

2024 Women's 400m Hurdles World Record Season

Sydney McLaughlin-Levrone
(USA) - 50.37

Hurdle Touchdown Times



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Todd Henson

2024 Women's 400m Hurdles World Record Season

Sydney McLaughlin-Levrone (USA) - 50.37

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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.

2024 Olympic Games (Paris, FRA)
FINAL

FINAL		date		08-Aug-24		Paris 2024 Olympic Games - Results Book (2024)														
McLaughlin-Levrone, Sydney (U time				H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
reaction time				0.139	interval	5.91	9.79	13.81	17.86	22.02	26.29	30.72	35.24	39.89	44.71		50.37	5 / 1		
velocity					7.61	3.88	4.02	4.05	4.16	4.27	4.43	4.52	4.65	4.82	5.66			11.95	12.86	13.99
H1 lead leg				R	22	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	
strides																				

Semi-Final 2

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 (U time		6.03	10.05	14.28	18.62	22.97	27.38	31.90	36.62	41.54	46.49							
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	7.67		12.59	13.28	14.59	
H1 lead leg	R	22	14	15	15	14	14	14	15	16	15	18	172		8.34	7.91	7.20	
	strides																	

Heat 5

Heat 5		date		04-Aug-24		Paris 2024 Olympic Games - Results Book (2024)															
McLaughlin-Levrone, Sydney (U time				H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
reaction time				0.163	interval	6.13	10.18	14.39	18.64	23.03	27.53	32.31	37.23	42.26	47.40		53.60	3 / 1	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	6.96	
H1 lead leg				R	22	14	14	14	14	15	15	15	15	16	19	173					
strides																					

2024 USA Olympic Trials (Eugene, OR)
FINAL

FINAL		date	30-Jun-24										USATF and Karmarush (2024) - USA Olympic trials results and race analysis						
McLaughlin-Levrone, Sydney (U			H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
reaction 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				
interval				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	
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	22	14	14	14	14	15	15	15	15	18	171					
strides																			

Semi-Final 1

Semi-Final 1		date 29-Jun-24										USATF and Karmarush (2024) - USA Olympic trials results and race analysis							
McLaughlin-Levrone, Sydney (U time		H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
reaction 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	12.24	13.35	14.80		
	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		8.58	7.87	7.09		
H1 lead leg	R	22	14	14	14	14	15	15	15	15	16	18	172						
	strides																		

Heat 1

Heat 1		date 27-Jun-24										USATF and Karmarush (2024) - USA Olympic trials results and race analysis							
McLaughlin-Levrone, Sydney (U		H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
reaction 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					
interval			4.05	4.13	4.28	4.37	4.44	4.67	4.92	4.93	5.06	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						
strides																			

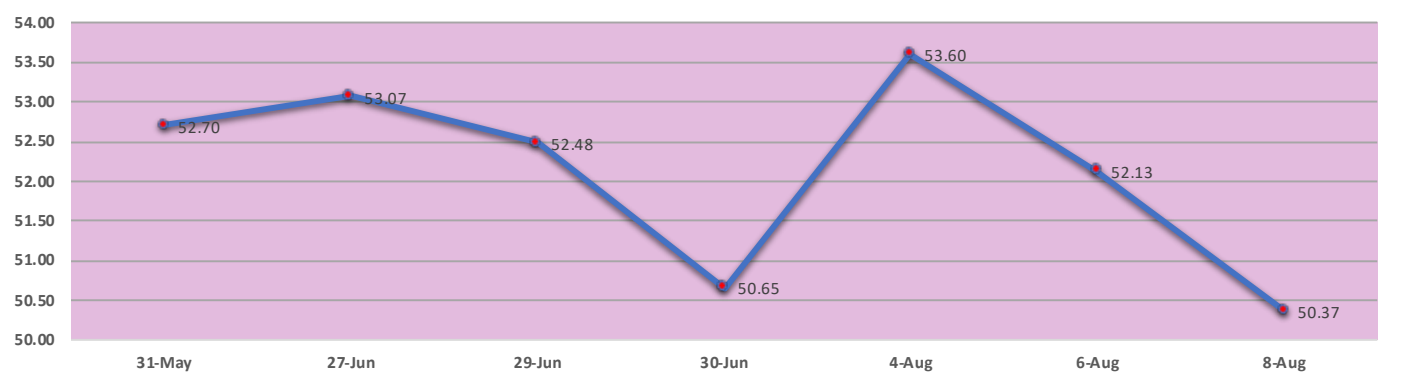
2024 The Edwin Moses Legends Meet (Atlanta, GA) (TV Analysis)
FINAL

FINAL		date 31-May-24										Henson (2024) - Athlete First: 2024 year end hurdle report						
McLaughlin-Levrone, Sydney (U		H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
time		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			4.17	4.28	4.20	4.43	4.57	4.65	4.73	5.03	4.94	5.43			12.65	13.65	14.70	
	interval																	
	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		8.30	7.69	7.14	
H1 lead leg	R	22	15	15	15	15	15	15	15	16	16	18	177					
	strides																	

