

2022 Women's 400m Hurdles World Record Season

Sydney McLaughlin (USA) - 50.68

Hurdle Touchdown Times



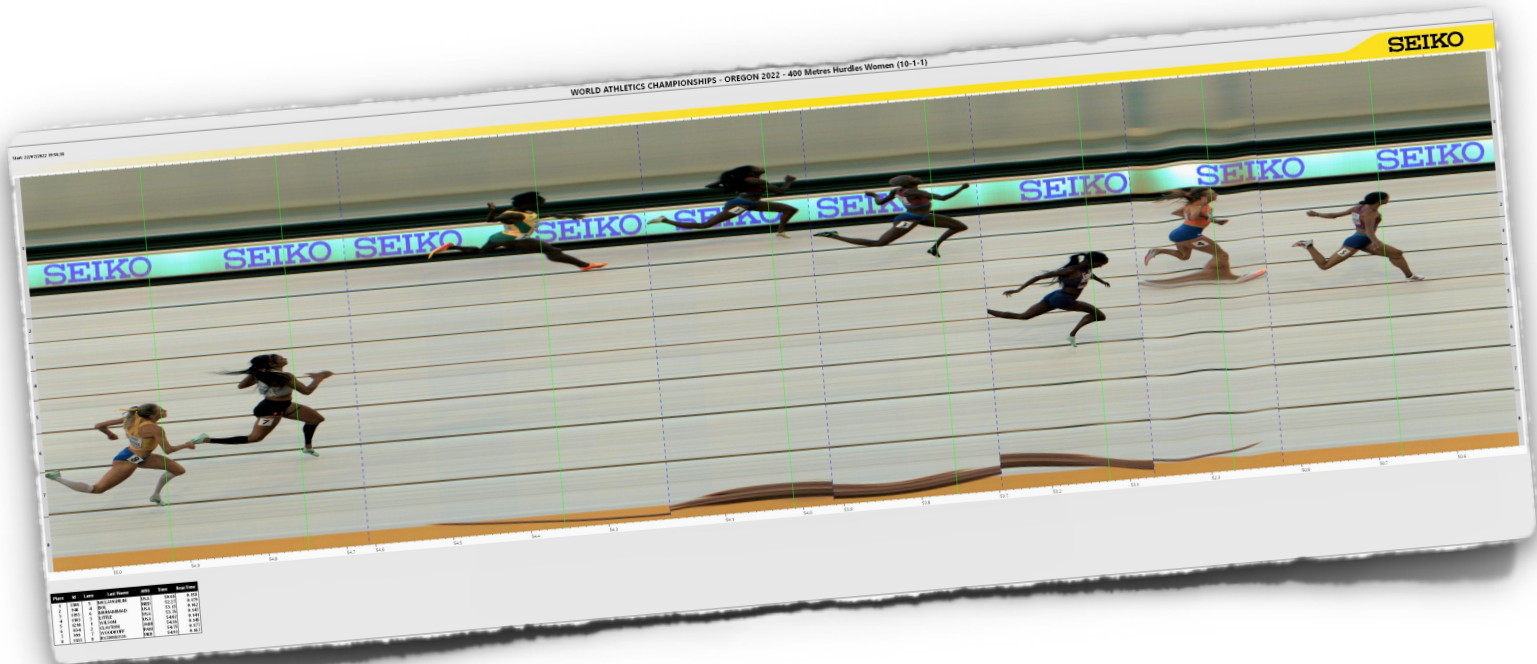
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Todd Henson

2022 Women's 400m Hurdles World Record Season Sydney McLaughlin (USA) - 50.68

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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 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.

2022 Women's 400m Hurdles World Record Season - Sydney McLaughlin (USA) (1999)

2022 István Gyulai Memorial (Székesfehérvár, HUN)

FINAL date 08-Aug-22

	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
McLaughlin, Sydney (USA) (199) time	6.24	10.27	14.36	18.63	22.96		32.16	36.86	41.63	46.30		51.68	4 / 1			
reaction time	0.182	interval	4.03	4.09	4.27	4.33	9.20	4.70	4.67	5.38				12.39	13.53	14.14
		velocity	7.21	8.68	8.56	8.20	8.08	7.61	7.45	7.34	7.49	7.74		8.47	7.76	7.43
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	18	141				

Henson (2022) - Athlete First: 2022 year end hurdle report

2022 World Athletics Championships (Eugene, OR)

FINAL date 22-Jul-22

	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
McLaughlin, Sydney (USA) (199) 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	4.17	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	7.26	7.89	8.10	7.53
H1 lead leg	R	strides	22	14	14	14	14	14	15	15	15	18.7	169.7			

Henson (2022) - Athlete First: 2022 year end hurdle report

Semi-Final 3

20-Jul-22

	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
McLaughlin, Sydney (USA) (199) time	6.12	10.10	14.30	18.42	22.73	27.27	31.90	36.60	41.43	46.43		52.17	6 / 1				
reaction time	0.174	interval	3.98	4.20	4.12	4.31	4.54	4.63	4.70	4.83	5.00	5.74		12.30	13.48	14.53	
		velocity	7.35	8.79	8.33	8.50	8.12	7.71	7.56	7.45	7.25	7.00	6.97	7.67	8.54	7.79	7.23
H1 lead leg	R	strides	22	14	14	14	15	15	15	15	16	18	172				

Henson (2022) - Athlete First: 2022 year end hurdle report

Heat 1

19-Jul-22

	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
McLaughlin, Sydney (USA) (199) time	6.40	10.43	14.83	19.12	23.60	28.36		38.03	43.20	48.30		53.95	8 / 1			
reaction time	0.168	interval	4.03	4.40	4.29	4.48	4.76	9.67	5.17	5.10	5.65			12.72		
		velocity	7.03	8.68	7.95	8.16	7.81	7.35	7.24	6.77	6.86	7.08	7.41	8.25		
H1 lead leg	R	strides	22	14	14	14	15		16	16	18	143				

Henson (2022) - Athlete First: 2022 year end hurdle report

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

FINAL date 25-Jun-22

	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
McLaughlin, Sydney (USA) (199) 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		interval	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	
		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				

Henson (2022) - Athlete First: 2022 year end hurdle report

Semi-Final 1

24-Jun-22

	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
McLaughlin, Sydney (USA) (199) time	6.26	10.26	14.40	18.73	23.20	27.83	32.60	37.46	42.30	47.23		52.90	5 / 1				
reaction time		interval	4.00	4.14	4.33	4.47	4.63	4.77	4.86	4.84	4.93	5.67		12.47	13.87	14.63	
		velocity	7.19	8.75	8.45	8.08	7.83	7.56	7.34	7.20	7.23	7.10	7.05	7.56	8.42	7.57	7.18
H1 lead leg	R	strides	22	14	14	14	15	15	15	15	16	18.2	172.2				

Henson (2022) - Athlete First: 2022 year end hurdle report

Heat 1

23-Jun-22

	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
McLaughlin, Sydney (USA) (199) time	6.37	10.41	14.61	18.98	23.42	28.09	32.90	37.87	43.01	48.21		54.11	5 / 1				
reaction time		interval	4.04	4.20	4.37	4.44	4.67	4.81	4.97	5.14	5.20	5.90		12.61	13.92	15.31	
		velocity	7.06	8.66	8.33	8.01	7.88	7.49	7.28	7.04	6.81	6.73	6.78	7.39	8.33	7.54	6.86
H1 lead leg	R	strides	22	14	14	14	15	15	15	16	16	18.5	173.5				

Henson (2022) - Athlete First: 2022 Sydney McLaughlin 400m hurdles world record season

2022 Music City Track Carnival (Nashville, TN) (TV Analysis)

FINAL date 06-Jun-21

	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
McLaughlin, Sydney (USA) (199) time	5.84	10.37	14.46	18.65	23.42	27.27	31.87	36.50	41.33	46.33		51.61	5 / 1				
reaction time		interval	4.53	4.09	4.19	4.77	3.85	4.60	4.63	4.83	5.00	5.28		12.81	13.22	14.46	
		velocity	7.71	7.73	8.56	8.35	8.39	7.79	7.61	7.56	7.25	7.00	7.58	7.75	8.20	7.94	7.26
H1 lead leg	R	strides	14	14	14	16	13	15	15	15	16	117					

Henson (2022) - Athlete First: 2022 year end hurdle report

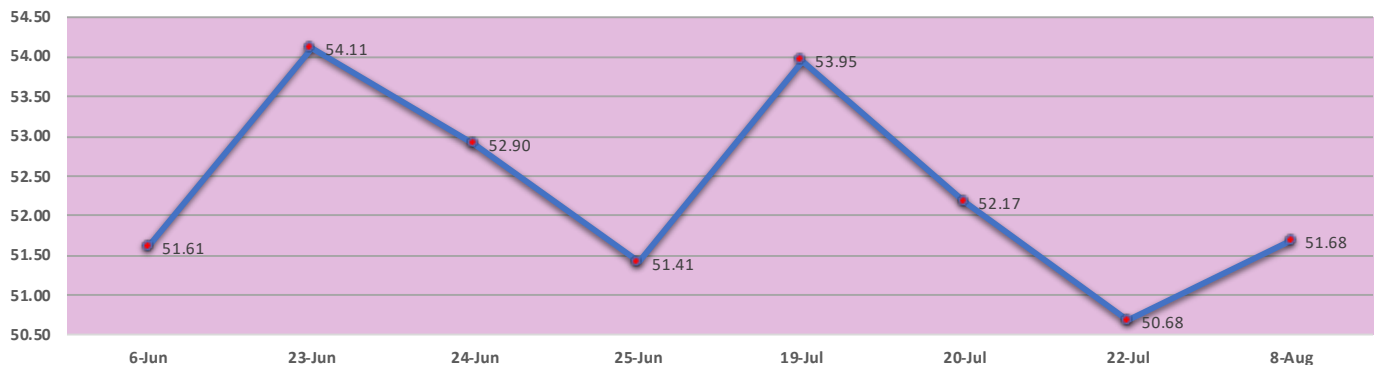
2022 Penn Relays (Philadelphia, PA) (TV Analysis) (100m Hurdles)

