

# 2024 Women's 400m Hurdles World Record Season

Sydney McLaughlin-Levrone  
(USA) - 50.37

## Hurdle Touchdown Times



**ATHLETE FIRST**  
**INTERNATIONAL**  
ATHLETEFIRST.ORG

Todd Henson

# 2024 Women's 400m Hurdles World Record Season

## Sydney McLaughlin-Levrone (USA) - 50.37

### Meetings Overview:

Sydney McLaughlin-Levrone Season Overview	3
World Record Comparisons	5
Olympic Games (Paris, FRA) — Final	6
Olympic Games (Paris, FRA) — Semi-Final	7
Olympic Games (Paris, FRA) — Heat	8
USA Olympic Trials (Eugene, OR) — Final	9
USA Olympic Trials (Eugene, OR) — Semi-Final 1	10
USA Olympic Trials (Eugene, OR) — Heat 1	11
Edwin Moses Legend Meet (Atlanta, GA) (TV Analysis) — Final	12
Sydney McLaughlin 100m Hurdles	13



### 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  $\pm 0.12$  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  $\pm 0.03$  second
- Data errors, missing data, spelling mistakes, anything that need 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 Women's 400m Hurdles World Record Season - Sydney McLaughlin-Levrone (USA) (1999)

2024 Olympic Games (Paris, FRA)

**FINAL** date 08-Aug-24 *Paris 2024 Olympic Games - Results Book (2024)*

	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
McLaughlin-Levrone, Sydney (Utime)	5.91	9.79	13.81	17.86	22.02	26.29	30.72	35.24	39.89	44.71		50.37	5 / 1				
reaction time	0.139	interval	3.88	4.02	4.05	4.16	4.27	4.43	4.52	4.65	4.82	5.66					
		velocity	7.61	9.02	8.71	8.64	8.41	8.20	7.90	7.74	7.53	7.26	7.07		11.95	12.86	13.99
H1 lead leg	R	strides	22	14	14	14	14	14	15	15	15	19		8.79	8.16	7.51	

**Semi-Final 2** date 06-Aug-24 *Paris 2024 Olympic Games - Results Book (2024)*

	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
McLaughlin-Levrone, Sydney (Utime)	6.03	10.05	14.28	18.62	22.97	27.38	31.90	36.62	41.54	46.49		52.13	7 / 1				
reaction time	0.154	interval	4.02	4.23	4.34	4.35	4.41	4.52	4.72	4.92	4.95	5.64					
		velocity	7.46	8.71	8.27	8.06	8.05	7.94	7.74	7.42	7.11	7.07	7.09		12.59	13.28	14.59
H1 lead leg	R	strides	22	14	15	15	14	14	15	16	15	18		8.34	7.91	7.20	

**Heat 5** date 04-Aug-24 *Paris 2024 Olympic Games - Results Book (2024)*

	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
McLaughlin-Levrone, Sydney (Utime)	6.13	10.18	14.39	18.64	23.03	27.53	32.31	37.23	42.26	47.40		53.60	3 / 1				
reaction time	0.163	interval	4.05	4.21	4.25	4.39	4.50	4.78	4.92	5.03	5.14	6.20					
		velocity	7.34	8.64	8.31	8.24	7.97	7.78	7.32	7.11	6.96	6.81	6.45	7.46	8.39	7.68	6.96
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	16	19		12.51	13.67	15.09	

**2024 USA Olympic Trials (Eugene, OR)**

**FINAL** date 30-Jun-24 *USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
McLaughlin-Levrone, Sydney (Utime)	6.08	9.99	14.05	18.19	22.45	26.89	31.44	36.12	40.79	45.44		50.65	5 / 1				
reaction time	interval	3.91	4.06	4.14	4.26	4.44	4.55	4.68	4.67	4.65	5.21	WR					
	velocity	7.40	8.95	8.62	8.45	8.22	7.88	7.69	7.48	7.49	7.53	7.68	7.90		12.11	13.25	14.00
H1 lead leg	R	strides	22	14	14	14	15	15	15	15	15	18		8.67	7.92	7.50	

**Semi-Final 1** date 29-Jun-24 *USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
McLaughlin-Levrone, Sydney (Utime)	6.16	10.13	14.20	18.40	22.70	27.10	31.75	36.52	41.53	46.55		52.48	6 / 1				
reaction time	interval	3.97	4.07	4.20	4.30	4.40	4.65	4.77	5.01	5.02	5.93						
	velocity	7.31	8.82	8.60	8.33	8.14	7.95	7.53	7.34	6.99	6.97	6.75	7.62		12.24	13.35	14.80
H1 lead leg	R	strides	22	14	14	14	15	15	15	15	16	18		8.58	7.87	7.09	

**Heat 1** date 27-Jun-24 *USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
McLaughlin-Levrone, Sydney (Utime)	6.08	10.13	14.26	18.54	22.91	27.35	32.02	36.94	41.87	46.93		53.07	6 / 1				
reaction time	interval	4.05	4.13	4.28	4.37	4.44	4.67	4.92	4.93	5.06	6.14						
	velocity	7.40	8.64	8.47	8.18	8.01	7.88	7.49	7.11	7.10	6.92	6.51	7.54		12.46	13.48	14.91
H1 lead leg	R	strides	22	14	14	14	15	15	15	15	16	18		8.43	7.79	7.04	

**2024 The Edwin Moses Legends Meet (Atlanta, GA) (TV Analysis)**

**FINAL** date 31-May-24 *Henson (2024) - Athlete First: 2024 year end hurdle report*

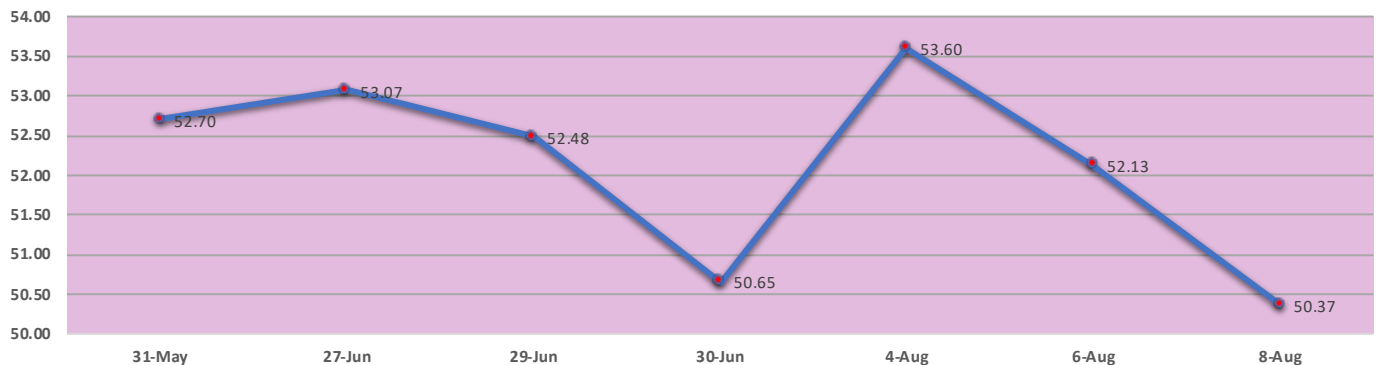
	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
McLaughlin-Levrone, Sydney (Utime)	6.27	10.44	14.72	18.92	23.35	27.92	32.57	37.30	42.33	47.27		52.70	6 / 1				
reaction time	interval	4.17	4.28	4.20	4.43	4.57	4.65	4.73	5.03	4.94	5.43						
	velocity	7.18	8.39	8.18	8.33	7.90	7.66	7.53	7.40	6.96	7.09	7.37	7.59		12.65	13.65	14.70
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	18		8.30	7.69	7.14	

**2024 Oxy Invitational (Eagle Rock, CA) (TV Analysis)**

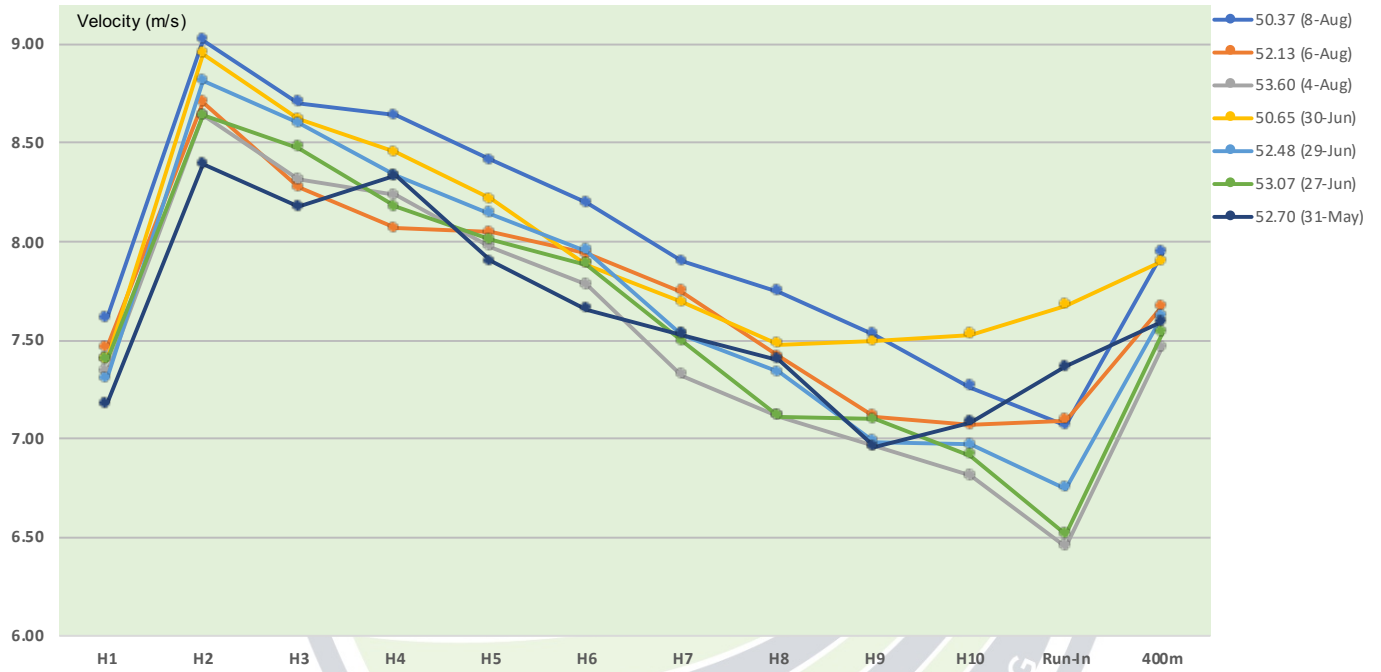
**100m Hurdles** Date: 4-May-24 Wind: -0.4 m/s *Henson (2024) Athlete First: 2024 Sydney McLaughlin-Levrone 400m Hurdles World Record Season*

	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	100m	Lane/Place	H1-H4	H4-H7	H7-H10
McLaughlin-Levrone, Sydney (Utime)	2.55	3.58	4.58	5.56	6.53	7.53	8.51	9.52	10.53	11.53		12.71	4 / 1			
reaction time	interval	7 steps	1.03	1.00	0.98	0.97	1.00	0.98	1.01	1.01	1.00	1.18				
	velocity	5.10	8.25	8.50	8.67	8.76	8.50	8.67	8.42	8.42	8.50	8.52		7.87		

