minderler	(14.35) - 47' 1	1/31/09
8. Kathryn Daniels	(13.92) - 45' 8	2/26/11
9. Farren Benjamin	(10.81) - 35' 5 ^{1/4}	1/20/12

PENTATHLON

1. Amalie Luel	4444	2/26/16
2. Lyndsey Lopes	3978	2/23/18
3. Alexa Harmon-Thomas	3434	1/20/17
4. Kiana Henry	2825	1/26/13

() = post-USC marks
BOLD = current team member
 p = mark made in pentathlon
RED = current season (2019)