

# 2024 Women's 60m Hurdles World Indoor Record Season

Tia Jones (USA) - =7.67

## Hurdle Touchdown Times



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Todd Henson

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### Meetings Overview:

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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  $\pm 0.12$  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 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 Women's 60m Hurdles World Indoor Record Season - Tia Jones (USA) (2000)

## USATF National Indoor Championships (Albuquerque, NM) (Altitude)

FINAL		date	Henson (2024) - Athlete First: 2024 Tia Jones world indoor record								
			H1	H2	H3	H4	H5	Run-In	60m	Lane / Place	H1-H4
Jones, Tia (USA) (2000)	time	16-Feb-24	2.53	3.51	4.48	5.42	6.39		7.68	4 / 1	
	reaction time	0.161		interval	0.98	0.97	0.94	0.97	1.29		2.89
	velocity		5.14	8.67	8.76	9.04	8.76	10.08	7.81		7.79

Heat 2		date	Henson (2024) - Athlete First: 2024 Tia Jones world indoor record								
			H1	H2	H3	H4	H5	Run-In	60m	Lane / Place	H1-H4
Jones, Tia (USA) (2000)	time	16-Feb-24	2.50	3.50	4.45	5.40	6.36		7.67	7 / 1	
	reaction time	0.140		interval	1.00	0.95	0.95	0.96	1.31	=WR	2.90
	velocity		5.20	8.50	8.95	8.95	8.85	9.92	7.82		7.76

## Millrose Games (New York, NY) (TV Analysis)

FINAL		date	Henson (2024) - Athlete First: 2024 Tia Jones world indoor record								
			H1	H2	H3	H4	H5	Run-In	60m	Lane / Place	H1-H4
Jones, Tia (USA) (2000)	time	11-Feb-24	2.50	3.50	4.52	5.48	6.44		7.79	6 / 3	
	reaction time	0.181		interval	1.00	1.02	0.96	0.96	1.35		2.98
	velocity		5.20	8.50	8.33	8.85	8.85	9.63	7.70		7.55

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

FINAL		date	Henson (2024) - Athlete First: 2024 Tia Jones world indoor record								
			H1	H2	H3	H4	H5	Run-In	60m	Lane / Place	H1-H4
Jones, Tia (USA) (2000)	time	04-Feb-24	2.50	3.50	4.48	5.46	6.42		7.72	3 / 1	
	reaction time	0.153		interval	1.00	0.98	0.98	0.96	1.30	PB	2.96
	velocity		5.20	8.50	8.67	8.67	8.85	10.00	7.77		7.60

## Razorback Invitational (Fayetteville, AR)

FINAL		date	Henson (2024) - Athlete First: 2024 Tia Jones world indoor record								
			H1	H2	H3	H4	H5	Run-In	60m	Lane / Place	H1-H4
Jones, Tia (USA) (2000)	time	27-Jan-24							7.85	/ 1	
	reaction time				No Information Available						
	velocity								7.64		

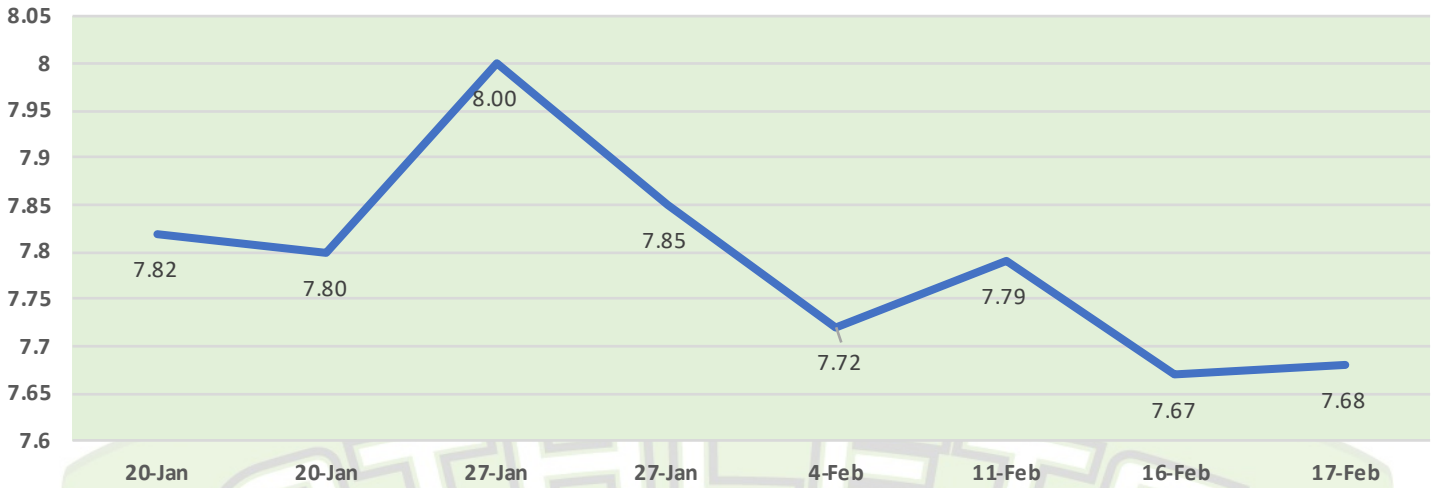
Heat 1		date	Henson (2024) - Athlete First: 2024 Tia Jones world indoor record								
			H1	H2	H3	H4	H5	Run-In	60m	Lane / Place	H1-H4
Jones, Tia (USA) (2000)	time	27-Jan-24							8.00	/ 1	
	reaction time				No Information Available						
	velocity								7.50		