OD FINAL date 30-Apr-22

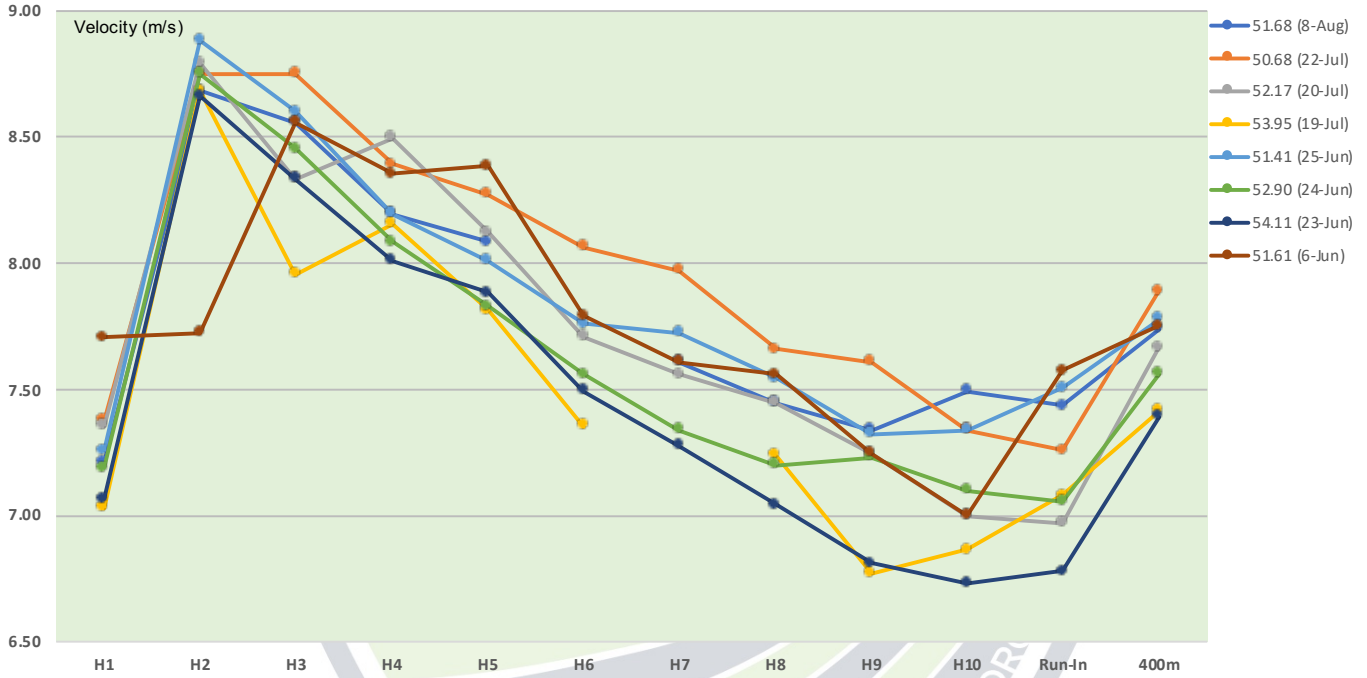
	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
McLaughlin, Sydney (USA) (199) time	2.50	3.54	4.58	5.58	6.58	7.55	8.55	9.55	10.55	11.55		12.75	4 / 1			
reaction time		interval	7 steps	1.04	1.00	1.00	0.97	1.00	1.00	1.00	1.20			3.08	2.97	3.00
		velocity	5.20	8.17	8.17	8.50	8.50	8.76	8.50	8.50	8.50	8.38	7.84	8.28	8.59	8.50

Henson (2022) - Athlete First: 2022 Sydney McLaughlin 400m hurdles world record season

Sydney McLaughlin 2022

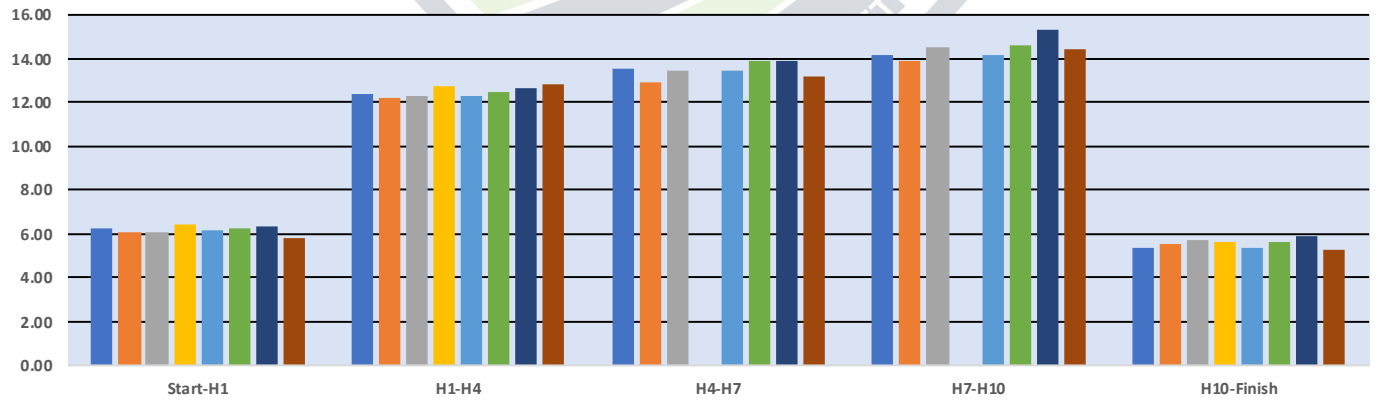


Hurdle Rhythmic Units



Time Intervals (s)

Hurdle Phases



Sydney McLaughlin 400m Hurdles World Record Races

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	7.26	7.89		8.63	8.10	7.53
	H1 lead leg	R	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												WR		12.28	13.41	14.19
	interval		3.94	4.07	4.27	4.37	4.51	4.53	4.64	4.78	4.77	5.33	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				
	H1 lead leg	R	22	14	14	14	14	14	14	15	15	18.2	168.2				

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

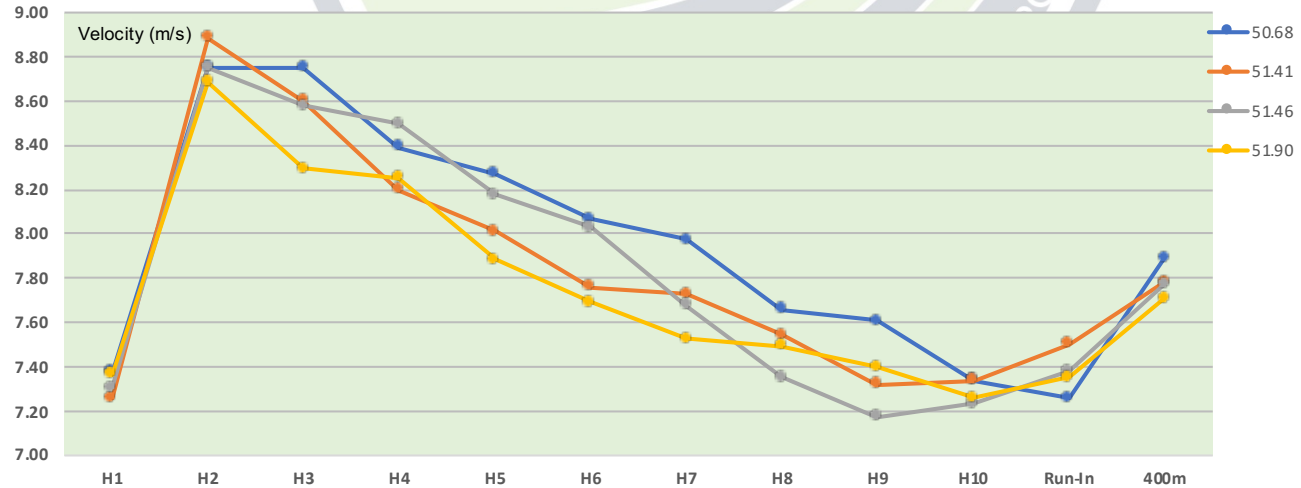
FINAL date 2021.08.04 Henson (2021) - Athlete First: 2021 year end hurdle report

		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											WR		12.20	13.20	14.48
	interval		4.00	4.08	4.12	4.28	4.36	4.56	4.76	4.88	4.84	5.42	7.77		8.61	7.95	7.25
	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				
	H1 lead leg	R	22	14	14	14	14	14	15	16	15	18.5	170.5				

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

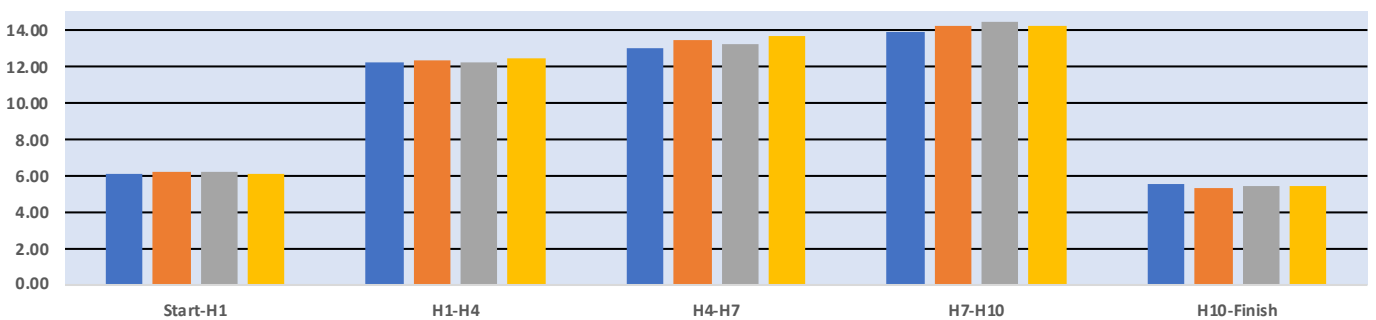
FINAL date 2021.06.27 Henson (2021) - Athlete First: 2021 year end hurdle report

		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											WR		12.49	13.64	14.22
	interval		4.03	4.22	4.24	4.44	4.55	4.65	4.67	4.73	4.82	5.44	7.71		8.41	7.70	7.38
	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				
	H1 lead leg	R	22	14	14	14	14	15	15	15	15	18.2	171.2				



Hurdle Phases

Time Intervals (s)



2022 World Athletics Championships

Evaluated with: ObjectusVideo

Quality & Frame Rate: 1920 x 1080 @ 30fps

Timing From: Gun Flash

Source: <https://www.youtube.com/watch?v=RMZQOi-Gf4o&t=11769s>

2022 USATF National Championships

Evaluated with: ObjectusVideo

Quality & Frame Rate: 1920 x 1080 @ 30fps

Timing From: Gun Flash

Source: <https://www.youtube.com/watch?v=6aGdcPD9lfs>

2020 Olympic Games

Evaluated with: ObjectusVideo

Quality & Frame Rate: 1920 x 1080 @ 25fps

Timing From: First Movement

Source: <https://www.youtube.com/watch?v=-BTQnQqSR-k>

2020 USA Olympic Trials

Source: Athlete Tracking (2021.06.28). Women's 400mH - Unofficial Split Times.

