



START LIST

400m Men - Semi-Final

First 3 of each heat (Q) qualify to Final

SUBSTITUTION: HEAT 2 - LANE 4

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

3

6 August 2026 19:44 START TIME

LANE	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST
1	1509	Imadeddine HAMIDA	ALG 28 May 07	46.89	46.89
2	2218	Yariel PEREZ	PUR 29 Oct 07	46.34	46.34
3	2355	Suleiman ABDULRAHMAN	UAE 11 Aug 07	44.85	44.85
4	1797	Lucas COUDERC	FRA 11 Oct 07	46.24	46.24
5	2024	Jabari MATHESON	JAM 6 Oct 07	45.90	45.90
6	2387	Jayden DELEON	USA 26 Dec 07	44.52	44.52
7	1908	Malachi AUSTIN	GUY 21 Feb 07	44.87	44.87
8	1560	Zion DAVIS	BAH 18 Oct 07	45.64	45.64
9	2344	Zachery FRANK	TTO 2 Jan 08	46.59	46.59

Heat 2

3

6 August 2026 19:51 START TIME

LANE	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST
1	1911	Tishawn EASTON	GUY 22 Nov 07	46.34	46.34
2	2107	Emils LAMBA	LAT 13 Aug 07	47.12	47.12
3	2287	Rajakaruna MUDIYANSELAGE	SRI 2 May 07	45.53	45.53
4	2229	Jessus Armando BANICIOIU	ROU 30 May 08	47.05	47.05
5	1893	Godfred OPOKU	GHA 4 May 07	45.38	45.38
6	1804	Milann KLEMENIC	FRA 6 Sep 07	45.83	45.83
7	2244	Leendert KOEKEMOER	RSA 15 May 07	44.94	44.94
8	1526	Chase GRANT	AUS 3 Feb 07	46.21	46.21
9	2440	Ropafadzo Liberty MZONDO	ZIM 10 Jul 09	46.51	46.51

Heat 3

3

6 August 2026 19:58 START TIME

LANE	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST
1	1648	Zachary JEGGO	CAN 20 Mar 07	46.62	46.72 i
2	2030	Jason PITTER	JAM 27 May 10	45.76	45.76
3	1605	Junior PHATSIMA	BOT 15 Jul 07	46.31	46.31
4	2284	Omel Shashintha Silva JAYATHUNGAL	SRI 10 Dec 07	45.79	45.79
5	2428	Quincy WILSON	USA 8 Jan 08	44.10	44.84
6	1943	Mohammed ASHFAQ	IND 26 Jun 07	45.81	45.81
7	1694	Dominik JEZERNIK	CRO 5 Feb 07	46.28	46.28
8	2256	Kryn ROMIJN	RSA 16 Feb 07	45.79	45.79
9	1534	Seth KENNEDY	AUS 19 Feb 08	46.56	46.56

START LIST
400m Men - Semi-Final

SUBSTITUTION: HEAT 2 - LANE 4

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