## Corky Classic (Lubbock, TX) (TV Analysis)

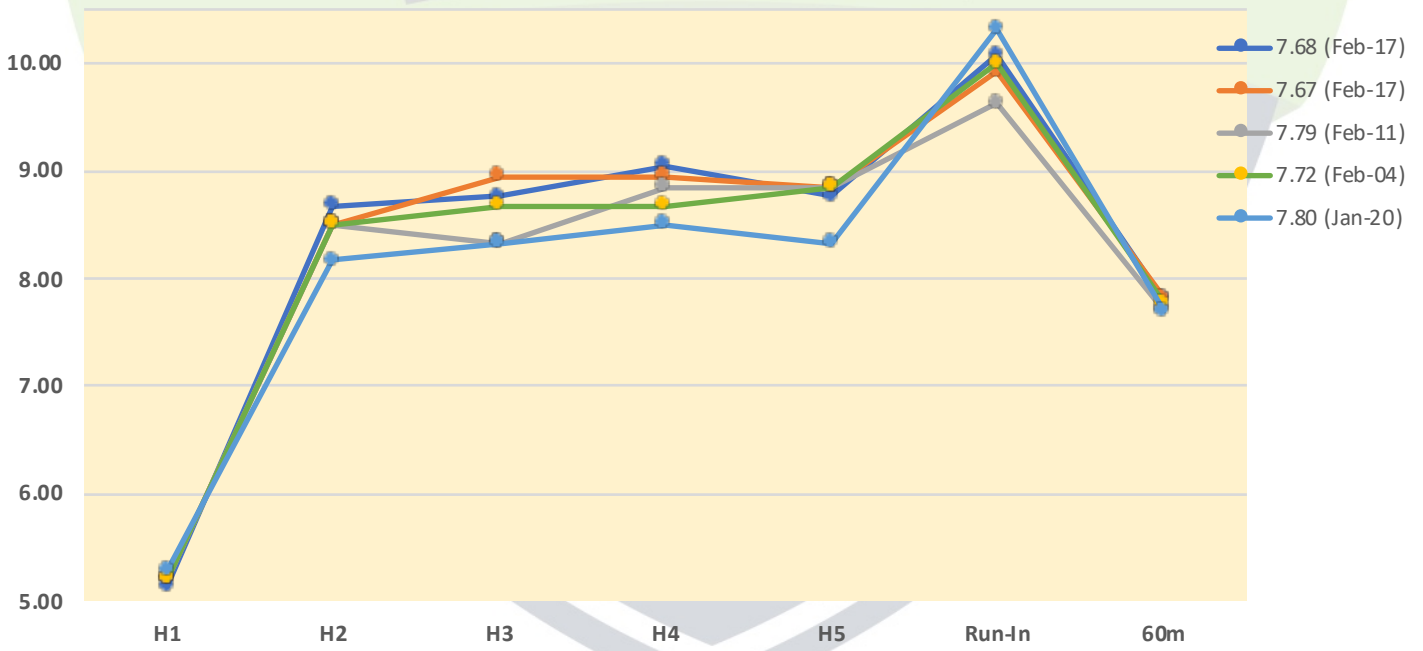
Invite FINAL		date	Henson (2024) - Athlete First: 2024 Tia Jones world indoor record								
			H1	H2	H3	H4	H5	Run-In	60m	Lane / Place	H1-H4
Jones, Tia (USA) (2000)	time	20-Jan-24	2.46	3.50	4.52	5.52	6.54		7.80	5 / 2	
	reaction time			interval	1.04	1.02	1.00	1.02	1.26	PB	3.06
	velocity		5.28	8.17	8.33	8.50	8.33	10.32	7.69		7.35