Retrieved from <https://twitter.com/athletetracking/status/1409736538364260357?s=21>

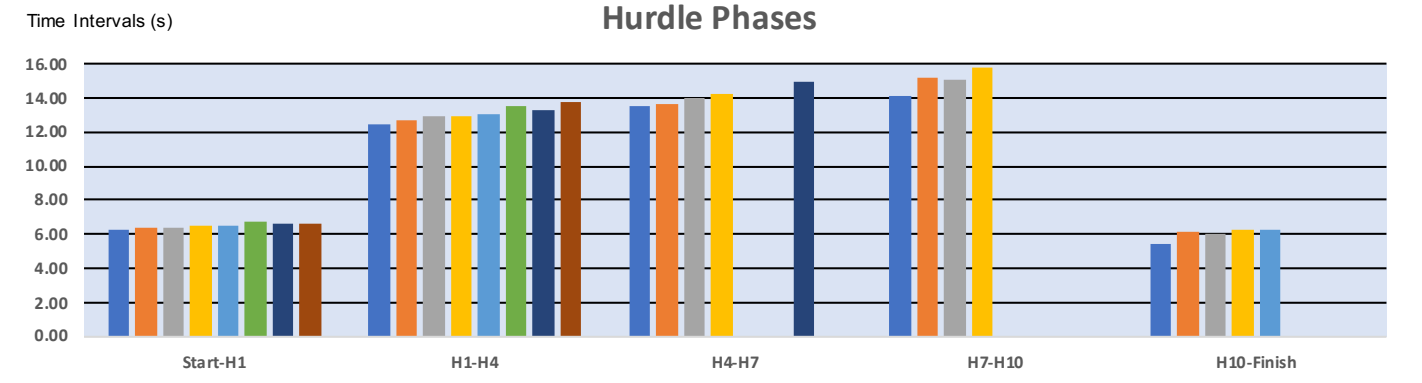
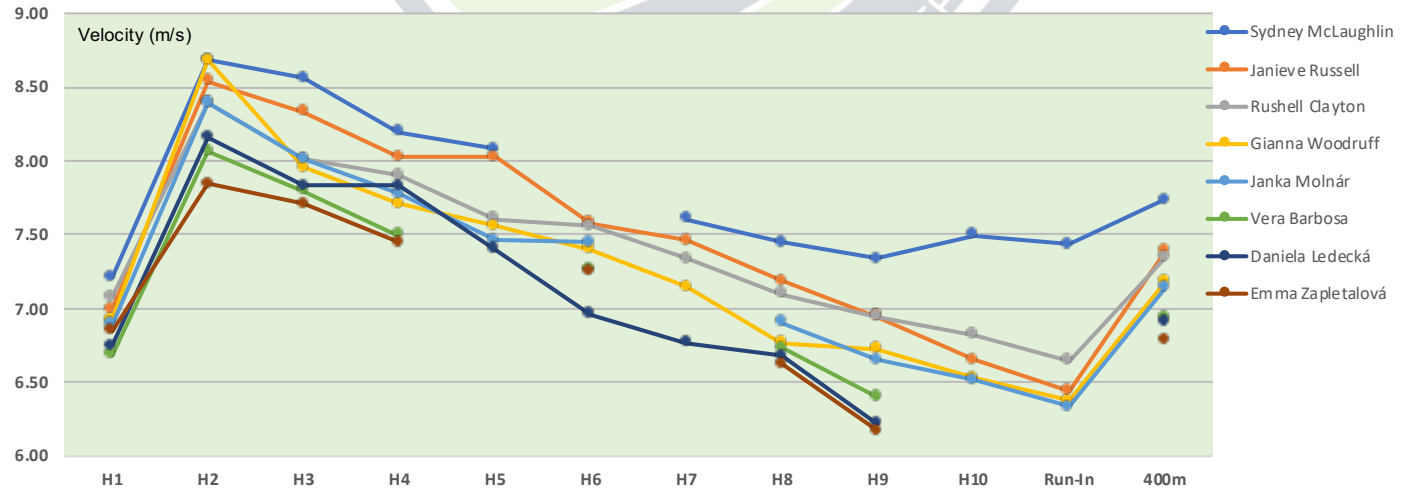
2022 Gyulai István Memorial (Székesfehérvár, HUN) (TV Analysis)

Women's 400m Hurdles

Date 2022.08.08

FINAL

		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	6.24	10.27	14.36	18.63	22.96		32.16	36.86	41.63	46.30		51.68	4 / 1			
	reaction time	0.182															
	interval velocity	7.21	8.03	8.56	8.20	8.08		9.20	4.70	4.77	4.67	5.38			12.39	13.53	14.14
	H1 lead leg R	strides	22	14	14	14	14		7.61	7.45	7.34	7.49	7.74	141		8.47	7.76
Russell, Janieve (JAM) (1993)	time	6.43	10.53	14.73	19.09	23.45	28.07	32.76	37.63	42.67	47.93		54.14	5 / 2			
	reaction time	0.168															
	interval velocity	7.00	8.54	8.33	8.03	8.03	7.58	7.46	7.19	6.94	6.65	6.44	7.39		12.66	13.67	15.17
	H1 lead leg R	strides	23	15	15	15	15		16	16	17	17	132		8.29	7.68	6.92
Clayton, Rushell (JAM) (1992)	time	6.36	10.53	14.90	19.33	23.93	28.56	33.33	38.26	43.30	48.43		54.45	7 / 3			
	reaction time	0.196															
	interval velocity	7.08	8.39	8.01	7.90	7.61	7.56	7.34	7.10	6.94	6.82	6.64	7.35		12.97	14.00	15.10
	H1 lead leg L	strides	22	15	15	15	15		16	16	16	16	145		8.10	7.50	6.95
Woodruff, Gianna (PAN) (1993)	time	6.50	10.53	14.93	19.47	24.10	28.83	33.73	38.90	44.10	49.46		55.73	6 / 4			
	reaction time	0.234															
	interval velocity	6.92	8.68	7.95	7.71	7.56	7.40	7.14	6.77	6.73	6.53	6.38	7.18		12.97	14.26	15.73
	H1 lead leg L	strides	23	15	15	15	15		15	16	16	17	147		8.10	7.36	6.68
Molnár, Janka (HUN) (2001)	time	6.53	10.70	15.07	19.57	24.26	28.96		39.10	44.36	49.73		56.04	3 / 5			
	reaction time	0.232															
	interval velocity	6.89	8.39	8.01	7.78	7.46	7.45		10.14	5.26	5.37	6.31	7.14		13.04		
	H1 lead leg L	strides	23	16	16	16	16		17	17	17	121			8.05		
Barbosa, Vera (POR) (1989)	time	6.73	11.07	15.56	20.23		29.87		40.26	45.73			57.66	1 / 6			
	reaction time	0.248															
	interval velocity	6.69	8.06	7.80	7.49		9.64		10.39	5.47			6.94		13.50		
	H1 lead leg L	strides	24	16	16	16	16		18				106		7.78		
Ledecká, Daniela (SVK) (1996)	time	6.67	10.96	15.43	19.90	24.63	29.66	34.83	40.07	45.70			57.89	8 / 7			
	reaction time	0.146															
	interval velocity	6.75	8.16	7.83	7.83	7.40	6.96	6.77	6.68	6.22			6.91		13.23	14.93	
	H1 lead leg R	strides	23	15	15	15	15	16	16	16	17		148		7.94	7.03	
Zapletalová, Emma (SVK) (2000)	time	6.57	11.03	15.57	20.27		29.93		40.50	46.17			59	2 / 8			
	reaction time	0.160															
	interval velocity	6.85	7.85	7.71	7.45		9.66		10.57	5.67			6.78		13.70		
	H1 lead leg R	strides	23	16	16	16	16		7.25	6.62	17		104		7.66		



Evaluated with: ObjectusVideo
 Quality & Frame Rate: 1920 x 1080 @ 30fps
 Timing From: First Movement
 Source: <https://www.youtube.com/watch?v=7bSum-4l4vM>

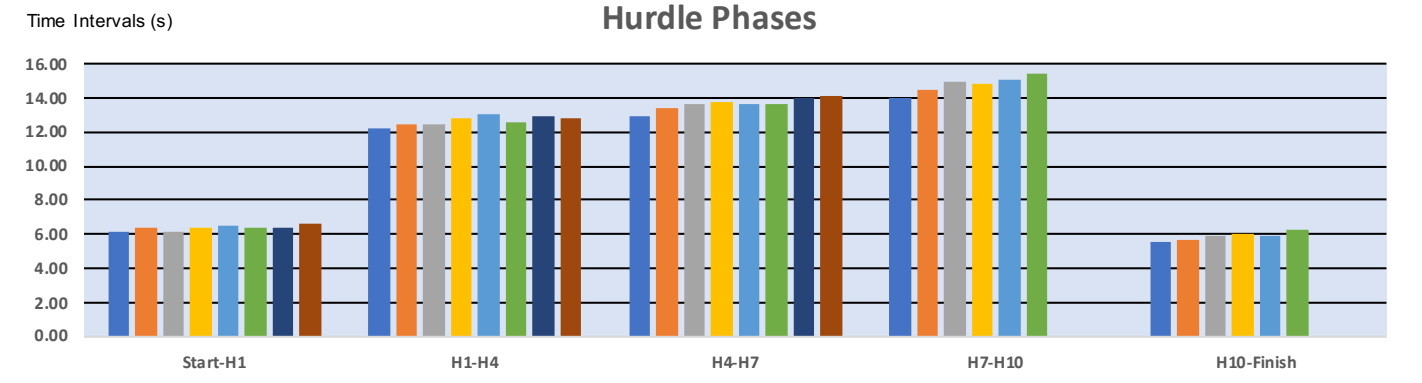
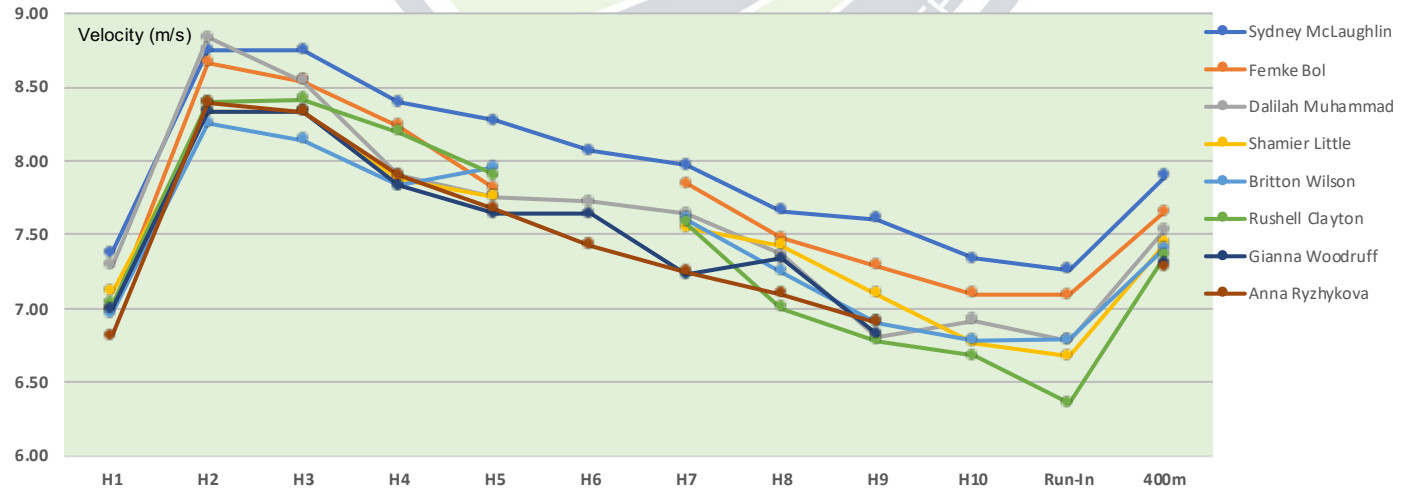
2022 World Athletics Championships (Eugene, OR) (TV Analysis)

