

2024 Men's 60m Hurdles World Indoor Record Season

Grant Holloway (USA) - 7.27

Hurdle Touchdown Times



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Todd Henson

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Notes:

- The times listed as TV Analysis are taken from [youtube.com](https://www.youtube.com) videos and generally coming from Television broadcasts. These are not always the best angles or coverage for getting times. They are often trying to tell a story by focusing on one athlete, and sometimes while shifting camera angles an extra frame can get added or removed.
- Where times are taken from the first movement, instead of the gun, there is at least a ± 0.12 second difference/error. This will show up from the start to the first hurdle and then from hurdle 10 to the finish. The between hurdle intervals should be fairly consistent, but there is still the usual ± 0.03 second.
- Data errors, missing data, spelling mistakes, anything that needs correction - please let me know. As always, I try to put together the most complete and accurate report possible.
- I have done the best I could, I hope people find it useful or at least interesting.

2024 Men's 60m Hurdles World Indoor Record Season - Grant Holloway (USA) (1997)

World Athletics Indoor Championships (Glasgow, GBR) (TV Analysis)

FINAL date 02-Mar-24 *Henson (2024) - Athlete First: 2024 Grant Holloway world indoor record*

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place	H1-H4
Holloway, Grant (USA) (1997)	time	2.48	3.50	4.47	5.42	6.40		7.29	5 / 1	
	reaction time	0.153	interval	7 steps	1.02	0.97	0.95	0.98		2.94
	velocity	5.53	8.96	9.42	9.62	9.33	10.92	8.23		9.33

Semi-Final 3

date 02-Mar-24 *Henson (2024) - Athlete First: 2024 Grant Holloway world indoor record*

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place	H1-H4
Holloway, Grant (USA) (1997)	time							7.32	4 / 1	
	reaction time	0.142	interval	No Information Available						
	velocity							8.20		

Heat 1

date 02-Mar-24 *Henson (2024) - Athlete First: 2024 Grant Holloway world indoor record*

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place	H1-H4
Holloway, Grant (USA) (1997)	time	2.48	3.50	4.45	5.45	6.47		7.43	3 / 1	
	reaction time	0.155	interval	7 steps	1.02	0.95	1.00	1.02		2.97
	velocity	5.53	8.96	9.62	9.14	8.96	10.13	8.08		9.23

USATF National Indoor Championships (Albuquerque, NM) (Altitude) (TV Analysis)

FINAL date 16-Feb-24

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place	H1-H4
Holloway, Grant (USA) (1997)	time									
	reaction time		interval					DNS		
	velocity									

Heat 1

date 16-Feb-24 *Henson (2024) - Athlete First: 2024 Grant Holloway world indoor record*

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place	H1-H4
Holloway, Grant (USA) (1997)	time	2.44	3.46	4.42	5.38	6.37		7.27	6 / 1	
	reaction time	0.141	interval	7 steps	1.02	0.96	0.96	0.99		2.94
	velocity	5.62	8.96	9.52	9.52	9.23	10.80	8.25		9.33

Meeting Hauts-de-France Pas-de-Calais (Liévin, FRA) (TV Analysis)

FINAL date 10-Feb-24 *Henson (2024) - Athlete First: 2024 Grant Holloway world indoor record*

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place	H1-H4
Holloway, Grant (USA) (1997)	time	2.40	3.38	4.36	5.36	6.32		7.32	5 / 1	
	reaction time	0.169	interval	7 steps	0.98	0.98	1.00	0.96		2.96
	velocity	5.72	9.33	9.33	9.14	9.52	9.72	8.20		9.26

Heat 2

date 10-Feb-24 *Henson (2024) - Athlete First: 2024 Grant Holloway world indoor record*

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place	H1-H4
Holloway, Grant (USA) (1997)	time	2.46	3.48	4.48	5.44	6.44		7.39	5 / 1	
	reaction time	0.168	interval	7 steps	1.02	1.00	0.96	1.00		2.98
	velocity	5.58	8.96	9.14	9.52	9.14	10.23	8.12		9.20

New Balance Indoor Grand Prix (Boston, MA) (TV Analysis)

FINAL date 04-Feb-24 *Henson (2024) - Athlete First: 2024 Grant Holloway world indoor record*

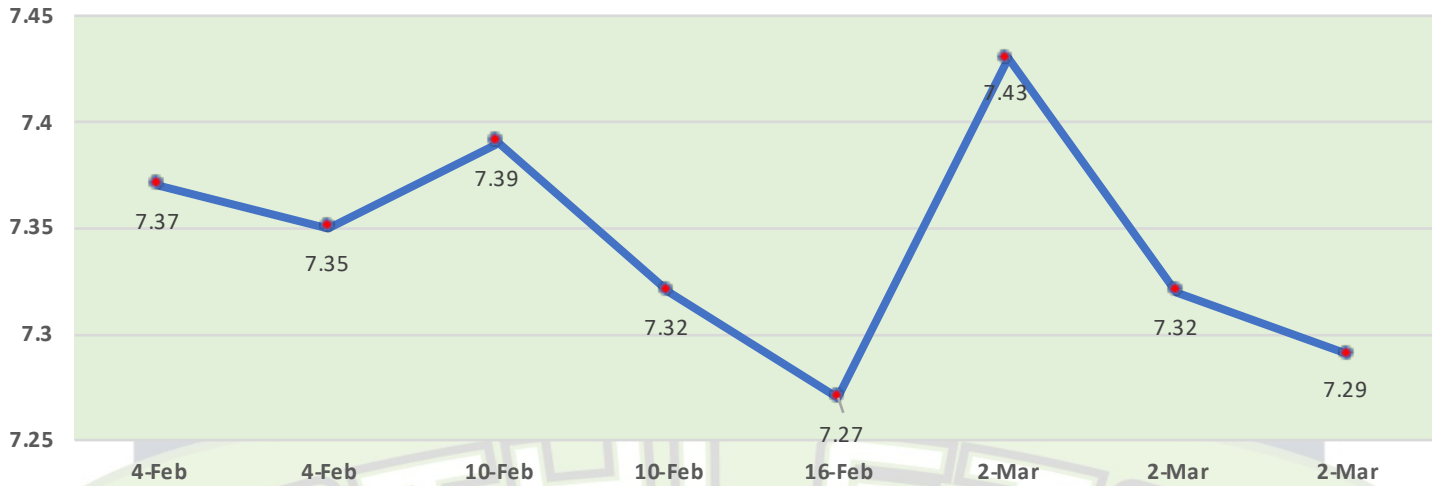
		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place	H1-H4
Holloway, Grant (USA) (1997)	time	2.50	3.50	4.48	5.43	6.43		7.35	4 / 1	
	reaction time	0.166	interval	7 steps	1.00	0.98	0.95	1.00		2.93
	velocity	5.49	9.14	9.33	9.62	9.14	10.57	8.16		9.36

