

This is a comprehensive women's *indoor* 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 the Trojan Force if you notice any errors or omissions.

|                     |      |         |                      |      |         |                     |       |         |
|---------------------|------|---------|----------------------|------|---------|---------------------|-------|---------|
| <b>50y</b>          |      |         | Alexis Weatherspoon  | 7.28 | 3/4/06  | <b>55mH</b>         |       |         |
| Myra Mayberry       | 6.14 | 1/17/86 | Angela Daigle        | 7.28 | 2/28/03 | Virginia Powell     | 7.71  | 2/15/03 |
| <b>60y</b>          |      |         | Angie Annelus        | 7.30 | 1/27/18 | Lauren Blackburn    | 7.83  | 1/20/12 |
| Robin Simmons       | 6.92 | 2/21/86 | Jessica Davis        | 7.30 | 3/15/14 | Melia Cox           | 8.02  | 1/20/12 |
| Tonya Ransom        | 6.92 | 2/8/85  | Zaria Francis        | 7.34 | 1/20/18 | Dalilah Muhammed    | 8.03  | 1/20/12 |
| Myra Mayberry       | 7.14 | 1/17/86 | Destinee Brown       | 7.36 | 2/26/16 | Sau Ying Chan       | 8.18  | 1/28/95 |
| Gail Wilson         | 7.56 | 2/8/85  | Gabriella Cantrell   | 7.43 | 2/7/15  | Michelle DeCoux     | 8.20  | 2/2/90  |
| <b>50m</b>          |      |         | Jessica Onyepunuka   | 7.43 | 1/27/07 | Leslie Maxie        | 8.21  | 2/3/90  |
| Angela Williams     | 6.17 | 2/23/02 | Carol Rodriguez      | 7.44 | 1/27/07 | Yleana Carrasco     | 8.89  | 2/3/90  |
| Torri Edwards       | 6.47 | 2/24/96 | Loudia Laarman       | 7.45 | 2/3/12  | Ashley Selman       | 9.28  | 2/3/90  |
| Tai-Ne Gibson       | 6.60 | 2/24/96 | Candice Davis        | 7.49 | 2/11/06 | <b>60mH</b>         |       |         |
| Tiffany Bennett     | 6.63 | 1/20/01 | Coco Ndigpagbor      | 7.50 | 1/18/14 | Virginia Powell     | 7.84  | 3/11/06 |
| <b>55m</b>          |      |         | Judith Onyepunuka    | 7.50 | 1/30/10 | Anna Cockrell       | 7.93  | 3/10/18 |
| Jessica Davis       | 6.93 | 1/20/12 | Jenna Puterbaugh     | 7.56 | 1/25/14 | Dior Hall           | 7.94  | 1/20/18 |
| Loudia Laarman      | 6.94 | 1/20/12 | Madisen Richards     | 7.58 | 1/27/18 | Candice Davis       | 8.05  | 3/10/07 |
| Esi Benyarku        | 6.97 | 1/23/99 | Erica Alexander      | 7.62 | 1/31/09 | Nia Ali             | 8.06  | 2/5/11  |
| Alexis Weatherspoon | 7.00 | 2/15/03 | Dalilah Muhammed     | 7.64 | 1/30/10 | Chanell Brissett    | 8.09  | 1/20/18 |
| Judith Onyepunuka   | 7.03 | 2/6/10  | Shalina Clarke       | 7.65 | 1/26/08 | Lauren Blackburn    | 8.19  | 3/1/14  |
| Erica Alexander     | 7.05 | 1/19/09 | Robin Simmons        | 7.66 | 2/20/87 | Mecca McGlaston     | 8.21  | 2/9/18  |
