

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**.
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50y			Tynia Gaither	7.23	2/28/15	50mH		
Myra Mayberry	6.14	1/17/86	Alexis Faulknor	7.27	1/24/15	Sau Ying Chan	7.03	2/19/94
			Deanna Hill	7.28	2/10/17	Renita Garnett	8.35	2/10/80
60y			Alexis Weatherspoon	7.28	3/4/06			
Robin Simmons	6.92	2/21/86	Angela Daigle	7.28	2/28/03	55mH		
Tonya Ransom	6.92	2/8/85	Angie Annelus	7.30	1/27/18	Virginia Powell	7.71	2/15/03
Myra Mayberry	7.14	1/17/86	Jessica Davis	7.30	3/15/14	Lauren Blackburn	7.83	1/20/12
Gail Wilson	7.56	2/8/85	Zaria Francis	7.34	1/20/18	Melia Cox	8.02	1/20/12
			Destinee Brown	7.36	2/26/16	Dalilah Muhammed	8.03	1/20/12
50m			Gabriella Cantrell	7.43	2/7/15	Sau Ying Chan	8.18	1/28/95
Angela Williams	6.17	2/23/02	Jessica Onyepunuka	7.43	1/27/07	Michelle DeCoux	8.20	2/2/90
<i>Esi Benyarku</i>	6.26	1/20/01	Carol Rodriguez	7.44	1/27/07	Leslie Maxie	8.21	2/3/90
Torri Edwards (6.31)	6.47	2/24/96	Loudia Laarman	7.45	2/3/12	Yleana Carrasco	8.89	2/3/90
Tai-Ne Gibson	6.60	2/24/96	Candice Davis	7.49	2/11/06	Ashley Selman	9.28	2/3/90
Tiffany Bennett	6.63	1/20/01	Coco Ndipagbor	7.50	1/18/14			
			Judith Onyepunuka	7.50	1/30/10	60mH		
55m			Jenna Puterbaugh	7.56	1/25/14	Virginia Powell	7.84	3/11/06
Jessica Davis	6.93	1/20/12	Madisen Richards	7.58	1/27/18	Anna Cockrell	7.93	3/10/18
Loudia Laarman	6.94	1/20/12	Erica Alexander	7.62	1/31/09	Dior Hall	7.94	1/20/18
Esi Benyarku	6.97	1/23/99	Dalilah Muhammed	7.64	1/30/10	Candice Davis (7.90)	8.05	3/10/07
Alexis Weatherspoon	7.00	2/15/03	Shalina Clarke	7.65	1/26/08	Nia Ali (7.80)	8.06	2/5/11
Judith Onyepunuka	7.03	2/6/10	Robin Simmons	7.66	2/20/87	Chanell Brissett	8.09	1/20/18
Erica Alexander	7.05	1/19/09	Margaux Jones	7.72	1/21/17	Lauren Blackburn	8.19	3/1/14
Coco Ndipagbor	7.09	1/20/12	Myra Mayberry	7.74	2/20/87	Mecca McGlaston	8.21	2/9/18
Elizabeth Olear	7.09	1/19/09	Alitta Boyd	7.80	1/26/13	Jasmyne Graham	8.21	2/25/17
Alitta Boyd	7.12	1/20/12	Margaux Jones	7.81	1/22/16	Dalilah Muhammad	8.23	3/2/12
Ronda Brooks	7.16	2/2/90	Aareon Payne	7.81	1/30/10	Melia Cox	8.25	2/14/15
Aareon Payne	7.18	2/6/10	Talia Stewart	7.82	1/28/06	Sau Ying Chan	8.32	1994
<i>Tracee Thomas</i>	7.18	2/15/03	Melia Cox	7.85	1/19/13	Shalina Clarke	8.34	2/7/09
Jenna Puterbaugh	7.19	2/26/11	Charity Bruce	7.99	2/14/14	Amalie luel	8.48p	3/11/16
Lavan Guilda	7.22	2/2/90	Marissa Minderler	8.18	1/26/08	Lyndsey Lopes	8.51	2/23/18
Jennifer Jones	7.53	1/20/12	Courtney Corrin	8.26	1/21/17	Shante Robinson	8.51	1/20/18
Charity Bruce	7.55	1/20/12	Tara Davis-Quarrie	8.31	1/26/08	Jaide Stepter	8.75	1/26/13
Katherine Chang	7.75	1/20/12	Bryson Stately	8.44	1/30/10	Alexa Harmon-Thomas	9.00p	2/24/17
Tara Davis-Quarrie	7.88	2/6/10	Melissa Margulies	8.55	1/26/08	Lindsey Oman	9.37	1/27/07
			Jasmine Knight	8.99	1/30/10			
60m			60yH			200m		
Angela Williams	7.09	3/11/01	Patty Van Wolvelaere	7.68	2/3/78	Deanna Hill	22.54	3/11/17
Ky Westbrook	7.18	1/17/15	Yvette Bates	8.01	2/8/86	Carol Rodriguez	22.77	3/11/06
Natasha Mayers	7.18	2/9/02	Mitzi McMillin	8.01	2/3/77	Kendall Ellis	22.97	2/11/17
<i>Inger Miller</i>	7.20	2/5/99				Anna Cockrell	23.16	1/26/18
Virginia Powell	7.21	3/11/06				Twanisha Terry	23.19	2/10/18
Twanisha Terry	7.22	3/9/18				Tynia Gaither (23.11)	23.19	2/14/15