Sydney McLaughlin-Levrone 2024

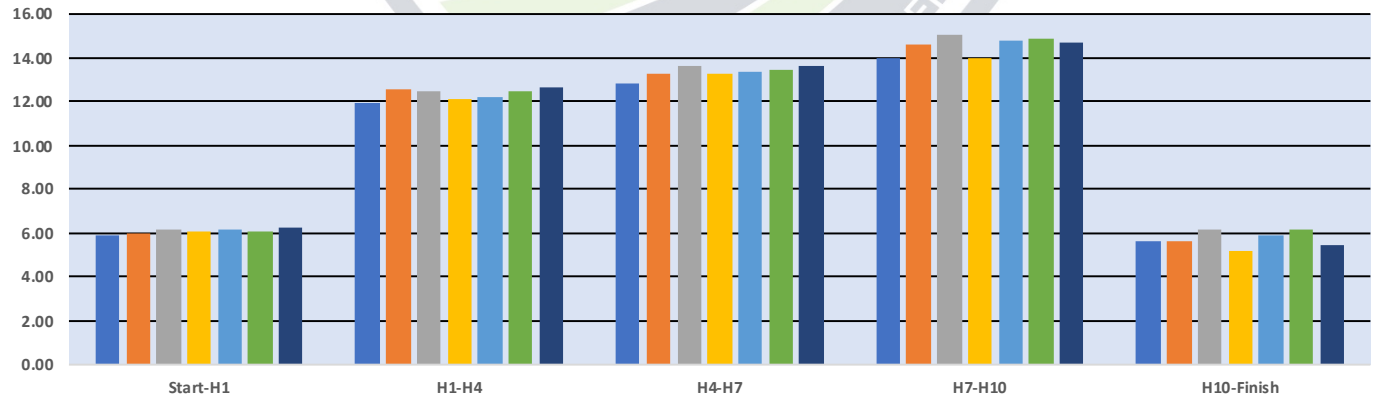


## Hurdle Rhythmic Units



Time Intervals (s)

## Hurdle Phases





## Sydney McLaughlin-Levrone - 400m Hurdles World Record Races

### 2024 Olympic Games (Paris, FRA)

#### FINAL

		Date 2024.08.08										Paris 2024 Olympic Games - Results Book (2024)					
		H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	400m	Lane / Place	H1-H4	H4-H7	H7-H10
McLaughlin-Levrone, Sydney (USA)	time	5.91	9.79	13.81	17.86	22.02	26.29	30.72	35.24	39.89	44.71		50.37	5 / 1			
	reaction time	0.139	interval	3.88	4.02	4.05	4.16	4.27	4.43	4.52	4.65	4.82	5.66	WR	11.95	12.86	13.99
	velocity	7.61	8.95	8.62	8.45	8.22	7.88	7.69	7.48	7.49	7.53	7.26	7.07	7.94	8.79	8.16	7.51
H1 lead leg	R	strides	22	14	14	14	14	14	15	15	15	19	170				

### 2024 USA Olympic Trials (Eugene, OR)

#### FINAL

		date 2024.06.30										USATF and Karmarush (2024) - USA Olympic trials results and race analysis					
		H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	400m	Lane / Place	H1-H4	H4-H7	H7-H10
McLaughlin-Levrone, Sydney (USA)	time	6.08	9.99	14.05	18.19	22.45	26.89	31.44	36.12	40.79	45.44		50.65	5 / 1			
	reaction time		3.91	4.06	4.14	4.26	4.44	4.55	4.68	4.67	4.65	5.21	WR	12.11	13.25	14.00	
	interval		7.40	8.95	8.62	8.45	8.22	7.88	7.69	7.48	7.49	7.53	7.68	7.90	8.67	7.92	7.50
	velocity		7.40	8.95	8.62	8.45	8.22	7.88	7.69	7.48	7.49	7.53	7.68	7.90	8.67	7.92	7.50
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	18	171				

### 2022 World Athletics Championships (Eugene, OR) (TV Analysis)

#### FINAL

		Date 2022.07.22										Henson (2022) - Athlete First: 2022 year end hurdle report					
		H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	400m	Lane / Place	H1-H4	H4-H7	H7-H10
McLaughlin, Sydney (USA) (1999)	time	6.10	10.10	14.10	18.27	22.50	26.84	31.23	35.80	40.40	45.17		50.68	5 / 1			
	reaction time	0.158	interval	4.00	4.00	4.17	4.23	4.34	4.39	4.57	4.60	4.77	5.51	WR	12.17	12.96	13.94
	velocity	7.38	8.75	8.75	8.39	8.27	8.06	7.97	7.66	7.61	7.34	7.34	7.26	7.89	8.63	8.10	7.53
H1 lead leg	R	strides	22	14	14	14	14	14	15	15	15	18.7	169.7				

### 2022 USATF National Championships (Eugene, OR) (TV Analysis)

#### FINAL

		date 2022.06.25										Henson (2022) - Athlete First: 2022 year end hurdle report					
		H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	400m	Lane / Place	H1-H4	H4-H7	H7-H10
McLaughlin, Sydney (USA) (1999)	time	6.20	10.14	14.21	18.48	22.85	27.36	31.89	36.53	41.31	46.08		51.41	5 / 1			
	reaction time		3.94	4.07	4.27	4.37	4.51	4.53	4.64	4.78	4.77	5.33	WR	12.28	13.41	14.19	
	interval		7.26	8.88	8.60	8.20	8.01	7.76	7.73	7.54	7.32	7.34	7.50	7.78	8.55	7.83	7.40
	velocity		7.26	8.88	8.60	8.20	8.01	7.76	7.73	7.54	7.32	7.34	7.50	7.78	8.55	7.83	7.40
H1 lead leg	R	strides	22	14	14	14	14	14	14	15	15	18.2	168.2				

### 2020 Olympic Games (Tokyo, JPN) (TV Analysis)

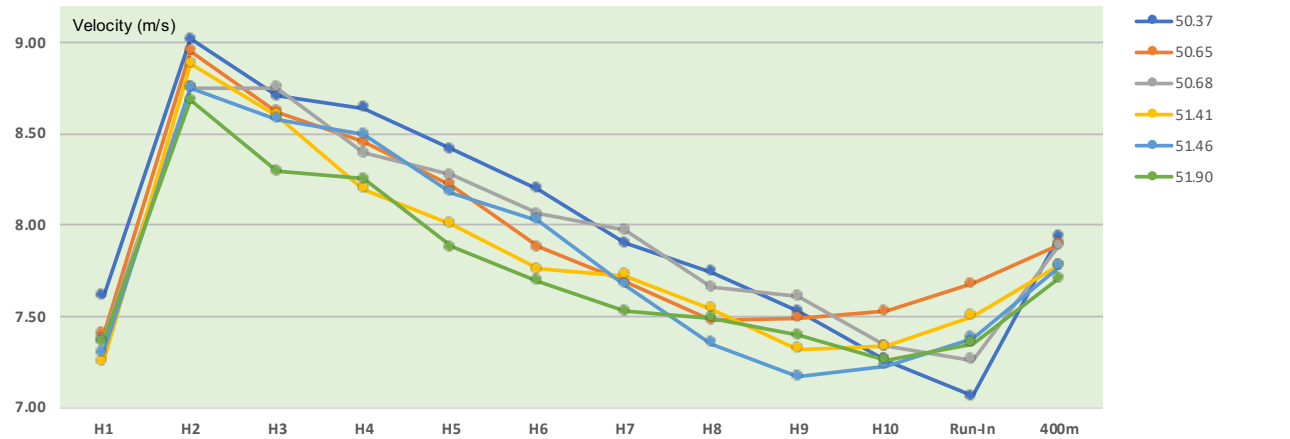
#### FINAL

		date 2021.08.04										Henson (2021) - Athlete First: 2021 year end hurdle report					
		H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	400m	Lane / Place	H1-H4	H4-H7	H7-H10
McLaughlin, Sydney (USA) (1999)	time	6.16	10.16	14.24	18.36	22.64	27.00	31.56	36.32	41.20	46.04		51.46	4 / 1			
	reaction time	0.163	interval	4.00	4.08	4.12	4.28	4.36	4.56	4.76	4.88	4.84	5.42	WR	12.20	13.20	14.48
	velocity	7.31	8.75	8.58	8.50	8.18	8.03	7.68	7.35	7.17	7.23	7.38	7.77	8.61	7.95	7.25	
H1 lead leg	R	strides	22	14	14	14	14	14	15	16	15	18.5	170.5				

### 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)

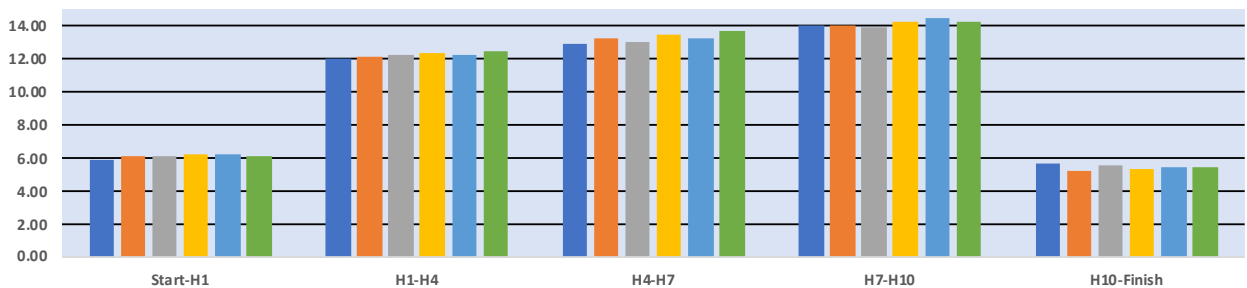
#### FINAL

		date 2021.06.27										Henson (2021) - Athlete First: 2021 year end hurdle report					
		H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	400m	Lane / Place	H1-H4	H4-H7	H7-H10
McLaughlin, Sydney (USA) (1999)	time	6.11	10.14	14.36	18.60	23.04	27.59	32.24	36.91	41.64	46.46		51.90	6 / 1			
	reaction time	0.194	interval	4.03	4.22	4.24	4.44	4.55	4.65	4.67	4.73	4.82	5.44	WR	12.49	13.64	14.22
	velocity	7.36	8.68	8.29	8.25	7.88	7.69	7.53	7.49	7.40	7.26	7.35	7.71	8.41	7.70	7.38	
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	18.2	171.2				



Time Intervals (s)

### Hurdle Phases



2024 Olympic Games  
 Source: Paris 2024 Olympic Games - Results Book (2024), p. 565  
[https://olympics.com/OG2024/pdf/OG2024/ATH/OG2024\\_ATH\\_B99\\_ATH-----\\_.pdf](https://olympics.com/OG2024/pdf/OG2024/ATH/OG2024_ATH_B99_ATH-----_.pdf)  
 Video: <https://www.youtube.com/watch?v=cTXAyUifKrQ>

2024 USA Olympic Trials  
 Source: USATF and Karmarush (Sun 30 Jun 2024) - USA Olympic trials results and race analysis  
<https://results.usatf.org/2024trials/>  
 Video: <https://www.youtube.com/watch?v=5WJswSOsoYw>

