

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. Brendon Stewart	6.63	1/25/19
7. TJ Brock	6.64	1/27/18
8. Just'N Thymes	6.67	2/25/17
9. Adoree' Jackson	6.75	2/26/16
10. Clancy Edwards	6.77	1/7/78

60mH

1. Aleec Harris (7.5f)	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. Ayden Owens	7.83	2/8/19
7. Ryan Wilson	7.87	2/1/03
8. Kai Kelly	7.95	3/7/08
9. Omotade Ojora	7.98	1/19/19
10. Allen Williams	8.00	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. Eric Allen Jr.	20.63	1/26/19
6. Michael Norman	20.75	2/11/17
7. Zyaire Clemes	20.97	2/3/17
8. BeeJay Lee	21.00	2/7/15
9. Davonte Stewart	21.03	2/15/14
10. Brendon Stewart	21.26	1/26/19

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 Clemes	46.74	2/27/16
6. Cameron Samuel	47.21	1/25/19
7. James Sanford	47.8	1/7/79
8. Alex Rohani	48.70	2/25/17
9. Devin Bright	49.17	1/25/19
10. Talin Lewis	49.93	2/8/19

* - WR, CR

800m

1. Isaiah Jewett	1:46.91	1/26/19
2. Robert Ford	1:47.88	2/27/16
3. Ibrahim Okash	1:49.17	2/8/86
4. David Omwansa	1:49.4	1/7/78
5. Myles Andrews	1:49.90	2/14/15
6. Ibrahim Okash	1:51.11	2/19/88
7. Matthew Myrtue	1:51.64	2/8/19
8. Sam Van Dorpe	1:51.65	1/26/19
9. David Manahan	1:54.60	2/14/15
10. Alex Rohani	1:55.01	2/24/18

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. Clemes, M. Norman)		
3. 2019	3:06.46	1/26/19
(C. Samuel, A. Owens, E. Allen, I. Jewett)		
4. 2019	3:06.78	2/9/19
(Z. Shinnick, C. Samuel, A. Owens, I. Jewett)		
5. 2016	3:07.32	2/27/16
(Z. Clemes, J. Thymes, A. Jackson, R. Morgan)		
6. 2017	3:07.80	1/21/17
(R. Morgan, J. Thymes, R. Ford, Z. Clemes)		
7. 2015	3:08.74	2/28/15
(R. Morgan, J. Thymes, A. Jackson, D. Stewart)		
8. 2016	3:10.13	2/6/16
(R. Morgan, A. Jackson, Z. Clemes, M. Morris)		
9. 2018	3:10.87	1/20/18
(R. Morgan, A. Rohani, C. Samuel, Z. Shinnick)		
10. 2015	3:11.05	1/24/15
(R. Morgan, R. Ford, M. Andrews, D. Stewart)		

* - 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. Earnie Sears	(2.27) - 7' 5¼	1/26/19
4. Manjula Wijesekara	(2.19) - 7' 2¼	3/7/09
5. Lew Hoyt	(2.16) - 7' 1	2/13/64
6. Michael Krone	(2.14) - 7' 0¼	2/28/15
Charlie Dumas	(2.14) - 7' 0¼	2/13/60
8. Anthony Caire	(2.13) - 7' 0	1/21/83
Tim Walker	(2.13) - 7' 0	2/6/76
Jerry Culp	(2.13) - 7' 0	3/10/73
Larry Hollins	(2.13) - 7' 0	1/16/71

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. Bubba Kavanaugh	(5.18) - 17' 0	2/5/82
Bob Pullard	(5.18) - 17' 0	2/17/74

LONG JUMP

1. Dietmar Haaf	(8.21) - 26' 11¼	2/18/90
2. Henry Hines (27' 0¼)	(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' 6½	2/1/03
4. Henry Jackson	(16.09) - 52' 9½	3/12/72
5. Mahoney Samuels	(16.02) - 52' 7	1/18/64
6. Greg Harper	(16.01) - 52' 6½	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' 9¾	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' 6½	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	(20.62) - 67' 8	1/18/19
3. John Wolitarsky	(19.25) - 63' 2	1/17/86
4. David Sellens	(18.00) - 59' 0¼	2/3/17

HEPTATHLON*

1. Ayden Owens	5642	1/24-25/19
2. Viktor Fajoyomi	5544	2/7-8/14

* -Heptathlon pts based on scoring tables at the time of competition.