Heat 2

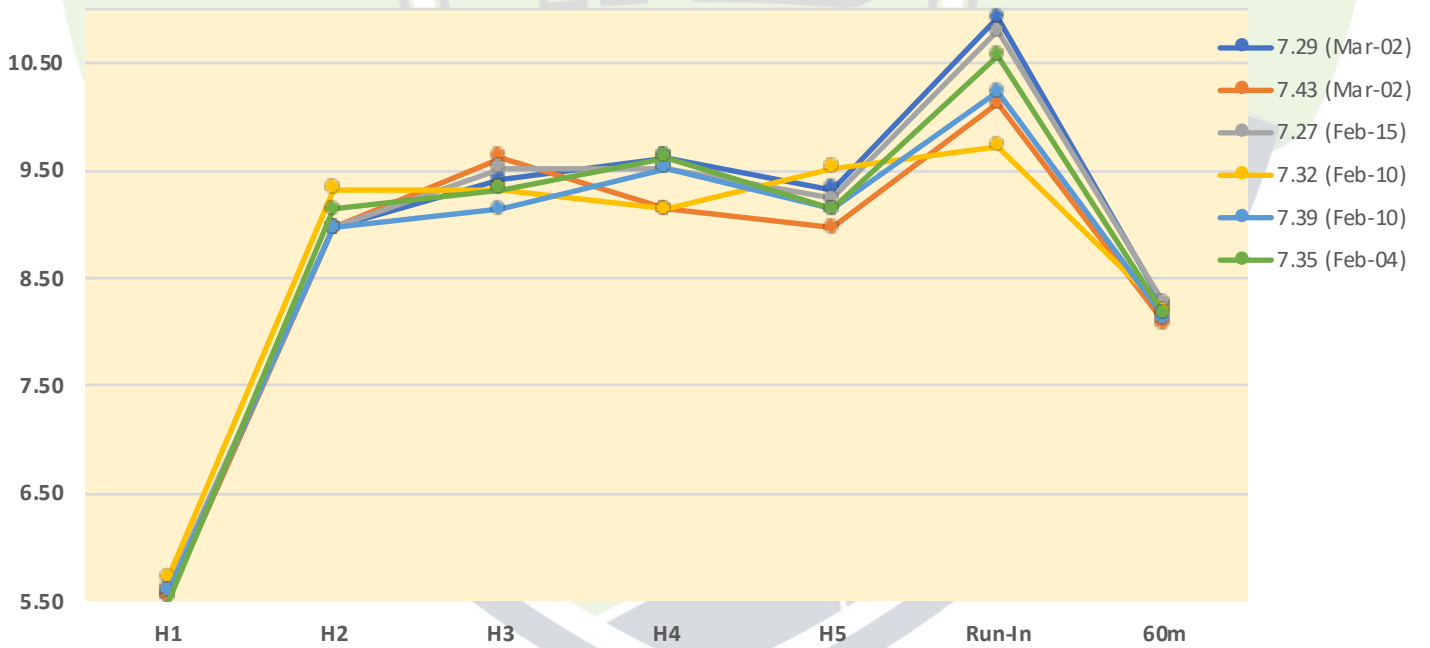
date 04-Feb-24 *Henson (2024) - Athlete First: 2024 Grant Holloway world indoor record*

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place	H1-H4
Holloway, Grant (USA) (1997)	time							7.37	6 / 1	
	reaction time	0.156	interval	No Information Available						
	velocity									

Grant Holloway 2024 Indoor - (average 7.343)