| Coco Ndigpagbor     | 7.09 | 1/20/12 | Margaux Jones        | 7.72 | 1/21/17 | Jasmyne Graham      | 8.21  | 2/25/17 |
| Elizabeth Olear     | 7.09 | 1/19/09 | Myra Mayberry        | 7.74 | 2/20/87 | Dalilah Muhammad    | 8.23  | 3/2/12  |
| Alitta Boyd         | 7.12 | 1/20/12 | Alitta Boyd          | 7.80 | 1/26/13 | Melia Cox           | 8.25  | 2/14/15 |
| Ronda Brooks        | 7.16 | 2/2/90  | Margaux Jones        | 7.81 | 1/22/16 | Sau Ying Chan       | 8.32  | 1994    |
| Aareon Payne        | 7.18 | 2/6/10  | Aareon Payne         | 7.81 | 1/30/10 | Shalina Clarke      | 8.34  | 2/7/09  |
| Jenna Puterbaugh    | 7.19 | 2/26/11 | Talia Stewart        | 7.82 | 1/28/06 | Amalie luel         | 8.48p | 3/11/16 |
| Lavan Guilda        | 7.22 | 2/2/90  | Melia Cox            | 7.85 | 1/19/13 | Lyndsey Lopes       | 8.51  | 2/23/18 |
| Jennifer Jones      | 7.53 | 1/20/12 | Charity Bruce        | 7.99 | 2/14/14 | Shante Robinson     | 8.51  | 1/20/18 |
| Charity Bruce       | 7.55 | 1/20/12 | Marissa Minderler    | 8.18 | 1/26/08 | Jaide Stepter       | 8.75  | 1/26/13 |
| Katherine Chang     | 7.75 | 1/20/12 | Courtney Corrin      | 8.26 | 1/21/17 | Alexa Harmon-Thomas | 9.00p | 2/24/17 |
| Tara Davis-Quarrie  | 7.88 | 2/6/10  | Tara Davis-Quarrie   | 8.31 | 1/26/08 | Lindsey Oman        | 9.37  | 1/27/07 |
| <b>60m</b>          |      |         | Bryson Stately       | 8.44 | 1/30/10 | <b>200m</b>         |       |         |
| Angela Williams     | 7.09 | 3/11/01 | Melissa Margulies    | 8.55 | 1/26/08 | Deanna Hill         | 22.54 | 3/11/17 |
| Ky Westbrook        | 7.18 | 1/17/15 | Jasmine Knight       | 8.99 | 1/30/10 | Carol Rodriguez     | 22.77 | 3/11/06 |
| Natasha Mayers      | 7.18 | 2/9/02  | <b>60yH</b>          |      |         | Kendall Ellis       | 22.97 | 2/11/17 |
| Virginia Powell     | 7.21 | 3/11/06 | Patty Van Wolvelaere | 7.7  | 1/16/77 | Anna Cockrell       | 23.16 | 1/26/18 |
| Twanisha Terry      | 7.22 | 3/9/18  | Yvette Bates         | 8.01 | 2/8/86  | Twanisha Terry      | 23.19 | 2/10/18 |
| Tynia Gaither       | 7.23 | 2/28/15 | Mitzi McMillian      | 8.2  | 1/16/77 | Tynia Gaither       | 23.19 | 2/14/15 |
| Alexis Faulknor     | 7.27 | 1/24/15 | <b>50mH</b>          |      |         | Jessica Davis       | 23.32 | 3/15/14 |
| Deanna Hill         | 7.28 | 2/10/17 | Sau Ying Chan        | 7.03 | 2/19/94 | Angie Annelus       | 23.39 | 2/10/18 |
|                     |      |         |                      |      |         | Ky Westbrook        | 23.44 | 2/14/15 |
|                     |      |         |                      |      |         | Carmen Pettigrew    | 23.51 | 2/11/17 |