Invite Heat 2		date	Henson (2024) - Athlete First: 2024 Tia Jones world indoor record								
			H1	H2	H3	H4	H5	Run-In	60m	Lane / Place	H1-H4
Jones, Tia (USA) (2000)	time	20-Jan-24							7.82	/ 1	
	reaction time				No Information Available						
	velocity								7.67		

### Tia Jones 2024 Indoor - (average 7.791)



### Hurdle Rhythmic Units



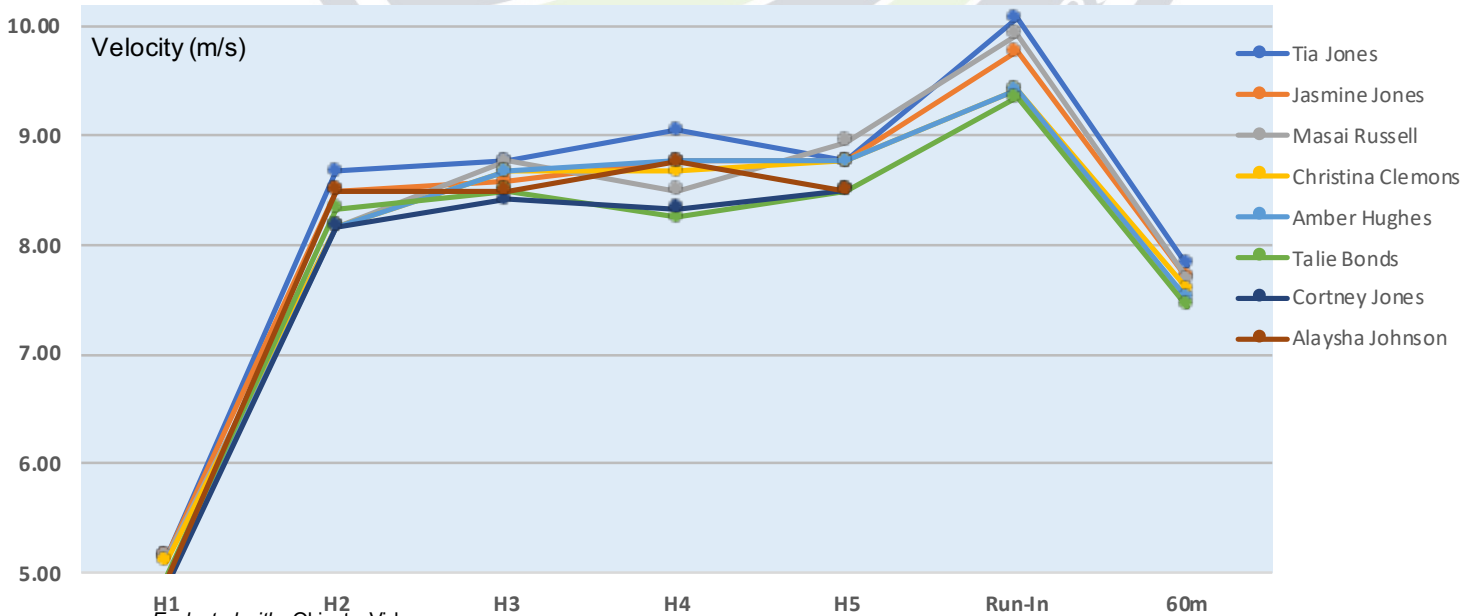
USATF National Indoor Championships (Albuquerque, NM) (Altitude) (TV Analysis)