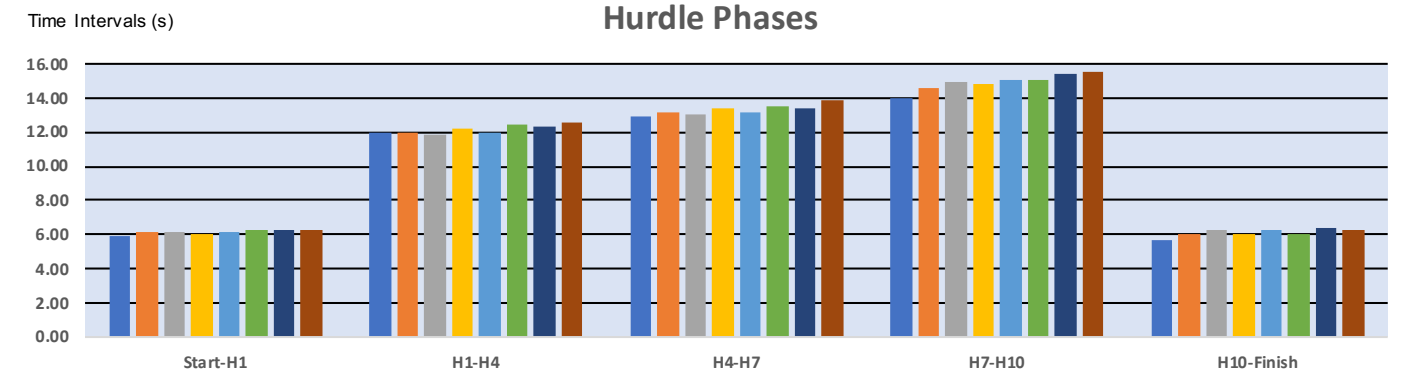
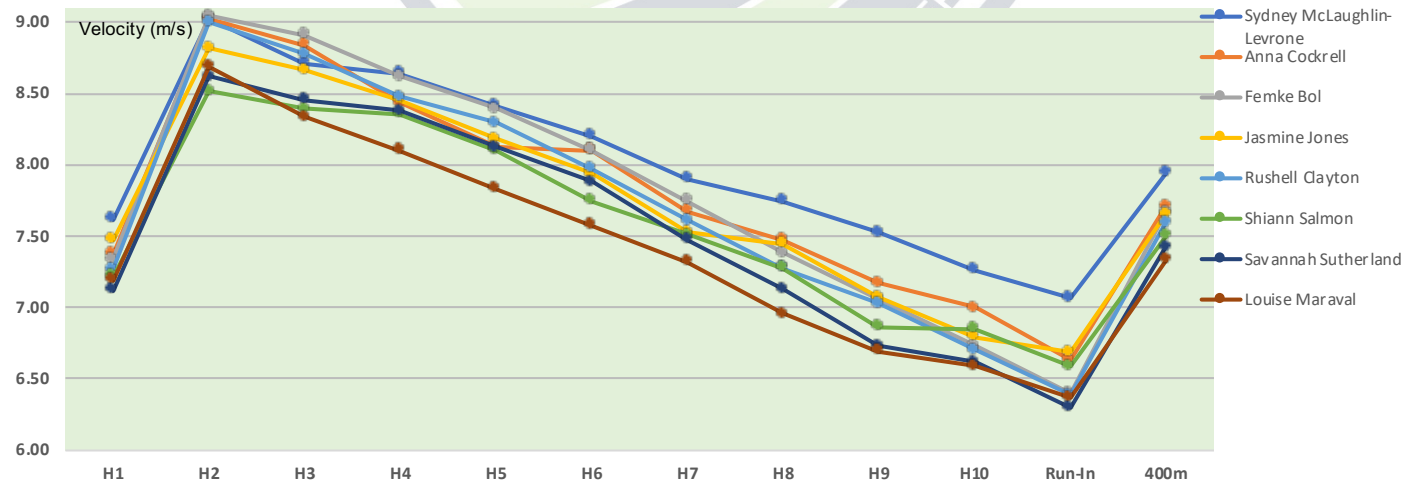
2024 Olympic Games (Paris, FRA)

Women's 400m Hurdles

Date 2024.08.08

FINAL

		H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	400m	Lane / Place	H1-H4	H4-H7	H7-H10
<b>McLaughlin-Levrone, Sydney (USA)</b>	(time)	5.91	9.79	13.81	17.86	22.02	26.29	30.72	35.24	39.89	44.71	50.37	50.37	5 / 1			
	reaction time	0.139															
	interval velocity	7.61	3.88	4.02	4.05	4.16	4.27	4.43	4.52	4.65	4.82	5.66	WR		11.95	12.86	13.99
H1 lead leg	R		9.02	8.71	8.64	8.41	8.20	7.90	7.74	7.53	7.26	7.07	7.94		8.79	8.16	7.51
<b>Cockrell, Anna (USA) (1997)</b>	time	6.10	9.98	13.94	18.09	22.40	26.72	31.28	35.96	40.84	45.84		51.87	7 / 2			
	reaction time	0.158															
	interval velocity	7.38	3.88	3.96	4.15	4.31	4.32	4.56	4.68	4.88	5.00	6.03	PB		11.99	13.19	14.56
H1 lead leg	R		9.02	8.84	8.43	8.12	8.10	7.68	7.48	7.17	7.00	6.63	7.71		8.76	7.96	7.21
<b>Bol, Femke (NED) (2000)</b>	time	6.13	10.00	13.93	17.99	22.16	26.48	31.00	35.74	40.70	45.90		52.15	6 / 3			
	reaction time	0.165															
	interval velocity	7.34	3.87	3.93	4.06	4.17	4.32	4.52	4.74	4.96	5.20	6.25	7.67		11.86	13.01	14.90
H1 lead leg	L		9.04	8.91	8.62	8.39	8.10	7.74	7.38	7.06	6.73	6.40	7.67		8.85	8.07	7.05
<b>Jones, Jasmine (USA) (2001)</b>	time	6.02	9.99	14.03	18.17	22.45	26.86	31.51	36.21	41.16	46.31		52.29	9 / 4			
	reaction time	0.157															
	interval velocity	7.48	3.97	4.04	4.14	4.28	4.41	4.65	4.70	4.95	5.15	5.98	PB		12.15	13.34	14.80
H1 lead leg	R		8.82	8.66	8.45	8.18	7.94	7.53	7.45	7.07	6.80	6.69	7.65		8.64	7.87	7.09
<b>Clayton, Rushell (JAM) (1992)</b>	time	6.19	10.08	14.07	18.20	22.42	26.81	31.41	36.22	41.20	46.42		52.68	8 / 5			
	reaction time	0.142															
	interval velocity	7.27	3.89	3.99	4.13	4.22	4.39	4.60	4.81	4.98	5.22	6.26	7.59		12.01	13.21	15.01
H1 lead leg	L		9.00	8.77	8.47	8.29	7.97	7.61	7.28	7.03	6.70	6.39	7.59		8.74	7.95	7.00
<b>Salmon, Shiann (JAM) (1999)</b>	time	6.23	10.34	14.51	18.70	23.02	27.54	32.20	37.01	42.11	47.22		53.29	2 / 6			
	reaction time	0.207															
	interval velocity	7.22	4.11	4.17	4.19	4.32	4.52	4.66	4.81	5.10	5.11	6.07	7.51		12.47	13.50	15.02
H1 lead leg	L		8.52	8.39	8.35	8.10	7.74	7.51	7.28	6.86	6.85	6.59	7.51		8.42	7.78	6.99
<b>Sutherland, Savannah (CAN) (2003)</b>	time	6.32	10.38	14.52	18.70	23.01	27.45	32.13	37.04	42.24	47.53		53.88	3 / 7			
	reaction time	0.157															
	interval velocity	7.12	4.06	4.14	4.18	4.31	4.44	4.68	4.91	5.20	5.29	6.35	7.42		12.38	13.43	15.40
H1 lead leg	R		8.62	8.45	8.37	8.12	7.88	7.48	7.13	6.73	6.62	6.30	7.42		8.48	7.82	6.82
<b>Maraval, Louise (FRA) (2001)</b>	time	6.26	10.29	14.49	18.81	23.28	27.90	32.68	37.71	42.94	48.25		54.53	4 / 8			
	reaction time	0.166															
	interval velocity	7.19	4.03	4.20	4.32	4.47	4.62	4.78	5.03	5.23	5.31	6.28	7.34		12.55	13.87	15.57
H1 lead leg	R		8.68	8.33	8.10	7.83	7.58	7.32	6.96	6.69	6.59	6.37	7.34		8.37	7.57	6.74



Source: Paris 2024 Olympic Games - Results Book (2024). p. 565  
[https://olympics.com/OG2024/pdf/OG2024\\_ATH\\_B99\\_ATH-----pdf](https://olympics.com/OG2024/pdf/OG2024_ATH_B99_ATH-----pdf)

Video: <https://www.youtube.com/watch?v=cTXAvUtkrQ>

2024 Olympic Games (Paris, FRA)

Women's 400m Hurdles

Date 2024.08.06

Semi-Final 3

		H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	400m	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Boi, Femke (NED) (2000)</b>	time	6.24	10.18	14.24	18.35	22.61	27.03	31.64	36.50	41.55	46.62		52.57	6 / 1			
	reaction time	0.194															
	interval		3.94	4.06	4.11	4.26	4.42	4.61	4.86	5.05	5.07	5.95			12.11	13.29	14.98
	velocity	7.21	8.88	8.62	8.52	8.22	7.92	7.59	7.20	6.93	6.90	6.72	7.61		8.67	7.90	7.01
H1 lead leg	L	22	14	14	14	14	14	14	15	15	15	18	169				
<b>Cockrell, Anna (USA) (1997)</b>	time	6.14	10.10	14.25	18.59	23.06	27.52	32.13	36.91	41.87	46.91		52.90	7 / 2			
	reaction time	0.178															
	interval		3.96	4.15	4.34	4.47	4.46	4.61	4.78	4.96	5.04	5.99			12.45	13.54	14.78
	velocity	7.33	8.84	8.43	8.06	7.83	7.85	7.59	7.32	7.06	6.94	6.68	7.56		8.43	7.75	7.10
H1 lead leg	R	22	13	14	14	14	14	14	14	15	15	19	168				
<b>Salmon, Shiann (JAM) (1999)</b>	time	6.13	10.16	14.26	18.45	22.80	27.35	32.04	36.82	41.81	46.95		53.13	5 / 3			
	reaction time	0.182															
	interval		4.03	4.10	4.19	4.35	4.55	4.69	4.78	4.99	5.14	6.18	<b>PB</b>		12.32	13.59	14.91
	velocity	7.34	8.68	8.54	8.35	8.05	7.69	7.46	7.32	7.01	6.81	6.47	7.53		8.52	7.73	7.04
H1 lead leg	L	22	14	14	14	14	15	15	16	16	16	20	176				
<b>Sutherland, Savannah (CAN) (2003)</b>	time	6.26	10.35	14.50	18.76	23.10	27.57	32.21	37.01	42.13	47.56		53.80	4 / 4			
	reaction time	0.145															
	interval		4.09	4.15	4.26	4.34	4.47	4.64	4.80	5.12	5.43	6.24			12.50	13.45	15.35
	velocity	7.19	8.56	8.43	8.22	8.06	7.83	7.54	7.29	6.84	6.45	6.41	7.43		8.40	7.81	6.84
H1 lead leg	R	23	15	15	15	15	15	15	15	16	16	20	180				