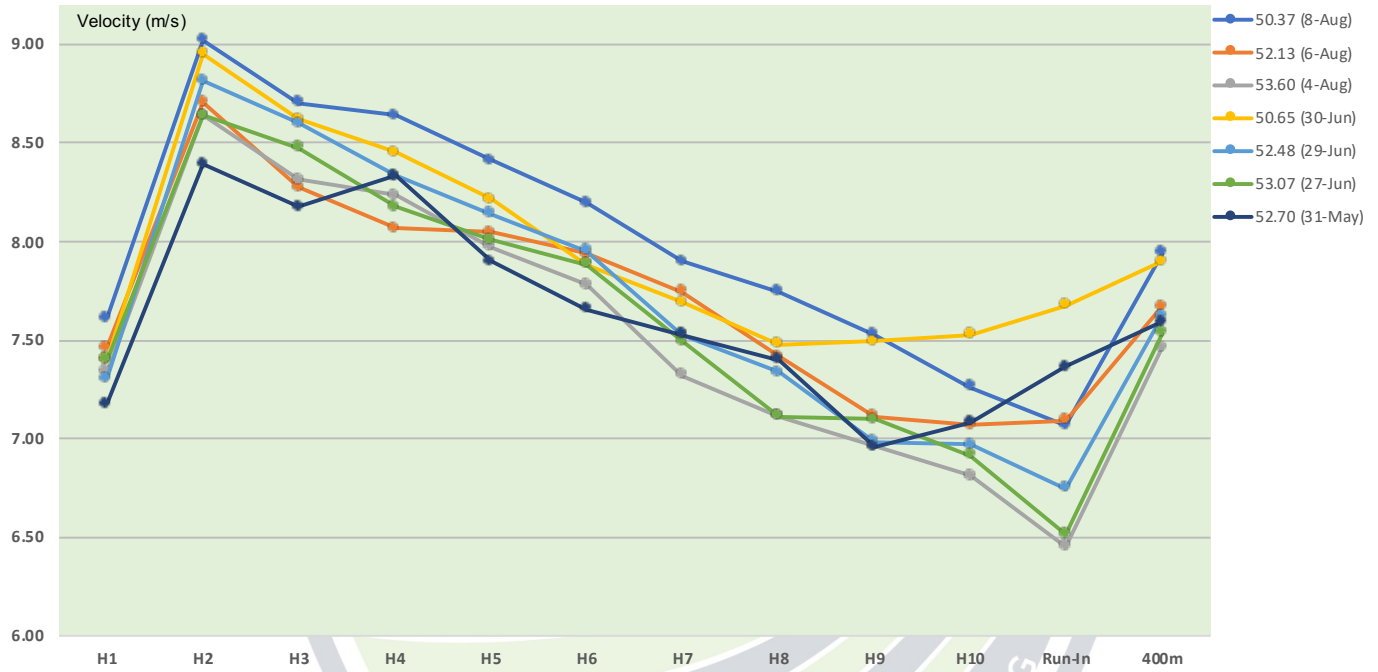
2024 Oxy Invitational (Eagle Rock, CA) (TV Analysis)
100m Hurdles

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	H7-H10			
McLaughlin-Levrone, Sydney (U	time		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	8.90	7.87							

Sydney McLaughlin-Levrone 2024

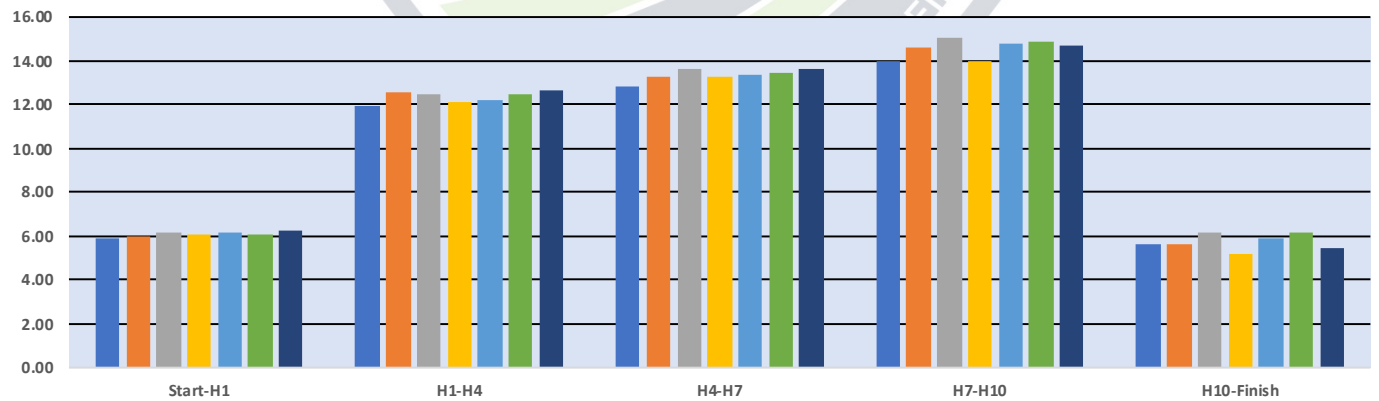


Hurdle Rhythmic Units



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										WR		11.95	12.86	13.99
	velocity	7.61	8.92	8.71	8.64	8.41	8.20	7.90	7.74	7.53	7.26	5.66	7.07		8.79	8.16	7.51
	H1 lead leg	R	strides	22	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		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				
	H1 lead leg	R	strides	22	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										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	5.51	7.26		8.63	8.10	7.53
	H1 lead leg	R	strides	22	14	14	14	14	15	15	15	18.7	169.7				

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

FINAL

date 2022.07.25

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		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				
	H1 lead leg	R	strides	22	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										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	5.42	7.38		8.61	7.95	7.25
	H1 lead leg	R	strides	22	14	14	14	14	15	16	15	18.5	170.5				

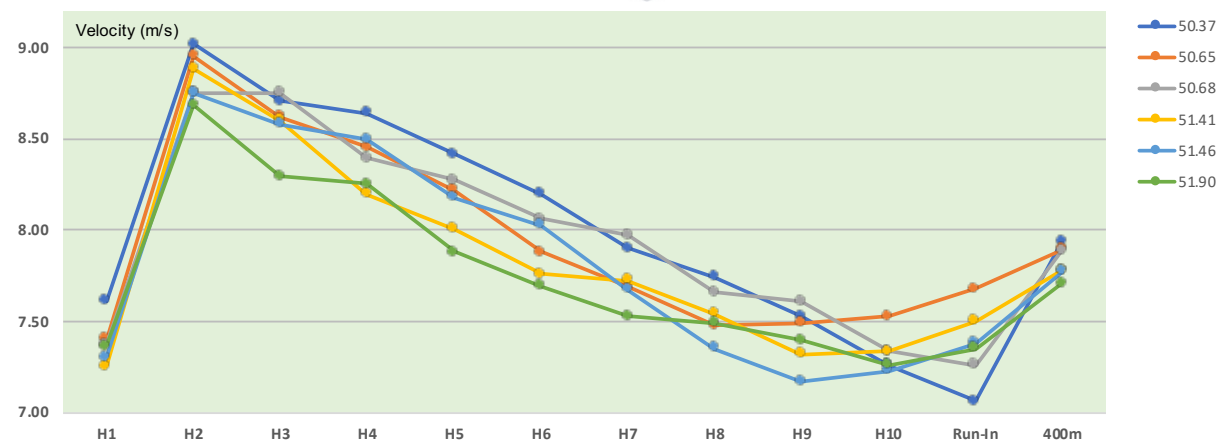
2020 USA Olympic Trials (Eugene, OR) (TV Analysis)