a - time ran in altitude  
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|                         |              |                |                    |         |         |                     |          |         |
|-------------------------|--------------|----------------|--------------------|---------|---------|---------------------|----------|---------|
| Coco Ndipagbor          | 23.51        | 2/14/14        | Shante Robinson    | 55.46   | 2/9/18  | Jennifer Daly       | 1:40.06  | 1/19/18 |
| Destinee Brown          | 23.60        | 2/11/17        | Elizabeth Olear    | 55.48   | 1/30/10 |                     |          |         |
| Gabriella Cantrell      | 23.60        | 2/14/15        | Carol Rodriguez    | 55.78   | 1/26/08 | <b>880y</b>         |          |         |
| Jenna Puterbaugh        | 23.65        | 1/25/14        | Dalilah Muhammad   | 55.82   | 2/12/11 | Donna Curtis        | 2:12.1   | 2/18/85 |
| Jaide Stepter           | 23.66        | 2/26/16        | Lyndsey Lopes      | 55.86   | 2/9/18  |                     |          |         |
| Michelle Taylor         | 23.69        | 2/25/89        | Kennedy Gillian    | 55.96   | 2/24/18 |                     |          |         |
| Loudia Laarman          | 23.77        | 2/14/14        | Treani Swain       | 56.18   | 1/28/06 | <b>800m</b>         |          |         |
| <b>Kyra Constantine</b> | <b>23.79</b> | <b>1/19/18</b> | Erica Alexander    | 56.28   | 2/7/09  | Michelle Taylor     | 2:05.70  | 3/10/90 |
| Aareon Payne            | 23.84        | 2/11/12        | Noelle Chapin      | 56.44   | 2/2/90  | Mikaela Smith       | 2:05.94  | 2/25/17 |
| Alexis Weatherspoon     | 23.96        | 3/4/06         | Jenna Puterbaugh   | 57.19   | 2/11/12 | Amalie luel         | 2:06.88p | 2/26/16 |
| Alexis Faulknor         | 23.99        | 2/7/15         | Loudia Laarman     | 57.46   | 1/26/13 | Lesley Noll         | 2:08.70  | 2/25/89 |
| Vanessa Jones           | 24.11        | 2/7/15         | Tara Davis-Quarrie | 57.62   | 1/27/07 | Lorea Ibarzabal     | 2:08.82  | 2/11/17 |
| Ronda Brooks            | 24.36        | 2/25/89        | Judith Onyepunuka  | 57.90   | 1/26/08 | Shannon Clark       | 2:10.11  | 2/25/89 |
| Jasmyne Graham          | 24.46        | 1/27/17        | Mikaela Smith      | 58.50   | 1/27/18 | Erica Capellino     | 2:11.54  | 2/28/15 |
| Leslie Maxie            | 24.62        | 2/9/90         | Lauren Blackburn   | 60.00   | 2/3/12  | Reika Kijima        | 2:11.55  | 2/28/15 |
| Lauren Blackburn        | 24.64        | 2/8/14         | Melissa Margulies  | 60.30   | 1/28/06 | Rebekah Ent         | 2:11.90  | 2/27/16 |
| Lyndsey Lopes           | 24.65        | 1/18/18        | Jennifer Jones     | 61.63   | 1/19/13 | Rachel Glynn        | 2:13.22  | 1/23/16 |
| Amalie luel             | 24.65        | 2/14/15        | Alexis Brown       | 62.30   | 1/19/13 | Anniya Louis        | 2:13.43  | 2/11/12 |
| Jessica Onyepunuka      | 24.73        | 1/26/08        | Jackie Dion        | 62.54   | 2/12/11 | Rebekah Ent         | 2:13.44  | 1/23/16 |
| Shante Robinson         | 24.75        | 1/26/18        | Malea Malik        | 62.64   | 1/26/13 | Katerina Berdousi   | 2:16.68  | 2/6/16  |
