



START LIST

400m Men - Final

SUBSTITUTES: NEXT PLACINGS IN THE HEAT OF THE WITHDRAWING ATHLETE

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

7 August 2026 20:53 START TIME

LANE	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST
1	1560	Zion DAVIS	BAH 18 Oct 07	45.64	45.64
2	1943	Mohammed ASHFAQ	IND 26 Jun 07	45.81	45.81
3	1893	Godfred OPOKU	GHA 4 May 07	45.38	45.38
4	1908	Malachi AUSTIN	GUY 21 Feb 07	44.87	44.87
5	2428	Quincy WILSON	USA 8 Jan 08	44.10	44.84
6	2244	Leendert KOEKEMOER	RSA 15 May 07	44.94	44.94
7	2387	Jayden DELEON	USA 26 Dec 07	44.52	44.52
8	2256	Kryn ROMIJN	RSA 16 Feb 07	45.79	45.79
9	1804	Milann KLEMENIC	FRA 6 Sep 07	45.83	45.83

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 Ngare MAHAMAT (QAT)	Hong Kong (HKG)	29 May