

2024 WOMEN'S OUTDOOR SEASON & COLLEGIATE BEST PERFORMANCES - Updated 3/30/24

100 METERS (School Record - 11.20)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Lia Love	11.15 %	at USF Alumni Invite - 3/16/24	11.10 %	at Hurricane Invite - 3/18/23
Holly Duax	11.37 %	at USF Alumni Invite - 3/16/24	11.37 %	at USF Alumni Invite - 3/16/24
Maud Zeffou-Poaty	12.05	at Pepsi Florida Relays - 3/30/24	12.05	at Florida Relays - 3/30/24
Daniela Wamokpego	12.30	at Pepsi Florida Relays - 3/30/24	12.30	at Florida Relays - 3/30/24

100-METER HURDLES (School Record - 12.90)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Paige Magee	13.14	at Pepsi Florida Relays - 3/30/24	12.90 *	at B1G Championships - 5/14/23
Tionna Tobias	13.18	at Pepsi Florida Relays - 3/30/24	13.11	at NCAA West Preliminary - 5/26/23
Katie Petersen	14.05 %	at USF Alumni Invite - 3/16/24	13.71 %	at Fighting Illini Challenge - 4/8/23
Ali Frandsen	14.16 %	at USF Alumni Invite - 3/16/24	14.16 %	at USF Alumni Invite - 3/16/24
Annie Wirth	14.18 %	at USF Alumni Invite - 3/16/24	14.18 %	at USF Alumni Invite - 3/16/24
Ellie Rickertsen	14.30 %	at USF Alumni Invite - 3/16/24	14.16 %	at Hurricane Invite - 3/18/23
Isabelle Woody	16.46	at USF Alumni Invite - 3/16/24	16.46	at USF Alumni Invite - 3/16/24

200 METERS (School Record - 22.30)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Alex Edison	24.09	at USF Alumni Invite - 3/15/24	23.74	at B1G Championships - 5/12/23
Julia Pattison	24.16 %	at USF Alumni Invite - 3/15/24	24.16 %	at USF Alumni Invite - 3/15/24
Olicia Lucas	24.57 %	at USF Alumni Invite - 3/15/24	24.57 %	at USF Alumni Invite - 3/15/24
Maud Zeffou-Poaty	24.72	at Pepsi Florida Relays - 3/29/24	24.72	at Pepsi Florida Relays - 3/29/24
Audrey Biermann	24.82	at USF Alumni Invite - 3/15/24	24.16	at Michael Johnson Invite - 4/21/23
Daniela Wamokpego	25.39	at Pepsi Florida Relays - 3/29/24	25.39	at Pepsi Florida Relays - 3/29/24
Annie Wirth	25.96 %	at USF Alumni Invite - 3/15/24	25.96 %	at USF Alumni Invite - 3/15/24
Isabelle Woody	27.99 %	at USF Alumni Invite - 3/15/24	27.99 %	at USF Alumni Invite - 3/15/24

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400-METER HURDLES (School Record - 56.16)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Mariel Bruxvoort	57.49	at USF Alumni Invite - 3/15/24	56.71	at Tom Jones Memorial Invite - 4/14/23
Paige Magee	58.30	at Pepsi Florida Relays - 3/29/24	56.62	at NCAA West Preliminary - 5/28/23
Nylah Perry	1:01.19	at Pepsi Florida Relays - 3/29/24	58.28	at NCAA West Preliminary - 5/28/23
Ali Frandsen	1:01.86	at USF Alumni Invite - 3/15/24	1:01.86	at USF Alumni Invite - 3/15/24
Ellie Rickertsen	1:02.31	at USF Alumni Invite - 3/15/24	1:00.84	at B1G Championships - 5/12/23

800 METERS (School Record - 2:03.24)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Alli Bookin-Nosbisch	2:03.24 *	at Pepsi Florida Relays - 3/30/24	2:03.24 *	at Pepsi Florida Relays - 3/30/24
Clare Pitcher	2:07.70	at Pepsi Florida Relays - 3/30/24	2:06.05	at Bryan Clay Invite - 4/13/22
Grace Bookin-Nosbisch	2:09.12	at Pepsi Florida Relays - 3/30/24	2:05.49	at Desert Heat Classic - 4/29/23
Katie Moore	2:09.34	at USF Alumni Invite - 3/15/24	2:09.34	at USF Alumni Invite - 3/15/24
Amber Aesoph	2:09.44	at Mike Fanelli Track Classic - 3/30/24	2:08.93	at Drake Relays - 4/29/23
Jaiden Itson	2:15.54	at Pepsi Florida Relays - 3/30/24	2:10.47	at B1G Championships - 5/13/23
Clare Kelly	2:15.57	at Mike Fanelli Track Classic - 3/30/24	2:15.57	at Mike Fanelli Track Classic - 3/30/24
Cameron Kalaway	2:20.13	at Mike Fanelli Track Classic - 3/30/24	2:20.13	at Mike Fanelli Track Classic - 3/30/24