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Jessica Davis	23.32	3/15/14	Vanessa Jones	53.33	2/28/15	Tessa Granowski	1:38.28	1/20/12
Angie Annelus	23.39	2/10/18	Ashley Liverpool	54.21	3/1/14			
Ky Westbrook	23.44	2/14/15	Myra Hasson	54.71	1/30/10	600m		
Carmen Pettigrew	23.51	2/11/17	Kayla Richardson	54.94	1/20/18	Carmen Pettigrew	1:34.80	1/16/16
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	880y		
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	800m		
Loudia Laarman	23.77	2/14/14	Treani Swain	56.18	1/28/06	Michelle Taylor	2:05.70	3/10/90
Kyra Constantine	23.79	1/19/18	Erica Alexander	56.28	2/7/09	Mikaela Smith	2:05.94	2/25/17
Aareon Payne	23.84	2/11/12	Noelle Chapin	56.44	2/2/90	Amalie luel	2:06.88p	2/26/16
Alexis Weatherspoon	23.96	3/4/06	Jenna Puterbaugh	57.19	2/11/12	Lesley Noll	2:08.70	2/25/89
Alexis Faulknor	23.99	2/7/15	Loudia Laarman	57.46	1/26/13	Lorea Ibarzabal	2:08.82	2/11/17
Vanessa Jones	24.11	2/7/15	Tara Davis-Quarrie	57.62	1/27/07	Shannon Clark	2:10.11	2/25/89
Ronda Brooks	24.36	2/25/89	Judith Onyepunuka	57.90	1/26/08	Erica Capellino	2:11.54	2/28/15
Jasmyne Graham	24.46	1/27/17	Mikaela Smith	58.50	1/27/18	Reika Kijima	2:11.55	2/28/15
Leslie Maxie	24.62	2/9/90	Lauren Blackburn	60.00	2/3/12	Rebekah Ent	2:11.90	2/27/16
Lauren Blackburn	24.64	2/8/14	Melissa Margulies	60.30	1/28/06	Rachel Glynn	2:13.22	1/23/16
Lyndsey Lopes	24.65	1/18/18	Jennifer Jones	61.63	1/19/13	Anniya Louis	2:13.43	2/11/12
Amalie luel	24.65	2/14/15	Alexis Brown	62.30	1/19/13	Rebekah Ent	2:13.44	1/23/16
Jessica Onyepunuka	24.73	1/26/08	Jackie Dion	62.54	2/12/11	Katerina Berdousi	2:16.68	2/6/16
Shante Robinson	24.75	1/26/18	Malea Malik	62.64	1/26/13	Allison Rojewski	2:19.51	1/31/09
Lavan Guilda	24.75	2/24/90	Jennifer Jones	63.50	1/26/13	Amy Goodwin	2:20.91	1/20/89
Dalilah Muhammed	24.82	1/30/10				Tracy Bourdeau	2:20.96	2/3/90
Ashley Liverpool	24.97	1/19/13	500y			Lindsey Oman	2:21.03	1/26/08
Lavan Guilda	24.9	2/2/90	LaWanda Cabell	55.13	1/16/87	Lyndsey Lopes	2:22.38p	2/23/18
Kennedy Gillian	25.08	2/11/17	Brigita Langerholc (63.95)	66.3	2/7/98	Taylor Seamans	2:22.39	1/16/16
Myra Hasson	25.16	1/27/07				Tunisia Johnson	2:24.32	1/28/06
Melia Cox	25.37	1/26/13	500m			Carmen Pettigrew	2:24.76	2/6/16
Margaux Jones	25.88	1/16/16	Dalilah Muhammed	1:13.07	2/5/11	Jackie Dion	2:25.99	2/11/12
Charity Bruce	26.02	2/14/14				Jenna Tong	2:26.40	2/6/16
Ekene Anene	26.74	1/26/08	600y			Melissa Margulies	2:27.74	1/19/09
			Gervaise McCraw	1:19.50	2/8/86	Natalia Williams	2:30.12	1/20/12
400m			Amalie luel	1:19.56	1/20/17	Alexa Harmon-Thomas	2:40.61p	2/24/17
Kendall Ellis	51.07	3/11/17	Carmen Pettigrew	1:19.96	1/20/17			
Jaide Stepter	52.22	3/12/16	Myra Hasson	1:25.04	2/6/10	1000m		
Carmen Pettigrew	52.27	2/25/17	Vanessa Jones	1:26.65	1/20/12	Anniya Louis	2:58.59	2/12/11
Coco Ndipagbor	52.47	3/14/14	Elizabeth Olear	1:32.01	2/6/10	Lesley Noll	2:40.0	2/21/86
Amalie luel	52.52	2/12/16	Kathryn Karkut	1:33.05	2/12/11	Elise Lyon	NT	2/21/86
Michelle Taylor	52.60	2/11/89	Jackie Dion	1:33.47	2/26/11			
Kyra Constantine	52.73	2/24/18	Natalia Williams	1:34.36	2/26/11			