Women's 400m Hurdles

Date 2022.07.22

FINAL

		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	7.26	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				
Bol, Femke (NED) (2000)	time	6.43	10.47	14.57	18.82	23.30		32.22	36.90	41.70	46.63		52.27	4 / 2				
	reaction time	0.179	interval	4.04	4.10	4.25	4.48		8.92	4.68	4.80	4.93	5.64		12.39	13.40	14.41	
		velocity	7.00	8.66	8.54	8.24	7.81		7.85	7.48	7.29	7.10	7.09	7.65		8.47	7.84	7.29
	H1 lead leg	L	strides	22	15	15	15		15	15	15	15	19	146				
Muhammad, Dalilah (USA) (1990)	time	6.17	10.13	14.23	18.66	23.17	27.70	32.28	37.03	42.17	47.23		53.13	6 / 3				
	reaction time	0.162	interval	3.96	4.10	4.43	4.51	4.53	4.58	4.75	5.14	5.06	5.90		12.49	13.62	14.95	
		velocity	7.29	8.84	8.54	7.90	7.76	7.73	7.64	7.37	6.81	6.92	6.78	7.53		8.41	7.71	7.02
	H1 lead leg	R	strides	22	14	15	15	15	15	15	16	16	157					
Little, Shamier (USA) (1995)	time	6.33	10.53	14.73	19.17	23.68		32.96	37.67	42.60	47.77		53.76	3 / 4				
	reaction time	0.147	interval	4.20	4.20	4.44	4.51		9.28	4.71	4.93	5.17	5.99		12.84	13.79	14.81	
		velocity	7.11	8.33	8.33	7.88	7.76		7.54	7.43	7.10	6.77	6.68	7.44		8.18	7.61	7.09
	H1 lead leg	R	strides	22	15	15	15		15	15	15	16	128					
Wilson, Britton (USA) (2000)	time	6.46	10.70	15.00	19.47	23.87		33.07	37.90	42.97	48.13		54.02	1 / 5				
	reaction time	0.141	interval	4.24	4.30	4.47	4.40		9.20	4.83	5.07	5.16	5.89		13.01	13.60	15.06	
		velocity	6.97	8.25	8.14	7.83	7.95		7.61	7.25	6.90	6.78	6.79	7.40		8.07	7.72	6.97
	H1 lead leg	R	strides	23	15	15	15		15	16	16	16	130					
Clayton, Rushell (JAM) (1992)	time	6.40	10.57	14.73	19.00	23.43		32.67	37.67	42.83	48.07		54.36	2 / 6				
	reaction time	0.145	interval	4.17	4.16	4.27	4.43		9.24	5.00	5.16	5.24	6.29		12.60	13.67	15.40	
		velocity	7.03	8.39	8.41	8.20	7.90		7.58	7.00	6.78	6.68	6.36	7.36		8.33	7.68	6.82
	H1 lead leg	L	strides	22	15	15	15		16	16	16	16	130					
Woodruff, Gianna (PAN) (1993)	time	6.43	10.63	14.83	19.30	23.88	28.46	33.30	38.07	43.20			54.75	7 / 7				
	reaction time	0.177	interval	4.20	4.20	4.47	4.58	4.58	4.84	4.77	5.13				12.87	14.00		
		velocity	7.00	8.33	8.33	7.83	7.64	7.64	7.23	7.34	6.82		7.31		8.16	7.50		
	H1 lead leg	R	strides	23	16	15	15	15	16	16	16		147					
Ryzhykova, Anna (UKR) (1989)	time	6.60	10.77	14.97	19.40	23.96	28.67	33.50	38.43	43.50			54.93	8 / 8				
	reaction time	0.167	interval	4.17	4.20	4.43	4.56	4.71	4.83	4.93	5.07				12.80	14.10		
		velocity	6.82	8.39	8.33	7.90	7.68	7.43	7.25	7.10	6.90		7.28		8.20	7.45		
	H1 lead leg	R	strides	22	14	14	14	14	14	15	15		137					



Evaluated with: ObjectusVideo
 Quality & Frame Rate: 1920 x 1080 @ 30fps
 Timing From: Gun Flash
 Source: <https://www.youtube.com/watch?v=RMZQOj-Gf4o&t=11769s>

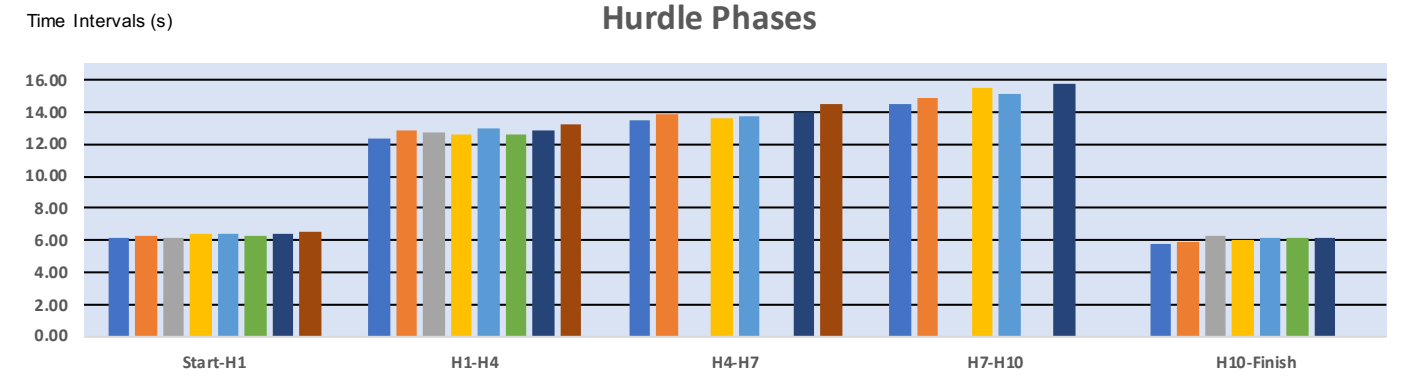
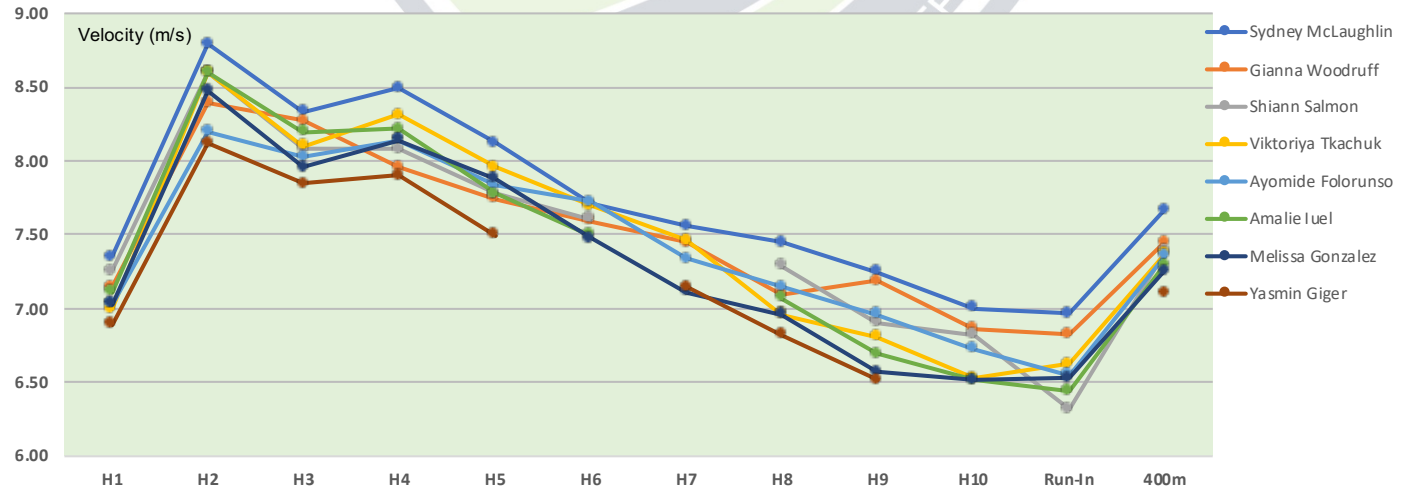
2022 World Athletics Championships (Eugene, OR) (TV Analysis)

Women's 400m Hurdles

Date 2022.07.20

Semi-Final 3

		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	6.12	10.10	14.30	18.42	22.73	27.27	31.90	36.60	41.43	46.43	52.17	52.17	6 / 1			
	reaction time	0.174															
	interval velocity	7.35	8.79	8.33	8.50	8.12	7.71	7.56	7.45	7.25	7.00	6.97	7.67		12.30	13.48	14.53
H1 lead leg	R														8.54	7.79	7.23
Woodruff, Gianna (PAN) (1993)	time	6.30	10.47	14.70	19.10	23.62	28.23	32.93	37.86	42.73	47.83	53.69	53.69	7 / 2			
	reaction time	0.211															
	interval velocity	7.14	8.39	8.27	7.95	7.74	7.59	7.45	7.10	7.19	6.86	6.83	7.45		12.80	13.83	14.90
H1 lead leg	L														8.20	7.59	7.05
Salmon, Shiann (JAM) (1999)	time	6.20	10.27	14.60	18.93	23.43	28.03		37.63	42.70	47.83	54.16	54.16	3 / 3			
	reaction time	0.187															
	interval velocity	7.26	8.60	8.08	8.08	7.78	7.61		9.60	5.07	5.13	6.33	7.39		12.73		
H1 lead leg	L														8.25		
Tkachuk, Viktoriya (UKR) (1994)	time	6.43	10.50	14.82	19.03	23.43	27.98	32.67	37.70	42.84	48.20	54.24	54.24	8 / 4			
	reaction time	0.212															
	interval velocity	7.00	8.60	8.10	8.31	7.95	7.69	7.46	6.96	6.81	6.53	6.62	7.37		12.60	13.64	15.53
H1 lead leg	L														8.33	7.70	6.76
Folorunso, Ayomide (ITA) (1996)	time	6.40	10.67	15.03	19.33	23.80	28.33	33.10	38.00	43.03	48.23	54.34	54.34	5 / 5			
	reaction time	0.188															
	interval velocity	7.03	8.20	8.03	8.14	7.83	7.73	7.34	7.14	6.96	6.73	6.55	7.36		12.93	13.77	15.13
H1 lead leg	L														8.12	7.63	6.94
luel, Amalie (NOR) (1996)	time	6.33	10.40	14.67	18.93	23.43	28.10		38.00	43.23	48.60	54.81	54.81	4 / 6			
	reaction time	0.123															
	interval velocity	7.11	8.60	8.20	8.22	7.78	7.49		9.90	5.23	5.37	6.21	7.30		12.60		
H1 lead leg	L														8.33		
Gonzalez, Melissa (COL) (1994)	time	6.40	10.53	14.93	19.23	23.67	28.35	33.27	38.30	43.63	49.00	55.13	55.13	1 / 7			
	reaction time	0.143															
	interval velocity	7.03	8.47	7.95	8.14	7.88	7.48	7.11	6.96	6.57	6.52	6.53	7.26		12.83	14.04	15.73
H1 lead leg	L														8.18	7.48	6.68
Giger, Yasmin (SUI) (1999)	time	6.53	10.84	15.30	19.73	24.40		34.20	39.33	44.70		56.31	56.31	2 / 8			
	reaction time	0.154															
	interval velocity	6.89	8.12	7.85	7.90	7.49		9.80	5.13	5.37		7.10	116		13.20	14.47	
H1 lead leg	R														7.95	7.26	