Hurdle Rhythmic Units



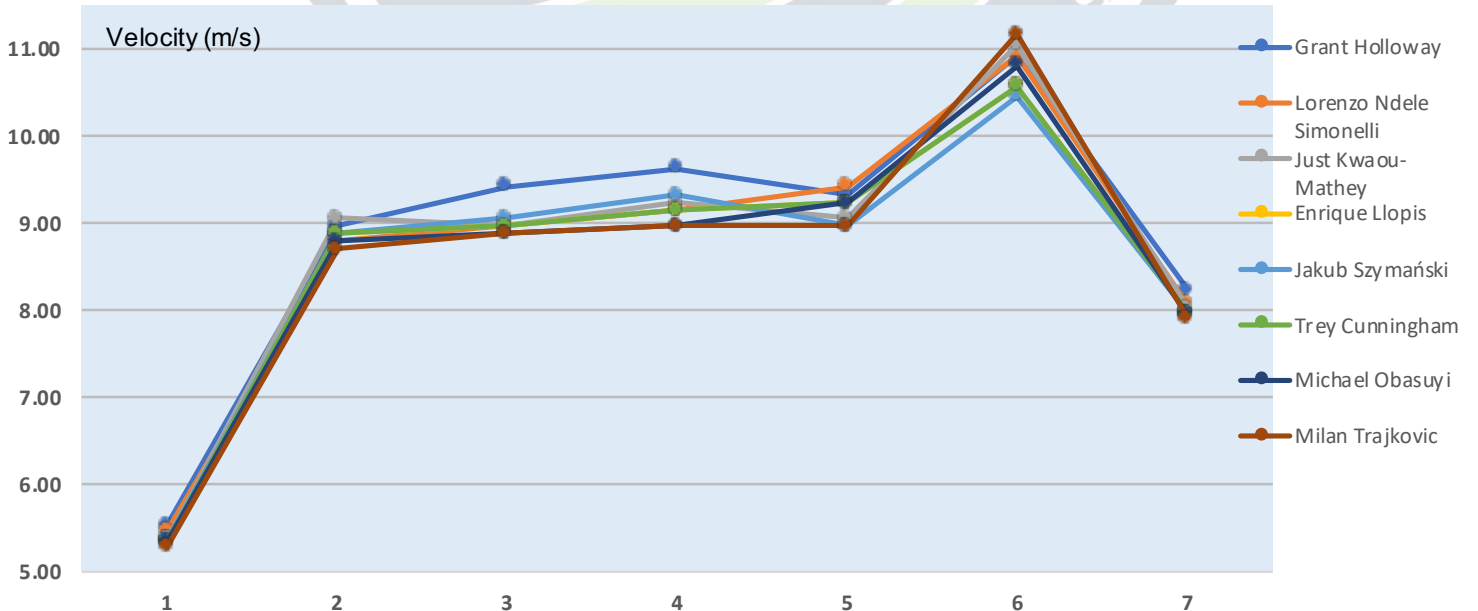
World Athletics Indoor Championships (Glasgow, GBR) (TV Analysis)

Men's 60m Hurdles

Date: 2024.03.02

FINAL

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
Holloway, Grant (USA) (1997)	time	2.48	3.50	4.47	5.42	6.40		7.29	5 / 1
	reaction time	0.153	7 steps	1.02	0.97	0.95	0.98	0.89	=CR
	interval velocity	5.53	8.96	9.42	9.62	9.33	10.92	8.23	
Simonelli, Lorenzo Ndele (ITA) (2000)	time	2.51	3.55	4.57	5.57	6.54		7.43	1 / 2
	reaction time	0.152	7 steps	1.04	1.02	1.00	0.97	0.89	NR
	interval velocity	5.47	8.79	8.96	9.14	9.42	10.92	8.08	
Kwaou-Mathey, Just (FRA) (1999)	time	2.56	3.57	4.59	5.58	6.59		7.47	7 / 3
	reaction time	0.149	7 steps	1.01	1.02	0.99	1.01	0.88	
	interval velocity	5.36	9.05	8.96	9.23	9.05	11.05	8.03	
Llopis, Enrique (ESP) (2000)	time	2.57	3.60	4.62	5.62	6.61		7.53	2 / 4
	reaction time	0.137	7 steps	1.03	1.02	1.00	0.99	0.92	
	interval velocity	5.34	8.87	8.96	9.14	9.23	10.57	7.97	
Szymański, Jakub (POL) (2002)	time	2.56	3.59	4.60	5.58	6.60		7.53	6 / 5
	reaction time	0.163	7 steps	1.03	1.01	0.98	1.02	0.93	
	interval velocity	5.36	8.87	9.05	9.33	8.96	10.45	7.97	
Cunningham, Trey (USA) (1998)	time	2.57	3.60	4.62	5.62	6.61		7.53	3 / 6
	reaction time	0.168	7 steps	1.03	1.02	1.00	0.99	0.92	
	interval velocity	5.34	8.87	8.96	9.14	9.23	10.57	7.97	
Obasuyi, Michael (BEL) (1999)	time	2.57	3.61	4.64	5.66	6.65		7.55	8 / 7
	reaction time	0.144	7 steps	1.04	1.03	1.02	0.99	0.90	
	interval velocity	5.34	8.79	8.87	8.96	9.23	10.80	7.95	
Trajkovic, Milan (CYP) (1992)	time	2.60	3.65	4.68	5.70	6.72		7.59	4 / 8
	reaction time	0.163	7 steps	1.05	1.03	1.02	1.02	0.87	
	interval velocity	5.28	8.70	8.87	8.96	8.96	11.17	7.91	



