



START LIST

400m Men - Round 1

First 3 of each heat (Q) plus 6 fastest times (q) qualify to Semi-Final

RECORDS	RESULT	NAME	AGE	VENUE	DATE
World U20 Record WU20R	43.87	Steve LEWIS	USA 19	Seoul (KOR)	28 Sep 1988
Championships Record CR	44.58	Anthony PESELA	BOT 19	Nairobi (KEN)	21 Aug 2021
World U20 Leading WU20L	43.92	Jonathan SIMMS	USA 19	Eugene, OR (USA)	12 Jun 2026

Heat 1

7

6 August 2026 13:45 START TIME

LANE	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST
2	2030	Jason PITTER	JAM 27 May 10	45.76	45.76
3	2211	Afonso CONCEIÇÃO	POR 2 Jun 07	47.30	47.30
4	1598	Tsaone DINTWA	BOT 20 Mar 08	46.97	46.97
5	1574	Shamari GREENIDGE-LEWIS	BAR 10 Oct 07	46.35	46.35
6	2133	Gerardo HERNÁNDEZ	MEX 17 Jan 07	47.31	47.31
7	1893	Godfred OPOKU	GHA 4 May 07	45.38	45.38
8	2344	Zachery FRANK	TTO 2 Jan 08	46.59	46.59
9	1509	Imadeddine HAMIDA	ALG 28 May 07	46.89	46.89

Heat 2

7

6 August 2026 13:52 START TIME

LANE	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST
1	1689	Sergio ROJAS	COL 4 Jan 10	47.15	47.15
2	1797	Lucas COUDERC	FRA 11 Oct 07	46.24	46.24
3	2334	Rayvon BLACK	TKS 6 Oct 09	47.62	47.62
4	2355	Suleiman ABDULRAHMAN	UAE 11 Aug 07	44.85	44.85
5	1673	GAO Yi	CHN 24 Dec 07	45.73	46.67
6	1998	Francesco MIORINI	ITA 3 Mar 07	47.40	47.40
7	2117	Aimrane BINTAOUI	MAR 24 Feb 07	46.81	46.81
8	2229	Jessus Armando BĂNICIOIU	ROU 30 May 08	47.05	47.05
9	2024	Jabari MATHESON	JAM 6 Oct 07	45.90	45.90

Heat 3

7

6 August 2026 13:59 START TIME

LANE	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST
2	1560	Zion DAVIS	BAH 18 Oct 07	45.64	45.64
3	1694	Dominik JEZERNIK	CRO 5 Feb 07	46.36	46.36
4	2128	Esteban AVENA	MEX 16 Jul 08	46.96	46.96
5	1721	Christoffer BANKE JØRGENSEN	DEN 2 Oct 07	47.37	47.37
6	1935	Péter Csaba SÁRAY	HUN 17 Apr 07	47.39	47.39
7	1690	Juan Sebastian SANCHEZ	COL 3 Mar 08	46.90	46.90
8	2287	Rajakaruna MUDIYANSELAGE	SRI 2 May 07	45.53	45.53
9	2190	Oliwier FRĄCKOWIAK	POL 15 Aug 07	46.46	46.46

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400m Men - Round 1

Heat 4

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6 August 2026 14:06 START TIME

LANE	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST
1	1908	Malachi AUSTIN	GUY 21 Feb 07	44.87	44.87
2	1674	HUANG Rui	CHN 24 Jun 08	47.04	47.04
3	1738	Edward Alberto MEDRANO	ESA 10 Sep 07	49.07	49.07
4	2256	Kryn ROMIJN	RSA 16 Feb 07	45.79	45.79
5	1991	Riccardo FUMAGALLI	ITA 29 Jul 07	46.85	46.85
6	2153	David Dominion UDOH	NGR 2 Oct 10	46.62	46.62
7	1605	Junior PHATSIMA	BOT 15 Jul 07	46.31	46.31
8	2299	Tom GILLARD	SUI 29 Sep 08	47.39	47.39
9	1628	Vasil ANTONOV	BUL 1 Jan 09	47.19	47.19