Evaluated with: ObjectusVideo
 Quality & Frame Rate: 1920 x 1080 @ 30fps
 Timing From: First Movement
 Source: <https://www.youtube.com/watch?v=B-Pu9se9z3A>

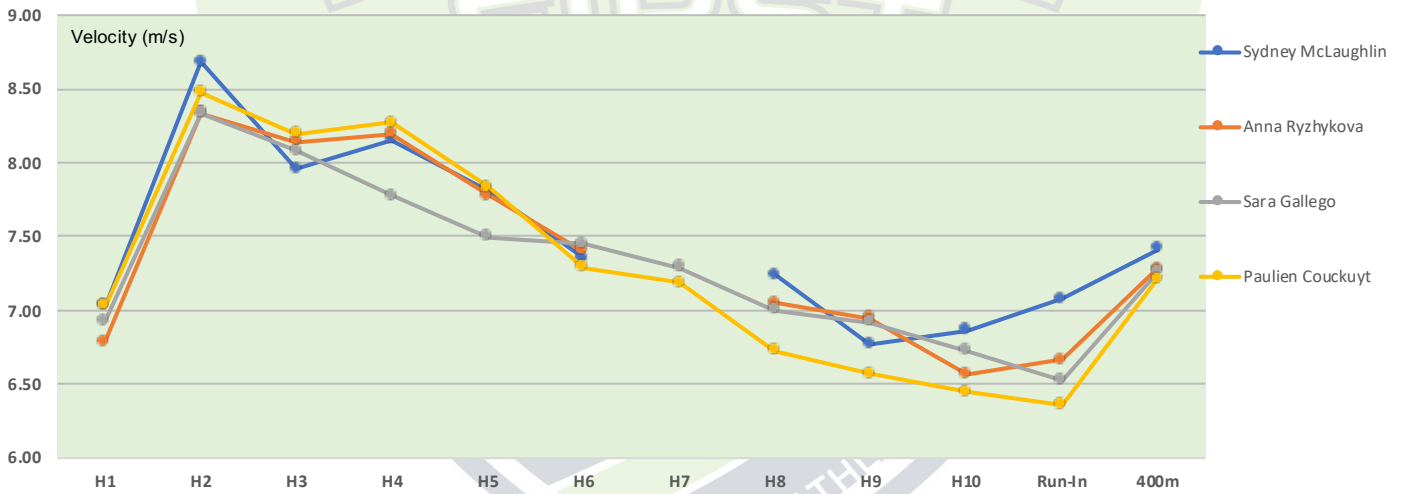
2022 World Athletics Championships (Eugene, OR) (TV Analysis)

Women's 400m Hurdles

Date 2022.07.19

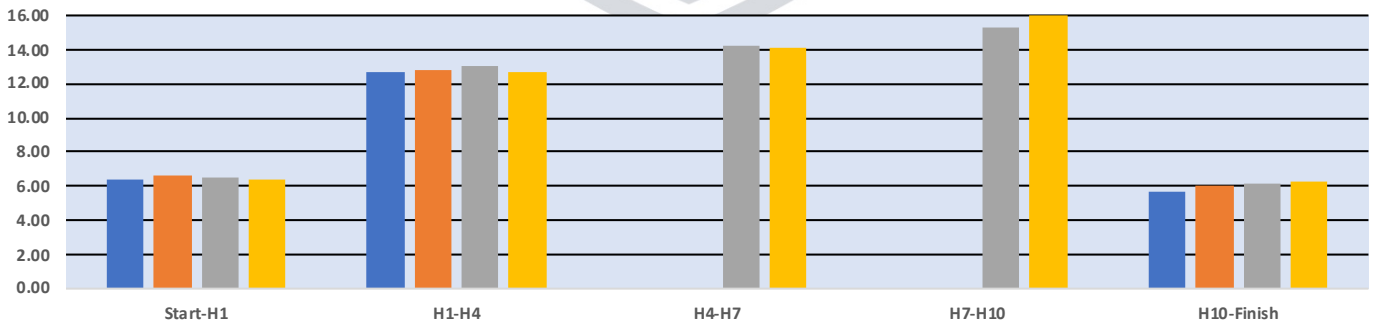
Heat 1

		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	6.40	10.43	14.83	19.12	23.60	28.36		38.03	43.20	48.30		53.95	8 / 1			
	reaction time	0.168															
	interval		4.03	4.40	4.29	4.48	4.76		9.67	5.17	5.10	5.65			12.72		
	velocity	7.03	8.68	7.95	8.16	7.81	7.35		7.24	6.77	6.86	7.08	7.41		8.25		
H1 lead leg	R		22	14	14	14	14	15		16	16	18	143				
Ryzhykova, Anna (UKR) (1989)	time	6.63	10.83	15.13	19.40	23.90	28.63		38.56	43.60	48.93		54.93	2 / 2			
	reaction time	0.139															
	interval		4.20	4.30	4.27	4.50	4.73		9.93	5.04	5.33	6.00			12.77		
	velocity	6.79	8.33	8.14	8.20	7.78	7.40		7.05	6.94	6.57	6.67	7.28		8.22		
H1 lead leg	R		22	14	14	14	14	15		15	15	19.2	142.2				
Gallego, Sara (ESP) (2000)	time	6.50	10.70	15.03	19.53	24.20	28.90	33.70	38.70	43.76	48.96		55.09	7 / 3			
	reaction time	0.125															
	interval		4.20	4.33	4.50	4.67	4.70	4.80	5.00	5.06	5.20	6.13			13.03	14.17	15.26
	velocity	6.92	8.33	8.08	7.78	7.49	7.45	7.29	7.00	6.92	6.73	6.53	7.26		8.06	7.41	6.88
H1 lead leg	L		23	15	16	16	16	16	17	17	17	20.2	189.2				
Couckuyt, Paulien (BEL) (1997)	time	6.40	10.53	14.80	19.03	23.50	28.30	33.17	38.37	43.70	49.13		55.42	5 / 4			
	reaction time	0.168															
	interval		4.13	4.27	4.23	4.47	4.80	4.87	5.20	5.33	5.43	6.29			12.63	14.14	15.96
	velocity	7.03	8.47	8.20	8.27	7.83	7.29	7.19	6.73	6.57	6.45	6.36	7.22		8.31	7.43	6.58
H1 lead leg	L		23	15	15	15	15	16	16	17	17	21	187				



Time Intervals (s)

Hurdle Phases



Evaluated with: ObjectusVideo
 Quality & Frame Rate: 1920 x 1080 @ 30fps
 Timing From: Gun Flash
 Source: <https://www.youtube.com/watch?v=EFLzKkif6RA>

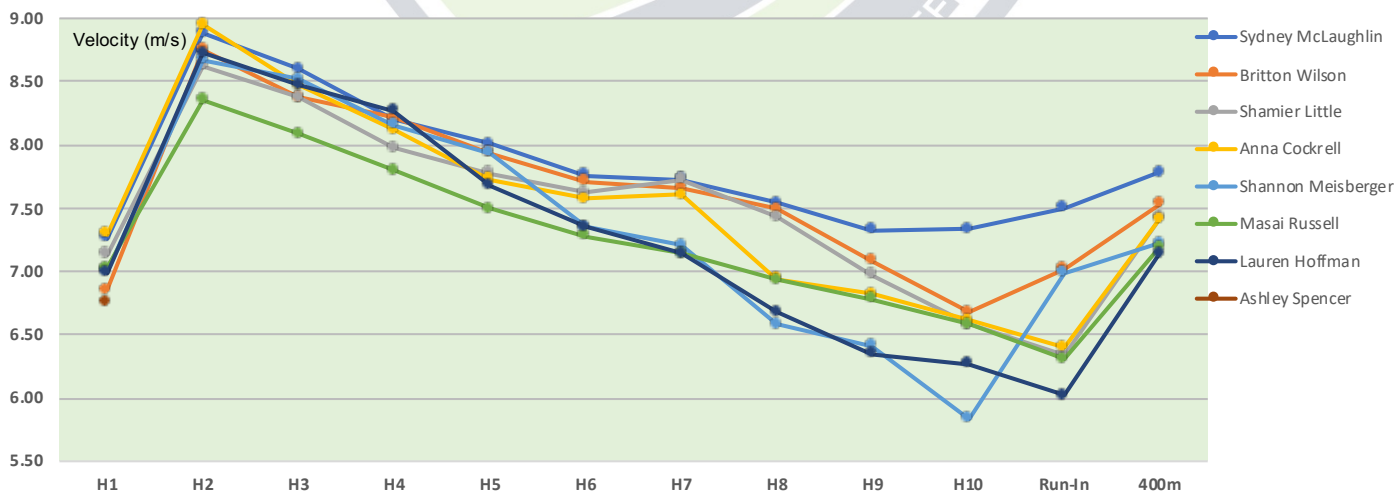
2022 USATF National Championships (Eugene, OR) (TV Analysis)

