

2024 WOMEN'S OUTDOOR SEASON & COLLEGIATE BEST PERFORMANCES - Updated 4/21/24

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
Brynley McDermott	12.20	at Tom Jones Memorial - 4/13/24	11.83	at America East Championships - 5/7/22
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
Annie Wirth	13.95 %^	at Jim Click Shootout - 4/5/24	13.95 %^	at Jim Click Shootout - 4/5/24
Katie Petersen	14.02 %	at Tom Jones Memorial - 4/13/24	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
Ellie Rickertsen	14.30 %	at USF Alumni Invite - 3/16/24	14.16 %	at Hurricane Invite - 3/18/23
Isabelle Woody	16.28 %^	at Jim Click Shootout - 4/5/24	16.28 %^	at Jim Click Shootout - 4/5/24

200 METERS (School Record - 22.30)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Holly Duax	23.63	at Jim Click Shootout - 4/6/24	23.63	at Jim Click Shootout - 4/6/24
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
Brynley McDermott	24.67	at Jim Click Shootout - 4/6/24	24.13	at America East Championships - 5/7/22
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
Laney Fitzpatrick	25.79	Musco Twilight - 4/20/24	24.95	Musco Twilight - 4/23/22
Annie Wirth	25.81 %^	at Jim Click Shootout - 4/5/24	25.81 %^	at Jim Click Shootout - 4/5/24
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 METERS (School Record - 51.30)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Ali Dorn	54.09	at Jim Click Shootout - 4/6/24	53.42	at NCAA West Preliminary - 5/26/23
Olicia Lucas	54.38	at Tom Jones Memorial - 4/13/24	54.38	at Tom Jones Memorial - 4/13/24
Arianna Williams	55.89	at Jim Click Shootout - 4/6/24	55.89	at Jim Click Shootout - 4/6/24
Jaiden Itson	56.81	at Jim Click Shootout - 4/6/24	56.81	at Jim Click Shootout - 4/6/24

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	1:01.01	at Jim Click Shootout - 4/6/24	58.28	at NCAA West Preliminary - 5/28/23
Ali Frandsen	1:01.73	at Jim Click Shootout - 4/6/24	1:01.73	at Jim Click Shootout - 4/6/24
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	2:08.86	at Bryan Clay Invite - 4/12/24	2:05.49	at Desert Heat Classic - 4/29/23
Amber Aesoph	2:09.30	at Bryan Clay Invite - 4/12/24	2:08.93	at Drake Relays - 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
Jaiden Itson	2:11.74	at Bryan Clay Invite - 4/12/24	2:10.47	at B1G Championships - 5/13/23
Jalyssa Blazek	2:14.86	at Jim Click Shootout - 4/6/24	2:14.86	at Jim Click Shootout - 4/6/24
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
Lily Johannes	2:20.86	Musco Twilight - 4/20/24	2:20.86	Musco Twilight - 4/20/24
Ava Rush	2:24.78	Musco Twilight - 4/20/24	2:24.78	Musco Twilight - 4/20/24
Annie Wirth	2:26.05 ^	at Jim Click Shootout - 4/6/24	2:26.05 ^	at Jim Click Shootout - 4/6/24
Clare Edmondson	2:34.33	at Jim Duncan Invite - 4/12/24	2:34.33	at Jim Duncan Invite - 4/12/24

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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	4:46.22	Musco Twilight - 4/20/24	4:46.22	Musco Twilight - 4/20/24
Kelli Tasic	4:47.40	Musco Twilight - 4/20/24	4:32.31	at B1G Florida Invite - 4/2/21
Aleah Tenpas	4:49.93	Musco Twilight - 4/20/24	4:49.93	Musco Twilight - 4/20/24
Rowan Boulter	4:50.19	Musco Twilight - 4/20/24	4:50.19	Musco Twilight - 4/20/24
Ellie Twedt	4:52.13	Musco Twilight - 4/20/24	4:47.58	at B1G Invite #2 - 4/9/21
Jalyssa Blazek	4:53.42	at Mike Fanelli Track Classic - 3/29/24	4:53.42	at Mike Fanelli Track Classic - 3/29/24
Brooke McKee	4:54.28	Musco Twilight - 4/20/24	4:42.61	at Bryan Clay Invite - 4/15/23
Clare Kelly	5:02.25	at Mike Fanelli Track Classic - 3/29/24	5:02.25	at Mike Fanelli Track Classic - 3/29/24
Claire Edmondson	5:22.20	Musco Twilight - 4/20/24	5:22.20	Musco Twilight - 4/20/24