Evaluated with: ObjectusVideo

Quality & Frame Rate: 1920 x 1080 @ 30fps

Timing From: First Movement

Source: https://www.youtube.com/watch?v=X_kiMlqqpeg

Biomechanical Analysis

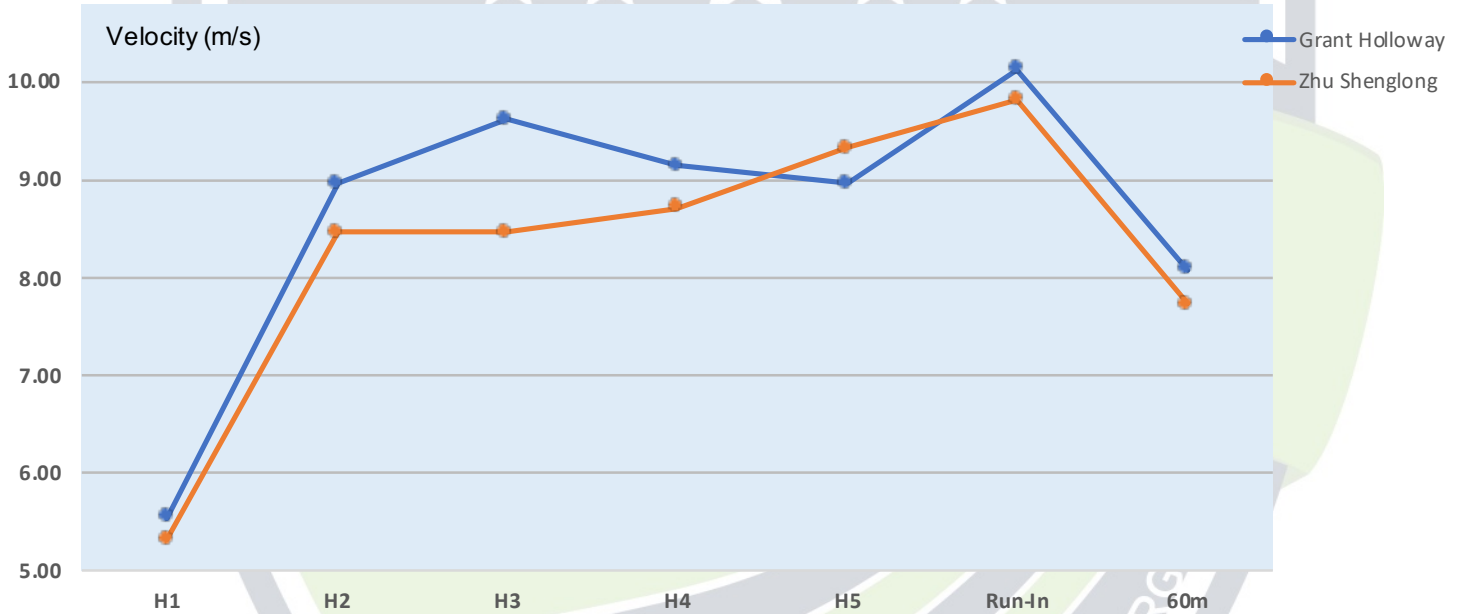
World Athletics Indoor Championships (Glasgow, GBR) (TV Analysis)

Men's 60m Hurdles

Date: 2024.03.02

Heat 1

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
Holloway, Grant (USA) (1997)	time	2.48	3.50	4.45	5.45	6.47		7.43	3 / 1
reaction time	0.155	interval	7 steps	1.02	0.95	1.00	1.02	0.96	
		velocity	5.53	8.96	9.62	9.14	8.96	10.13	8.08
Zhu Shenglong (CHN) (2000)	time	2.58	3.66	4.74	5.79	6.77		7.76	5 / 2
reaction time	0.149	interval	7 steps	1.08	1.08	1.05	0.98	0.99	
		velocity	5.32	8.46	8.46	8.70	9.33	9.82	7.73



Evaluated with: ObjectusVideo

Quality & Frame Rate: 1920 x 1080 @ 30fps

Timing From: First Movement

Source: <https://www.youtube.com/watch?v=415AUKZp03o>

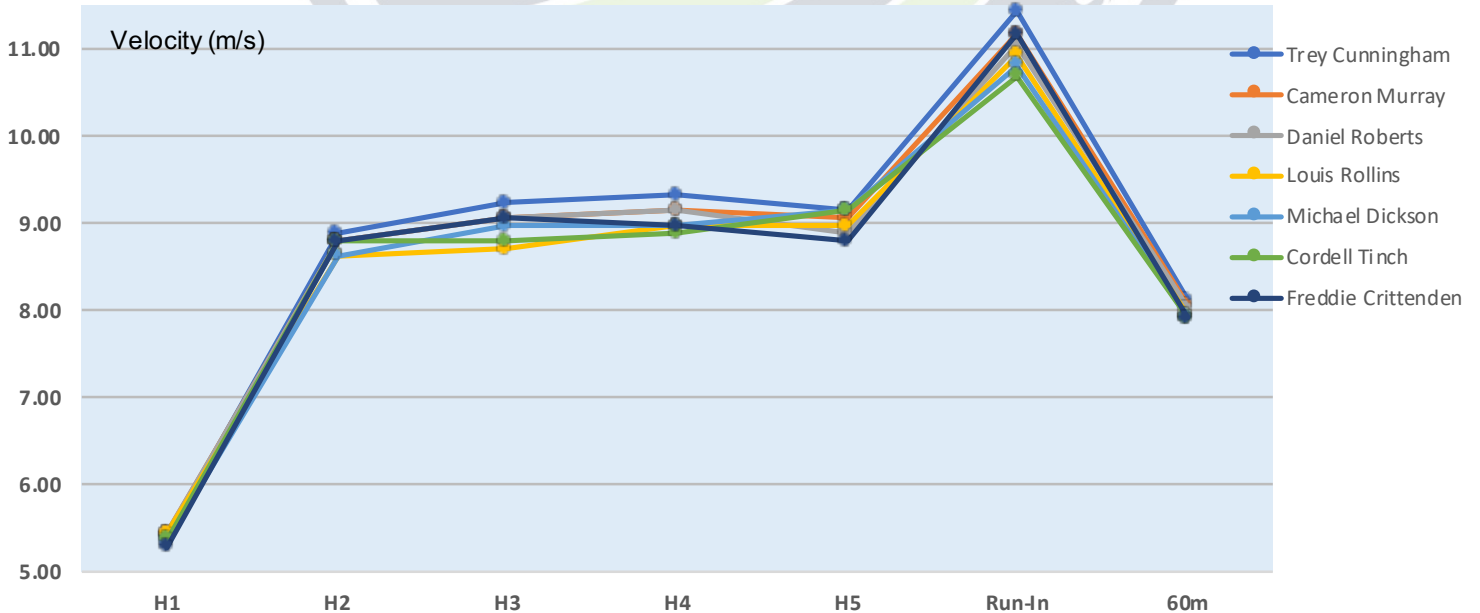
USATF National Indoor Championships (Albuquerque, NM) (Altitude) (TV Analysis)