Women's 60m Hurdles

Date: 2024.02.16

FINAL

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place	
<b>Jones, Tia (USA) (2000)</b>	time	2.53	3.51	4.48	5.42	6.39		7.68	4 / 1	
	reaction time	0.161	interval	0.98	0.97	0.94	0.97	1.29		
	velocity	5.14	8.67	8.76	9.04	8.76	10.08	7.81		
<b>Jones, Jasmine (USA) (2001)</b>	time	2.53	3.53	4.52	5.49	6.46		7.79	3 / 2	
	reaction time	0.156	interval	7 steps 1.00	0.99	0.97	0.97	1.33	PB	
	velocity	5.14	8.50	8.59	8.76	8.76	9.77	7.70		
<b>Russell, Masai (USA) (2000)</b>	time	2.53	3.57	4.54	5.54	6.49		7.80	6 / 3	
	reaction time	0.151	interval	1.04	0.97	1.00	0.95	1.31		
	velocity	5.14	8.17	8.76	8.50	8.95	9.92	7.69		
<b>Clemons, Christina (USA) (1990)</b>	time	2.55	3.59	4.57	5.55	6.52		7.90	7 / 4	
	reaction time	0.145	interval	1.04	0.98	0.98	0.97	1.38		
	velocity	5.10	8.17	8.67	8.67	8.76	9.42	7.59		
<b>Hughes, Amber (USA) (1994)</b>	time	2.65	3.69	4.67	5.64	6.61		7.99	1 / 5	
	reaction time	0.164	interval	1.04	0.98	0.97	0.97	1.38		
	velocity	4.91	8.17	8.67	8.76	8.76	9.42	7.51		
<b>Bonds, Talie (USA) (1998)</b>	time	2.62	3.64	4.64	5.67	6.67		8.06	2 / 6	
	reaction time	0.159	interval	1.02	1.00	1.03	1.00	1.39		
	velocity	4.96	8.33	8.50	8.25	8.50	9.35	7.44		
<b>Jones, Cortney (USA) (1999)</b>	time	2.67	3.71	4.72	5.74	6.74			8 / --	
	reaction time		interval	1.04	1.01	1.02	1.00		DQ	
	velocity	4.87	8.17	8.42	8.33	8.50				
<b>Johnson, Alaysha (USA) (1996)</b>	time	2.64	3.64	4.64	5.61	6.61			5 / --	
	reaction time		interval	1.00	1.00	0.97	1.00		DQ	
	velocity	4.92	8.50	8.50	8.76	8.50				



Evaluated with: ObjectusVideo  
 Quality & Frame Rate: 1920 x 1080 @ 30fps  
 Timing From: First Movement  
 Source: <https://www.youtube.com/watch?v=s8PV-Ap5bjQ&t=5s>



Biomechanical Analysis

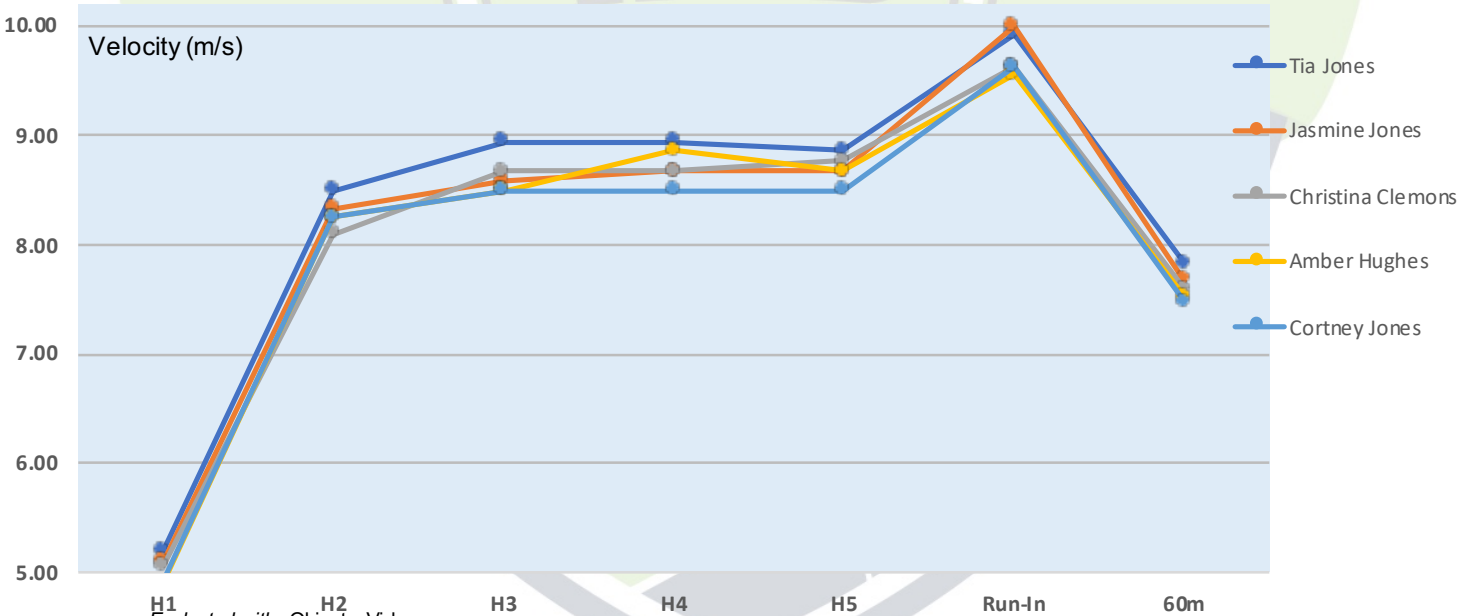
USATF National Indoor Championships (Albuquerque, NM) (Altitude) (TV Analysis)