3,000 METERS

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Audra Soderlind	10:58.83	Musco Twilight - 4/20/24	10:58.83	Musco Twilight - 4/20/24

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

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Brooke McKee	11:12.62	at Jim Duncan Invite - 4/12/24	10:39.88	at Bryan Clay Invite - 4/13/23
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

5,000 METERS (School Record - 15:45.84)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Miriam Sandeen	17:01.02	at Bryan Clay Invite - 4/12/24	17:01.02	at Bryan Clay Invite - 4/12/24
Aleah Tenpas	18:08.65	at Jim Duncan Invite - 4/12/24	18:08.65	at Jim Duncan Invite - 4/12/24

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4x100-METER RELAY (School Record - 43.69)

Names	Season Best	Meet - Date
Tionna Tobias, Lia Love, Holly Duax, Paige Magee	44.44	at Jim Click Shootout - 4/6/24
Holly Duax, Lia Love, Julia Pattison, Alex Edison	44.54	at USF Alumni Invite - 3/16/24
Julia Pattison, Brynley McDermott, Olicia Lucas, Katie Petersen	46.90	at Jim Click Shootout - 4/6/24
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, Ali Dorn, Nylah Perry, Holly Duax	3:37.92	at Jim Click Shootout - 4/6/24
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
Olicia Lucas, Holly Duax, Alli Bookin-Nosbisch, Arianna Williams	3:41.97	at Tom Jones Memorial - 4/13/24
Maud Zeffou-Poaty, Lia Love, Katie Moore, Alex Edison	3:48.00	at USF Alumni Invite - 3/16/24
Julia Pattison, Arianna Williams, Jalyssa Blazek, Ali Frandsen	3:51.54	at Jim Click Shootout - 4/6/24

HIGH JUMP (School Record - 1.86 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Annie Wirth	5-9 1/4 (1.76m) ^	at Jim Click Shootout - 4/5/24	5-9 1/4 (1.76m) ^	at Jim Click Shootout - 4/5/24
Jade Hunter	5-7 (1.70m)	Musco Twilight - 4/20/24	5-7 (1.70m)	2x, last at Musco Twilight - 4/20/24
Ella Meeuwssen	5-5 1/4 (1.66m)	at Pepsi Florida Relays - 3/30/24	5-7 (1.70m)	at B1G Championships - 5/14/23
Isabelle Woody	5-3 1/4 (1.61m) ^	at Jim Click Shootout - 4/5/24	5-3 1/4 (1.61m) ^	at Jim Click Shootout - 4/5/24

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
Annie Wirth	18-6 (5.64m) ^	at Jim Click Shootout - 4/6/24	18-6 (5.64m) ^	at Jim Click Shootout - 4/6/24

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

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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)	2x, last at Musco Twilight - 4/20/24	51-2 3/4 (15.61m)	2x, last at Musco Twilight - 4/20/24
Annie Wirth	37-1 (11.30m) ^	at Jim Click Shootout - 4/5/24	37-1 (11.30m) ^	at Jim Click Shootout - 4/5/24
Isabelle Woody	32-7 3/4 (9.95m) ^	at Jim Click Shootout - 4/5/24	32-7 3/4 (9.95m) ^	at Jim Click Shootout - 4/5/24

DISCUS THROW (School Record - 63.94 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Kat Moody	183-6 (55.95m)	at Jim Click Shootout - 4/6/24	185-3 (56.47m)	at Hurricane Invite - 3/17/23
Sydney Smith	163-4 (49.80m)	Musco Twilight - 4/20/24	163-4 (49.80m)	Musco Twilight - 4/20/24
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	103-7 (31.57m) ^	at Jim Click Shootout - 4/6/24	103-7 (31.57m) ^	at Jim Click Shootout - 4/6/24

HAMMER THROW (School Record - 62.92 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Alivia Bauer	185-10 (56.64m)	Musco Twilight - 4/19/24	185-10 (56.64m)	Musco Twilight - 4/19/24
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

HEPTATHLON (School Record - 5,679 points)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Annie Wirth	5,332 points	at Jim Click Shootout - 4/5-6/24	5,332 points	at Jim Click Shootout - 4/5-6/24

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