

## 2024 WOMEN'S OUTDOOR SEASON & COLLEGIATE BEST PERFORMANCES - Updated 6/10/24

### 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
Julia Pattison	12.05	at Desert Heat Classic - 4/27/24	12.00	at Michael Johnson Invite - 4/22/23
Brynley McDermott	12.14	at Desert Heat Classic - 4/27/24	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 - 12.88)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Paige Magee	12.88 *	at NCAA Championships - 6/6/24	12.88 *	at NCAA Championships - 6/6/24
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	14.11	at Drake Relays - 4/26/24	14.11	at Drake Relays - 4/26/24
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
Lia Love	23.04	at NCAA West Preliminary - 5/23/24	23.04	at NCAA West Preliminary - 5/23/24
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

\* - school record, ^ - part of heptathlon, % - wind-aided

## 2024 WOMEN'S OUTDOOR SEASON & COLLEGIATE BEST PERFORMANCES - Updated 6/10/24

### 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	55.07	at B1G Championships - 5/11/24	55.07	at B1G Championships - 5/11/24
Nylah Perry	55.75	at B1G Championships - 5/11/24	55.75	at B1G Championships - 5/11/24
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	57.45	at Desert Heat Classic - 4/27/24	56.71	at Tom Jones Memorial Invite - 4/14/23
Paige Magee	58.03	at B1G Championships - 5/10/24	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
Gabby Cortez	2:11.14	at Drake Relays - 4/26/24	2:11.14	at Drake Relays - 4/26/24
Jaiden Itson	2:11.74	at Bryan Clay Invite - 4/12/24	2:10.47	at B1G Championships - 5/13/23
Clare Kelly	2:13.70	at ISU Alumni Invite - 5/4/24	2:13.70	at ISU Alumni Invite - 5/4/24
Jalyssa Blazek	2:14.86	at Jim Click Shootout - 4/6/24	2:14.86	at Jim Click Shootout - 4/6/24
Lily Johannes	2:16.12	at ISU Alumni Invite - 5/4/24	2:16.12	at ISU Alumni Invite - 5/4/24
Cameron Kalaway	2:19.28	at ISU Alumni Invite - 5/4/24	2:19.28	at ISU Alumni Invite - 5/4/24
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	4:23.52	at Desert Heat Classic - 4/27/24	4:21.11	at Raleigh Relays - 3/24/23
Jalyssa Blazek	4:45.25	at Kip Janvrin Open - 4/25/24	4:45.25	at Kip Janvrin Open - 4/25/24
Cameron Kalaway	4:46.22	Musco Twilight - 4/20/24	4:46.22	Musco Twilight - 4/20/24
Kelli Tosic	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
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
Ellie Rathe	5:04.32	at ISU Alumni Invite - 5/4/24	5:04.32	at ISU Alumni Invite - 5/4/24
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
Amber Aesoph	16:48.57	at B1G Championships - 5/12/24	16:48.57	at B1G Championships - 5/12/24
Miriam Sandeen	16:59.13	at Drake Relays - 4/25/24	16:59.13	at Drake Relays - 4/25/24
Kelli Tosic	17:53.58	at Drake Relays - 4/25/24	17:02.03	at Stanford Invite - 4/2/22
Rowan Boulter	18:06.36	at B1G Championships - 5/12/24	18:06.36	at B1G Championships - 5/12/24
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
Julia Pattison, Lia Love, Holly Duax, Paige Magee	44.07	at Desert Heat Classic - 4/27/24
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
Olicia Lucas, Ali Dorn, Arianna Williams, Alli Bookin-Nosbisch	3:37.79	at B1G Championships - 5/12/24
Mariel Bruxvoort, Ali Dorn, Nylah Perry, Holly Duax	3:37.92	at Jim Click Shootout - 4/6/24
Mariel Bruxvoort, Ali Dorn, Jalyssa Blazek, Olicia Lucas	3:38.28	at Desert Heat Classic - 4/27/24
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

### DISTANCE MEDLEY RELAY (School Record - 11:22.18)

Names	Season Best	Meet - Date
Aleah Tenpas, Laney Fitzpatrick, Gabby Cortez, Miriam Sandeen	11:59.28	at Drake Relays - 4/27/24

### 4x1,600-METER RELAY (School Record - 19:05.63)

Names	Season Best	Meet - Date
Clare Kelly, Jalyssa Blazek, Aleah Tenpas, Cameron Kalaway	20:47.42	at Drake Relays - 4/26/24

### 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 Meeuwesen	5-7 (1.70m)	at B1G Championships - 5/11/24	5-7 (1.70m)	2x, last at B1G Championships - 5/11/24
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

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### 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
Annie Wirth	19-7 (5.97m) %	at Desert Heat Classic - 4/27/24	19-7 (5.97m) %	at Desert Heat Classic - 4/27/24
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	43-9 3/4 (13.35m) %	at NCAA West Preliminary - 5/25/24	43-9 3/4 (13.35m) %	at NCAA West Preliminary - 5/25/24

### SHOT PUT (School Record - 18.02 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Kat Moody	55-5 3/4 (16.91m)	at NCAA West Preliminary - 5/23/24	55-7 3/4 (16.96m)	at B1G Championships – 5/12/23
Wisdom Williams	51-9 1/4 (15.78m)	at Desert Heat Classic - 4/27/24	51-9 1/4 (15.78m)	at Desert Heat Classic - 4/27/24
Annie Wirth	37-5 3/4 (11.42m) ^	at B1G Championships - 5/10/24	37-5 3/4 (11.42m) ^	at B1G Championships - 5/10/24
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	194-7 (59.37m)	at B1G Championships - 5/12/24	194-7 (59.37m)	at B1G Championships - 5/12/24
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
Annie Wirth	112-0 (34.14m) ^	at B1G Championships - 5/11/24	112-0 (34.14m) ^	at B1G Championships - 5/11/24
Isabelle Woody	104-11 (31.98m)	at USF Alumni Invite - 3/15/24	104-11 (31.98m)	at USF Alumni Invite - 3/15/24

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### HAMMER THROW (School Record - 62.92 meters)

<b>Name</b>	<b>Season Best</b>	<b>Meet - Date</b>	<b>Collegiate Best</b>	<b>Meet - Date</b>
Alivia Bauer	188-9 (57.53m)	at B1G Championships - 5/10/24	188-9 (57.53m)	at B1G Championships - 5/10/24
Jamie Kofron	185-5 (56.52m)	at B1G Championships - 5/10/24	185-5 (56.52m)	at B1G Championships - 5/10/24
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)

<b>Name</b>	<b>Season Best</b>	<b>Meet - Date</b>	<b>Collegiate Best</b>	<b>Meet - Date</b>
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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