Women's 60m Hurdles

Date: 2024.02.16

Heat 2

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
<b>Jones, Tia (USA) (2000)</b>	time	2.50	3.50	4.45	5.40	6.36		7.67	7 / 1
	reaction time	0.140						=WR	
	interval velocity	5.20	8.50	8.95	8.95	8.85	9.92	7.82	
<b>Jones, Jasmine (USA) (2001)</b>	time	2.55	3.57	4.56	5.54	6.52		7.82	3 / 2
	reaction time	0.157						PB	
	interval velocity	7 steps 5.10	8.33	8.59	8.67	8.67	10.00	7.67	
<b>Clemons, Christina (USA) (1990)</b>	time	2.57	3.62	4.60	5.58	6.55		7.90	6 / 3
	reaction time	0.145							
	interval velocity	5.06	8.10	8.67	8.67	8.76	9.63	7.59	
<b>Hughes, Amber (USA) (1994)</b>	time	2.65	3.68	4.68	5.64	6.62		7.98	5 / 4
	reaction time	0.168							
	interval velocity	4.91	8.25	8.50	8.85	8.67	9.56	7.52	
<b>Jones, Cortney (USA) (1999)</b>	time	2.64	3.67	4.67	5.67	6.67		8.02	4 / 5
	reaction time	0.143						=PB	
	interval velocity	4.92	8.25	8.50	8.50	8.50	9.63	7.48	



Evaluated with: ObjectusVideo  
 Quality & Frame Rate: 1920 x 1080 @ 30fps  
 Timing From: First Movement  
 Source: <https://www.youtube.com/watch?v=hbQGdRkovF0>

Biomechanical Analysis

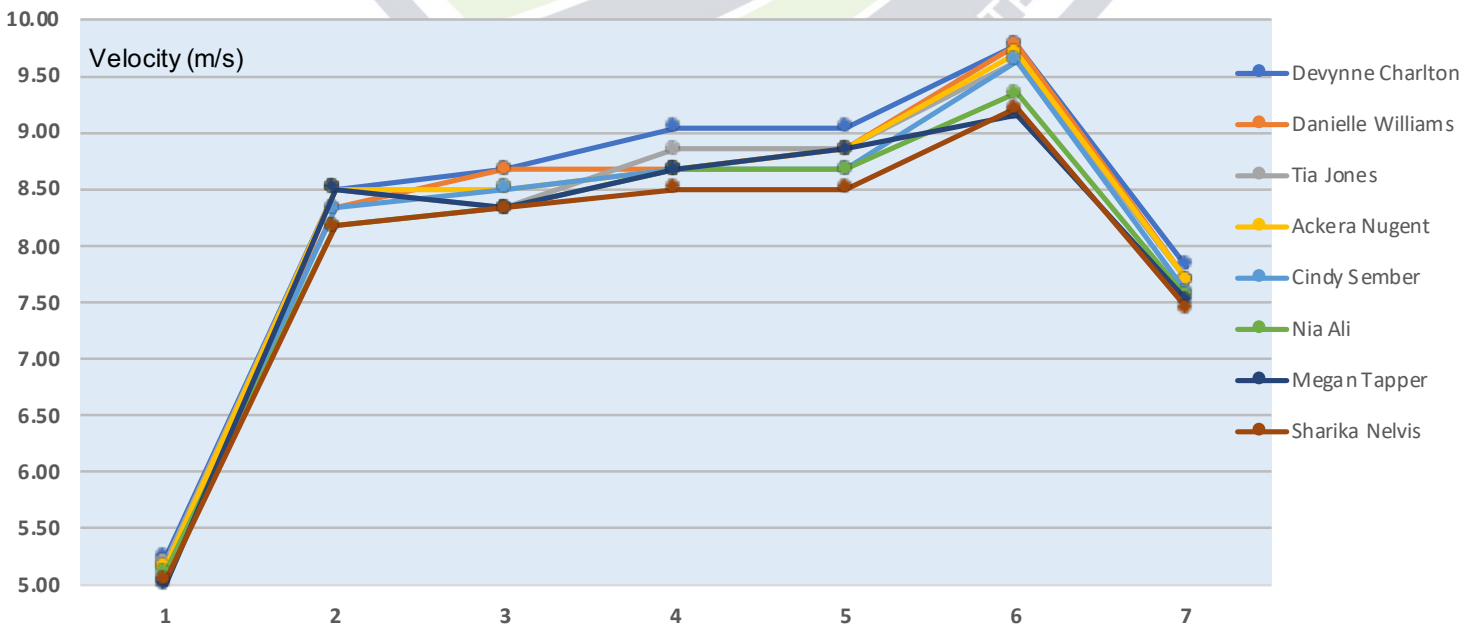
Millrose Games (New York, NY) (TV Analysis)