| Lavan Guilda            | 24.75        | 2/24/90        | Jennifer Jones     | 63.50   | 1/26/13 | Allison Rojewski    | 2:19.51  | 1/31/09 |
| Dalilah Muhammed        | 24.82        | 1/30/10        |                    |         |         | Amy Goodwin         | 2:20.91  | 1/20/89 |
| Ashley Liverpool        | 24.97        | 1/19/13        | <b>500y</b>        |         |         | Tracy Bourdeau      | 2:20.96  | 2/3/90  |
| Lavan Guilda            | 24.9         | 2/2/90         | LaWanda Cabell     | 55.13   | 1/16/87 | Lindsey Oman        | 2:21.03  | 1/26/08 |
| Kennedy Gillian         | 25.08        | 2/11/17        | Brigita Langerholc | 56.3    | 2/7/98  | Lyndsey Lopes       | 2:22.38p | 2/23/18 |
| Myra Hasson             | 25.16        | 1/27/07        |                    |         |         | Taylor Seamans      | 2:22.39  | 1/16/16 |
| Melia Cox               | 25.37        | 1/26/13        | <b>500m</b>        |         |         | Tunisia Johnson     | 2:24.32  | 1/28/06 |
| Margaux Jones           | 25.88        | 1/16/16        | Dalilah Muhammed   | 1:13.07 | 2/5/11  | Carmen Pettigrew    | 2:24.76  | 2/6/16  |
| Charity Bruce           | 26.02        | 2/14/14        |                    |         |         | Jackie Dion         | 2:25.99  | 2/11/12 |
| Ekene Anene             | 26.74        | 1/26/08        | <b>600y</b>        |         |         | Jenna Tong          | 2:26.40  | 2/6/16  |
|                         |              |                | Gervaise McGraw    | 1:19.50 | 2/8/86  | Melissa Margulies   | 2:27.74  | 1/19/09 |
| <b>400m</b>             |              |                | Amalie luel        | 1:19.56 | 1/20/17 | Natalia Williams    | 2:30.12  | 1/20/12 |
| Kendall Ellis           | 51.07        | 3/11/17        | Carmen Pettigrew   | 1:19.96 | 1/20/17 | Alexa Harmon-Thomas | 2:40.61p | 2/24/17 |
| Jaide Stepter           | 52.22        | 3/12/16        | Myra Hasson        | 1:25.04 | 2/6/10  |                     |          |         |
| Carmen Pettigrew        | 52.27        | 2/25/17        | Vanessa Jones      | 1:26.65 | 1/20/12 | <b>1000m</b>        |          |         |
| Coco Ndipagbor          | 52.47        | 3/14/14        | Elizabeth Olear    | 1:32.01 | 2/6/10  | Anniya Louis        | 2:58.59  | 2/12/11 |
| Amalie luel             | 52.52        | 2/12/16        | Kathryn Karkut     | 1:33.05 | 2/12/11 | Lesley Noll         | 2:40..0  | 2/21/86 |
| Michelle Taylor         | 52.60        | 2/11/89        | Jackie Dion        | 1:33.47 | 2/26/11 | Elise Lyon          | NT       | 2/21/86 |
| <b>Kyra Constantine</b> | <b>52.73</b> | <b>2/24/18</b> | Natalia Williams   | 1:34.36 | 2/26/11 |                     |          |         |
| Vanessa Jones           | 53.33        | 2/28/15        | Tessa Granowski    | 1:38.28 | 1/20/12 | <b>MILE</b>         |          |         |
| Ashley Liverpool        | 54.21        | 3/1/14         |                    |         |         | Anna Lopacuich      | 4:43.23  | 2/8/98  |
| Myra Hasson             | 54.71        | 1/30/10        | <b>600m</b>        |         |         | Elise Lyon          | 4:53.35  | 2/8/86  |
| <b>Kayla Richardson</b> | <b>54.94</b> | <b>1/20/18</b> | Carmen Pettigrew   | 1:34.80 | 1/16/16 | Amy Goodwin         | 4:55.00  | 2/9/90  |