FINAL

date 2021.06.27

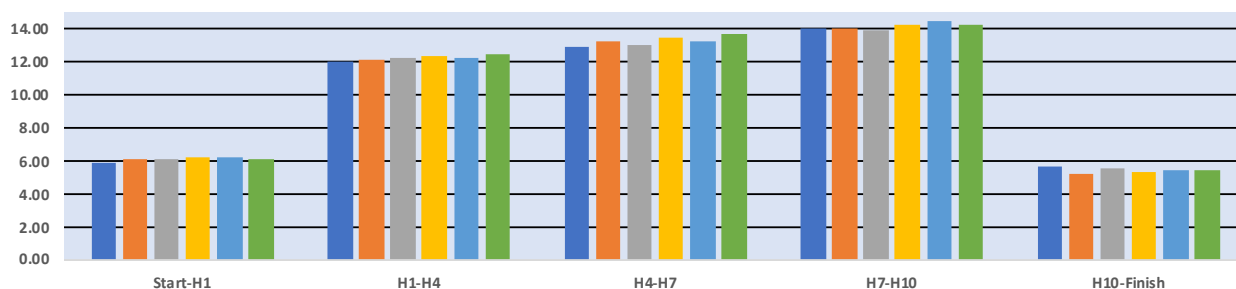
Henson (2021) - Athlete First: 2021 year end hurdle report

		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										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	5.44	7.71		8.41	7.70	7.38
	H1 lead leg	R	strides	22	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-----pdfVideo: <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=5WJswSOscYw>

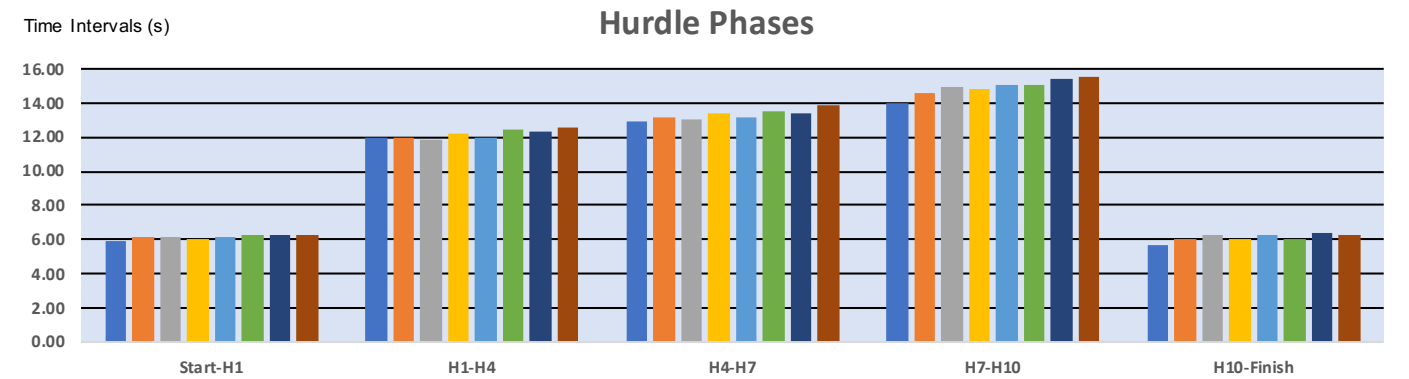
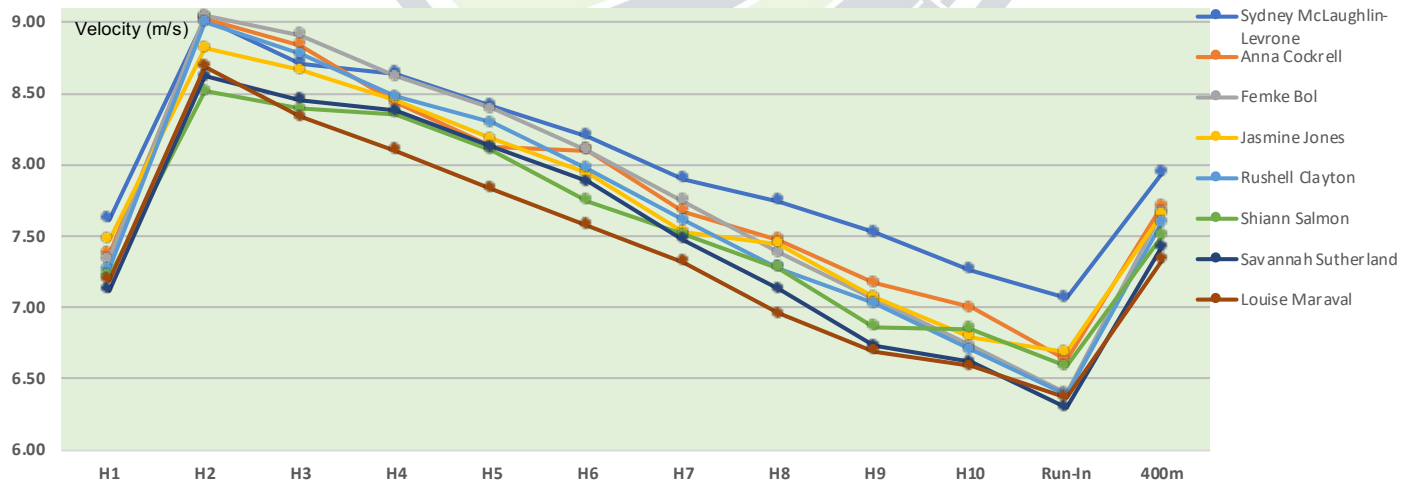
2024 Olympic Games (Paris, FRA)