Date 2024.08.06

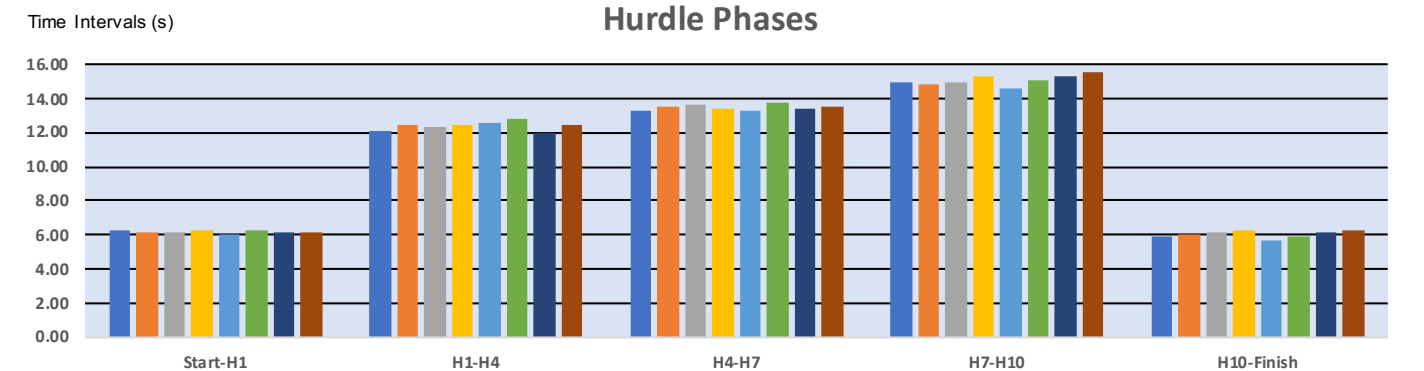
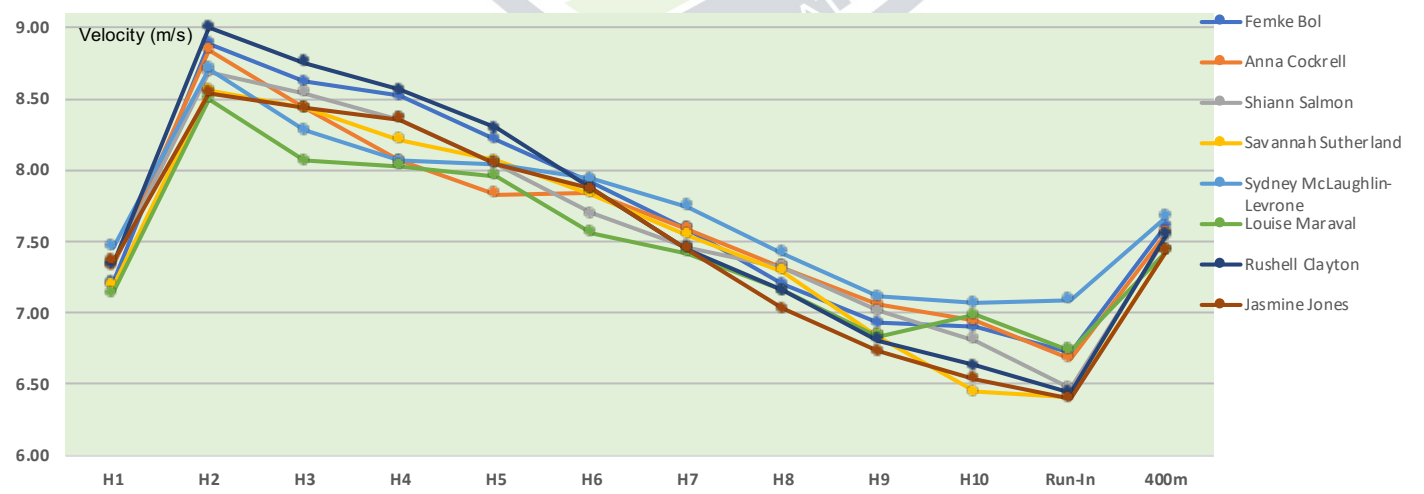
Semi-Final 2

		H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	400m	Lane / Place	H1-H4	H4-H7	H7-H10
<b>McLaughlin-Levrone, Sydney (USA)</b>	time	6.03	10.05	14.28	18.62	22.97	27.38	31.90	36.62	41.54	46.49		52.13	7 / 1			
	reaction time	0.154															
	interval		4.02	4.23	4.34	4.35	4.41	4.52	4.72	4.92	4.95	5.64			12.59	13.28	14.59
	velocity	7.46	8.71	8.27	8.06	8.05	7.94	7.74	7.42	7.11	7.07	7.09	7.67		8.34	7.91	7.20
H1 lead leg	R	22	14	15	15	14	14	14	15	16	15	18	172				
<b>Maraval, Louise (FRA) (2001)</b>	time	6.30	10.42	14.76	19.12	23.52	28.15	32.87	37.76	42.88	47.89		53.83	4 / 2			
	reaction time	0.160															
	interval		4.12	4.34	4.36	4.40	4.63	4.72	4.89	5.12	5.01	5.94			12.82	13.75	15.02
	velocity	7.14	8.50	8.06	8.03	7.95	7.56	7.42	7.16	6.84	6.99	6.73	7.43		8.19	7.64	6.99
H1 lead leg	R	23	15	15	15	15	16	16	17	17	17	20	186				

Date 2024.08.06

Semi-Final 1

		H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	400m	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Clayton, Rushell (JAM) (1992)</b>	time	6.13	10.02	14.02	18.11	22.33	26.78	31.48	36.37	41.51	46.79		53.00	5 / 1			
	reaction time	0.152															
	interval		3.89	4.00	4.09	4.22	4.45	4.70	4.89	5.14	5.28	6.21			11.98	13.37	15.31
	velocity	7.34	9.00	8.75	8.56	8.29	7.87	7.45	7.16	6.81	6.63	6.44	7.55		8.76	7.85	6.86
H1 lead leg	L	22	14	14	14	14	15	15	15	16	16	19	174				
<b>Jones, Jasmine (USA) (2001)</b>	time	6.11	10.21	14.36	18.55	22.90	27.35	32.05	37.03	42.23	47.58		53.83	7 / 2			
	reaction time	0.166															
	interval		4.10	4.15	4.19	4.35	4.45	4.70	4.98	5.20	5.35	6.25			12.44	13.50	15.53
	velocity	7.36	8.54	8.43	8.35	8.05	7.87	7.45	7.03	6.73	6.54	6.40	7.43		8.44	7.78	6.76
H1 lead leg	R	22	14	14	14	14	14	15	15	16	16	19	173				



Source: Paris 2024 Olympic Games - Results Book (2024), p. 570-572

[https://olympics.com/OG2024/pdf/OG2024/ATH/OG2024\\_ATH\\_B99\\_ATH.pdf](https://olympics.com/OG2024/pdf/OG2024/ATH/OG2024_ATH_B99_ATH.pdf)

Video: <https://olympics.com/en/paris-2024/videos/track-and-field-day-12-morning-athletics-olympic-games-paris-2024>

2024 Olympic Games (Paris, FRA)

Women's 400m Hurdles

Date 2024.08.04

Heat 5

		H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	400m	Lane / Place	H1-H4	H4-H7	H7-H10
McLaughlin-Levrone, Sydney (USA)	time	6.13	10.18	14.39	18.64	23.03	27.53	32.31	37.23	42.26	47.40		53.60	3 / 1			
	reaction time	0.163															
	interval		4.05	4.21	4.25	4.39	4.50	4.78	4.92	5.03	5.14	6.20			12.51	13.67	15.09
	velocity		7.34	8.64	8.31	8.24	7.97	7.78	7.32	7.11	6.96	6.81	6.45	7.46		8.39	7.68
H1 lead leg	R		22	14	14	14	14	14	15	15	15	18	169				
Maraval, Louise (FRA) (2001)	time	6.30	10.44	14.70	19.02	23.52	28.19	33.11	38.32	43.81	49.24		55.32	5 / 3			
	reaction time	0.159															
	interval		4.14	4.26	4.32	4.50	4.67	4.92	5.21	5.49	5.43	6.08			12.72	14.09	16.13
	velocity		7.14	8.45	8.22	8.10	7.78	7.49	7.11	6.72	6.38	6.45	6.58	7.23		8.25	7.45
H1 lead leg	R		23	15	15	15	16	16	17	18	17	20.2	187.2				

Date 2024.08.04

Heat 4

		H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	400m	Lane / Place	H1-H4	H4-H7	H7-H10
Cockrell, Anna (USA) (1997)	time	6.29	10.39	14.71	19.08	23.54	28.03	32.73	37.56	42.68	47.76		53.91	8 / 1			
	reaction time	0.209															
	interval		4.10	4.32	4.37	4.46	4.49	4.70	4.83	5.12	5.08	6.15			12.79	13.65	15.03
	velocity		7.15	8.54	8.10	8.01	7.85	7.80	7.45	7.25	6.84	6.89	6.50	7.42		8.21	7.69
H1 lead leg	R		22	13	13	14	14	14	14	15	15	19	167				

Date 2024.08.04

Heat 3

		H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	400m	Lane / Place	H1-H4	H4-H7	H7-H10
Bol, Femke (NED) (2000)	time	6.34	10.40	14.52	18.65	22.92	27.41	32.14	37.06	42.14	47.30		53.38	4 / 1			
	reaction time	0.196															
	interval		4.06	4.12	4.13	4.27	4.49	4.73	4.92	5.08	5.16	6.08			12.31	13.49	15.16
	velocity		7.10	8.62	8.50	8.47	8.20	7.80	7.40	7.11	6.89	6.78	6.58	7.49		8.53	7.78
H1 lead leg	L		21	14	14	14	15	15	15	15	15	18	170				
Salmon, Shiann (JAM) (1999)	time	6.15	10.21	14.38	18.72	23.21	27.81	32.55	37.44	42.54	47.70		53.95	8 / 2			
	reaction time	0.186															
	interval		4.06	4.17	4.34	4.49	4.60	4.74	4.89	5.10	5.16	6.25			12.57	13.83	15.15
	velocity		7.32	8.62	8.39	8.06	7.80	7.61	7.38	7.16	6.86	6.78	6.40	7.41		8.35	7.59
H1 lead leg	L		22	15	14	14	14	15	15	16	16	20	177				

Date 2024.08.04

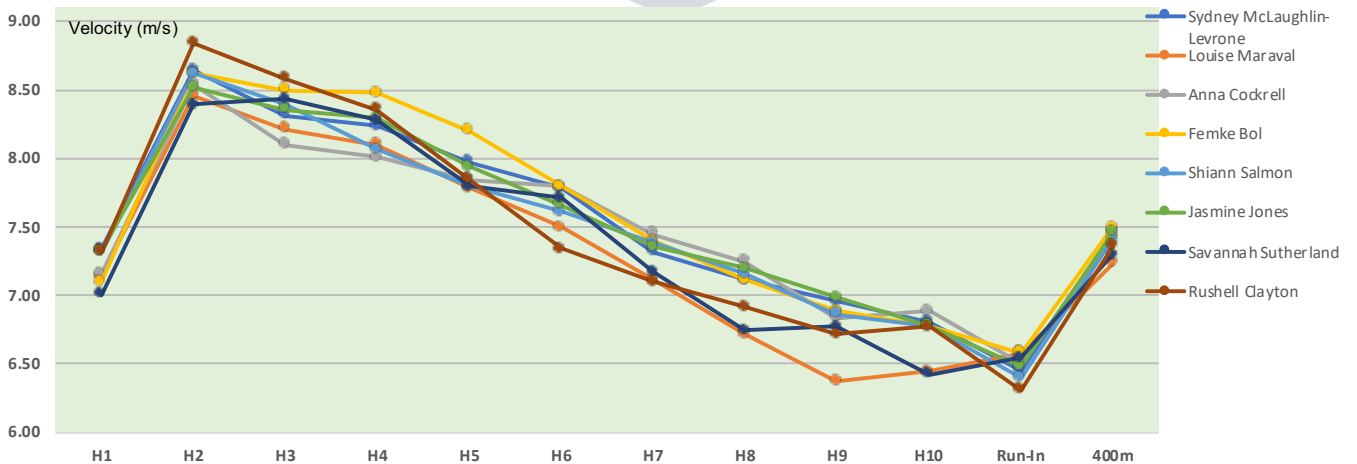
Heat 2

		H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	400m	Lane / Place	H1-H4	H4-H7	H7-H10
Jones, Jasmine (USA) (2001)	time	6.14	10.25	14.44	18.66	23.07	27.64	32.40	37.26	42.27	47.43		53.60	5 / 1			
	reaction time	0.173															
	interval		4.11	4.19	4.22	4.41	4.57	4.76	4.86	5.01	5.16	6.17			12.52	13.74	15.03
	velocity		7.33	8.52	8.35	8.29	7.94	7.66	7.35	7.20	6.99	6.78	6.48	7.46		8.39	7.64
H1 lead leg	R		22	14	14	14	15	15	15	15	15	18.5	171.5				
Sutherland, Savannah (CAN) (2003)	time	6.42	10.59	14.74	18.97	23.46	28.00	32.88	38.07	43.24	48.69		54.80	3 / 3			
	reaction time	0.179															
	interval		4.17	4.15	4.23	4.49	4.54	4.88	5.19	5.17	5.45	6.11			12.55	13.91	15.81
	velocity		7.01	8.39	8.43	8.27	7.80	7.71	7.17	6.74	6.77	6.42	6.55	7.30		8.37	7.55
H1 lead leg	R		23	15	15	15	15	16	16	16	17	20	183				

