



START LIST

400m Hurdles Women - Semi-Final

First 3 of each heat (Q) qualify to Final

SUBSTITUTES: FASTEST ATHLETES FROM PREVIOUS ROUND NOT BEING QUALIFIED

RECORDS	RESULT	NAME	AGE	VENUE	DATE
World U20 Record	WU20R	53.60 Sydney MCLAUGHLIN-LEVRONE	USA 19	Fayetteville, AR (USA)	27 Apr 2018
Championships Record	CR	54.70 Lashinda DEMUS	USA 19	Kingston (JAM)	19 Jul 2002
World U20 Leading	WU20L	55.19 Linda BOTKOVÁ	CZE 16	Rieti (ITA)	19 Jul 2026

Heat 1

3

8 August 2026 18:15 START TIME

LANE	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST
1	390	Luana Cibebe SOUSA	BRA 8 Apr 07	58.83	58.83
2	979	Zarja ŽIŽEK	SLO 27 Feb 09	58.66	58.66
3	738	Benedetta FALLETI	ITA 30 Jan 07	58.51	58.51
4	946	Megan NIEMAN	RSA 12 Jan 09	56.54	56.54
5	772	Shevaughn THOMAS	JAM 28 Aug 07	58.36	58.36
6	818	Rania EL HAMD AOUI	MAR 5 Sep 08	57.67	57.67
7	930	Alexandra Ștefania UȚĂ	ROU 6 Oct 07	55.55	56.09
8	641	Lynn PÖPPELMANN	GER 4 Dec 08	58.30	58.30
9	549	Emma JUNTUNEN	FIN 16 May 08	57.76	57.76

Heat 2

3

8 August 2026 18:23 START TIME

LANE	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST
1	321	Shakira HARDING	AUS 2 Nov 07	58.54	58.54
2	812	Ksenija KOZLOVA	LAT 28 Sep 07	59.31	59.31
3	817	Uyana GRANGER	LUX 3 Dec 08	58.54	58.54
4	1091	Natalie DUMAS	USA 7 Aug 08	55.99	56.13
5	948	Tumi RAMOKGOPA	RSA 27 Aug 07	55.90	56.05
6	778	GARDNER Rachel	JPN 27 Dec 07	56.99	56.99
7	620	Rebekka FEIRLE	GER 30 Jan 07	57.43	57.43
8	348	Kei-Mahri HANNA	BAH 9 Jan 08	56.78	56.78
9	380	Kyara BELFORT	BRA 5 Jun 09	58.16	58.16

Heat 3

3

8 August 2026 18:31 START TIME

LANE	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST
1	1108	Tatum LYNN	USA 4 Aug 07	56.57	56.57
2	713	Ellis MC HUGH	IRL 14 Apr 08	58.96	58.96
3	757	Marria CROSSFIELD	JAM 26 May 08	58.22	58.22
4	996	Lisa FRANK	SUI 9 Sep 07	58.95	58.95
5	660	Eleni IAKOVAKI	GRE 15 Apr 09	57.41	57.41
6	1068	Mariam KAREEM	UAE 25 Jan 08	56.93	56.93
7	405	Sydney FREEMAN	CAN 19 Jul 07	57.64	57.64
8	1065	Duru İklim KADANALI	TUR 28 Sep 07	57.77	57.77
9	853	Zoë VAN GILS	NED 4 May 08	58.35	58.35

NOTE  BIB 996 (Lisa FRANK) - First lane infringement

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ALL-TIME TOP LIST				2026 TOP LIST			
RESULT	NAME	VENUE	DATE	RESULT	NAME	VENUE	2026
52.75	Sydney MCLAUGHLIN-LEVRONE (USA)	Memphis, TN (USA)	13 May 18	55.19	Linda BOTKOVÁ (CZE)	Rieti (ITA)	19 Jul
54.40	WANG Xinq (CHN)	Nanjing (CHN)	21 Oct 05	55.64	Derartu ANOTA (ETH)	Addis Ababa (ETH)	28 Mar
54.44	Akala GARRETT (USA)	Eugene, OR (USA)	6 Jun 24	56.05	Tumi RAMOKGOPA (RSA)	Johannesburg (RSA)	28 Mar
54.56	Michelle SMITH (ISV)	Gainesville, FL (USA)	4 Apr 25	56.09	Alexandra Ștefania UȚĂ (ROU)	Tampere (FIN)	12 Jul
54.58	Ristananna TRACEY (JAM)	Kingston (JAM)	24 Jun 11	56.13	Natalie DUMAS (USA)	Eugene, OR (USA)	19 Jun
54.70	Lashinda DEMUS (USA)	Kingston (JAM)	19 Jul 02	56.54	Megan NIEMAN (RSA)	Johannesburg (RSA)	28 Mar
54.93	LI Rui (CHN)	Shanghai (CHN)	22 Oct 97	56.57	Tatum LYNN (USA)	Lexington, KY (USA)	30 May
55.05	Zenény GELDENHUYS (RSA)	Pretoria (RSA)	17 Mar 18	56.70	Nastassia FLETCHER (JAM)	Kingston (JAM)	27 Mar
55.07	Shamier LITTLE (USA)	Eugene, OR (USA)	13 Jun 14	56.78	Kei-Mahri HANNA (BAH)	Nassau (BAH)	21 Jun
55.11	Kaliese CARTER (JAM)	Beijing (CHN)	17 Aug 06	56.93	Mariam KAREEM (UAE)	Hong Kong (HKG)	30 May