



START LIST

400m Hurdles Women - Round 1

First 4 of each heat (Q) plus 3 fastest times (q) qualify to Semi-Final

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



6 August 2026 10:41 START TIME

LANE	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST
1	920	Cristina NEVES	POR 1 Jan 07	59.72	59.72
2	454	Emily MONTAÑO	COL 25 Nov 08	1:00.71	1:00.71
3	757	Marria CROSSFIELD	JAM 26 May 08	58.59	58.59
4	673	Hope EDWARDS	HAI 2 Jul 10	58.72	58.72
5	405	Sydney FREEMAN	CAN 19 Jul 07	57.64	57.64
6	930	Alexandra Ștefania UȚĂ	ROU 6 Oct 07	55.55	56.09
7	1065	Duru İklim KADANALI	TUR 28 Sep 07	57.77	57.77
8	736	Sofia COPIELLO	ITA 3 Apr 07	59.18	59.47
9	497	Arianna GARCIA	DOM 24 Jun 08	1:00.29	

Heat 2



6 August 2026 10:48 START TIME

LANE	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST
2	390	Luana Cibeles SOUSA	BRA 8 Apr 07	58.83	58.83
3	641	Lynn PÖPPELMANN	GER 4 Dec 08	58.30	58.30
4	466	Tina POLIĆ	CRO 4 Sep 07	1:00.34	1:00.43
5	1027	Nina ČANECKÁ	SVK 25 Feb 08	59.75	59.83
6	968	Mija MARUŠIČ	SLO 6 Jun 08	59.23	59.23
7	738	Benedetta FALLETI	ITA 30 Jan 07	58.51	58.51
8	946	Megan NIEMAN	RSA 12 Jan 09	56.54	56.54
9	660	Eleni IAKOVAKI	GRE 15 Apr 09	57.41	57.41

Heat 3



6 August 2026 10:55 START TIME

LANE	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST
2	302	Alba VIÑALS	AND 1 Dec 07	59.63	59.98
3	1068	Mariam KAREEM	UAE 25 Jan 08	56.93	56.93
4	713	Ellis MC HUGH	IRL 14 Apr 08	58.96	58.96
5	812	Ksenija KOZLOVA	LAT 28 Sep 07	1:00.22	1:00.22
6	348	Kei-Mahri HANNA	BAH 9 Jan 08	56.78	56.78
7	817	Uyana GRANGER	LUX 3 Dec 08	59.09	59.09
8	772	Shevaughn THOMAS	JAM 28 Aug 07	58.41	58.49
9	980	Lena BOGDANOVIĆ	SRB 12 Jun 09	58.38	58.38

START LIST

400m Hurdles Women - Round 1

Heat 4

6

6 August 2026 11:02 START TIME

LANE	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST
1	925	Delia Ioana AȘTEFĂNOAIE	ROU 6 Apr 10	58.66	58.66
2	979	Zarja ŽIŽEK	SLO 27 Feb 09	58.66	58.66
3	948	Tumi RAMOKGOPA	RSA 27 Aug 07	55.90	56.05
4	818	Rania EL HAMDAR	MAR 5 Sep 08	57.67	57.67
5	1000	Hanna HIRSBRUNNER	SUI 24 Aug 07	59.28	59.57
6	502	Tatiana Gabriela DIAZ LÓPEZ	ECU 21 May 09	1:00.72	1:01.50
7	426	Elisa AGUADO	CHI 3 Nov 08	1:00.73	1:00.73
8	724	Hila VARSANO	ISR 9 Apr 09	59.53	59.53
9	549	Emma JUNTUNEN	FIN 16 May 08	57.76	57.76

Heat 5

6

6 August 2026 11:09 START TIME

LANE	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST
2	853	Zoë VAN GILS	NED 4 May 08	58.35	58.35
3	778	GARDNER Rachel	JPN 27 Dec 07	56.99	56.99
4	1063	Douaa LABIADH	TUN 12 Sep 08	1:00.36	1:00.36
5	696	Tanu CHAUDHARY	IND 20 Apr 09	59.15	59.15
6	404	Kate FINK	CAN 17 Jun 08	58.51	58.51
7	1034	Katka MIČÁKOVÁ	SVK 22 Jan 08	59.86	59.86
8	996	Lisa FRANK	SUI 9 Sep 07	58.95	58.95
9	1108	Tatum LYNN	USA 4 Aug 07	56.57	56.57

Heat 6

6

6 August 2026 11:16 START TIME

LANE	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST
2	723	Gal NATANEL	ISR 14 Aug 07	59.32	59.78
3	567	Talya LIGIER	FRA 15 Jan 07	58.74	58.74
4	1091	Natalie DUMAS	USA 7 Aug 08	55.99	56.13
5	607	Ana SOKHADZE	GEO 16 May 07	1:00.51	1:00.51
6	321	Shakira HARDING	AUS 2 Nov 07	58.54	58.54
7	452	Michell GOMEZ	COL 27 Feb 09	59.25	59.25
8	380	Kyara BELFORT	BRA 5 Jun 09	58.16	58.16
9	620	Rebekka FEIRLE	GER 30 Jan 07	57.43	57.43

ALL-TIME TOP LIST

RESULT	NAME	VENUE	DATE
52.75	Sydney MCLAUGHLIN-LEVRONE (USA)	ville, TN (USA)	13 May 18
54.40	WANG Xinq (CHN)	Nanjing (CHN)	21 Oct 05
54.44	Akala GARRETT (USA)	Eugene, OR (USA)	6 Jun 24
54.56	Michelle SMITH (ISV)	Gainesville, FL (USA)	4 Apr 25
54.58	Ristananna TRACEY (JAM)	Kingston (JAM)	24 Jun 11
54.70	Lashinda DEMUS (USA)	Kingston (JAM)	19 Jul 02
54.93	Li Rui (CHN)	Shanghai (CHN)	22 Oct 97
55.05	Zenény GELDENHUYS (RSA)	Pretoria (RSA)	17 Mar 18
55.07	Shamier LITTLE (USA)	Eugene, OR (USA)	13 Jun 14
55.11	Kaliese CARTER (JAM)	Beijing (CHN)	17 Aug 06

2026 TOP LIST

RESULT	NAME	VENUE	2026
55.19	Linda BOTKOVÁ (CZE)	Rieti (ITA)	19 Jul
55.64	Derartu ANOTA (ETH)	Addis Ababa (ETH)	28 Mar
56.05	Tumi RAMOKGOPA (RSA)	Johannesburg (RSA)	28 Mar
56.09	Alexandra Ștefania UTĂ (ROU)	Tampere (FIN)	12 Jul
56.13	Natalie DUMAS (USA)	Eugene, OR (USA)	19 Jun
56.54	Meqan NIEMAN (RSA)	Johannesburg (RSA)	28 Mar
56.57	Tatum LYNN (USA)	Lexington, KY (USA)	30 May
56.70	Nastassia FLETCHER (JAM)	Kingston (JAM)	27 Mar
56.78	Kei-Mahri HANNA (BAH)	Nassau (BAH)	21 Jun
56.93	Mariam KAREEM (UAE)	Hong Kong (HKG)	30 May