Date 2024.08.04

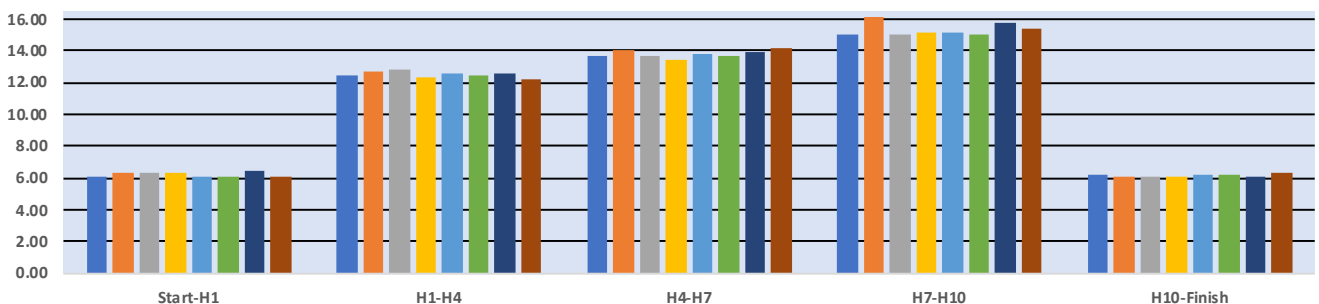
Heat 1

		H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	400m	Lane / Place	H1-H4	H4-H7	H7-H10
Clayton, Rushell (JAM) (1992)	time	6.15	10.11	14.19	18.38	22.84	27.61	32.54	37.60	42.81	47.98		54.32	7 / 1			
	reaction time	0.148															
	interval		3.96	4.08	4.19	4.46	4.77	4.93	5.06	5.21	5.17	6.34			12.23	14.16	15.44
	velocity		7.32	8.84	8.58	8.35	7.85	7.34	7.10	6.92	6.72	6.77	6.31	7.36		8.59	7.42
H1 lead leg	L		22	14	14	14	15	15	15	15	16	19	174				



Time Intervals (s)

Hurdle Phases



Source: Paris 2024 Olympic Games - Results Book (2024), p. 582-586.

[https://olympics.com/OG2024/pdf/OG2024/ATH/OG2024\\_ATH\\_B99\\_ATH\\_...pdf](https://olympics.com/OG2024/pdf/OG2024/ATH/OG2024_ATH_B99_ATH_...pdf)

Video: <https://olympics.com/en/paris-2024/videos/track-and-field-day-14-afternoon-athletics-olympic-games-paris-2024>



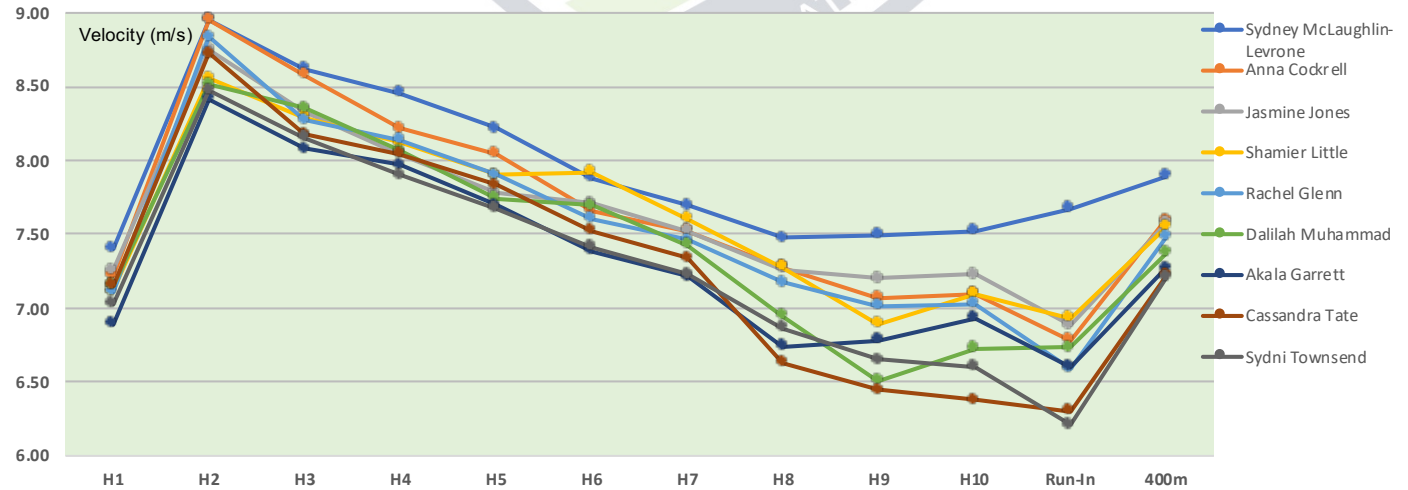
2024 USA Olympic Trials (Eugene, OR)

Women's 400m Hurdles

Date 2024.06.30

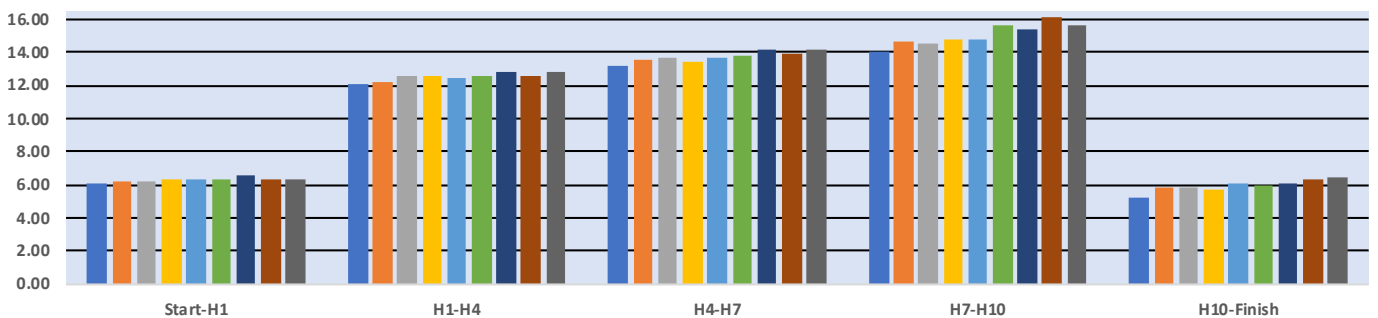
FINAL

		H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	400m	Lane / Place	H1-H4	H4-H7	H7-H10
<b>McLaughlin-Levrone, Sydney (USA)</b>	( time	6.08	9.99	14.05	18.19	22.45	26.89	31.44	36.12	40.79	45.44		50.65	5 / 1			
	reaction time		3.91	4.06	4.14	4.26	4.44	4.55	4.68	4.67	4.65	5.21	<b>WR</b>		12.11	13.25	14.00
	interval velocity	7.40	8.95	8.62	8.45	8.22	7.88	7.69	7.48	7.49	7.53	7.68	7.90		8.67	7.92	7.50
	H1 lead leg R strides	22	14	14	14	14	15	15	15	15	15	15	18	171			
<b>Cockrell, Anna (USA) (1997)</b>	time	6.23	10.14	14.22	18.48	22.83	27.40	32.05	36.86	41.81	46.74		52.64	6 / 2			
	reaction time		3.91	4.08	4.26	4.35	4.57	4.65	4.81	4.95	4.93	5.90	<b>PB</b>		12.25	13.57	14.69
	interval velocity	7.22	8.95	8.58	8.22	8.05	7.66	7.53	7.28	7.07	7.10	6.78	7.60		8.57	7.74	7.15
	H1 lead leg R strides	22	14	14	14	14	15	15	15	15	15	19	172				
<b>Jones, Jasmine (USA) (2001)</b>	time	6.20	10.20	14.40	18.75	23.25	27.79	32.44	37.26	42.12	46.96		52.77	8 / 3			
	reaction time		4.00	4.20	4.35	4.50	4.54	4.65	4.82	4.86	4.84	5.81	<b>PB</b>		12.55	13.69	14.52
	interval velocity	7.26	8.75	8.33	8.05	7.78	7.71	7.53	7.26	7.20	7.23	6.88	7.58		8.37	7.67	7.23
	H1 lead leg R strides	14	15	15	15	15	15	15	15	15	15	15	18.2	151.2			
<b>Little, Shamier (USA) (1995)</b>	time	6.32	10.41	14.63	18.94	23.37	27.79	32.39	37.20	42.28	47.21		52.98	7 / 4			
	reaction time		4.09	4.22	4.31	4.43	4.42	4.60	4.81	5.08	4.93	5.77			12.62	13.45	14.82
	interval velocity	7.12	8.56	8.29	8.12	7.90	7.92	7.61	7.28	6.89	7.10	6.93	7.55		8.32	7.81	7.09
	H1 lead leg R strides	23	15	15	15	15	15	15	15	16	16	19.2	179.2				
<b>Glenn, Rachel (USA) (2002)</b>	time	6.33	10.29	14.52	18.82	23.25	27.85	32.54	37.42	42.41	47.39		53.46	4 / 5			
	reaction time		3.96	4.23	4.30	4.43	4.60	4.69	4.88	4.99	4.98	6.07	<b>PB</b>		12.49	13.72	14.85
	interval velocity	7.11	8.84	8.27	8.14	7.90	7.61	7.46	7.17	7.01	7.03	6.59	7.48		8.41	7.65	7.07
	H1 lead leg R strides	21	14	14	14	14	14	14	15	15	15	18.7	168.7				
<b>Muhammad, Dalilah (USA) (1990)</b>	time	6.29	10.40	14.59	18.93	23.45	28.00	32.71	37.75	43.13	48.33		54.27	9 / 6			
	reaction time		4.11	4.19	4.34	4.52	4.55	4.71	5.04	5.38	5.20	5.94			12.64	13.78	15.62
	interval velocity	7.15	8.52	8.35	8.06	7.74	7.69	7.43	6.94	6.51	6.73	6.73	7.37		8.31	7.62	6.72
	H1 lead leg R strides		15	15	15	15	15	15	15	16	16	19.2	156.2				
<b>Garrett, Akala (USA) (2005)</b>	time	6.53	10.69	15.02	19.41	23.96	28.70	33.55	38.74	43.90	48.95		55.01	1 / 7			
	reaction time		4.16	4.33	4.39	4.55	4.74	4.85	5.19	5.16	5.05	6.06			12.88	14.14	15.40
	interval velocity	6.89	8.41	8.08	7.97	7.69	7.38	7.22	6.74	6.78	6.93	6.60	7.27		8.15	7.43	6.82
	H1 lead leg R strides	23	15	15	15	15	15	16	16	17	17	19.5	183.5				
<b>Tate, Cassandra (USA) (1990)</b>	time	6.29	10.30	14.58	18.93	23.40	28.05	32.82	38.10	43.53	49.02		55.37	2 / 8			
	reaction time		4.01	4.28	4.35	4.47	4.65	4.77	5.28	5.43	5.49	6.35			12.64	13.89	16.20
	interval velocity	7.15	8.73	8.18	8.05	7.83	7.53	7.34	6.63	6.45	6.38	6.30	7.22		8.31	7.56	6.48
	H1 lead leg R strides	22	14	14	15	15	15	16	16	16	17	20	180				
<b>Townsend, Sydni (USA) (2000)</b>	time	6.40	10.53	14.82	19.25	23.81	28.53	33.37	38.47	43.73	49.03		55.47	3 / 9			
	reaction time		4.13	4.29	4.43	4.56	4.72	4.84	5.10	5.26	5.30	6.44			12.85	14.12	15.66
	interval velocity	7.03	8.47	8.16	7.90	7.68	7.42	7.23	6.86	6.65	6.60	6.21	7.21		8.17	7.44	6.70
	H1 lead leg L strides	23	16	16	16	16	17	17	17	17	18	22.5	195.5				