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|---------------------|---|----------------|-------------|--|----------------|----------------------|---|----------------|
| Chloe Berry         | 4:56.67   | 2/11/17        | 2017        | 3:32.54  | 2/25/17        | 2006                 | 3:47.30   | 1/28/06        |
| Katerina Berdousi   | 4:57.43   | 2/12/16        |             | (C. Pettigrew, A. Luel, K. Ellis, K. Ellis)          |                |                      | (T. Swain, C. Rodriguez, A. Weatherspoon, T. Stewart) |                |
| <b>Amber Gore</b>   | <b>4:58.34</b>                                    | <b>2/9/18</b>  | 2014        | 3:33.20  | 3/15/14        | <b>2018</b>          | <b>3:47.97</b>  | <b>1/20/18</b> |
| Christine Cortez    | 5:08.07   | 2/12/11        |             | (A. Ndipagbor, V. Jones, J. Stepter, A. Liverpool)   |                |                      | (K. Gillian, L. Lopes, S. Robinson, J. Daly)          |                |
| Jenna Tong          | 5:09.16   | 2/8/14         | 2015        | 3:33.58  | 2/28/15        | 2014                 | 3:48.50   | 1/18/14        |
| <b>Kamryn Weber</b> | <b>5:16.31</b>                                    | <b>2/9/18</b>  |             | (K. Ellis, A. Luel, V. Jones, J. Stepter)            |                |                      | (V. Jones, T. Gaither, C. Pettigrew, A. Luel)         |                |
| Katherine Ellis     | 5:16.72   | 1/26/08        | 2014        | 3:34.51  | 2/14/14        | 2014                 | 3:48.62   | 1/25/14        |
| Kira Soderstrom     | 5:41.76   | 1/20/12        |             | (A. Ndipagbor, V. Jones, A. Liverpool, J. Stepter)   |                |                      | (J. Stepter, V. Jones, J. Puterbaugh, A. Luel)        |                |
|                     |   |                | 2016        | 3:35.43  | 1/23/16        | 2011                 | 3:49.59   | 2/12/11        |
|                     |   |                |             | (K. Ellis, A. Luel, J. Stepter, C. Pettigrew)        |                |                      | (D. Muhammad, J. Davis, A. Payne, S. Woods)           |                |
| <b>3000m</b>        |   |                |             |  |                | 2008                 | 3:49.98   | 1/26/08        |
| Katerina Berdousi   | 9:50.40   | 2/13/16        | 2015        | 3:35.80  | 2/7/15         |                      | (S. Woods, S. Clarke, Ju. Onyepunuka, C. Rodriguez)   |                |
| Jenna Tong          | 10:02.63  | 2/27/16        |             | (K. Ellis, V. Jones, A. Luel, J. Stepter)            |                | 2012                 | 3:54.11   | 1/19/13        |
| Dina Kitayana       | 10:52.97  | 2/26/11        | <b>2018</b> | <b>3:35.86</b>                                       | <b>2/24/18</b> |                      |   |                |
| Erin Robinson       | 10:56.63  | 1/20/12        |             | (K. Roberts, S. Robinson, K. Richardson, K. Gillian) |                | 2012                 | 3:58.64   | 1/20/12        |
| Katherine Ellis     | 10:57.78  | 1/27/07        | 1989        | 3:35.90  | 2/25/89        |                      | (J. Puterbaugh, D. Muhammad, A. Payne, V. Jones)      |                |
| Zara Lukens         | 10:58.71  | 2/26/11        | 2015        | 3:35.95  | 2/14/15        | 2010                 | 4:02.34   | 2/6/10         |
| Bridget Helgerson   | 11:07.73  | 1/27/07        |             | (V. Jones, A. Luel, K. Ellis, J. Stepter)            |                |                      | (E. Olear, M. Hasson, A. Brown, E. Hillaire)          |                |
| Natalie Jarvey      | 12:04.25  | 1/27/07        | 1986        | 3:36.16  | 3/15/86        | 2011                 | 4:05.40   | 2/26/11        |
|                     |   |                | 2015        | 3:36.26  | 1/24/15        |                      | (J. Dion, A. Payne, J. Davis, A. Brown)               |                |
| <b>4x145y</b>       |   |                |             | (J. Stepter, A. Luel, K. Ellis, V. Jones)            |                | 2013                 | 4:06.92   | 2/9/13         |
| 2012                | 1:11.63   | 1/20/12        | 2014        | 3:36.96  | 2/8/14         |                      | (J. Davis, M. Malik, J. Dion, A. Brown)               |                |