Heat 5

7

6 August 2026 14:13 START TIME

LANE	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST
1	1502	Ismail BOUZIZA	ALG 2 Feb 08	46.83	47.13
2	1911	Tishawn EASTON	GUY 22 Nov 07	46.81	46.81
3	2107	Emils LAMBA	LAT 13 Aug 07	47.12	47.12
4	1974	Kjartan Óli BJARNASON	ISL 28 Oct 07	47.44	47.44
5	1943	Mohammed ASHFAQ	IND 26 Jun 07	46.05	46.05
6	2262	Abdou FAYE	SEN 8 Mar 07	47.50	47.50
7	1526	Chase GRANT	AUS 3 Feb 07	46.21	46.21
8	2387	Jayden DELEON	USA 26 Dec 07	44.52	44.52
9	1652	Adam NYARKO	CAN 12 Apr 08	46.31	46.74

Heat 6

7

6 August 2026 14:20 START TIME

LANE	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST
2	2339	Kiile ALEXANDER	TTO 3 Jul 07	46.85	46.85
3	1954	Piyush RAJ	IND 28 Jan 07	46.62	46.62
4	2284	Omel Shashintha Silva JAYATHUNGAL	SRI 10 Dec 07	45.79	45.79
5	2244	Leendert KOEKEMOER	RSA 15 May 07	44.94	44.94
6	1693	Frane DELONGA	CRO 21 May 07	47.35	47.35
7	2218	Yariel PEREZ	PUR 29 Oct 07	46.34	46.34
8	2440	Ropafadzo Liberty MZONDO	ZIM 10 Jul 09	47.02	47.02
9	2277	Filip STANKOVIĆ	SRB 28 May 07	47.15	47.23

Heat 7

7

6 August 2026 14:27 START TIME

LANE	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST
1	2325	Tomáš ŽIGO	SVK 29 Nov 07	47.40	47.40
2	1648	Zachary JEGGO	CAN 20 Mar 07	46.62	46.72 i
3	1559	Javano BRIDGEWATER	BAH 20 Mar 07	46.24	46.24
4	1804	Milann KLEMENIC	FRA 6 Sep 07	46.03	46.03
5	2428	Quincy WILSON	USA 8 Jan 08	44.10	44.84
6	1884	Tjark SCHULT	GER 27 Oct 07	47.06	47.06
7	2170	Hunter SCOTT	NZL 8 Jan 07	47.13	47.13
8	1726	Diosquendri Lenin ROJAS	DOM 10 Jan 07	47.37	47.60
9	1534	Seth KENNEDY	AUS 19 Feb 08	46.62	46.73

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i = Indoor performance

ALL-TIME TOP LIST				2026 TOP LIST			
RESULT	NAME	VENUE	DATE	RESULT	NAME	VENUE	2026
43.87	Steve LEWIS (USA)	Seoul (KOR)	28 Sep 88	43.92	Jonathan SIMMS (USA)	Eugene, OR (USA)	12 Jun
43.92	Jonathan SIMMS (USA)	Eugene, OR (USA)	12 Jun 26	44.20	Sidi NJIE (USA)	Eugene, OR (USA)	12 Jun
44.10	Quincy WILSON (USA)	Memphis, TN (USA)	12 Jul 25	44.52	Jayden DELEON (USA)	Eugene, OR (USA)	19 Jun
44.20	Sidi NJIE (USA)	Eugene, OR (USA)	12 Jun 26	44.84	Quincy WILSON (USA)	Eugene, OR (USA)	19 Jun
44.22	Baboloki THEBE (BOT)	Gaborone (BOT)	21 May 16	44.85	Suleiman ABDULRAHMAN (UAE)	Hong Kong (HKG)	29 May
44.25	Karabo SIBANDA (BOT)	Rio de Janeiro (BRA)	14 Aug 16	44.87	Malachi AUSTIN (GUY)	Lexington, KY (USA)	29 May
44.27	Abdalelah HAROUN (QAT)	La Chaux-de-Fonds (SUI)	5 Jul 15	44.94	Leendert KOEKEMOER (RSA)	Pretoria (RSA)	28 Apr
44.36	Kirani JAMES (GRN)	Zürich (SUI)	8 Sep 11	45.05	David AKHALU (NGR)	Tucson, AZ (USA)	2 May
44.38	Micahi DANZY (USA)	Winston Salem, NC (USA)	17 May 25	45.15	Cameron TUCKER (USA)	Eugene, OR (USA)	19 Jun
44.41	Samuel OGAZI (NGR)	Paris (FRA)	6 Aug 24	45.19	Khala Nqare MAHAMAT (QAT)	Hong Kong (HKG)	29 May