Women's 60m Hurdles

Date: 2024.02.11

FINAL

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
<b>Charlton, Devynne (BAH) (1995)</b>	time	2.48	3.48	4.46	5.40	6.34		7.67	4 / 1
	reaction time	0.168	interval	1.00	0.98	0.94	0.94	1.33	WR
	velocity	5.24	8.50	8.67	9.04	9.04	9.77	7.82	
<b>Williams, Danielle (JAM) (1992)</b>	time	2.52	3.54	4.52	5.50	6.46		7.79	5 / 2
	reaction time	0.127	interval	1.02	0.98	0.98	0.96	1.33	
	velocity	5.16	8.33	8.67	8.67	8.85	9.77	7.70	
<b>Jones, Tia (USA) (2000)</b>	time	2.50	3.50	4.52	5.48	6.44		7.79	6 / 3
	reaction time	0.181	interval	1.00	1.02	0.96	0.96	1.35	
	velocity	5.20	8.50	8.33	8.85	8.85	9.63	7.70	
<b>Nugent, Ackera (JAM) (2002)</b>	time	2.52	3.52	4.52	5.50	6.46		7.80	7 / 4
	reaction time	0.168	interval	1.00	1.00	0.98	0.96	1.34	
	velocity	5.16	8.50	8.50	8.67	8.85	9.70	7.69	
<b>Sember, Cindy (GBR) (1994)</b>	time	2.58	3.60	4.60	5.58	6.56		7.91	1 / 5
	reaction time	0.170	interval	1.02	1.00	0.98	0.98	1.35	
	velocity	5.04	8.33	8.50	8.67	8.67	9.63	7.59	
<b>Ali, Nia (USA) (1988)</b>	time	2.54	3.58	4.60	5.58	6.56		7.95	3 / 6
	reaction time	0.174	interval	1.04	1.02	0.98	0.98	1.39	
	velocity	5.12	8.17	8.33	8.67	8.67	9.35	7.55	
<b>Tapper, Megan (JAM) (1994)</b>	time	2.60	3.60	4.62	5.60	6.56		7.98	8 / 7
	reaction time	0.190	interval	1.00	1.02	0.98	0.96	1.42	PB
	velocity	5.00	8.50	8.33	8.67	8.85	9.15	7.52	
<b>Nelvis, Sharika (USA) (1990)</b>	time	2.58	3.62	4.64	5.64	6.64		8.05	2 / 8
	reaction time	0.173	interval	7 steps	1.04	1.02	1.00	1.41	
	velocity	5.04	8.17	8.33	8.50	8.50	9.22	7.45	
<b>Samuel, Aleesa (USA) (2007)</b>	time	2.58	3.64	4.70	5.74	6.82		8.26	9 / 9
	reaction time	0.202	interval	1.06	1.06	1.04	1.08	1.44	PB
	velocity	5.04	8.02	8.02	8.17	7.87	9.03	7.26	



Evaluated with: ObjectusVideo

Quality & Frame Rate: 1920 x 1080 @ 30fps

Timing From: First Movement

Source: [https://www.youtube.com/watch?v=SAsTHD\\_mEE](https://www.youtube.com/watch?v=SAsTHD_mEE)