Men's 60m Hurdles

Date: 2024.02.16

FINAL

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
Cunningham, Trey (USA) (1998)	time	2.54	3.57	4.56	5.54	6.54		7.39	5 / 1
	reaction time	0.152	interval	7 steps	1.03	0.99	0.98	1.00	0.85
	velocity	5.40	8.87	9.23	9.33	9.14	11.44	8.12	
Murray, Cameron (USA) (1999)	time	2.52	3.56	4.57	5.57	6.58		7.45	4 / 2
	reaction time	0.146	interval	7 steps	1.04	1.01	1.00	1.01	0.87
	velocity	5.44	8.79	9.05	9.14	9.05	11.17	8.05	
Roberts, Daniel (USA) (1997)	time	2.52	3.56	4.57	5.57	6.60		7.48	2 / 3
	reaction time	0.154	interval	7 steps	1.04	1.01	1.00	1.03	0.88
	velocity	5.44	8.79	9.05	9.14	8.87	11.05	8.02	
Rollins, Louis (USA) (1996)	time	2.52	3.58	4.63	5.65	6.67		7.56	6 / 4
	reaction time	0.154	interval		1.06	1.05	1.02	1.02	0.89
	velocity	5.44	8.62	8.70	8.96	8.96	10.92	7.94	=PB
Dickson, Michael (USA) (1997)	time	2.57	3.63	4.65	5.67	6.67		7.57	1 / 5
	reaction time	0.181	interval	7 steps	1.06	1.02	1.02	1.00	0.90
	velocity	5.34	8.62	8.96	8.96	9.14	10.80	7.93	
Tinch, Cordell (USA) (2000)	time	2.56	3.60	4.64	5.67	6.67		7.58	3 / 6
	reaction time	0.132	interval	7 steps	1.04	1.04	1.03	1.00	0.91
	velocity	5.36	8.79	8.79	8.87	9.14	10.68	7.92	
Crittenden, Freddie (USA) (1994)	time	2.60	3.64	4.65	5.67	6.71		7.58	7 / 7
	reaction time	0.158	interval		1.04	1.01	1.02	1.04	0.87
	velocity	5.28	8.79	9.05	8.96	8.79	11.17	7.92	
Holloway, Grant (USA) (1997)								dns	8 / --



Evaluated with: ObjectusVideo

Quality & Frame Rate: 1920 x 1080 @ 30fps

Timing From: First Movement

Source: <https://www.youtube.com/watch?v=bqLJOTnW1fY>

Biomechanical Analysis

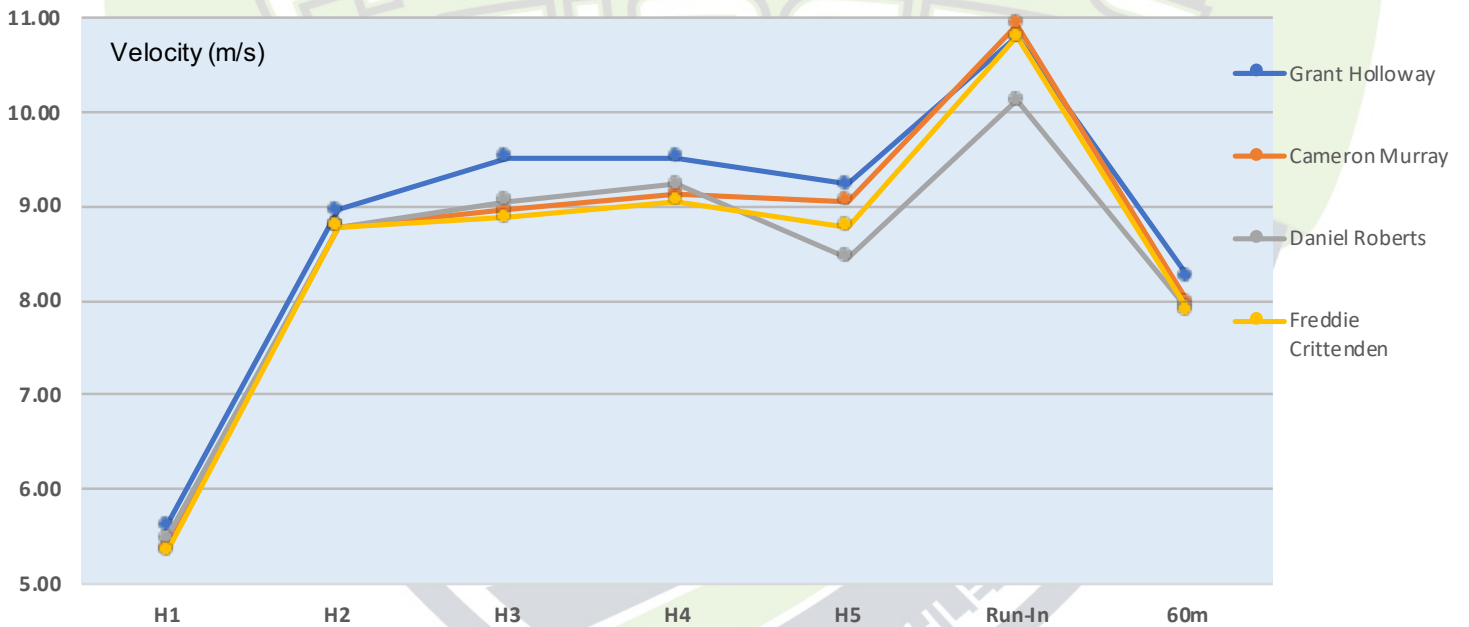
USATF National Indoor Championships (Albuquerque, NM) (Altitude) (TV Analysis)