1,500 METERS (School Record - 4:17.41)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Amber Aesoph	4:28.46	at Stanford Invite - 3/29/24	4:21.11	at Raleigh Relays - 3/24/23
Cameron Kalaway	4:48.40	at Mike Fanelli Track Classic - 3/29/24	4:48.40	at Mike Fanelli Track Classic - 3/29/24
Jalyssa Blazek	4:53.42	at Mike Fanelli Track Classic - 3/29/24	4:53.42	at Mike Fanelli Track Classic - 3/29/24
Clare Kelly	5:02.25	at Mike Fanelli Track Classic - 3/29/24	5:02.25	at Mike Fanelli Track Classic - 3/29/24

3,000-METER STEEPLECHASE (School Record - 10:23.15)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Rowan Boulter	11:15.23	at Mike Fanelli Track Classic - 3/30/24	11:15.23	at Mike Fanelli Track Classic - 3/30/24
Ellie Rathe	11:44.67	at Mike Fanelli Track Classic - 3/30/24	11:44.67	at Mike Fanelli Track Classic - 3/30/24

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4x100-METER RELAY (School Record - 43.69)

Names	Season Best	Meet - Date
Holly Duax, Lia Love, Julia Pattison, Alex Edison	44.54	at USF Alumni Invite - 3/16/24
Maud Zeffou-Poaty, Audrey Biermann, Olicia Lucas, Jade Hunter	47.19	at USF Alumni Invite - 3/16/24

4x400-METER RELAY (School Record - 3:30.97)

Names	Season Best	Meet - Date
Mariel Bruxvoort, Paige Magee, Alli Bookin-Nosbisch, Nylah Perry	3:38.25	at Pepsi Florida Relays - 3/30/24
Mariel Bruxvoort, Audrey Biermann, Olicia Lucas, Julia Pattison	3:39.57	at USF Alumni Invite - 3/16/24
Maud Zeffou-Poaty, Lia Love, Katie Moore, Alex Edison	3:48.00	at USF Alumni Invite - 3/16/24

HIGH JUMP (School Record - 1.86 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Ella Meeuwesen	5-5 1/4 (1.66m)	at Pepsi Florida Relays - 3/30/24	5-7 (1.70m)	at B1G Championships - 5/14/23
Jade Hunter	5-3 (1.60m)	at USF Alumni Invite - 3/16/24	5-7 (1.70m)	at B1G Championships - 5/14/23

LONG JUMP (School Record - 6.78 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Tionna Tobias	21-4 1/4 (6.51m)	at Pepsi Florida Relays - 3/29/24	21-4 1/4 (6.51m)	at Pepsi Florida Relays - 3/29/24
Maud Zeffou-Poaty	20-3 3/4 (6.19m)	at Pepsi Florida Relays - 3/29/24	20-3 3/4 (6.19m)	at Pepsi Florida Relays - 3/29/24
Kayla Hutchins	18-10 1/2 (5.75m)	at USF Alumni Invite - 3/15/24	19-6 1/4 (5.95m)	at B1G Championships - 5/13/23

TRIPLE JUMP (School Record - 13.46 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Daniela Wamokpego	40-7 1/2 (12.38m)	at Pepsi Florida Relays - 3/30/24	40-7 1/2 (12.38m)	at Pepsi Florida Relays - 3/30/24

SHOT PUT (School Record - 18.02 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Kat Moody	55-2 3/4 (16.83m)	at USF Alumni Invite - 3/15/24	55-7 3/4 (16.96m)	at B1G Championships - 5/12/23
Wisdom Williams	51-2 3/4 (15.61m)	at USF Alumni Invite - 3/15/24	51-2 3/4 (15.61m)	at USF Alumni Invite - 3/15/24

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DISCUS THROW (School Record - 63.94 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Kat Moody	177-2 (54.01m)	at USF Alumni Invite - 3/16/24	185-3 (56.47m)	at Hurricane Invite - 3/17/23
Jamie Kofron	155-2 (47.30m)	at USF Alumni Invite - 3/15/24	166-1 (50.62m)	at Jim Click Shootout - 4/9/22

JAVELIN THROW (School Record - 55.30 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Lizzy Korczak	166-1 (50.62m)	at USF Alumni Invite - 3/15/24	166-1 (50.62m)	at USF Alumni Invite - 3/15/24
Isabelle Woody	104-11 (31.98m)	at USF Alumni Invite - 3/15/24	104-11 (31.98m)	at USF Alumni Invite - 3/15/24
Annie Wirth	99-7 (30.35m)	at USF Alumni Invite - 3/15/24	99-7 (30.35m)	at USF Alumni Invite - 3/15/24

HAMMER THROW (School Record - 62.92 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Jamie Kofron	176-3 (53.73m)	at USF Alumni Invite - 3/15/24	176-3 (53.73m)	at USF Alumni Invite - 3/15/24
Wisdom Williams	168-5 (51.34m)	at USF Alumni Invite - 3/15/24	168-5 (51.34m)	at USF Alumni Invite - 3/15/24
Alivia Bauer	164-2 (5.05m)	at USF Alumni Invite - 3/15/24	185-9 (56.62m)	at B1G Championships - 5/12/23

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