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
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	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
	H1 lead leg	R	strides	22	14	14	14	14	14	14	15	15	15	19	170				
Cockrell, Anna (USA) (1997)	(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		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
	velocity			7.38	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
	H1 lead leg	R	strides	22	13	14	14	14	14	14	15	15	15	19	169				
Bol, Femke (NED) (2000)	(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		3.87	3.93	4.06	4.17	4.32	4.52	4.74	4.96	5.20	6.25			11.86	13.01	14.90
	velocity			7.34	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
	H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	16	19	171				
Jones, Jasmine (USA) (2001)	(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		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
	velocity			7.48	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
	H1 lead leg	R	strides	22	14	14	14	14	14	15	15	15	16	18.7	156.7				
Clayton, Rushell (JAM) (1992)	(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		3.89	3.99	4.13	4.22	4.39	4.60	4.81	4.98	5.22	6.26			12.01	13.21	15.01
	velocity			7.27	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
	H1 lead leg	L	strides	22	14	14	14	14	15	15	15	15	16	19	158				
Salmon, Shiann (JAM) (1999)	(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		4.11	4.17	4.19	4.32	4.52	4.66	4.81	5.10	5.11	6.07			12.47	13.50	15.02
	velocity			7.22	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
	H1 lead leg	L	strides	22	14	14	14	14	15	15	16	16	16	19	175				
Sutherland, Savannah (CAN) (2003)	(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		4.06	4.14	4.18	4.31	4.44	4.68	4.91	5.20	5.29	6.35			12.38	13.43	15.40
	velocity			7.12	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
	H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	16	16	161				
Maraval, Louise (FRA) (2001)	(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		4.03	4.20	4.32	4.47	4.62	4.78	5.03	5.23	5.31	6.28			12.55	13.87	15.57
	velocity			7.19	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
	H1 lead leg	R	strides	23	15	15	15	15	16	16	16	17	17	17	165				



Source: Paris 2024 Olympic Games - Results Book (2024). p. 565
https://olympics.com/OG2024/pdf/OG2024/ATH/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

												Run-In	400m	Lane / Place	H1-H4	H4-H7	H7-H10
		H1	H2	H3	H4	H5	H6	H7	H8	H9	H10						
Bol, Femke (NED) (2000)	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
Cockrell, Anna (USA) (1997)	H1 lead leg	L	22	14	14	14	14	14	15	15	15	18	169				
	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
Salmon, Shiann (JAM) (1999)	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	15	15	19	168				
	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															
Sutherland, Savannah (CAN) (2003)	interval		4.03	4.10	4.19	4.35	4.55	4.69	4.78	4.99	5.14	6.18	PB		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	15	15	16	16	16	20	176				
	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			
Sutherland, Savannah (CAN) (2003)	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	16	16	20	180				

Date 2024.08.06

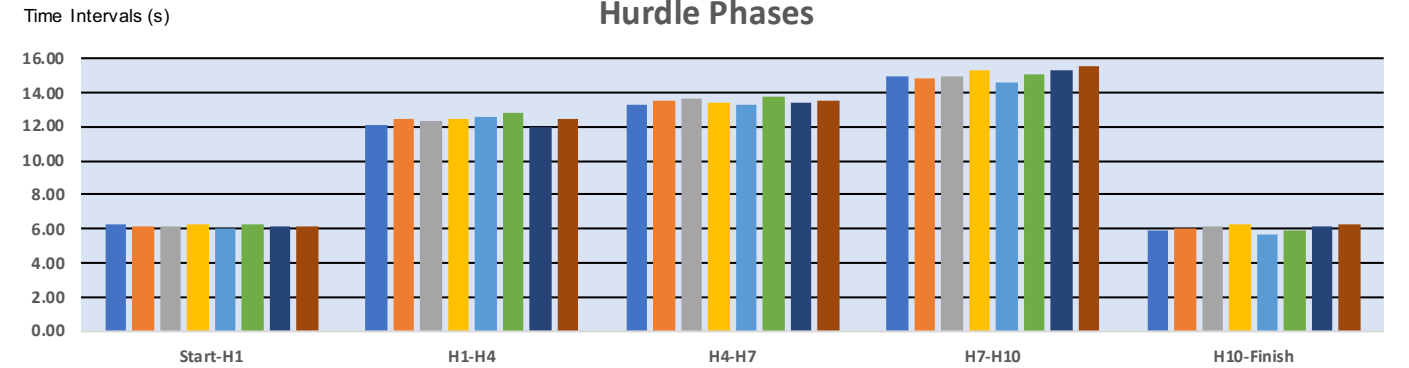
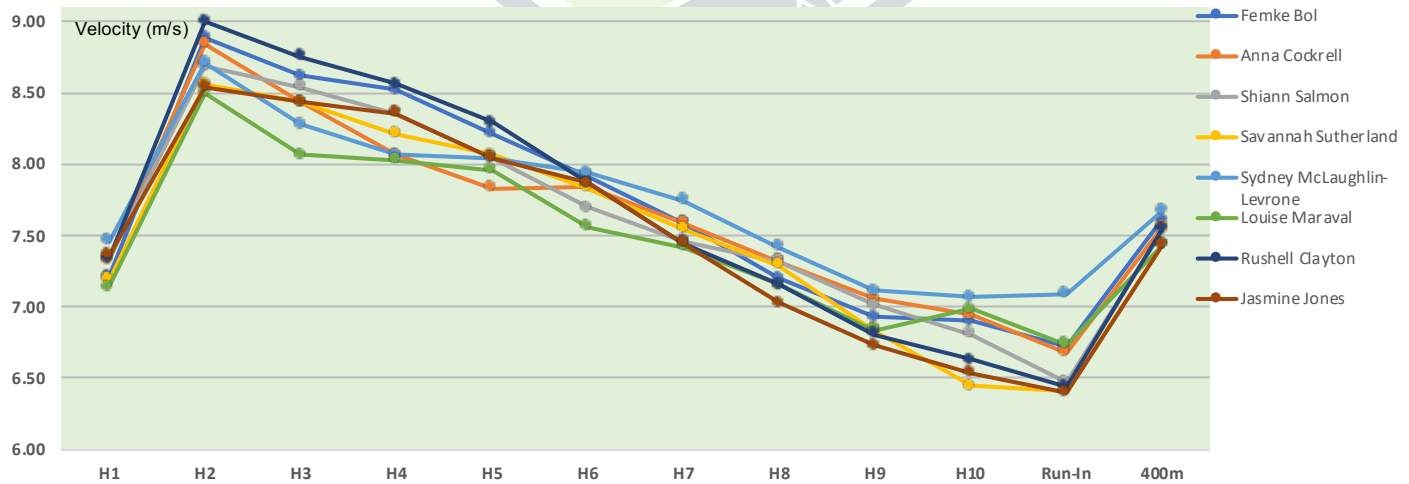
Semi-Final 2