Men's 60m Hurdles

Date: 2024.02.16

Heat 1

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
Holloway, Grant (USA) (1997)	time	2.44	3.46	4.42	5.38	6.37		7.27	6 / 1
	reaction time	0.141							
	interval	7 steps	1.02	0.96	0.96	0.99	0.90	WR	
	velocity	5.62	8.96	9.52	9.52	9.23	10.80	8.25	
Murray, Cameron (USA) (1999)	time	2.55	3.59	4.61	5.61	6.62		7.51	1 / 2
	reaction time	0.143							
	interval	7 steps	1.04	1.02	1.00	1.01	0.89	PB	
	velocity	5.38	8.79	8.96	9.14	9.05	10.92	7.99	
Roberts, Daniel (USA) (1997)	time	2.50	3.54	4.55	5.54	6.62		7.58	4 / 3
	reaction time	0.150							
	interval	7 steps	1.04	1.01	0.99	1.08	0.96		
	velocity	5.49	8.79	9.05	9.23	8.46	10.13	7.92	
Crittenden, Freddie (USA) (1994)	time	2.57	3.61	4.64	5.65	6.69		7.59	3 / 4
	reaction time	0.149							
	interval		1.04	1.03	1.01	1.04	0.90		
	velocity	5.34	8.79	8.87	9.05	8.79	10.80	7.91	



Evaluated with: ObjectusVideo

Quality & Frame Rate: 1920 x 1080 @ 30fps

Timing From: First Movement

Source: https://www.youtube.com/watch?v=dqLMJ_genis

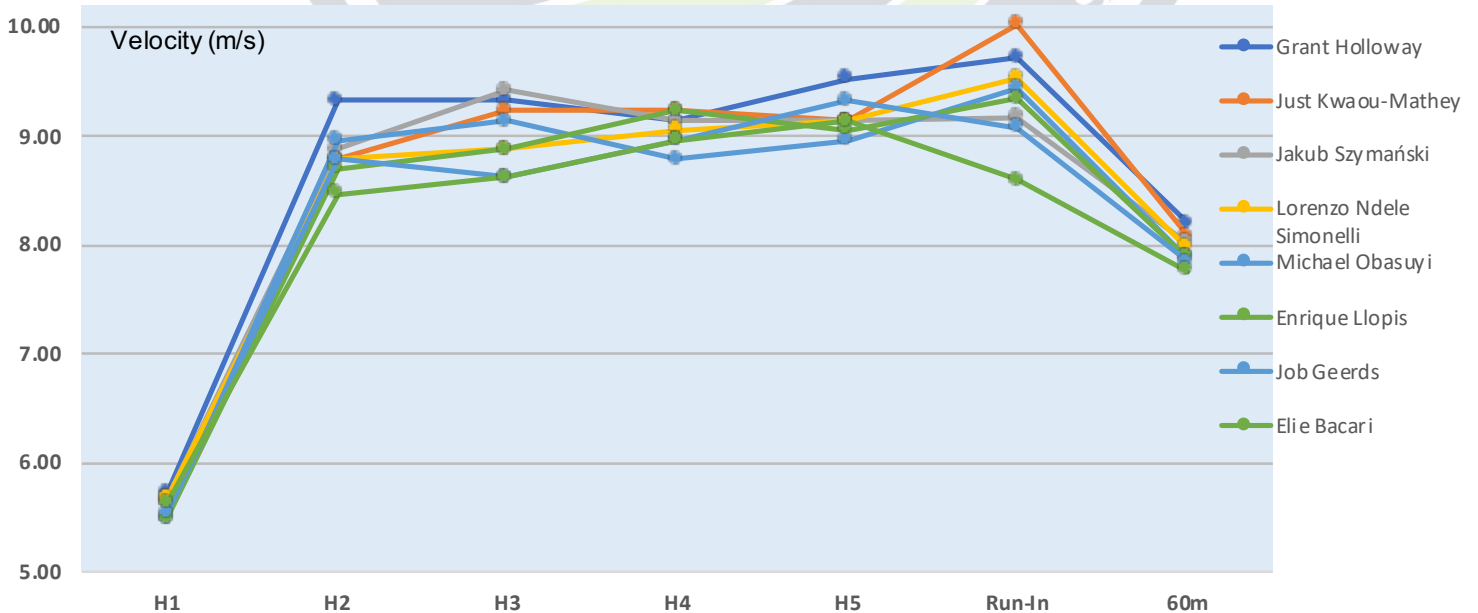
Meeting Hauts-de-France Pas-de-Calais (Liévin, FRA) (TV Analysis)

Men's 60m Hurdles

Date: 2024.02.10

FINAL

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
Holloway, Grant (USA) (1997)	time	2.40	3.38	4.36	5.36	6.32		7.32	5 / 1
	reaction time	0.169							
	interval	7 steps	0.98	0.98	1.00	0.96	1.00		
	velocity	5.72	9.33	9.33	9.14	9.52	9.72	8.20	
Kwaou-Mathey, Just (FRA) (1999)	time	2.44	3.48	4.47	5.46	6.46		7.43	4 / 2
	reaction time	0.181						PB	
	interval	7 steps	1.04	0.99	0.99	1.00	0.97		
	velocity	5.62	8.79	9.23	9.23	9.14	10.02	8.08	
Szymański, Jakub (POL) (2002)	time	2.42	3.45	4.42	5.42	6.42		7.48	6 / 3
	reaction time	0.183							
	interval	7 steps	1.03	0.97	1.00	1.00	1.06		
	velocity	5.67	8.87	9.42	9.14	9.14	9.17	8.02	
Simonelli, Lorenzo Ndele (ITA) (2000)	time	2.42	3.46	4.49	5.50	6.50		7.52	3 / 4
	reaction time	0.157							
	interval	7 steps	1.04	1.03	1.01	1.00	1.02		
	velocity	5.67	8.79	8.87	9.05	9.14	9.53	7.98	
Obasuyi, Michael (BEL) (1999)	time	2.50	3.52	4.52	5.56	6.58		7.61	1 / 5
	reaction time	0.159							
	interval	7 steps	1.02	1.00	1.04	1.02	1.03		
	velocity	5.49	8.96	9.14	8.79	8.96	9.44	7.88	
Llopis, Enrique (ESP) (2000)	time	2.50	3.55	4.58	5.57	6.58		7.62	2 / 6
	reaction time	0.148						=NR	
	interval	7 steps	1.05	1.03	0.99	1.01	1.04		
	velocity	5.49	8.70	8.87	9.23	9.05	9.35	7.87	
Geerds, Job (NED) (2002)	time	2.48	3.52	4.58	5.60	6.58		7.65	8 / 7
	reaction time	0.185							
	interval	7 steps	1.04	1.06	1.02	0.98	1.07		
	velocity	5.53	8.79	8.62	8.96	9.33	9.08	7.84	
Bacari, Elie (BEL) (2003)	time	2.44	3.52	4.58	5.60	6.60		7.73	7 / 8
	reaction time	0.149							
	interval	7 steps	1.08	1.06	1.02	1.00	1.13		
	velocity	5.62	8.46	8.62	8.96	9.14	8.60	7.76	