Women's 400m Hurdles

Date 2022.06.25

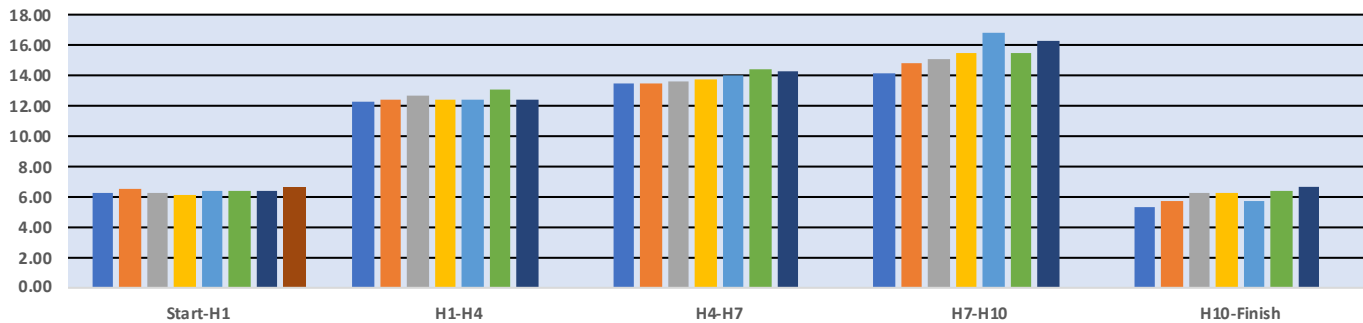
FINAL

		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	53.08	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
	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	22	14	14	14	14	14	14	14	14	15	15	18.2	168.2			
Wilson, Britton (USA) (2000)	time	6.57	10.57	14.75	19.01	23.42	27.96	32.53	37.20	42.14	47.38	53.08	53.08	6 / 2			
	reaction time		4.00	4.18	4.26	4.41	4.54	4.57	4.67	4.94	5.24	5.70	PB		12.44	13.52	14.85
	velocity	6.85	8.75	8.37	8.22	7.94	7.71	7.66	7.49	7.09	6.68	7.02	7.54		8.44	7.77	7.07
	H1 lead leg R	23	15	15	15	15	15	15	15	16	16	16	160				
Little, Shamier (USA) (1995)	time	6.31	10.37	14.55	18.94	23.44	28.03	32.56	37.27	42.29	47.61	53.94	53.92	8 / 3			
	reaction time		4.06	4.18	4.39	4.50	4.59	4.53	4.71	5.02	5.32	6.31			12.63	13.62	15.05
	velocity	7.13	8.62	8.37	7.97	7.78	7.63	7.73	7.43	6.97	6.58	6.34	7.42		8.31	7.71	6.98
	H1 lead leg R	23	15	15	15	15	15	15	15	16	16	144					
Cockrell, Anna (USA) (1997)	time	6.17	10.08	14.21	18.52	23.05	27.67	32.27	37.31	42.44	47.73	54.03	53.98	7 / 4			
	reaction time		3.91	4.13	4.31	4.53	4.62	4.60	5.04	5.13	5.29	6.25			12.35	13.75	15.46
	velocity	7.29	8.95	8.47	8.12	7.73	7.58	7.61	6.94	6.82	6.62	6.40	7.41		8.50	7.64	6.79
	H1 lead leg L	22	14	14	15	15	15	16	15	16	16	142					
Meisberger, Shannon (USA) (1999)	time	6.42	10.46	14.57	18.86	23.27	28.03	32.89	38.21	43.67	49.67	55.42	55.39	9 / 5			
	reaction time		4.04	4.11	4.29	4.41	4.76	4.86	5.32	5.46	6.00	5.72	PB		12.44	14.03	16.78
	velocity	7.01	8.67	8.52	8.16	7.94	7.35	7.20	6.58	6.41	5.83	6.99	7.22		8.44	7.48	6.26
	H1 lead leg L	22	15	15	15	15	16	16	16	16	16	130					
Russell, Masai (USA) (2000)	time	6.40	10.59	14.92	19.41	24.08	28.89	33.79	38.84	44.00	49.32	55.66	55.66	4 / 6			
	reaction time		4.19	4.33	4.49	4.67	4.81	4.90	5.05	5.16	5.32	6.34			13.01	14.38	15.53
	velocity	7.03	8.35	8.08	7.80	7.49	7.28	7.14	6.93	6.78	6.58	6.31	7.19		8.07	7.30	6.76
	H1 lead leg R	24	16	16	16	16	17	17	17	17	17	139					
Hoffman, Lauren (USA) (1999)	time	6.44	10.45	14.58	18.81	23.37	28.13	33.03	38.27	43.78	49.36	56.00	56.00	2 / 7			
	reaction time		4.01	4.13	4.23	4.56	4.76	4.90	5.24	5.51	5.58	6.64			12.37	14.22	16.33
	velocity	6.99	8.73	8.47	8.27	7.68	7.35	7.14	6.68	6.35	6.27	6.02	7.14		8.49	7.38	6.43
	H1 lead leg L	23	15	15	15	16	16	17	18	18	18	135					
Spencer, Ashley (USA) (1993)	time	6.67											dnf	3 / --			
	reaction time																
	H1 lead leg R	23											23				



Time Intervals (s)

Hurdle Phases



First & 2nd Place

Evaluated with: ObjectusVideo

Quality & Frame Rate: 1920 x 1080 @ 30fps

Timing From: Gun Flash

Source: <https://www.youtube.com/watch?v=6aGddPD9Ifs>

3rd - 7th Place

Source: USATF (2022) - Results powered by Karmarush.com.

Retrieved from <https://results.usatf.org/2022Outdoors/>

Times taken at the exact hurdle distances, the athlete is on top of the hurdle

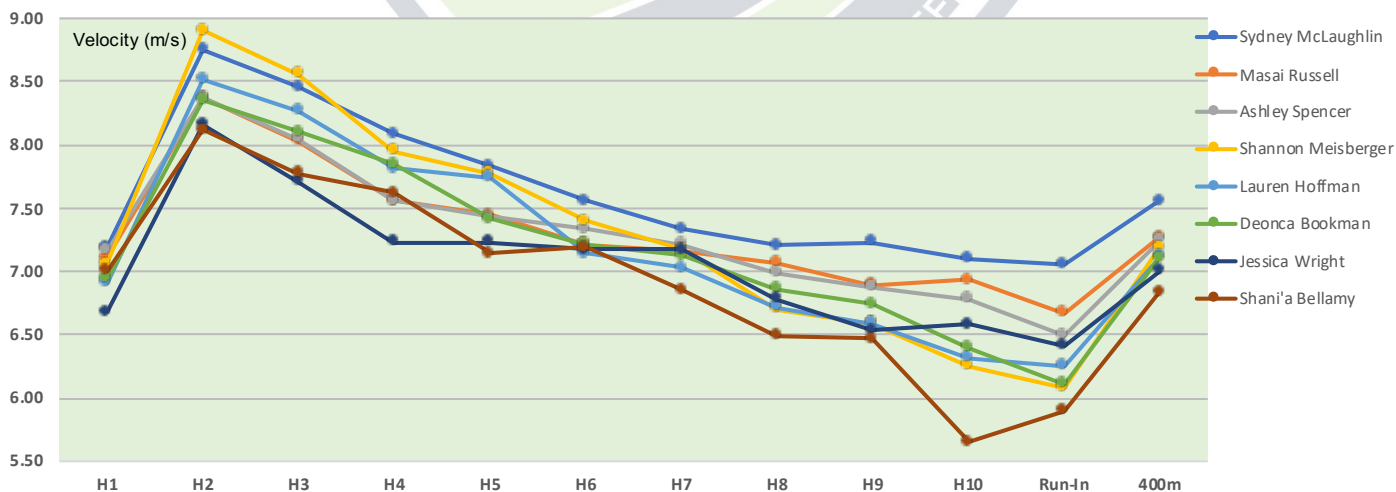
2022 USATF National Championships (Eugene, OR) (TV Analysis)

Women's 400m Hurdles

Date 2022.06.24

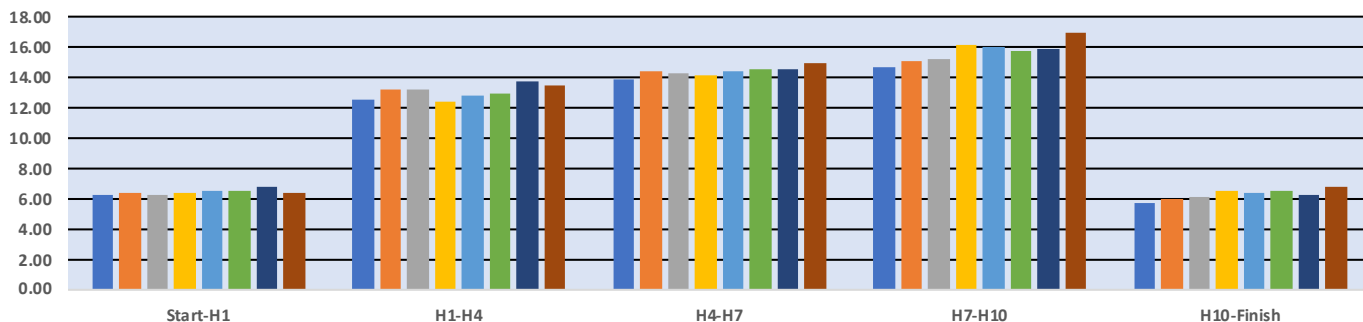
Semi-Final 1

		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	6.26	10.26	14.40	18.73	23.20	27.83	32.60	37.46	42.30	47.23	52.90	52.90	5 / 1			
	reaction time		4.00	4.14	4.33	4.47	4.63	4.77	4.86	4.84	4.93	5.67			12.47	13.87	14.63
	velocity	7.19	8.75	8.45	8.08	7.83	7.56	7.34	7.20	7.23	7.10	7.05	7.56		8.42	7.57	7.18
	H1 lead leg R	22	14	14	14	14	15	15	15	15	16	18.2	172.2				
Russell, Masai (USA) (2000)	time	6.33	10.51	14.87	19.50	24.20	29.05	33.94	38.89	43.97	49.02	55.02	55.02	6 / 2			
	reaction time		4.18	4.36	4.63	4.70	4.85	4.89	4.95	5.08	5.05	6.00	PB		13.17	14.44	15.08
	velocity	7.11	8.37	8.03	7.56	7.45	7.22	7.16	7.07	6.89	6.93	6.67	7.27		7.97	7.27	6.96
	H1 lead leg R	24	16	16	16	16	17	17	17	17	17	139					
Spencer, Ashley (USA) (1993)	time	6.28	10.46	14.81	19.44	24.15	28.92	33.77	38.78	43.87	49.03	55.19	55.19	4 / 3			
	reaction time		4.18	4.35	4.63	4.71	4.77	4.85	5.01	5.09	5.16	6.16			13.16	14.33	15.26
	velocity	7.17	8.37	8.05	7.56	7.43	7.34	7.22	6.99	6.88	6.78	6.49	7.25		7.98	7.33	6.88
	H1 lead leg L	22	15	15	15	15	15	15	15	15	15	127					
Meisberger, Shannon (USA) (1999)	time	6.37	10.30	14.39	18.79	23.29	28.02	32.90	38.12	43.43	49.03	55.61	55.61	8 / 4			
	reaction time		3.93	4.09	4.40	4.50	4.73	4.88	5.22	5.31	5.60	6.58	PB		12.42	14.11	16.13
	velocity	7.06	8.91	8.56	7.95	7.78	7.40	7.17	6.70	6.59	6.25	6.08	7.19		8.45	7.44	6.51
	H1 lead leg L	22	15	15	15	15	16	16	16	17	17	147					
Hoffman, Lauren (USA) (1999)	time	6.51	10.62	14.85	19.33	23.85	28.75	33.73	38.94	44.25	49.79	56.19	56.19	9 / 5			
	reaction time		4.11	4.23	4.48	4.52	4.90	4.98	5.21	5.31	5.54	6.40			12.82	14.40	16.06
	velocity	6.91	8.52	8.27	7.81	7.74	7.14	7.03	6.72	6.59	6.32	6.25	7.12		8.19	7.29	6.54
	H1 lead leg L	23	15	15	15	16	16	16	17	17	17	133					
Bookman, Deonca (USA) (1995)	time	6.48	10.67	14.99	19.45	24.17	29.02	33.93	39.03	44.22	49.69	56.24	56.24	7 / 6			
	reaction time		4.19	4.32	4.46	4.72	4.85	4.91	5.10	5.19	5.47	6.55			12.97	14.48	15.76
	velocity	6.94	8.35	8.10	7.85	7.42	7.22	7.13	6.86	6.74	6.40	6.11	7.11		8.10	7.25	6.66
	H1 lead leg L	24	16	16	16	17	17	17	18	18	18	124					
Wright, Jessica (USA) (2000)	time	6.74	11.03	15.57	20.41	25.25	30.13	35.01	40.17	45.53	50.85	57.09	57.09	3 / 7			
	reaction time		4.29	4.54	4.84	4.84	4.88	4.88	5.16	5.36	5.32	6.24			13.67	14.60	15.84
	velocity	6.68	8.16	7.71	7.23	7.23	7.17	7.17	6.78	6.53	6.58	6.41	7.01		7.68	7.19	6.63
	H1 lead leg R	24	16	17	17	17	17	17	18	18	18	126					
Bellamy, Shani'a (USA) (2002)	time	6.42	10.73	15.23	19.82	24.72	29.59	34.70	40.09	45.50	51.69	58.47	58.47	2 / 8			
	reaction time		4.31	4.50	4.59	4.90	4.87	5.11	5.39	5.41	6.19	6.78			13.40	14.88	16.99
	velocity	7.01	8.12	7.78	7.63	7.14	7.19	6.85	6.49	6.47	5.65	5.90	6.84		7.84	7.06	6.18
	H1 lead leg L	23	15	15	15	15	15	16	16	16	16	115					



Time Intervals (s)

Hurdle Phases



First Place - Sydney McLaughlin

2nd-8th Place

Evaluated with: ObjectusVideo

Source: USATF (2022) - Results powered by Karmarush.com.