		H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	400m	Lane / Place	H1-H4	H4-H7	H7-H10
		6.03	10.05	14.28	18.62	22.97	27.38	31.90	36.62	41.54	46.49		52.13	7 / 1			
McLaughlin-Levrone, Sydney (USA) (2001)	time	6.03															
	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
Maraval, Louise (FRA) (2001)	H1 lead leg	R	22	14	15	15	14	14	15	16	15	18	172				
	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
Maraval, Louise (FRA) (2001)	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	16	16	17	17	17	20	186				
	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															

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
		6.13	10.02	14.02	18.11	22.33	26.78	31.48	36.37	41.51	46.79		53.00	5 / 1			
Clayton, Rushell (JAM) (1992)	time	6.13															
	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
Jones, Jasmine (USA) (2001)	H1 lead leg	L	22	14	14	14	15	15	15	16	16	19	174				
	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
Jones, Jasmine (USA) (2001)	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	15	15	16	16	19	173				
	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															



Source: Paris 2024 Olympic Games - Results Book (2024), p. 570-572
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	12.51	13.67	15.09				
	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								
	H1 lead leg	R														8.39	7.68	6.96				
	strides		22	14	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	12.72	14.09	16.13				
	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									
	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								
		H1 lead leg	R																	8.25	7.45	6.51
		strides		23	15	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	12.79	13.65	15.03
	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					
	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				
	H1 lead leg	R																
	strides		22	13	13	14	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	12.31	13.49	15.16
	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					
	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				
Salmon, Shiann (JAM) (1999)															8 / 2	12.57	13.83	15.15
	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					
	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				
	H1 lead leg	L																
	strides		22	15	14	14	14	15	15	16	16	16	20	177				

Date 2024.08.04

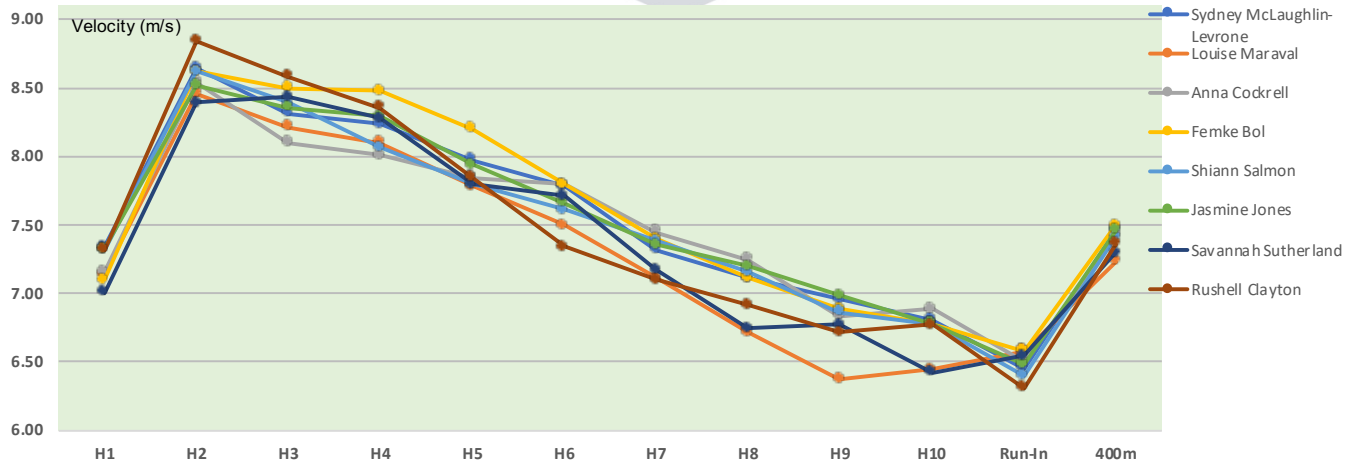
Heat 2

			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	12.52	13.74	15.03
	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					
	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				
Sutherland, Savannah (CAN) (2003)															3 / 3	12.55	13.91	15.81
	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					
	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				
	H1 lead leg	R																
	strides		23	15	15	15	15	15	16	16	16	17	20	183				

Date 2024.08.04

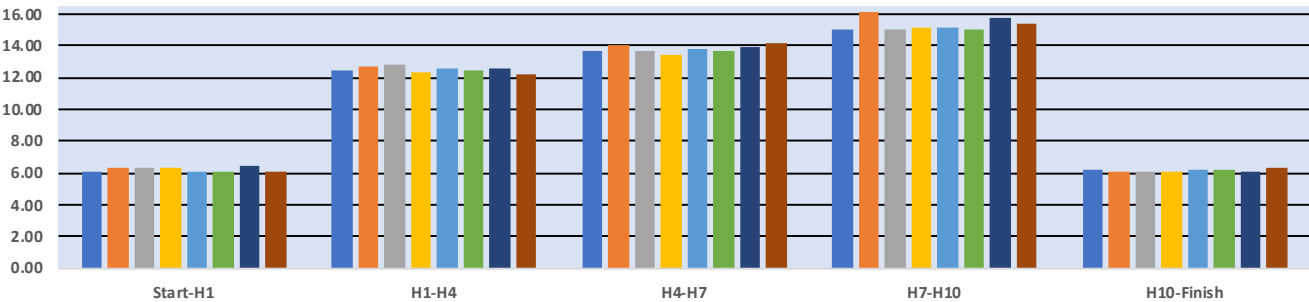
Heat 1

			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	12.23	14.16	15.44
	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					
	velocity		7.32	8.84	8.58	8.35	7.85	7.34	7.10	6.92	6.77	6.31	7.36					
	H1 lead leg	L																
	strides		22	14	14	14	15	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