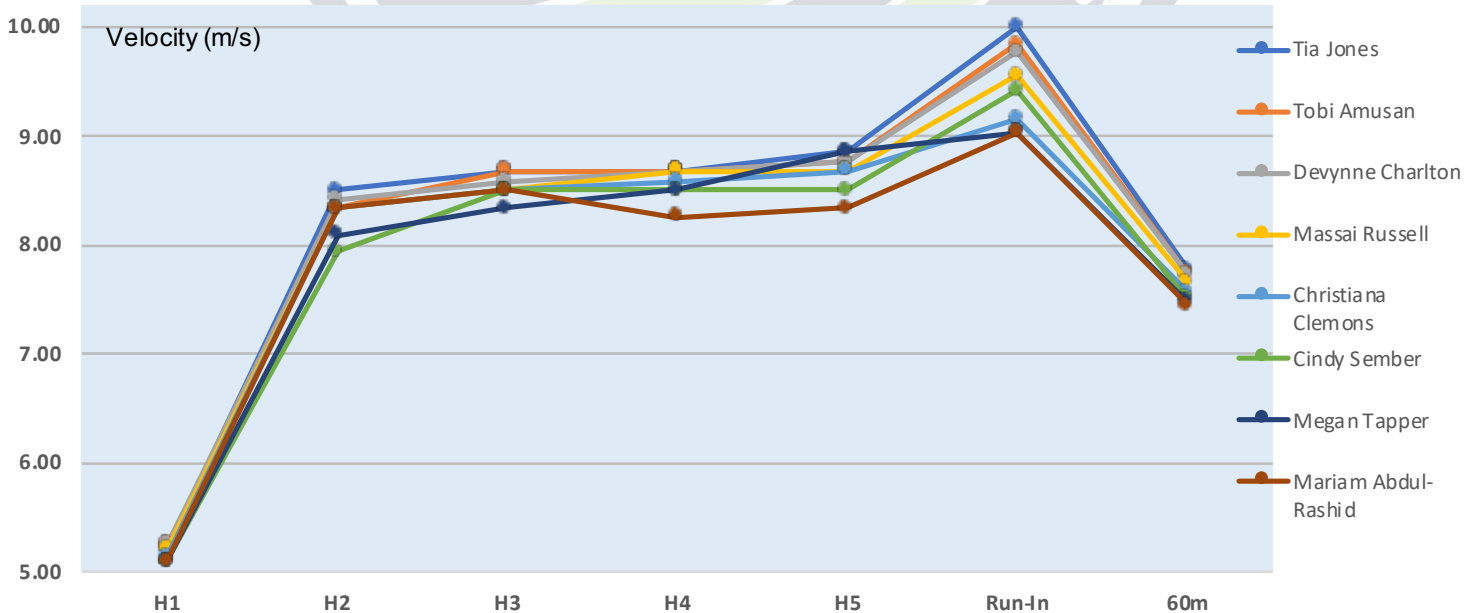
New Balance Indoor Grand Prix (Boston, MA) (TV Analysis)

Women's 60m Hurdles

Date: 2024.02.04

FINAL

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
<b>Jones, Tia (USA) (2000)</b>	time	2.50	3.50	4.48	5.46	6.42		7.72	3 / 1
	reaction time	0.153							
	interval velocity	5.20	8.50	8.67	8.67	8.85	10.00	7.77	
<b>Amusan, Tobi (NGR) (1997)</b>	time	2.48	3.50	4.48	5.46	6.43		7.75	4 / 2
	reaction time	0.147							
	interval velocity	5.24	8.33	8.67	8.67	8.76	9.85	7.74	
<b>Charlton, Devynne (BAH) (1995)</b>	time	2.48	3.49	4.48	5.46	6.43		7.76	5 / 3
	reaction time	0.167							
	interval velocity	5.24	8.42	8.59	8.67	8.76	9.77	7.73	
<b>Russell, Masai (USA) (2000)</b>	time	2.50	3.52	4.52	5.50	6.48		7.84	6 / 4
	reaction time	0.174							
	interval velocity	5.20	8.33	8.50	8.67	8.67	9.56	7.65	
<b>Clemons, Christina (USA) (1990)</b>	time	2.53	3.55	4.55	5.54	6.52		7.94	8 / 5
	reaction time	0.182							
	interval velocity	5.14	8.33	8.50	8.59	8.67	9.15	7.56	
<b>Sember, Cindy (GBR) (1994)</b>	time	2.55	3.62	4.62	5.62	6.62		8.00	2 / 5
	reaction time	0.490							
	interval velocity	5.10	7.94	8.50	8.50	8.50	9.42	7.50	
<b>Tapper, Megan (JAM) (1994)</b>	time	2.55	3.60	4.62	5.62	6.58		8.02	7 / 7
	reaction time	0.189							
	interval velocity	5.10	8.10	8.33	8.50	8.85	9.03	7.48	
<b>Abdul-Rashid, Mariam (CAN) (1997)</b>	time	2.55	3.57	4.57	5.60	6.62		8.06	1 / 8
	reaction time	0.125							
	interval velocity	5.10	8.33	8.50	8.25	8.33	9.03	7.44	