USC Indoor Top Ten Lists

WOMEN

60m

1. Angela Williams	7.09	3/11/01
2. Twanisha Terry	7.15	1/25/19
3. Ky Westbrook	7.18	1/17/15
4. Virginia Powell	7.21	3/11/06
5. Tynia Gaither	7.23	2/28/15
6. Deanna Hill	7.26	2/10/17
7. Alexis Faulknor	7.27	1/24/15
8. Lanae-Tava Thomas	7.28	1/25/19
Alexis Weatherspoon	7.28	3/4/06
Angela Daigle	7.28	2/28/03

60mH

1. Virginia Powell	7.84	3/11/06
2. Chanell Brissett	7.90	2/8/19
3. Anna Cockrell	7.93	3/10/18
4. Dior Hall	7.94	1/20/18
5. Candice Davis (7.90)	8.05	3/10/07
6. Nia Ali (7.80)	8.06	2/5/11
7. Mecca McGlaston	8.10	1/25/19
8. Lauren Blackburn	8.19	3/1/14
9. 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. Angie Annelus	23.16	1/26/19
5. Anna Cockrell	23.16	1/26/18
6. Twanisha Terry	23.19	2/10/18
Tynia Gaither (23.11)	23.19	2/14/15
8. 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. Kaelin Roberts	52.25	1/25/19
4. Carmen Pettigrew	52.27	2/25/17
5. Coco Ndipagbor	52.47	3/14/14
6. Amalie Luel	52.52	2/12/16
7. Michelle Taylor	52.60	2/11/89
8. Kyra Constantine	52.73	2/24/18
9. Bailey Lear	53.17	1/19/19
10. Vanessa Jones	53.33	2/28/15

800m

1. Michelle Taylor	2:05.70	3/10/90
2. Jemima Russell	2:05.90	2/8/19
3. Mikaela Smith	2:05.94	2/25/17
4. Alyssa Brewer	2:06.48	1/26/19
5. Amalie Luel	2:06.88p	2/26/16
6. Lorea Ibarzabal	2:08.82	2/11/17
7. Lesley Noll	2:08.70	2/25/89
8. Shannon Clark	2:10.11	2/25/89
9. Erica Capellino	2:11.54	2/28/15
10. Reika Kijima	2:11.55	2/28/15

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

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. 2019	3:30.43	2/9/19
(A. Cockrell, K. Constantine, B. Lear, K. Roberts)		
7. 2017	3:30.66	1/28/17
(K. Ellis, A. Cockrell , C. Pettigrew, D. Hill)		
8. 2017	3:31.72	1/21/17
(C. Pettigrew, A. Luel, K. Constantine , K. Ellis)		
9. 2014	3:33.20	3/15/14
(A. Ndipagbor, V. Jones, J. Stepter, A. Liverpool)		
10. 2016	3:35.43	1/23/16
(K. Ellis, A. Luel, J. Stepter, C. Pettigrew)		

HIGH JUMP

1. Amalie Luel	(1.80) - 5' 10 ³ / ₄ p	3/11/16
2. Lyndsey Lopes	(1.74) - 5' 8¹/₂p	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' 7¹/₄	2/24/18
7. Yleana Carrasco	(1.70) - 5' 7	2/3/90
8. Cassidy Palka	(1.67) - 5' 5¹/₄	2/9/19
Alexandra Church	(1.67) - 5' 5 ¹ / ₄	1/29/05
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' 0¹/₂	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' 2¹/₂	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. Isabella Marten	(12.70) - 41' 8	1/19/19
6. Melia Cox	(12.64) - 41' 5 ¹ / ₄	2/9/13
7. Ekene Anene	(12.62) - 41' 5	1/30/10
8. Kemi Olonade	(12.56) - 41' 2 ¹ / ₂	3/1/14
9. Brittany Daniels(42' 11 ³ / ₄)	(12.36) - 40' 6 ³ / ₄	1/28/06
10. Katarzyna Klisowska	(11.94) - 39' 2 ¹ / ₄	2/10/07

SHOT PUT

1. Brittany Mann	(17.78) - 58' 4	3/10/17
2. Breana 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' 1 ¹ / 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 ³ / ₄	2/3/90

WEIGHT THROW

1. Brittany Mann	(19.28) - 63' 3 ¹ / ₄	2/24/17
2. Joy McArthur	(17.50) - 57' 5	1/25/19
Erika Peyton	(17.50) - 57' 5	2/26/16
4. Tanya Sapa	(17.12) - 56' 2	2/26/16
5. Tamara Bauman	(16.30) - 53' 5 ¹ / ₄	2/26/11
6. Ashley Pyka	(14.74) - 48' 4 ¹ / ₂	1/20/12
7. Alexandra Williams	(14.44) - 47' 4	1/28/06
8. Marissa Minderler	(14.35) - 47' 1	1/31/09
9. Kathryn Daniels	(13.92) - 45' 8	2/26/11
10. 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

* - Pentathlon pts based on scoring tables at the time of competition.