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

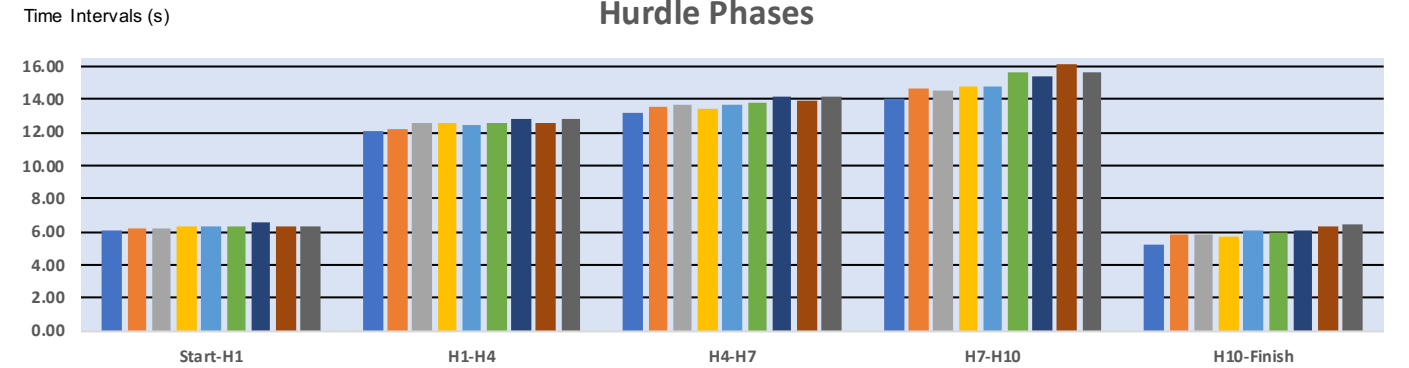
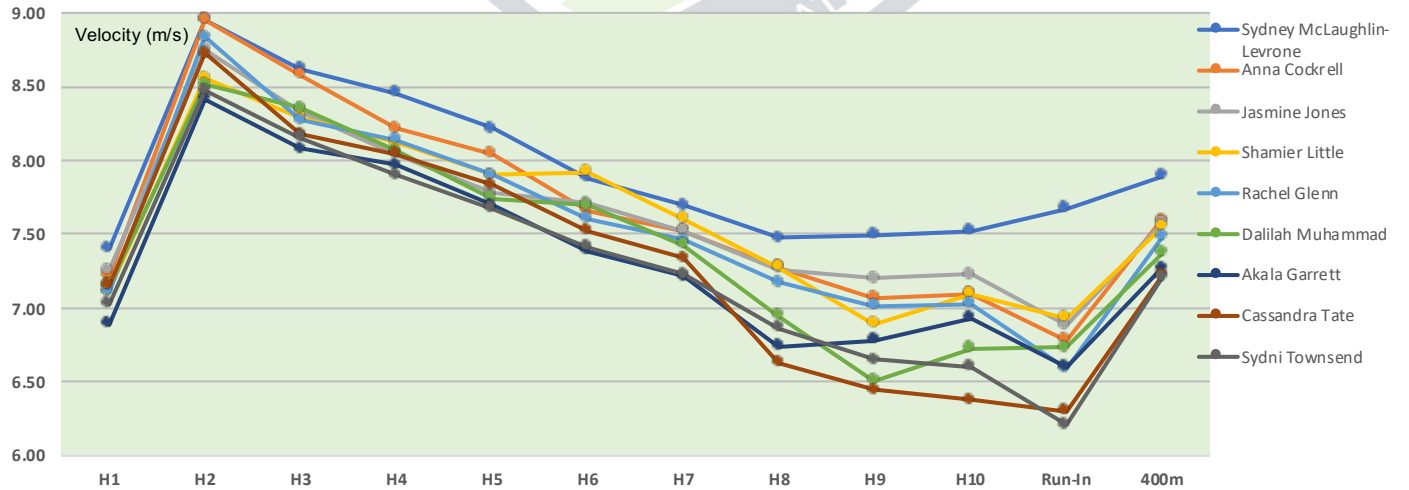
2024 USA Olympic Trials (Eugene, OR)

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
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	12.11	13.25	14.00
	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				
	H1 lead leg	R	22	14	14	14	14	15	15	15	15	15	18	171				
Cockrell, Anna (USA) (1997)	(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	12.25	13.57	14.69
	reaction time	interval		3.91	4.08	4.26	4.35	4.57	4.65	4.81	4.95	4.93	5.90	PB				
		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				
	H1 lead leg	R	22	14	14	14	14	15	15	15	15	15	19	172				
Jones, Jasmine (USA) (2001)	(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	12.55	13.69	14.52
	reaction time	interval		4.00	4.20	4.35	4.50	4.54	4.65	4.82	4.86	4.84	5.81	PB				
		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				
	H1 lead leg	R		14	15	14	15	15	15	15	15	15	18.2	151.2				
Little, Shamier (USA) (1995)	(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	12.62	13.45	14.82
	reaction time	interval		4.09	4.22	4.31	4.43	4.42	4.60	4.81	5.08	4.93	5.77					
		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				
	H1 lead leg	R	23	15	15	15	15	15	15	15	16	16	19.2	179.2				
Glenn, Rachel (USA) (2002)	(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	12.49	13.72	14.85
	reaction time	interval		3.96	4.23	4.30	4.43	4.60	4.69	4.88	4.99	4.98	6.07	PB				
		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				
	H1 lead leg	R	21	14	14	14	14	14	14	15	15	15	18.7	168.7				
Muhammad, Dalilah (USA) (1990)	(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	12.64	13.78	15.62
	reaction time	interval		4.11	4.19	4.34	4.52	4.55	4.71	5.04	5.38	5.20	5.94					
		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				
	H1 lead leg	R		15	15	15	15	15	15	15	16	16	19.2	156.2				
Garrett, Akala (USA) (2005)	(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	12.88	14.14	15.40
	reaction time	interval		4.16	4.33	4.39	4.55	4.74	4.85	5.19	5.16	5.05	6.06					
		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				
	H1 lead leg	R	23	15	15	15	15	15	16	16	17	17	19.5	183.5				
Tate, Cassandra (USA) (1990)	(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	12.64	13.89	16.20
	reaction time	interval		4.01	4.28	4.35	4.47	4.65	4.77	5.28	5.43	5.49	6.35					
		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				
	H1 lead leg	R	22	14	14	15	15	15	16	16	16	17	20	180				
Townsend, Sydni (USA) (2000)	(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	12.85	14.12	15.66
	reaction time	interval		4.13	4.29	4.43	4.56	4.72	4.84	5.10	5.26	5.30	6.44					
		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				
	H1 lead leg	L	23	16	16	16	16	17	17	17	17	18	22.5	195.5				