|                     | (Puterbaugh, Ndipagbor, Davis, Payne)             |                |             | (A. Ndipagbor, V. Jones, A. Liverpool, J. Stepter)   |                | 2013                 | 4:08.68   | 1/26/13        |
| 2011                | 1:11.87   | 2/26/11        | 2014        | 3:37.23  | 3/1/14         |                      | (J. Davis, L. Laarman, M. Malik, A. Brown)            |                |
|                     | (Laarman, Puterbaugh, Davis, Payne)               |                |             | (A. Ndipagbor, V. Jones, A. Liverpool, J. Stepter)   |                | 2012                 | 4:10.31   | 1/20/12        |
| <b>4x400 RELAY</b>  |   |                | 2012        | 3:37.57  | 3/2/12         |                      | (J. Dion, A. Brown, L. Laarman, N. Williams)          |                |
| 2017                | 3:27.03   | 3/11/17        |             | (J. Puterbaugh, V. Jones, D. Muhammad, A. Ndipagbor) |                | 2012                 | 4:10.86   | 1/19/13        |
|                     | (C. Pettigrew, A. Luel, D. Hill, K. Ellis)        |                | 2013        | 3:38.40  | 2/9/13         |                      |   |                |
| <b>2018</b>         | <b>3:27.45</b>                                    | <b>3/10/18</b> |             | (V. Jones, A. Ndipagbor, J. Stepter, A. Liverpool)   |                | <b>MILE RELAY</b>    |   |                |
|                     | (K. Roberts, A. Cockrell, D. Hill, K. Ellis)      |                | 2012        | 3:38.47  | 2/11/12        | 1986                 | 3:43.70   | 2/8/86         |
| <b>2018</b>         | <b>3:27.58</b>                                    | <b>2/10/18</b> |             | (A. Ndipagbor, V. Jones, D. Muhammad, A. Payne)      |                |                      | (Maxie, McGraw, Noll, Mayberry)                       |                |
|                     | (K. Constantine, A. Cockrell, D. Hill, K. Ellis)  |                | <b>2018</b> | <b>3:38.92</b>                                       | <b>1/20/18</b> | 1985                 | 3:53.34   | 2/8/85         |
| 2016                | 3:28.82   | 2/13/16        |             | (K. Ellis, A. Cockrell, D. Hill, K. Constantine)     |                | 1987                 | 4:03.20   | 2/20/87        |
|                     | (K. Ellis, A. Luel, D. Hill, J. Stepter)          |                | 1990        | 3:42.99  | 2/2/90         | 1980                 | 4:15.7  | 2/1/80         |
| 2015                | 3:29.63   | 3/13/15        | 1989        | 3:43.15  | 2/11/89        |                      |   |                |
|                     | (J. Stepter, A. Luel, K. Ellis, V. Jones)         |                | 2009        | 3:43.65  | 1/31/09        | <b>2 MILE RELAY</b>  |   |                |
| 2016                | 3:29.98   | 3/12/16        |             | (E. Hillaire, S. Clarke, E. Alexander, D. Muhammad)  |                | 1986                 | 8:53.09   | 2/3/90         |
|                     | (J. Stepter, K. Ellis, A. Luel, D. Hill)          |                | 2009        | 3:44.49  | 2/7/09         |                      |   |                |
| 2017                | 3:30.66   | 1/27/17        |             | (E. Alexander, E. Hillaire, S. Clarke, D. Muhammad)  |                | <b>HIGH JUMP</b>     |   |                |
|                     | (K. Ellis, A. Cockrell, C. Pettigrew, D. Hill)    |                | 2013        | 3:45.89  | 1/19/13        | Amalie luel          | 5' 10 <sup>3</sup> / <sub>4</sub> (1.80)p             | 3/11/16        |
| 2016                | 3:31.48   | 2/6/16         | 2016        | 3:45.95  | 2/27/16        | <b>Lyndsey Lopes</b> | <b>5' 8<sup>1</sup>/<sub>2</sub> (1.74)p</b>          | <b>2/23/18</b> |
|                     | (K. Ellis, A. Luel, D. Hill, J. Stepter)          |                |             | (D. Brown, G. Cantrell, R. Ent, M. Smith)            |                | Wendy Brown          | 5' 8 <sup>3</sup> / <sub>4</sub> (1.73)               | 2/19/88        |
| 2017                | 3:31.72   | 1/21/17        | 2013        | 3:46.11  | 1/26/13        | Spring Harris        | 5' 8 (1.73)   | 2/15/03        |
|                     | (C. Pettigrew, A. Luel, K. Constantine, K. Ellis) |                |             | (V. Jones, A. Ndipagbor, J. Stepter, A. Liverpool)   |                | Shawana Taylor       | 5' 8 (1.73)   | 1/22/00        |