Time Intervals (s)

Hurdle Phases



Source: USATF and Karmarush (Sun 30 Jun 2024) - USA Olympic trials results and race analysis  
<https://results.usatf.org/2024trials/>

Video: <https://www.youtube.com/watch?v=5WJswSOsoYw>

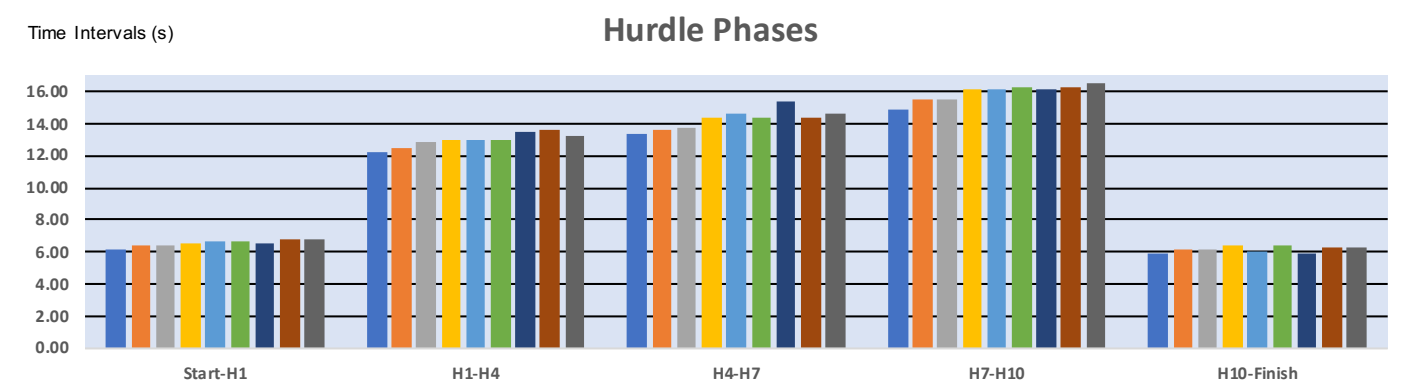
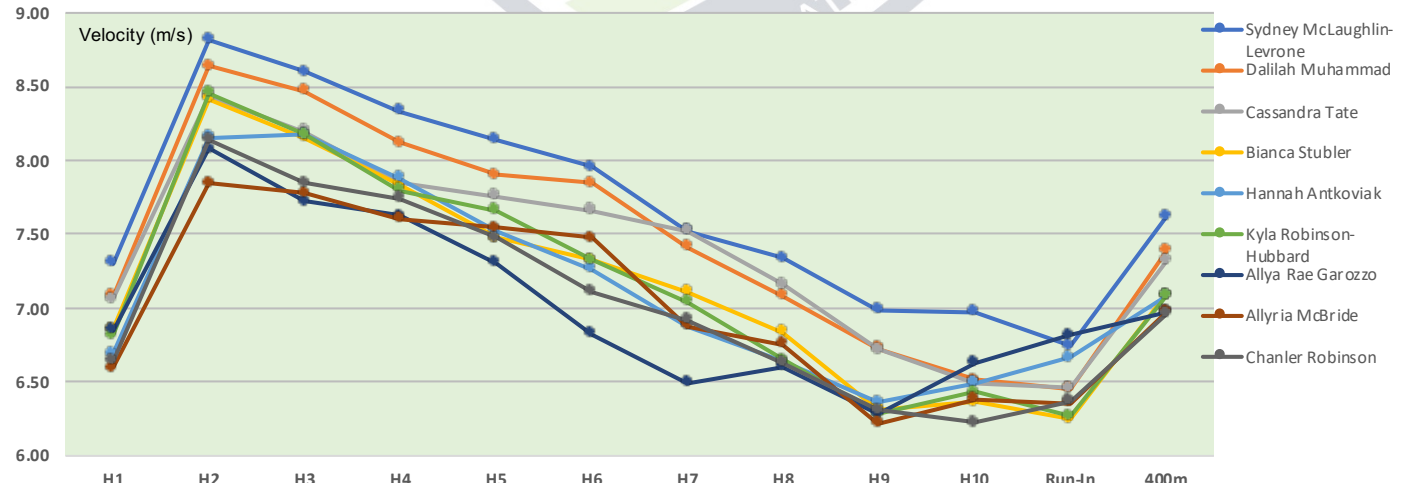
2024 USA Olympic Trials (Eugene, OR)

Women's 400m Hurdles

Date 2024.06.29

Semi-Final 1

		H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	400m	Lane / Place	H1-H4	H4-H7	H7-H10
<b>McLaughlin-Levrone, Sydney (USA)</b>	time	6.16	10.13	14.20	18.40	22.70	27.10	31.75	36.52	41.53	46.55		52.48	6 / 1			
	reaction time		interval	3.97	4.07	4.20	4.30	4.40	4.65	4.77	5.01	5.02	5.93		12.24	13.35	14.80
	velocity	7.31	8.82	8.60	8.33	8.14	7.95	7.53	7.34	6.99	6.97	6.75	7.62		8.58	7.87	7.09
	H1 lead leg R	22	14	14	14	14	15	15	15	15	16	18	172				
<b>Muhammad, Dalilah (USA) (1990)</b>	time	6.35	10.40	14.53	18.84	23.27	27.73	32.45	37.39	42.59	47.96		54.16	5 / 2			
	reaction time		interval	4.05	4.13	4.31	4.43	4.46	4.72	4.94	5.20	5.37	6.20		12.49	13.61	15.51
	velocity	7.09	8.64	8.47	8.12	7.90	7.85	7.42	7.09	6.73	6.52	6.45	7.39		8.41	7.71	6.77
	H1 lead leg R	22	15	15	15	15	15	15	15	16	16	20	179				
<b>Tate, Cassandra (USA) (1990)</b>	time	6.37	10.52	14.79	19.25	23.76	28.33	32.98	37.87	43.08	48.47		54.66	8 / 3			
	reaction time		interval	4.15	4.27	4.46	4.51	4.57	4.65	4.89	5.21	5.39	6.19		12.88	13.73	15.49
	velocity	7.06	8.43	8.20	7.85	7.76	7.66	7.53	7.16	6.72	6.49	6.46	7.32		8.15	7.65	6.78
	H1 lead leg R	15	15	15	15	15	15	15	15	16	16	19.2	156.2				
<b>Stubler, Bianca (USA) (1999)</b>	time	6.56	10.72	15.01	19.48	24.16	28.94	33.86	38.98	44.52	50.02		56.42	2 / 4			
	reaction time		interval	4.16	4.29	4.47	4.68	4.78	4.92	5.12	5.54	5.50	6.40		12.92	14.38	16.16
	velocity	6.86	8.41	8.16	7.83	7.48	7.32	7.11	6.84	6.32	6.36	6.25	7.09		8.13	7.30	6.50
	H1 lead leg R	23	15	15	15	16	16	16	16	17	17	21.5	187.5				
<b>Antkoviak, Hannah (USA) (2003)</b>	time	6.72	11.01	15.29	19.73	24.38	29.20	34.29	39.56	45.06	50.45		56.45	7 / 5			
	reaction time		interval	4.29	4.28	4.44	4.65	4.82	5.09	5.27	5.50	5.39	6.00		13.01	14.56	16.16
	velocity	6.70	8.16	8.18	7.88	7.53	7.26	6.88	6.64	6.36	6.49	6.67	7.09		8.07	7.21	6.50
	H1 lead leg L	24	15	15	15	15	15	17	17	17	17	167					
<b>Robinson-Hubbard, Kyla (USA) (2001)</b>	time	6.60	10.74	15.02	19.51	24.08	28.86	33.83	39.09	44.66	50.10		56.48	4 / 6			
	reaction time		interval	4.14	4.28	4.49	4.57	4.78	4.97	5.26	5.57	5.44	6.38		12.91	14.32	16.27
	velocity	6.82	8.45	8.18	7.80	7.66	7.32	7.04	6.65	6.28	6.43	6.27	7.08		8.13	7.33	6.45
	H1 lead leg L	23	16	16	16	16	16	16	17	17	17	20	190				
<b>Garozzo, Aliya Rae (USA) (2001)</b>	time	6.57	10.90	15.43	20.02	24.81	29.94	35.33	40.63	46.20	51.48		57.35	1 / 7			
	reaction time		interval	4.33	4.53	4.59	4.79	5.13	5.39	5.30	5.57	5.28	5.87		13.45	15.31	16.15
	velocity	6.85	8.08	7.73	7.63	7.31	6.82	6.49	6.60	6.28	6.63	6.81	6.97		7.81	6.86	6.50
	H1 lead leg R	23	15	15	15	15	16	16	16	16	16	19	182				
<b>McBride, Allyria (USA) (2004)</b>	time	6.82	11.28	15.78	20.38	25.02	29.70	34.79	39.97	45.60	51.08		57.37	9 / 8			
	reaction time		interval	4.46	4.50	4.60	4.64	4.68	5.09	5.18	5.63	5.48	6.29		13.56	14.41	16.29
	velocity	6.60	7.85	7.78	7.61	7.54	7.48	6.88	6.76	6.22	6.39	6.36	6.97		7.74	7.29	6.45
	H1 lead leg L	16	16	15	15	16	16	17	17	17	17	128					
<b>Robinson, Chanler (USA) (2001)</b>	time	6.77	11.07	15.53	20.05	24.73	29.65	34.71	39.99	45.54	51.16		57.44	3 / 9			
	reaction time		interval	4.30	4.46	4.52	4.68	4.92	5.06	5.28	5.55	5.62	6.28		13.28	14.66	16.45
	velocity	6.65	8.14	7.85	7.74	7.48	7.11	6.92	6.63	6.31	6.23	6.37	6.96		7.91	7.16	6.38
	H1 lead leg L	25	16	16	15	16	16	16	16	16	17	20	190				



Source: USATF and Karmarush (Sat 29 Jun 2024) - USA Olympic trials results and race analysis  
<https://results.usatf.org/2024trials/>