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=5W.lswSOsqYw>

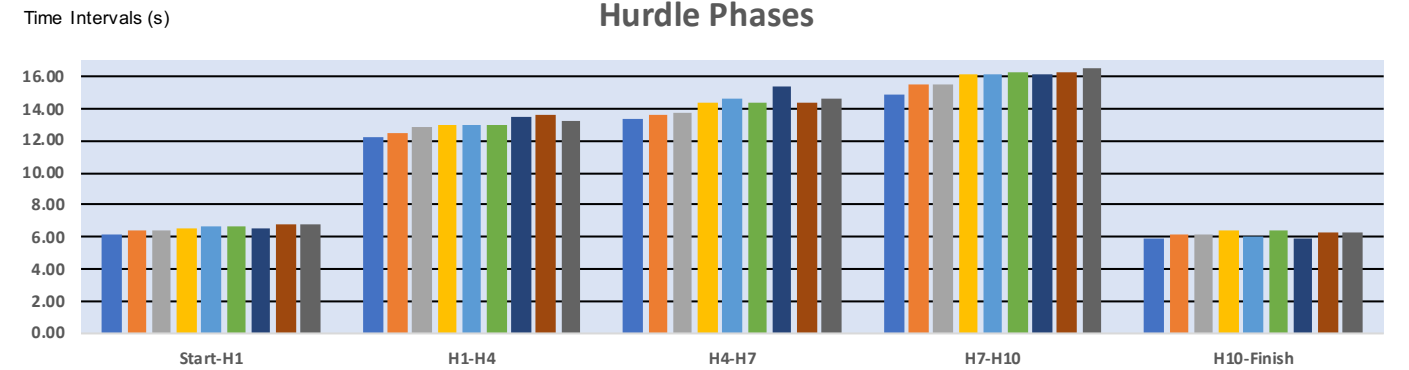
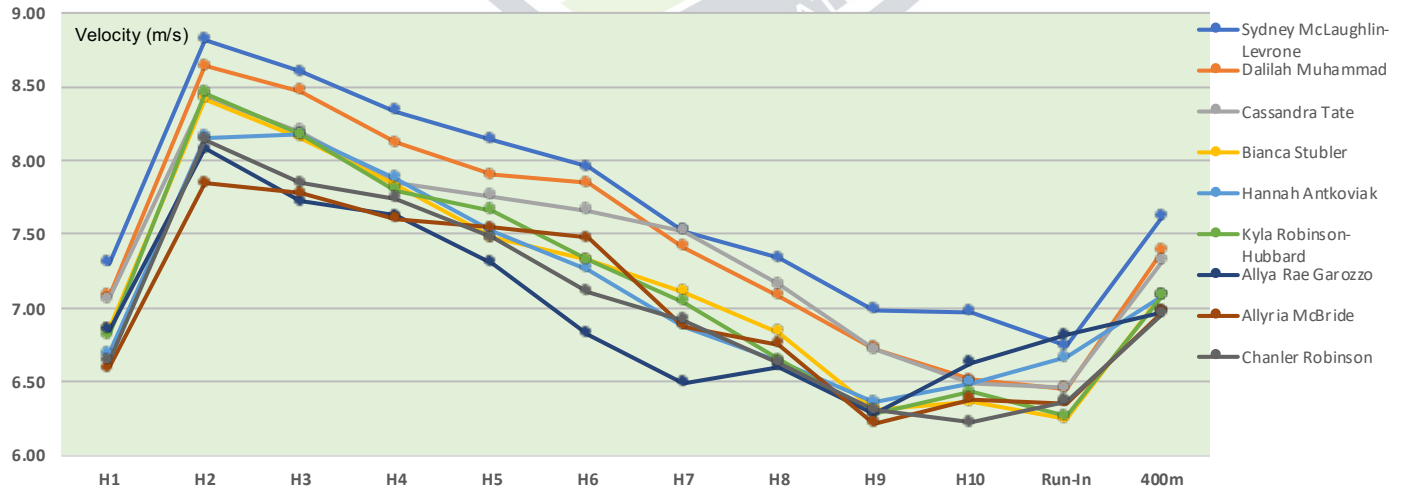
2024 USA Olympic Trials (Eugene, OR)