Quality & Frame Rate: 1280 x 720 @ 30fps

Retrieved from <https://results.usatf.org/2022Outdoors/>

Timing From: Gun Flash

Times taken at the exact hurdle distances, the athlete is on top of the hurdle

Source: <https://www.youtube.com/watch?v=4aPGPscxl2>

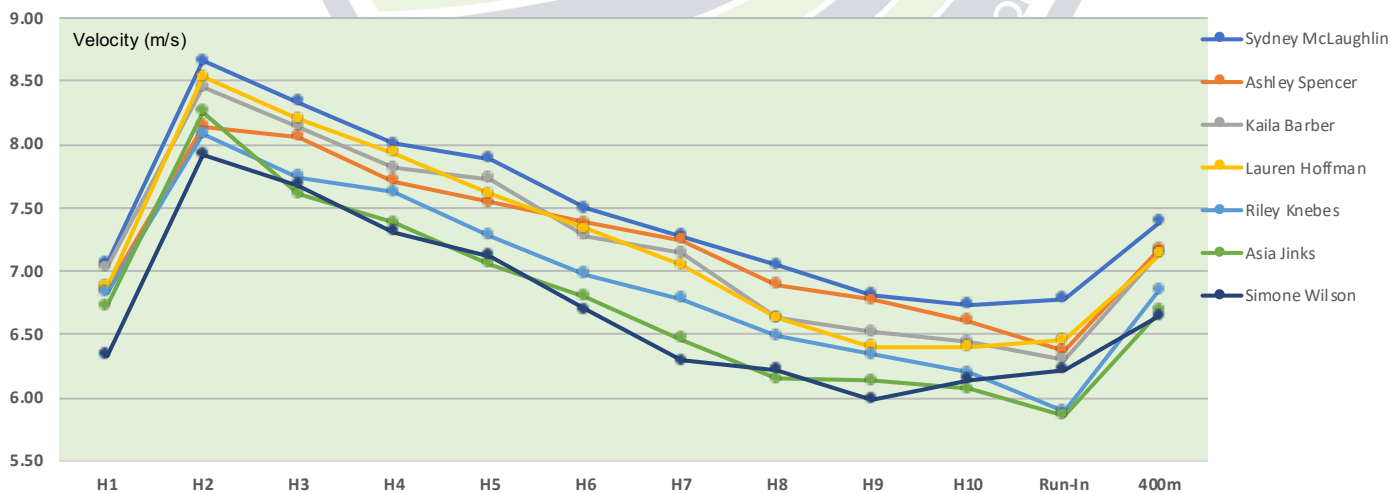
2022 USATF National Championships (Eugene, OR) (TV Analysis)

Women's 400m Hurdles

Date 2022.06.23

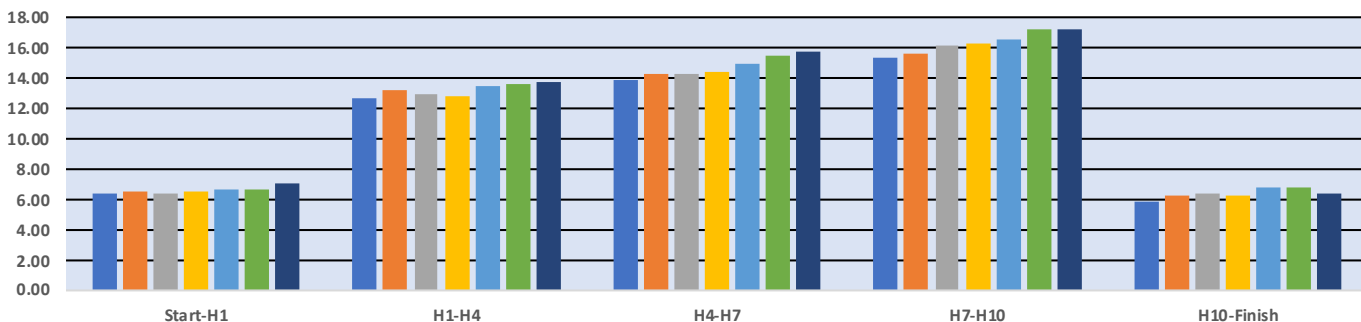
Heat 1

		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	6.37	10.41	14.61	18.98	23.42	28.09	32.90	37.87	43.01	48.21	54.11	54.11	5 / 1			
	reaction time		4.04	4.20	4.37	4.44	4.67	4.81	4.97	5.14	5.20	5.90			12.61	13.92	15.31
	velocity	7.06	8.66	8.33	8.01	7.88	7.49	7.28	7.04	6.81	6.73	6.78	7.39		8.33	7.54	6.86
	H1 lead leg strides	22	14	14	14	14	15	15	15	16	16	18.5	173.5				
Spencer, Ashley (USA) (1993)	time	6.57	10.87	15.21	19.75	24.39	29.13	33.96	39.04	44.21	49.51	55.79	55.79	4 / 2			
	reaction time		4.30	4.34	4.54	4.64	4.74	4.83	5.08	5.17	5.30	6.28			13.18	14.21	15.55
	velocity	6.85	8.14	8.06	7.71	7.54	7.38	7.25	6.89	6.77	6.60	6.37	7.17		7.97	7.39	6.75
	H1 lead leg L	22	15	15	15	15	15	15	15	15	15	18.2	175.2				
Barber, Kaila (USA) (1993)	time	6.40	10.54	14.84	19.32	23.85	28.66	33.56	38.84	44.21	49.65	56.00	56.00	6 / 3			
	reaction time		4.14	4.30	4.48	4.53	4.81	4.90	5.28	5.37	5.44	6.35			12.92	14.24	16.09
	velocity	7.03	8.45	8.14	7.81	7.73	7.28	7.14	6.63	6.52	6.43	6.30	7.14		8.13	7.37	6.53
	H1 lead leg L	23	15	15	15	15	16	16	17	17	17	20	186				
Hoffman, Lauren (USA) (1999)	time	6.54	10.64	14.91	19.32	23.92	28.69	33.66	38.94	44.41	49.88	56.08	56.08	3 / 4			
	reaction time		4.10	4.27	4.41	4.60	4.77	4.97	5.28	5.47	5.47	6.20			12.78	14.34	16.22
	velocity	6.88	8.54	8.20	7.94	7.61	7.34	7.04	6.63	6.40	6.40	6.45	7.13		8.22	7.32	6.47
	H1 lead leg L	23	15	15	15	16	16	17	18	18	18	22	193				
Knebes, Riley (USA) (1996)	time	6.59	10.92	15.44	20.03	24.84	29.86	35.02	40.42	45.94	51.59	58.38	58.38	9 / 5			
	reaction time		4.33	4.52	4.59	4.81	5.02	5.16	5.40	5.52	5.65	6.79			13.44	14.99	16.57
	velocity	6.83	8.08	7.74	7.63	7.28	6.97	6.78	6.48	6.34	6.19	5.89	6.85		7.81	7.00	6.34
	H1 lead leg L	24	16	16	16	17	17	17	18			141					
Jinks, Asia (USA) (1999)	time	6.69	10.93	15.53	20.27	25.23	30.38	35.80	41.49	47.20	52.97	59.80	59.80	7 / 6			
	reaction time		4.24	4.60	4.74	4.96	5.15	5.42	5.69	5.71	5.77	6.83			13.58	15.53	17.17
	velocity	6.73	8.25	7.61	7.38	7.06	6.80	6.46	6.15	6.13	6.07	5.86	6.69		7.73	6.76	6.12
	H1 lead leg R	24	16	16	16	17	17	18	18			142					
Wilson, Simone (USA) (1998)	time	7.11	11.53	16.09	20.88	25.80	31.03	36.59	42.22	48.07	53.77	60.20	60.20	8 / 7			
	reaction time		4.42	4.56	4.79	4.92	5.23	5.56	5.63	5.85	5.70	6.43			13.77	15.71	17.18
	velocity	6.33	7.92	7.68	7.31	7.11	6.69	6.29	6.22	5.98	6.14	6.22	6.64		7.63	6.68	6.11
	H1 lead leg R	25	16	16	16	16	17	17				123					



Time Intervals (s)

Hurdle Phases



1st - 4th Place

Evaluated with: ObjectusVideo

Quality & Frame Rate: 1920 x 1080 @ 30fps

Timing From: Gun Flash

Source: <https://www.youtube.com/watch?v=FRLzKkif6RA>

5th - 7th Place

Source: USATF (2022) - Results powered by Karmarush.com.