Video: <https://www.youtube.com/watch?v=4Obn6Yyf0HQ>

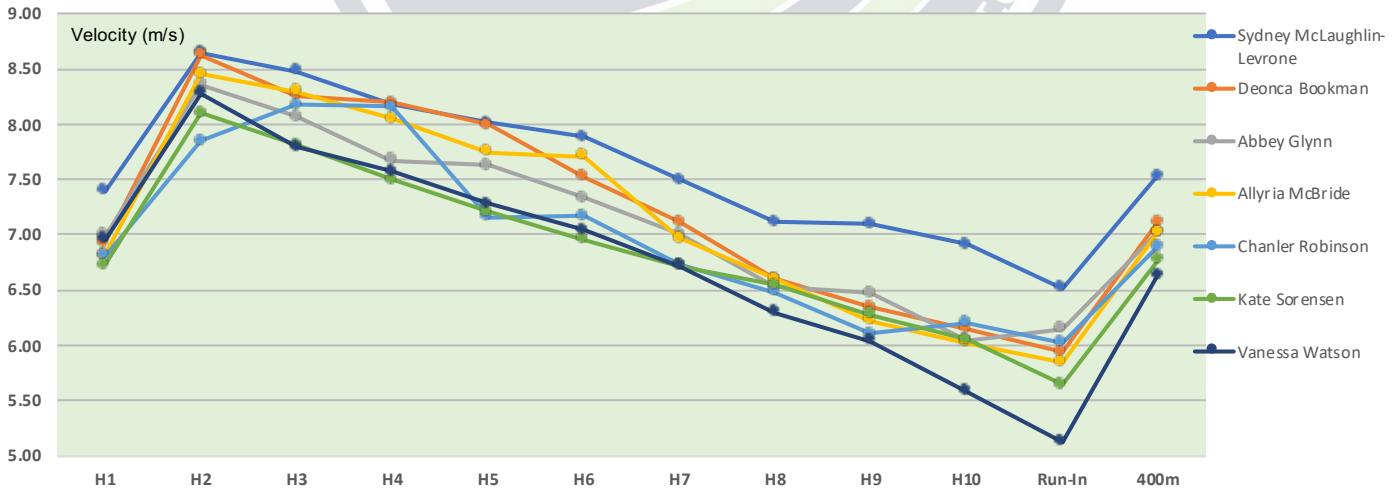
2024 USA Olympic Trials (Eugene, OR)

Women's 400m Hurdles

Date 2024.06.27

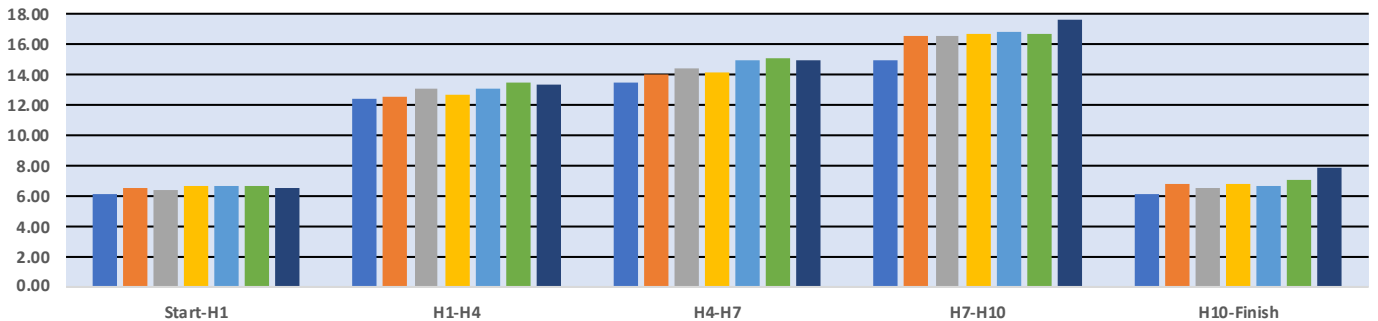
Heat 1

		H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	400m	Lane / Place	H1-H4	H4-H7	H7-H10
<b>McLaughlin-Levrone, Sydney (USA)</b>	(time)	6.08	10.13	14.26	18.54	22.91	27.35	32.02	36.94	41.87	46.93		53.07	6 / 1			
	reaction time		interval	4.05	4.13	4.28	4.37	4.44	4.67	4.92	4.93	6.14			12.46	13.48	14.91
	velocity	7.40	8.64	8.47	8.18	8.01	7.88	7.49	7.11	7.10	6.92	6.51	7.54		8.43	7.79	7.04
	H1 lead leg R	22	14	14	14	14	15	15	15	15	16	18	172				
<b>Bookman, Deonca (USA) (1995)</b>	(time)	6.49	10.55	14.79	19.06	23.44	28.09	33.01	38.31	43.83	49.52		56.25	3 / 2			
	reaction time		interval	4.06	4.24	4.27	4.38	4.65	4.92	5.30	5.52	6.73			12.57	13.95	16.51
	velocity	6.93	8.62	8.25	8.20	7.99	7.53	7.11	6.60	6.34	6.15	5.94	7.11		8.35	7.53	6.36
	H1 lead leg R	24	16	16	16	16	17	17	18	19	19	178					
<b>Glynn, Abbey (USA) (2001)</b>	(time)	6.43	10.62	14.96	19.52	24.11	28.88	33.88	39.24	44.65	50.44		56.94	4 / 3			
	reaction time		interval	4.19	4.34	4.56	4.59	4.77	5.00	5.36	5.41	6.50			13.09	14.36	16.56
	velocity	7.00	8.35	8.06	7.68	7.63	7.34	7.00	6.53	6.47	6.04	6.15	7.02		8.02	7.31	6.34
	H1 lead leg L	21	15	15	15	15	15	15	15	16	16	158					
<b>McBride, Allyria (USA) (2004)</b>	(time)	6.60	10.74	14.96	19.31	23.83	28.37	33.39	38.69	44.31	50.12		56.96	8 / 4			
	reaction time		interval	4.14	4.22	4.35	4.52	4.54	5.02	5.30	5.62	6.84			12.71	14.08	16.73
	velocity	6.82	8.45	8.29	8.05	7.74	7.71	6.97	6.60	6.23	6.02	5.85	7.02		8.26	7.46	6.28
	H1 lead leg L	23	15	15	15	15	16	16	16	16	16	131					
<b>Robinson, Chanler (USA) (2001)</b>	(time)	6.61	11.07	15.35	19.64	24.53	29.41	34.61	40.01	45.74	51.38		58.02	9 / 5			
	reaction time		interval	4.46	4.28	4.29	4.89	4.88	5.20	5.40	5.73	6.64			13.03	14.97	16.77
	velocity	6.81	7.85	8.18	8.16	7.16	7.17	6.73	6.48	6.11	6.21	6.02	6.89		8.06	7.01	6.26
	H1 lead leg R	25	16	15	16	16	16	16	17	17	17	171					
<b>Sorensen, Kate (USA) (1999)</b>	(time)	6.69	11.01	15.49	20.16	25.02	30.05	35.26	40.61	46.18	51.96		59.04	5 / 6			
	reaction time		interval	4.32	4.48	4.67	4.86	5.03	5.21	5.35	5.78	7.08			13.47	15.10	16.70
	velocity	6.73	8.10	7.81	7.49	7.20	6.96	6.72	6.54	6.28	6.06	5.65	6.78		7.80	6.95	6.29
	H1 lead leg R	22	15	15	15	16	16	17	17	17	18	168					
<b>Watson, Vanessa (USA) (2001)</b>	(time)	6.47	10.70	15.19	19.81	24.62	29.59	34.80	40.36	46.15	52.42		60.22	7 / 7			
	reaction time		interval	4.23	4.49	4.62	4.81	4.97	5.21	5.56	5.79	7.80			13.34	14.99	17.62
	velocity	6.96	8.27	7.80	7.58	7.28	7.04	6.72	6.29	6.04	5.58	5.13	6.64		7.87	7.00	5.96
	H1 lead leg R	24	16	16	16	16	17	17	17	18	19	176					



Time Intervals (s)

Hurdle Phases



Source: USATF and Karmarush (Sat 29 Jun 2024) - USA Olympic trials results and race analysis  
<https://results.usatf.org/2024trials/>

Video: <https://www.youtube.com/watch?v=c-K7Rw-xiRE>

2024 Resisprint International (La Chaux-de-Fonds, SUI) (TV Analysis)

Women's 400m Hurdles

Date 2024.07.14

A Final

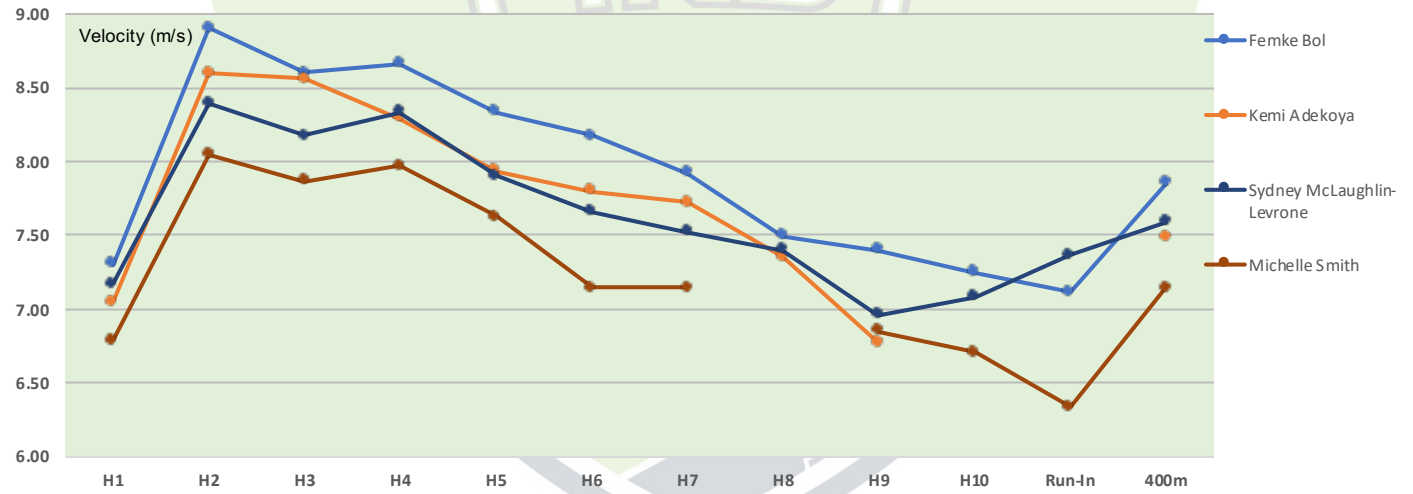
		H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	400m	Lane / Place	H1-H4	H4-H7	H7-H10
<b>Bol, Femke (NED) (2000)</b>	time	6.16	10.09	14.16	18.20	22.40	26.68	31.10	35.77	40.50	45.33	50.95	50.95	4 / 1			
	reaction time		3.93	4.07	4.04	4.20	4.28	4.42	4.67	4.73	4.83	5.62	AR		12.04	12.90	14.23
	interval														8.72	8.14	7.38
	velocity	7.31	8.91	8.60	8.66	8.33	8.18	7.92	7.49	7.40	7.25	7.12	7.85				
H1 lead leg	L	strides	22	14	14	14	14	14	15	15	15	19	170				
<b>Adekoya, Kemi (BRN) (1993)</b>	time	6.38	10.45	14.54	18.76	23.17	27.66	32.19	36.95	42.12			53.41	5 / 2			
	reaction time		4.07	4.09	4.22	4.41	4.49	4.53	4.76	5.17					12.38	13.43	
	interval														8.48	7.82	
	velocity	7.05	8.60	8.56	8.29	7.94	7.80	7.73	7.35	6.77			7.49				
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	144					