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|---------------------|---------------|---------|
| Alexa Harmon-Thomas | 5' 7¼ (1.71)  | 2/24/18 |
| Yleana Carrasco     | 5' 7 (1.70)   | 2/3/90  |
| Alexandra Church    | 5' 5¾ (1.67)  | 1/29/05 |
| Cassidy Palka       | 5' 5¼ (1.66)  | 1/19/18 |
| Jordan Winters      | 5' 3 (1.60)   | 1/16/16 |
| Jennifer Stutland   | 5' 2¼ (1.58)  | 1/19/13 |
| Lindsey Oman        | 5' 2¼ (1.58)  | 1/26/08 |
| Ekene Anene         | 5' 2¼ (1.58)  | 1/26/08 |
| Candace Bailey      | 4' 10¼ (1.48) | 1/19/09 |

### LONG JUMP

|                     |                |         |
|---------------------|----------------|---------|
| Margaux Jones       | 21' 0½ (6.41)  | 2/5/16  |
| Yvette Bates        | 20' 10 (6.35)  | 3/12/88 |
| Alitta Boyd         | 20' 9¾ (6.33)  | 2/4/12  |
| Wendy Brown         | 20' 8 (6.30)   | 3/8/86  |
| Sabrina Williams    | 20' 8 (6.30)   | 2/8/85  |
| Alexis Faulknor     | 20' 5¼ (6.23)  | 2/28/15 |
| Michelle Sanford    | 20' 3 (6.17)   | 3/4/06  |
| Courtney Corrin     | 20' 2½ (6.16)  | 2/9/18  |
| Amalie luel         | 20' 2¼ (6.15)p | 3/11/16 |
| Madisen Richards    | 19' 9¾ (6.04)  | 2/23/18 |
| Sandy Crabtree      | 19' 7½ (5.98)  | 2/15/80 |
| Lavan Guilda        | 19' 6½ (5.95)  | 3/10/90 |
| Yolanda Fletcher    | 19' 2 (5.84)   | 2/8/86  |
| Katarzyna Klisowska | 18' 11¾ (5.78) | 1/27/07 |
| Tatyana Obukhova    | 18' 11 (5.76)  | 2/23/02 |
| Disia Page          | 18' 10¼ (5.74) | 2/23/02 |
| Lyndsey Lopes       | 18' 9¾ (5.73)  | 1/19/18 |
| Erin Williams       | 18' 8 (5.69)   | 1/30/04 |
| Alexa Harmon-Thomas | 18' 6 (5.64)   | 2/23/18 |
| Jennifer Jones      | 17' 6¾ (5.35)  | 2/3/12  |
| Cara Bickers        | 17' 1¼ (5.21)  | 1/30/10 |
| Courtney Clayton    | 16' 1¼ (4.92)  | 2/26/11 |
| Alix Fitch          | 15' 4¼ (4.68)  | 2/26/11 |
| Nicole Anthony      | 15' 3¼ (4.65)  | 1/19/09 |