Evaluated with: ObjectusVideo

Quality & Frame Rate: 1920 x 1080 @ 30fps

Timing From: First Movement

Source: <https://www.youtube.com/watch?v=p8zC56u3nW8>

Biomechanical Analysis

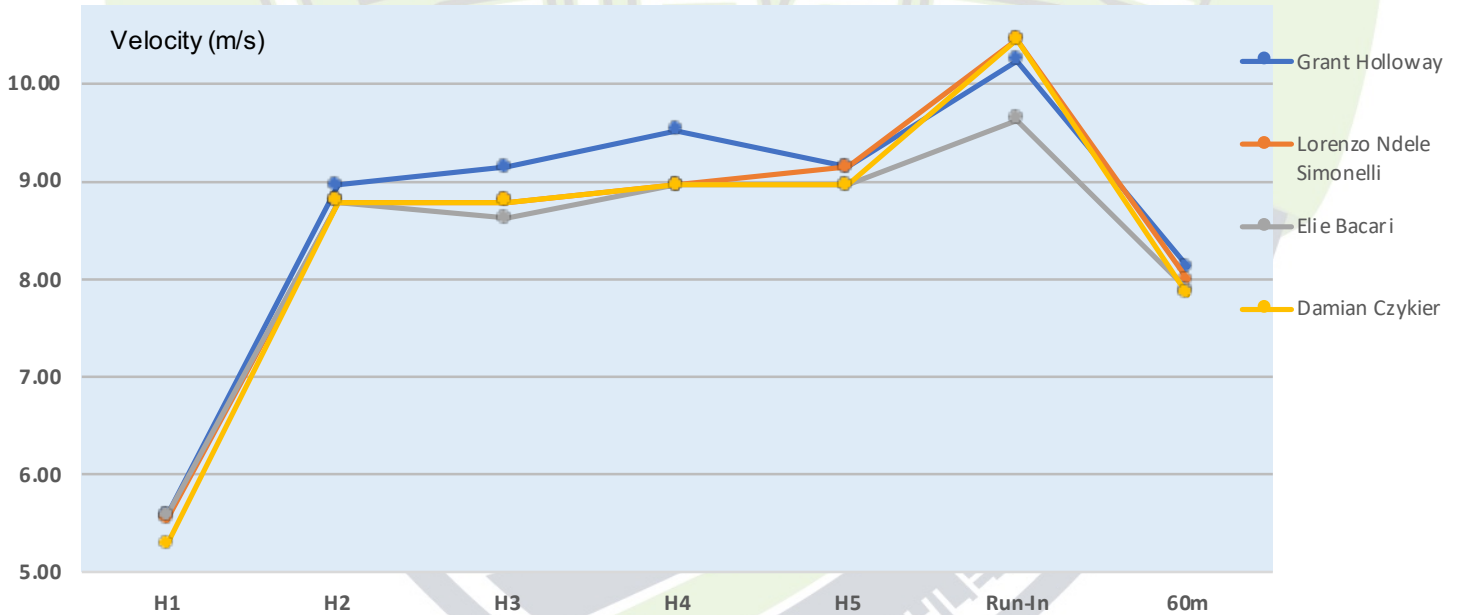
Meeting Hauts-de-France Pas-de-Calais (Liévin, FRA) (TV Analysis)

Men's 60m Hurdles

Date: 2024.02.10

Heat 2

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
Holloway, Grant (USA) (1997)	time	2.46	3.48	4.48	5.44	6.44		7.39	5 / 1
	reaction time	0.168	interval	7 steps	1.02	1.00	0.96	1.00	0.95
	velocity	5.58	8.96	9.14	9.52	9.14	10.23	8.12	
Simonelli, Lorenzo Ndele (ITA) (2000)	time	2.48	3.52	4.56	5.58	6.58		7.51	4 / 2
	reaction time	0.165	interval	7 steps	1.04	1.04	1.02	1.00	0.93
	velocity	5.53	8.79	8.79	8.96	9.14	10.45	7.99	
Bacari, Elie (BEL) (2003)	time	2.46	3.50	4.56	5.58	6.60		7.61	7 / 3
	reaction time	0.138	interval	7 steps	1.04	1.06	1.02	1.02	1.01
	velocity	5.58	8.79	8.62	8.96	8.96	9.62	7.88	
Czykier, Damian (POL) (1992)	time	2.60	3.64	4.68	5.70	6.72		7.65	2 / 4
	reaction time	0.168	interval	7 steps	1.04	1.04	1.02	1.02	0.93
	velocity	5.28	8.79	8.79	8.96	8.96	10.45	7.84	