Evaluated with: ObjectusVideo

Quality & Frame Rate: 1920 x 1080 @ 30fps

Timing From: First Movement

Source: <https://www.youtube.com/watch?v=E9DtW2evWlg>



Biomechanical Analysis

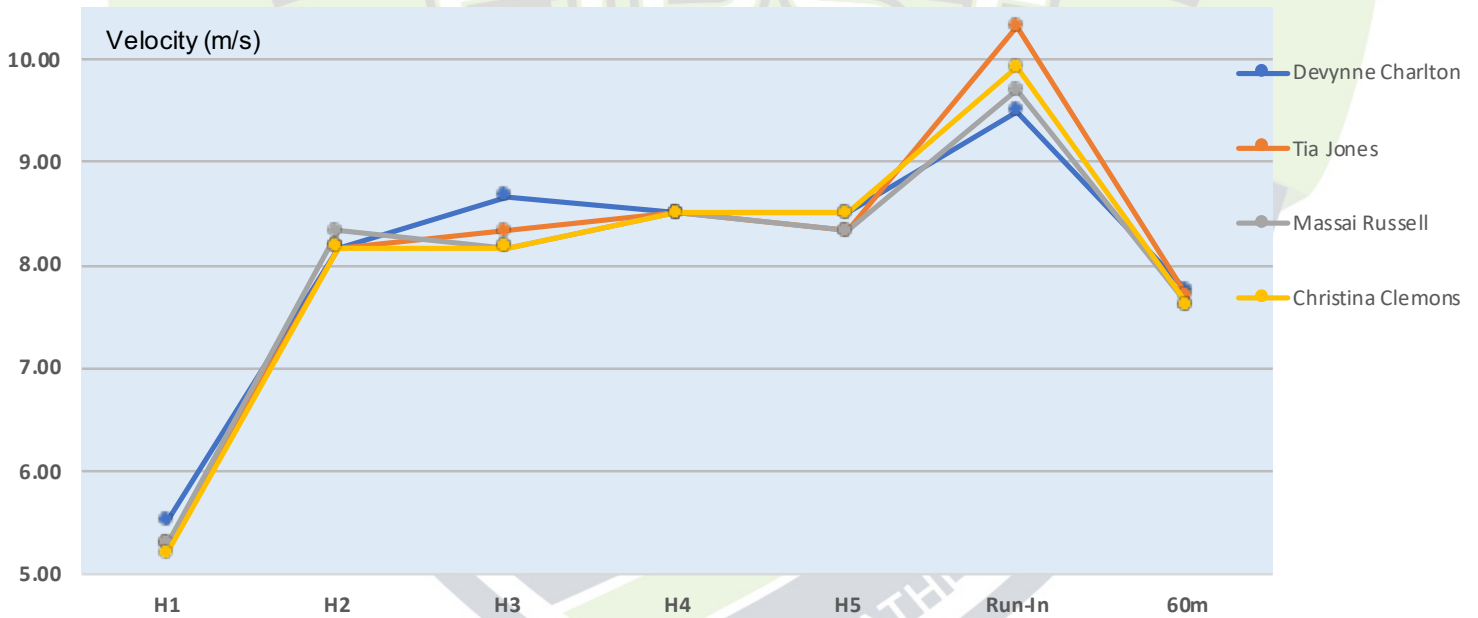
Corky Classic (Lubbock, TX) (TV Analysis)

Women's 60m Hurdles

Date: 2024.01.20

Invite FINAL

		H1	H2	H3	H4	H5	Run-In	60m	Lane / Place
Charlton, Devynne (BAH) (1995)	time	2.36	3.40	4.38	5.38	6.38		7.75	4 / 1
	reaction time						1.37	NR PB	
	interval velocity	5.51	8.17	8.67	8.50	8.50	9.49	7.74	
Jones, Tia (USA) (2000)	time	2.46	3.50	4.52	5.52	6.54		7.80	5 / 2
	reaction time						1.26	PB	
	interval velocity	5.28	8.17	8.33	8.50	8.33	10.32	7.69	
Russell, Masai (USA) (2000)	time	2.46	3.48	4.52	5.52	6.54		7.88	3 / 3
	reaction time						1.34		
	interval velocity	5.28	8.33	8.17	8.50	8.33	9.70	7.61	
Clemons, Christina (USA) (1990)	time	2.50	3.54	4.58	5.58	6.58		7.89	2 / 4
	reaction time						1.31		
	interval velocity	5.20	8.17	8.17	8.50	8.50	9.92	7.60	



Evaluated with: ObjectusVideo

Quality & Frame Rate: 1920 x 1080 @ 30fps

Timing From: First Movement

Source: <https://www.youtube.com/watch?v=tf179zrg8DQ>