### TRIPLE JUMP

|                  |                |         |
|------------------|----------------|---------|
| Yvette Bates     | 45' 3 (13.79)  | 3/14/87 |
| Wendy Brown      | 44' 8 (13.61)  | 3/14/87 |
| Michelle Sanford | 43' 2¼ (13.16) | 1/30/04 |
| Alitta Boyd      | 42' 6 (12.95)  | 2/9/13  |
| Melia Cox        | 41' 5¾ (12.64) | 2/9/13  |
| Ekene Anene      | 41' 5 (12.62)  | 1/30/10 |

|                     |                |         |
|---------------------|----------------|---------|
| Kemi Olonade        | 41' 2½ (12.56) | 3/1/14  |
| Brittany Daniels    | 40' 6¾ (12.36) | 1/28/06 |
| Katarzyna Klisowska | 39' 2¼ (11.94) | 2/10/07 |
| Candace Bailey      | 38' 2¼ (11.64) | 2/9/13  |
| Katherine Chang     | 33' 9¼ (10.29) | 1/20/12 |

### POLE VAULT

|                  |               |         |
|------------------|---------------|---------|
| Bryson Stately   | 13' 5¾ (4.11) | 3/4/06  |
| Felicia Horvath  | 12' 8 (3.86)  | 2/26/16 |
| Melissa Astete   | 12' 5½ (3.80) | 2/23/02 |
| Kenisha Strong   | 11' 0¾ (3.37) | 1/31/09 |
| Shannon Lewallen | 10' 10 (3.30) | 1/21/05 |

### SHOT PUT

|                     |                 |         |
|---------------------|-----------------|---------|
| Brittany Mann       | 58' 4 (17.78)   | 3/10/17 |
| Breanna Jamison     | 56' 8 (17.27)   | 1/20/18 |
| Diana Clements      | 55' 8¼ (16.97)  | 2/21/86 |
| Karen Freberg       | 53' 4¼ (16.26)  | 3/4/06  |
| Tera Novy           | 50' 6¾ (15.41)  | 2/27/16 |
| Tanya Sapa          | 49' 1½ (14.97)  | 2/6/16  |
| Heidi Adams         | 47' 2 (14.37)   | 2/19/88 |
| Marissa Minderler   | 46' 0 (14.02)   | 2/26/11 |
| Katlin Mate         | 43' 6 (13.26)   | 1/19/09 |
| Rugina Hendricks    | 40' 7¾ (12.39)  | 2/3/90  |
| Kate Hutchinson     | 39' 10 (12.14)  | 1/27/07 |
| Lindsey Oman        | 37' 7¼ (11.46)  | 1/27/07 |
| Lyndsey Lopes       | 36' 5 (11.10)p  | 1/20/17 |
| Ashley Pyka         | 36' 5 (11.10)   | 2/12/11 |
| Amalie luel         | 36' 4¼ (11.08)p | 3/11/16 |
| Alexa Harmon-Thomas | 33' 8½ (10.27)p | 1/27/17 |

### WEIGHT THROW

|                    |                |         |
|--------------------|----------------|---------|
| Brittany Mann      | 63' 3¼ (19.28) | 2/24/17 |
| Erika Peyton       | 57' 5 (17.59)  | 2/26/16 |
| Tanya Sapa         | 56' 2 (17.12)  | 2/26/16 |
| Tamara Bauman      | 53' 5¾ (16.30) | 2/26/11 |
| Ashley Pyka        | 48' 4½ (14.74) | 1/20/12 |
| Alexandra Williams | 47' 4 (14.44)  | 1/28/06 |
| Marissa Minderler  | 47' 1 (14.35)  | 1/31/09 |
| Kathryn Daniels    | 45' 8 (13.92)  | 2/26/11 |
| Farren Benjamin    | 35' 5¾ (10.81) | 1/20/12 |

### PENTATHLON

|                     |      |         |
|---------------------|------|---------|
| Amalie luel         | 4444 | 2/26/16 |
| Lyndsey Lopes       | 3921 | 1/26/18 |
| Alexa Harmon-Thomas | 3486 | 2/24/17 |
| Kiana Henry         | 2825 | 1/26/13 |

a - time ran in altitude  
p - made in Pentathlon competition

Last update: 3/12/18