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MILE

Grayzna Penc	4:41.98	2/24/96
Anna Lopacuich	4:43.23	2/7/98
Elise Lyon	4:53.35	2/8/86
Amy Goodwin	4:55.00	2/9/90
Chloe Berry	4:56.67	2/11/17
Katerina Berdousi	4:57.43	2/12/16
Amber Gore	4:58.34	2/9/18
Christine Cortez	5:08.07	2/12/11
Jenna Tong	5:09.16	2/8/14
Kamryn Weber	5:16.31	2/9/18
Katherine Ellis	5:16.72	1/26/08
Kira Soderstrom	5:41.76	1/20/12

3000m

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

4x145y

2012	1:11.63	1/20/12
(J. Puterbaugh, A. Ndipagbor, J. Davis, A. Payne)		
2011	1:11.87	2/26/11
(L. Laarman, J. Puterbaugh, J. Davis, A. Payne)		

4x400 RELAY

2017	3:27.03	3/11/17
(C. Pettigrew, A. Luel, D. Hill, K. Ellis)		
2018	3:27.45	3/10/18
(K. Roberts, A. Cockrell, D. Hill, K. Ellis)		
2018	3:27.58	2/10/18
(K. Constantine, A. Cockrell, D. Hill, K. Ellis)		
2016	3:28.82	2/13/16
(K. Ellis, A. Luel, D. Hill, J. Stepter)		
2015	3:29.63	3/13/15
(J. Stepter, A. Luel, K. Ellis, V. Jones)		
2016	3:29.98	3/12/16
(J. Stepter, K. Ellis, A. Luel, D. Hill)		

2017	3:30.66	1/27/17
(K. Ellis, A. Cockrell, C. Pettigrew, D. Hill)		
2016	3:31.48	2/6/16
(K. Ellis, A. Luel, D. Hill, J. Stepter)		
2017	3:31.72	1/21/17
(C. Pettigrew, A. Luel, K. Constantine, K. Ellis)		
2017	3:32.54	2/25/17
(C. Pettigrew, A. Luel, K. Ellis, K. Ellis)		
2014	3:33.20	3/15/14
(A. Ndipagbor, V. Jones, J. Stepter, A. Liverpool)		
2015	3:33.58	2/28/15
(K. Ellis, A. Luel, V. Jones, J. Stepter)		
2014	3:34.51	2/14/14
(A. Ndipagbor, V. Jones, A. Liverpool, J. Stepter)		
2016	3:35.43	1/23/16
(K. Ellis, A. Luel, J. Stepter, C. Pettigrew)		
2015	3:35.80	2/7/15
(K. Ellis, V. Jones, A. Luel, J. Stepter)		
2018	3:35.86	2/24/18
(K. Roberts, S. Robinson, K. Richardson, K. Gillian)		
1989	3:35.90	2/25/89
2015	3:35.95	2/14/15
(V. Jones, A. Luel, K. Ellis, J. Stepter)		
1986	3:36.16	3/15/86
2015	3:36.26	1/24/15
(J. Stepter, A. Luel, K. Ellis, V. Jones)		
2014	3:36.96	2/8/14
(A. Ndipagbor, V. Jones, A. Liverpool, J. Stepter)		
2014	3:37.23	3/1/14
(A. Ndipagbor, V. Jones, A. Liverpool, J. Stepter)		
2012	3:37.57	3/2/12
(J. Puterbaugh, V. Jones, D. Muhammad, A. Ndipagbor)		
2013	3:38.40	2/9/13
(V. Jones, A. Ndipagbor, J. Stepter, A. Liverpool)		
2012	3:38.47	2/11/12
(A. Ndipagbor, V. Jones, D. Muhammad, A. Payne)		
2018	3:38.92	1/20/18
(K. Ellis, A. Cockrell, D. Hill, K. Constantine)		
1990	3:42.99	2/2/90
1989	3:43.15	2/11/89
2009	3:43.65	1/31/09
(E. Hillaire, S. Clarke, E. Alexander, D. Muhammad)		
2009	3:44.49	2/7/09
(E. Alexander, E. Hillaire, S. Clarke, D. Muhammad)		