Evaluated with: ObjectusVideo

Quality & Frame Rate: 1920 x 1080 @ 30fps

Timing From: First Movement

Source: <https://www.youtube.com/watch?v=HcwQumdlOoM>

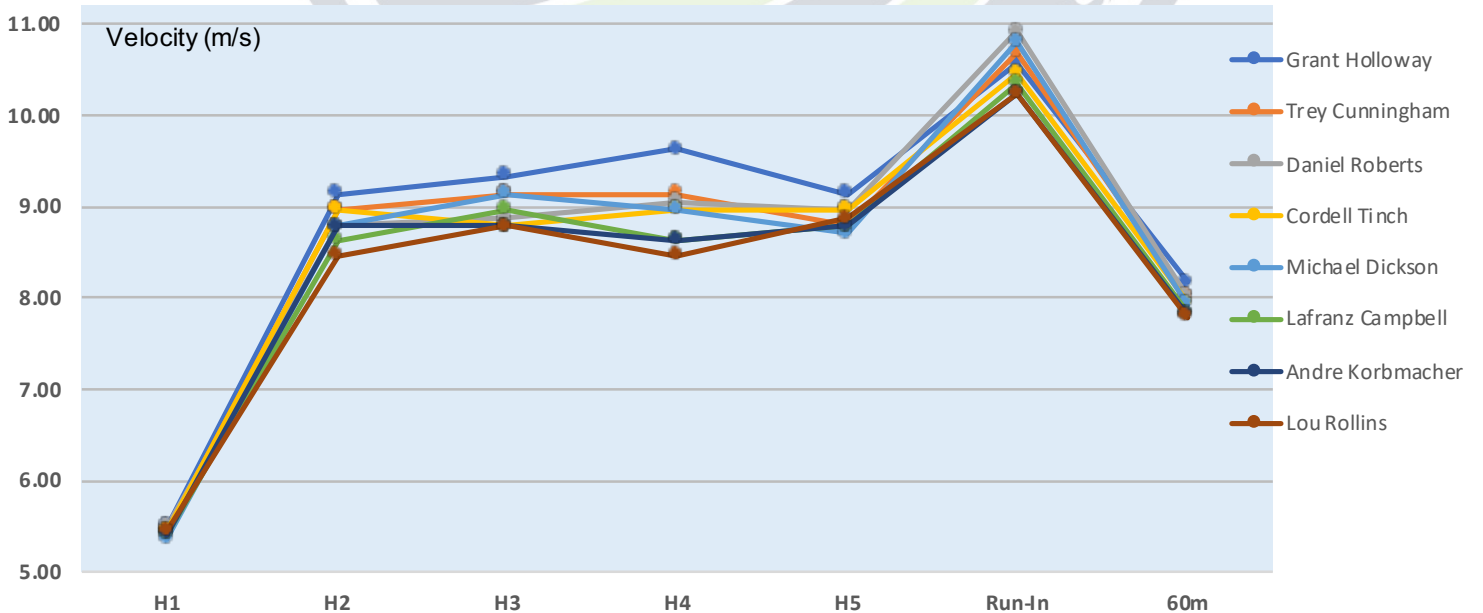
New Balance Indoor Grand Prix (Boston, MA) (TV Analysis)

Men's 60m Hurdles

Date: 2024.02.04

FINAL

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
Holloway, Grant (USA) (1997)	time	2.50	3.50	4.48	5.43	6.43		7.35	4 / 1
	reaction time	0.166	7 steps	1.00	0.98	0.95	1.00	0.92	
	velocity	5.49	9.14	9.33	9.62	9.14	10.57	8.16	
Cunningham, Trey (USA) (1998)	time	2.52	3.54	4.54	5.54	6.58		7.49	5 / 2
	reaction time	0.152	7 steps	1.02	1.00	1.00	1.04	0.91	
	velocity	5.44	8.96	9.14	9.14	8.79	10.68	8.01	
Roberts, Daniel (USA) (1998)	time	2.50	3.54	4.57	5.58	6.60		7.49	3 / 3
	reaction time	0.167	7 steps	1.04	1.03	1.01	1.02	0.89	
	velocity	5.49	8.79	8.87	9.05	8.96	10.92	8.01	
Tinch, Cordell (USA) (2000)	time	2.52	3.54	4.58	5.60	6.62		7.55	6 / 4
	reaction time	0.174	7 steps	1.02	1.04	1.02	1.02	0.93	
	velocity	5.44	8.96	8.79	8.96	8.96	10.45	7.95	
Dickson, Michael (USA) (1997)	time	2.56	3.60	4.60	5.62	6.67		7.57	2 / 5
	reaction time	0.194	7 steps	1.04	1.00	1.02	1.05	0.90	
	velocity	5.36	8.79	9.14	8.96	8.70	10.80	7.93	
Campbell, Lafranz (JAM) (1997)	time	2.54	3.60	4.62	5.68	6.72		7.66	1 / 6
	reaction time	0.130	7 steps	1.06	1.02	1.06	1.04	0.94	
	velocity	5.40	8.62	8.96	8.62	8.79	10.34	7.83	
Korbmacher, Andre (USA) (2005)	time	2.54	3.58	4.62	5.68	6.72		7.67	8 / 7
	reaction time	0.148		1.04	1.04	1.06	1.04	0.95	PB
	velocity	5.40	8.79	8.79	8.62	8.79	10.23	7.82	
Rollins, Louis (USA) (1996)	time	2.52	3.60	4.64	5.72	6.75		7.70	7 / 8
	reaction time	0.182		1.08	1.04	1.08	1.03	0.95	
	velocity	5.44	8.46	8.79	8.46	8.87	10.23	7.79	



Evaluated with: ObjectusVideo

Quality & Frame Rate: 1920 x 1080 @ 30fps

Timing From: First Movement

Source: https://www.youtube.com/watch?v=N5BeMYDdz_M