Retrieved from <https://results.usatf.org/2022Outdoors/>

Times taken at the exact hurdle distances, the athlete is on top of the hurdle

2022 Music City Track Carnival (Nashville, TN) (TV Analysis)

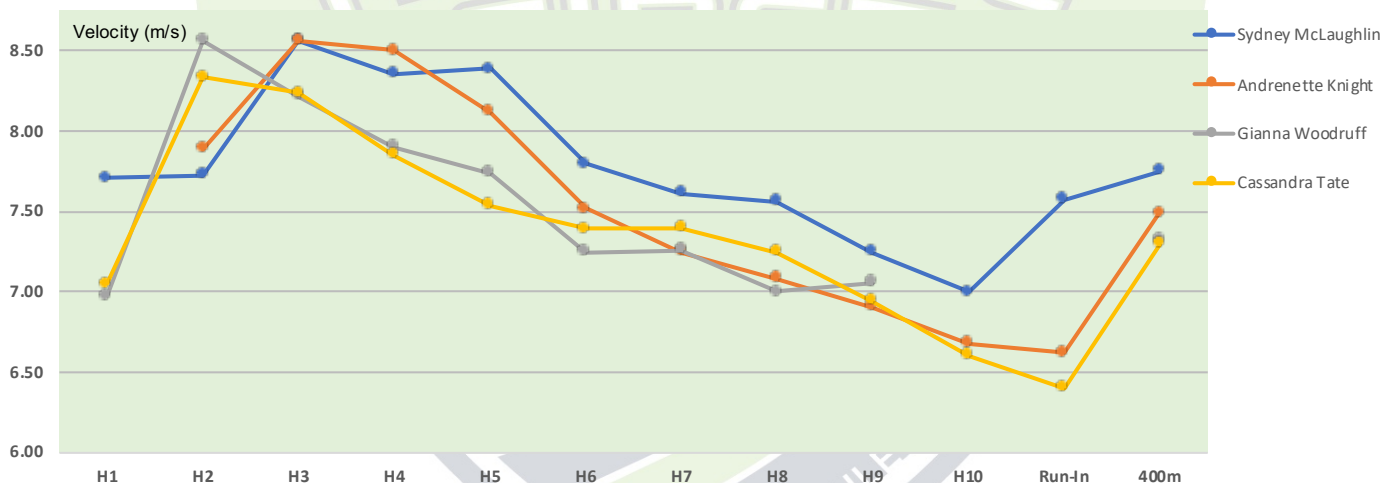
Women's 400m Hurdles

Date: 2022.06.05

(H5 5m long)

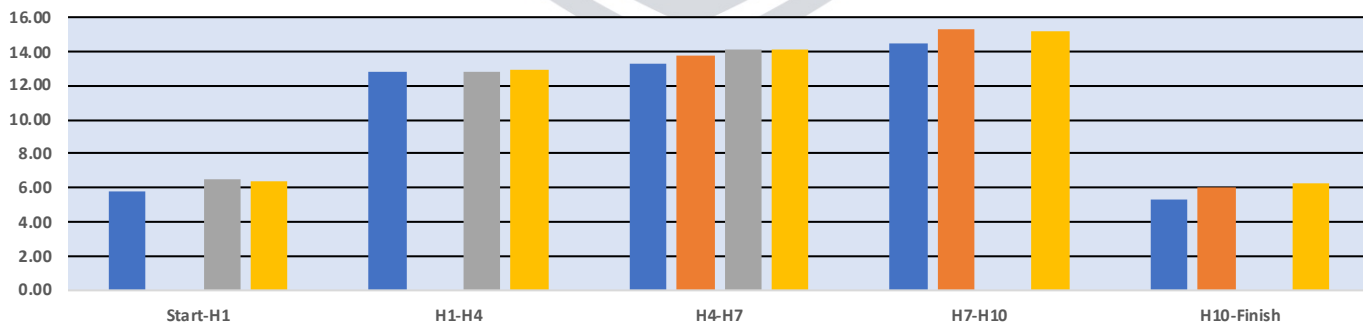
FINAL

		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	5.84	10.37	14.46	18.65	23.42	27.27	31.87	36.50	41.33	46.33		51.61	5 / 1			
	reaction time		4.53	4.09	4.19	4.77	3.85	4.60	4.63	4.83	5.00	5.28			12.81	13.22	14.46
	velocity	7.71	7.73	8.56	8.35	8.39	7.79	7.61	7.56	7.25	7.00	7.58	7.75		8.20	7.94	7.26
	H1 lead leg strides		14	14	14	16	13	15	15		16		117				
Knight, Andrenette (JAM) (1996)	time		10.14	14.23	18.35	23.28	27.27	32.10	37.04	42.11	47.35		53.39	4 / 2			
	reaction time			4.09	4.12	4.93	3.99	4.83	4.94	5.07	5.24	6.04	PB			13.75	15.25
	velocity		7.89	8.56	8.50	8.11	7.52	7.25	7.09	6.90	6.68	6.62	7.49			7.64	6.89
	H1 lead leg strides			15	15	17	13	16	16		16		108				
Woodruff, Gianna (PAN) (1993)	time	6.45	10.54	14.80	19.23	24.40	28.54	33.36	38.36	43.32			54.63	6 / 3			
	reaction time		4.09	4.26	4.43	5.17	4.14	4.82	5.00	4.96					12.78	14.13	
	velocity	6.98	8.56	8.22	7.90	7.74	7.25	7.26	7.00	7.06			7.32		8.22	7.43	
	H1 lead leg strides	23	15	15	15	17	13		16	16			130				
Tate, Cassandra (USA) (1990)	time	6.38	10.58	14.83	19.29	24.60	28.66	33.39	38.22	43.26	48.56		54.81	7 / 4			
	reaction time		4.20	4.25	4.46	5.31	4.06	4.73	4.83	5.04	5.30	6.25			12.91	14.10	15.17
	velocity	7.05	8.33	8.24	7.85	7.53	7.39	7.40	7.25	6.94	6.60	6.40	7.30		8.13	7.45	6.92
	H1 lead leg strides	21	14	14	14	17	13	15	15	15			138				



Time Intervals (s)

Hurdle Phases



Evaluated with: ObjectusVideo

Quality & Frame Rate: 1280 x 716 @ 30fps

Timing From: Gun Flash

Source: https://www.youtube.com/watch?v=eA-Okk_fs_k&t=12s

Sydney McLaughlin 100m Hurdles (2021-22)

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

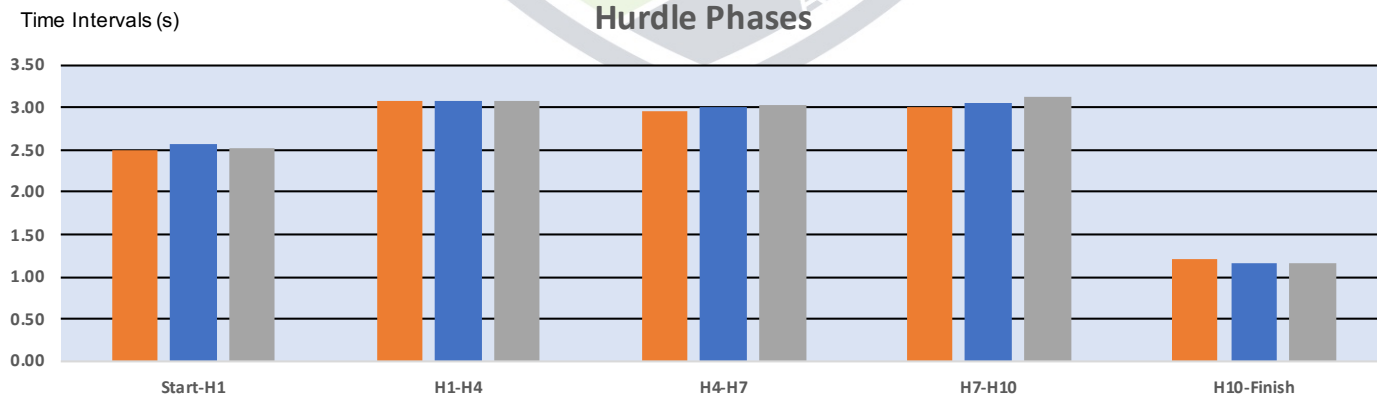
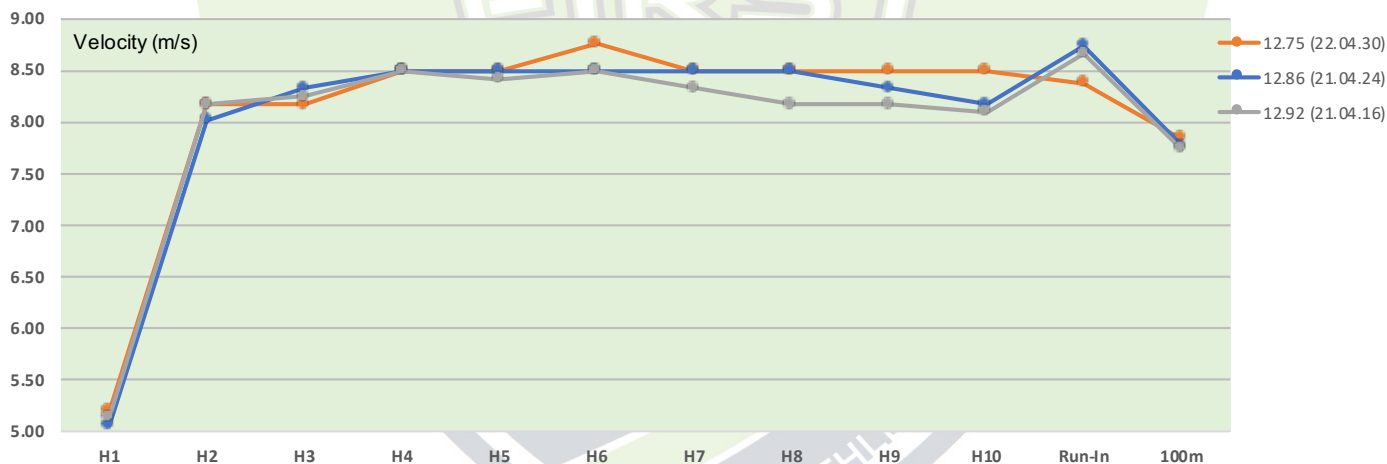
100m Hurdles		Date: 2022.04.30	Wind: 0.0 m/s	Olympic Development FINAL													
		H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	100m	Lane/Place	H1-H4	H4-H7	H7-H10
McLaughlin, Sydney (USA) (1999)	time	2.50	3.54	4.58	5.58	6.58	7.55	8.55	9.55	10.55	11.55		12.75	4 / 1			
	reaction time											1.20			3.08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

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

100m Hurdles		Date: 2021.04.24	Wind: -0.3 m/s	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	2 / 4			
	reaction time											1.15	PB		3.08	3.00	3.06
	interval	7 steps	1.06	1.02	1.00	1.00	1.00	1.00	1.00	1.02	1.04				8.28	8.50	8.33
	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				

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

100m Hurdles		Date: 2021.04.16	Wind: 0.2 m/s	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	4 / 1			
	reaction time											1.16	PB		3.07	3.03	3.13
	interval	7 steps	1.04	1.03	1.00	1.01	1.00	1.02	1.04	1.04	1.05				8.31	8.42	8.15
	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				



2022 Penn Relays
 Evaluated with: ObjectusVideo
 Quality & Frame Rate: 1920 x 1080 @ 24fps
 Timing From: First Movement
 Source: <https://www.youtube.com/watch?v=SiZz0FFZh1o&t=10s>

2021 USATF Grand Prix
 Evaluated with: ObjectusVideo
 Quality & Frame Rate: 1920 x 1080 @ 30fps
 Timing From: First Movement
 Source: <https://www.youtube.com/watch?v=Z1amR0y6swo>

2021 Bryan Clay Invitational
 Evaluated with: ObjectusVideo
 Quality & Frame Rate: 1920 x 1080 @ 30fps
 Timing From: First Movement
 Source: <https://www.youtube.com/watch?v=MXxaq179KQ4>