2013	3:45.89	1/19/13
2016	3:45.95	2/27/16
(D. Brown, G. Cantrell, R. Ent, M. Smith)		
2013	3:46.11	1/26/13
(V. Jones, A. Ndipagbor, J. Stepter, A. Liverpool)		
2006	3:47.30	1/28/06
(T. Swain, C. Rodriguez, A. Weatherspoon, T. Stewart)		
2018	3:47.97	1/20/18
(K. Gillian, L. Lopes, S. Robinson, J. Daly)		
2014	3:48.50	1/18/14
(V. Jones, T. Gaither, C. Pettigrew, A. Luel)		
2014	3:48.62	1/25/14
(J. Stepter, V. Jones, J. Puterbaugh, A. Luel)		
2011	3:49.59	2/12/11
(D. Muhammad, J. Davis, A. Payne, S. Woods)		
2008	3:49.98	1/26/08
(S. Woods, S. Clarke, Ju. Onyepunuka, C. Rodriguez)		
2013	3:54.11	1/19/13
2012	3:58.64	1/20/12
(J. Puterbaugh, D. Muhammad, A. Payne, V. Jones)		
2010	4:02.34	2/6/10
(E. Olear, M. Hasson, A. Brown, E. Hillaire)		
2011	4:05.40	2/26/11
(J. Dion, A. Payne, J. Davis, A. Brown)		
2013	4:06.92	2/9/13
(J. Davis, M. Malik, J. Dion, A. Brown)		
2013	4:08.68	1/26/13
(J. Davis, L. Laarman, M. Malik, A. Brown)		
2012	4:10.31	1/20/12
(J. Dion, A. Brown, L. Laarman, N. Williams)		
2013	4:10.86	1/19/13

MILE RELAY

1986	3:43.70	2/8/86
(L. Maxie, G. McCraw, L. Noll, M. Mayberry)		
1985	3:53.34	2/8/85
1987	4:03.20	2/20/87
1980	4:15.7	2/1/80

2 MILE RELAY

1986	8:53.09	2/3/90
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HIGH JUMP

Amalie luel	(1.80)p - 5' 10 ³ / ₄	3/11/16
Lyndsey Lopes	(1.74)p - 5' 8 ¹ / ₂	2/23/18
Wendy Brown	(1.73) - 5' 8 ¹ / ₄	2/19/88
Spring Harris	(1.73) - 5' 8	2/15/03
Shawana Taylor	(1.73) - 5' 8	1/22/00
Alexa Harmon-Thomas	(1.71) - 5' 7 ¹ / ₄	2/24/18
Yleana Carrasco	(1.70) - 5' 7	2/3/90
Alexandra Church	(1.67) - 5' 5 ³ / ₄	1/29/05
Cassidy Palka	(1.66) - 5' 5 ¹ / ₄	1/19/18
Jordan Winters	(1.60) - 5' 3	1/16/16
Jennifer Stutland	(1.58) - 5' 2 ¹ / ₄	1/19/13
Lindsey Oman	(1.58) - 5' 2 ¹ / ₄	1/26/08
Ekene Anene	(1.58) - 5' 2 ¹ / ₄	1/26/08
Candace Bailey	(1.48) - 4' 10 ¹ / ₄	1/19/09