2024 The Edwin Moses Legends Meet (Atlanta, GA) (TV Analysis)

Date 2024.05.31

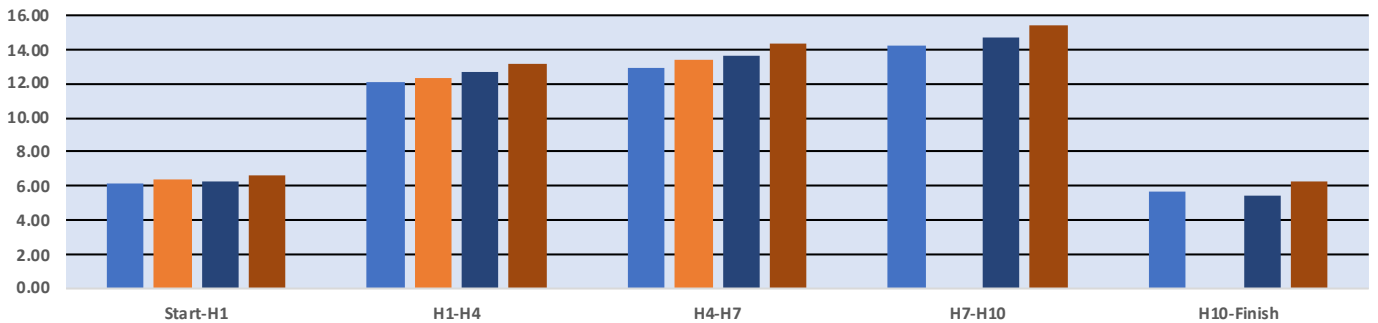
FINAL

		H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	400m	Lane / Place	H1-H4	H4-H7	H7-H10
<b>McLaughlin-Levrone, Sydney (USA)</b>	time	6.27	10.44	14.72	18.92	23.35	27.92	32.57	37.30	42.33	47.27	52.70	52.70	6 / 1			
	reaction time		4.17	4.28	4.20	4.43	4.57	4.65	4.73	5.03	4.94	5.43	7.59		12.65	13.65	14.70
	interval														8.30	7.69	7.14
	velocity	7.18	8.39	8.18	8.33	7.90	7.66	7.53	7.40	6.96	7.09	7.37	7.59				
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	18	177				
<b>Smith, Michelle (ISV) (2006)</b>	time	6.63	10.98	15.43	19.82	24.41	29.31	34.21		44.43	49.65		55.96	7 / 2			
	reaction time		4.35	4.45	4.39	4.59	4.90	4.90		10.22	5.22	6.31	NR PB		13.19	14.39	15.44
	interval														7.96	7.30	6.80
	velocity	6.79	8.05	7.87	7.97	7.63	7.14	7.14		6.85	6.70	6.34	7.15				
H1 lead leg	R	strides	23	15	15	15	15	16	16		17	132					



Hurdle Phases

Time Intervals (s)



Resisprint International

Evaluated with: ObjectusVideo

Quality & Frame Rate: 1920 x 1080 @ 30fps

Timing From: First Movement

Source: <https://www.youtube.com/watch?v=LJHzE5oQ4y8&pp=ygUJWMjAyNCBzYSBjaG9peCBkZSBmb25kcw%3D%3D>

The Edwin Moses Legends Meet

Evaluated with: ObjectusVideo

Quality & Frame Rate: 1920 x 1080 @ 30fps

Timing From: Gun Flash

Source: <https://www.youtube.com/watch?v=aIphiAoI0GE&pp=ygUJmMjAyNCBzYSBjaG9peCBkZSBmb25kcw%3D%3D>



## Sydney McLaughlin-Levrone - 100m Hurdles

### 2024 Oxy Invitational (Eagle Rock, CA) (TV Analysis)

100m Hurdles		Date: 2024.05.04	Wind: -0.4 m/s										100m	Lane/Place	FINAL		
		H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	100m	Lane/Place	H1-H4	H4-H7	H7-H10
McLaughlin-Levrone, Sydney (USA)	time	2.55	3.58	4.58	5.56	6.53	7.53	8.51	9.52	10.53	11.53	12.71	12.71	4 / 1			
	reaction time																
	interval	7 steps	1.03	1.00	0.98	0.97	1.00	0.98	1.01	1.01	1.00	1.18			3.01	2.95	3.02
	velocity	5.10	8.25	8.50	8.67	8.76	8.50	8.67	8.42	8.42	8.50	8.52	7.87		8.47	8.64	8.44
Jones, Jasmine (USA) (2001)	time	2.50	3.53	4.52	5.52	6.53	7.53	8.53	9.55	10.58	11.61	12.86	12.86	5 / 2			
	reaction time																
	interval	7 steps	1.03	0.99	1.00	1.01	1.00	1.00	1.02	1.03	1.03	1.25			3.02	3.01	3.08
	velocity	5.20	8.25	8.59	8.50	8.42	8.50	8.50	8.33	8.25	8.25	8.04	7.78		8.44	8.47	8.28

### 2022 Penn Relays (Philadelphia, PA) (TV Analysis)

100m Hurdles		Date: 2022.04.30	Wind: 0.0 m/s										100m	Lane/Place	Olympic Development FINAL		
		H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	100m	Lane/Place	H1-H4	H4-H7	H7-H10
McLaughlin, Sydney (USA) (1999)	time	2.50	3.54	4.58	5.58	6.58	7.55	8.55	9.55	10.55	11.55	12.75	12.75	4 / 1			
	reaction time																
	interval	7 steps	1.04	1.04	1.00	1.00	0.97	1.00	1.00	1.00	1.00	1.20			3.08	2.97	3.00
	velocity	5.20	8.17	8.17	8.50	8.50	8.76	8.50	8.50	8.50	8.50	8.38	7.84		8.28	8.59	8.50

### 2021 USATF Golden Games (Walnut, CA) (TV Analysis)

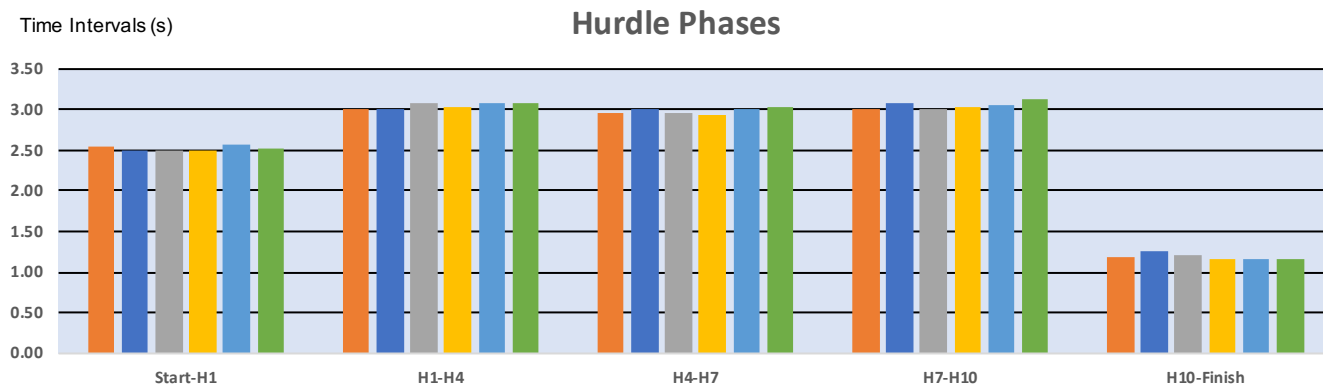
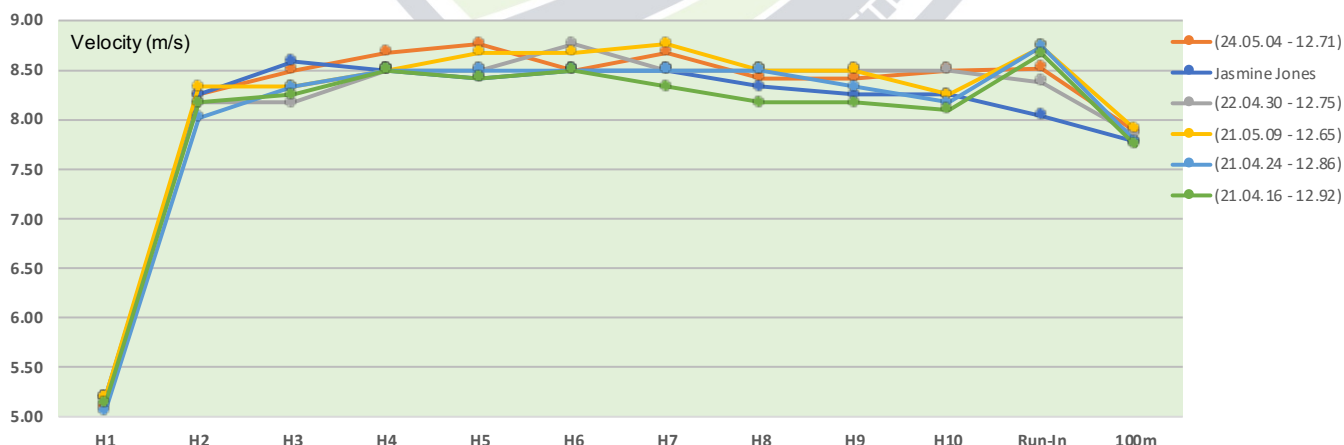
100m Hurdles		Date: 2021.05.09	Wind: 2.0 m/s										100m	Lane/Place	FINAL		
		H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	100m	Lane/Place	H1-H4	H4-H7	H7-H10
McLaughlin, Sydney (USA) (1999)	time	2.50	3.52	4.54	5.54	6.52	7.50	8.47	9.47	10.47	11.50	12.65	12.65	2 / 5			
	reaction time	0.175															
	interval	7 steps	1.02	1.02	1.00	0.98	0.98	0.97	1.00	1.00	1.03	1.15	PB		3.04	2.93	3.03
	velocity	5.20	8.33	8.33	8.50	8.67	8.67	8.76	8.50	8.50	8.25	8.74	7.91		8.39	8.70	8.42

### 2021 USATF Grand Prix (Eugene, OR) (TV Analysis)

100m Hurdles		Date: 2021.04.24	Wind: -0.3 m/s										100m	Lane/Place	FINAL		
		H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	100m	Lane/Place	H1-H4	H4-H7	H7-H10
McLaughlin, Sydney (USA) (1999)	time	2.57	3.63	4.65	5.65	6.65	7.65	8.65	9.65	10.67	11.71	12.86	12.86	2 / 4			
	reaction time																
	interval	7 steps	1.06	1.02	1.00	1.00	1.00	1.00	1.00	1.02	1.04	1.15	PB		3.08	3.00	3.06
	velocity	5.06	8.02	8.33	8.50	8.50	8.50	8.50	8.50	8.33	8.17	8.74	7.78		8.28	8.50	8.33

### 2021 Bryan Clay Invitational (Azusa, CA) (TV Analysis)

100m Hurdles		Date: 2021.04.16	Wind: 0.2 m/s										100m	Lane/Place	FINAL		
		H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	100m	Lane/Place	H1-H4	H4-H7	H7-H10
McLaughlin, Sydney (USA) (1999)	time	2.53	3.57	4.60	5.60	6.61	7.61	8.63	9.67	10.71	11.76	12.92	12.92	4 / 1			
	reaction time																
	interval	7 steps	1.04	1.03	1.00	1.01	1.00	1.02	1.04	1.04	1.05	1.16	PB		3.07	3.03	3.13
	velocity	5.14	8.17	8.25	8.50	8.42	8.50	8.33	8.17	8.17	8.10	8.66	7.74		8.31	8.42	8.15



2024 Oxy Invitational  
 Evaluated with: ObjectusVideo  
 Quality & Frame Rate: 1920 x 1080 @ 60fps  
 Timing From: First Movement  
 Source: <https://www.youtube.com/shorts/7Fv-MaRsA00>