LONG JUMP

Margaux Jones	(6.41) - 21' 0 ¹ / ₂	2/5/16
Yvette Bates	(6.35) - 20' 10	3/12/88
Alitta Boyd	(6.33) - 20' 9 ³ / ₄	2/4/12
Wendy Brown	(6.30) - 20' 8	3/8/86
Sabrina Williams	(6.30) - 20' 8	2/8/85
Alexis Faulknor	(6.23) - 20' 5 ¹ / ₄	2/28/15
Michelle Sanford	(6.17) - 20' 3	3/4/06
Courtney Corrin	(6.16) - 20' 2 ¹ / ₂	2/9/18
Amalie luel	(6.15)p - 20' 2 ¹ / ₄	3/11/16
Mitzi McMillin	(6.10) - 20' 0 ¹ / ₄	2/3/78
Madisen Richards	(6.04) - 19' 9 ³ / ₄	2/23/18
Sandy Crabtree	(5.98) - 19' 7 ¹ / ₂	2/15/80
Lavan Guilda	(5.95) - 19' 6 ¹ / ₂	3/10/90
Yolanda Fletcher	(5.84) - 19' 2	2/8/86
Katarzyna Klisowska	(5.78) - 18' 11 ³ / ₄	1/27/07
Tatyana Obukhova	(5.76) - 18' 11	2/23/02
Disia Page	(5.74) - 18' 10 ¹ / ₄	2/23/02
Lyndsey Lopes	(5.73) - 18' 9 ³ / ₄	1/19/18
Erin Williams	(5.69) - 18' 8	1/30/04
Alexa Harmon-Thomas	(5.64) - 18' 6	2/23/18
Jennifer Jones	(5.35) - 17' 6 ³ / ₄	2/3/12
Cara Bickers	(5.21) - 17' 1 ¹ / ₄	1/30/10
Courtney Clayton	(4.92) - 16' 1 ¹ / ₄	2/26/11
Alix Fitch	(4.68) - 15' 4 ¹ / ₄	2/26/11
Nicole Anthony	(4.65) - 15' 3 ¹ / ₄	1/19/09

TRIPLE JUMP

Yvette Bates	(13.79) - 45' 3	3/14/87
Wendy Brown	(13.61) - 44' 8	3/14/87
Michelle Sanford	(13.16) - 43' 2 ¹ / ₄	1/30/04
Alitta Boyd (<i>43' 1¹/₂</i>)	(12.95) - 42' 6	2/9/13
Melia Cox	(12.64) - 41' 5 ³ / ₄	2/9/13
Ekene Anene	(12.62) - 41' 5	1/30/10
Kemi Olonade	(12.56) - 41' 2 ¹ / ₂	3/1/14
Brittany Daniels (<i>42' 11³/₄</i>)	(12.36) - 40' 6 ³ / ₄	1/28/06
Katarzyna Klisowska	(11.94) - 39' 2 ¹ / ₄	2/10/07
Candace Bailey	(11.64) - 38' 2 ¹ / ₄	2/9/13
Katherine Chang	(10.29) - 33' 9 ¹ / ₄	1/20/12

POLE VAULT

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

SHOT PUT

Brittany Mann	(17.78) - 58' 4	3/10/17
Breanna Jamison	(17.27) - 56' 8	1/20/18
Diana Clements	(16.97) - 55' 8 ¹ / ₄	2/21/86
Karen Freberg	(16.26) - 53' 4 ¹ / ₄	3/4/06
Tera Novy	(15.41) - 50' 6 ³ / ₄	2/27/16
Tanya Sapa	(14.97) - 49' 1 ¹ / ₂	2/6/16
Heidi Adams	(14.37) - 47' 2	2/19/88
Marissa Minderler	(14.02) - 46' 0	2/26/11
Katlin Mate	(13.26) - 43' 6	1/19/09
Rugina Hendricks	(12.39) - 40' 7 ³ / ₄	2/3/90
Kate Hutchinson	(12.14) - 39' 10	1/27/07
Lindsey Oman	(11.46) - 37' 7 ¹ / ₄	1/27/07
Lyndsey Lopes	(11.10)p - 36' 5	1/20/17
Ashley Pyka	(11.10) - 36' 5	2/12/11
Amalie luel	(11.08)p - 36' 4 ¹ / ₄	3/11/16
Alexa Harmon-Thomas	(10.27)p - 33' 8 ¹ / ₂	1/27/17

WEIGHT THROW

Brittany Mann	(19.28) - 63' 3 ¹ / ₄	2/24/17
Erika Peyton	(17.59) - 57' 5	2/26/16
Tanya Sapa	(17.12) - 56' 2	2/26/16
Tamara Bauman	(16.30) - 53' 5 ³ / ₄	2/26/11
Ashley Pyka	(14.74) - 48' 4 ¹ / ₂	1/20/12
Alexandra Williams	(14.44) - 47' 4	1/28/06
Marissa Minderler	(14.35) - 47' 1	1/31/09
Kathryn Daniels	(13.92) - 45' 8	2/26/11
Farren Benjamin	(10.81) - 35' 5 ³ / ₄	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: **2019 Team** | **Misc Updates & Adds**

(Italics) - post USC mark