Women's 400m Hurdles

Date 2024.06.29

Semi-Final 1

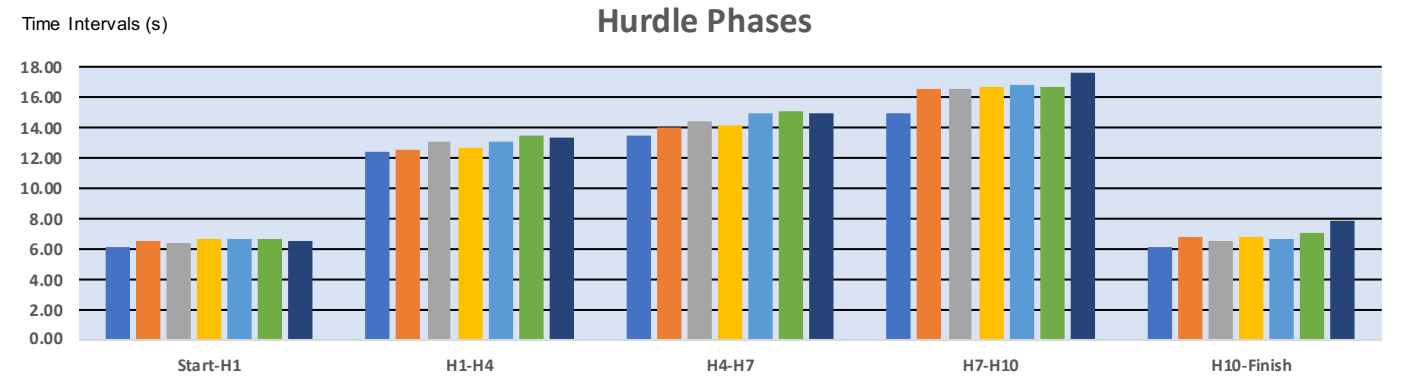
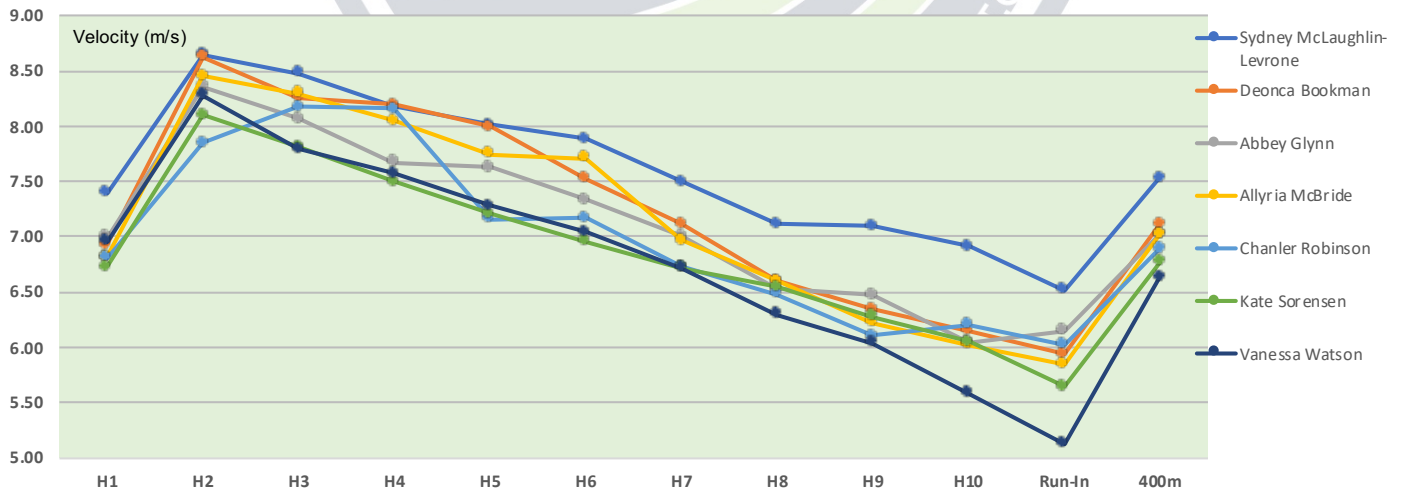
				H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	400m	Lane / Place	H1-H4	H4-H7	H7-H10
McLaughlin-Levrone, Sydney (USA)	(time reaction time interval velocity strides	6.16 3.97 7.31 22	10.13 4.07 8.82 14	14.20 4.07 8.60 14	18.40 4.20 8.33 14	22.70 4.30 8.14 14	27.10 4.40 7.95 15	31.75 4.65 7.53 15	36.52 4.77 7.34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



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=4Obn6YvfHQ>

Women's 400m Hurdles														Heat 1				
Date 2024.06.27																		
			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	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																	
	velocity																	
Bookman, Deonca (USA) (1995)			7.40	8.64	8.47	8.18	8.01	7.88	7.49	7.11	7.10	6.92	6.51	7.54	3 / 2	12.46	13.48	14.91
	H1 lead leg	R														8.43	7.79	7.04
	strides		22	14	14	14	14	15	15	15	15	16	18	172				
Glynn, Abbey (USA) (2001)	(time		6.49	10.55	14.79	19.06	23.44	28.09	33.01	38.31	43.83	49.52		56.25	4 / 3			
	reaction time																	
	interval																	
	velocity																	
Glynn, Abbey (USA) (2001)			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 / 4	12.57	13.95	16.51
	H1 lead leg	R														8.35	7.53	6.36
	strides		24	16	16	16	16	17	17	18	19	19	5.94	7.11				
McBride, Allyria (USA) (2004)	(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																	
	velocity																	
McBride, Allyria (USA) (2004)			7.00	8.35	8.06	7.68	7.63	7.34	7.00	6.53	6.47	6.04	6.15	7.02	9 / 5	13.09	14.36	16.56
	H1 lead leg	L														8.02	7.31	6.34
	strides		21	15	15	15	15	15	15	15	16	16	6.15	7.02				
Robinson, Chanler (USA) (2001)	(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																	
	velocity																	
Robinson, Chanler (USA) (2001)			6.82	8.45	8.29	8.05	7.74	7.71	6.97	6.60	6.23	6.02	5.85	7.02	9 / 5	12.71	14.08	16.73
	H1 lead leg	L														8.26	7.46	6.28
	strides		23	15	15	15	15	16	16	16	16	16	5.85	7.02				
Sorensen, Kate (USA) (1999)	(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																	
	velocity																	
Sorensen, Kate (USA) (1999)			6.81	7.85	8.18	8.16	7.16	7.17	6.73	6.48	6.11	6.21	6.02	6.89	5 / 6	13.03	14.97	16.77
	H1 lead leg	R														8.06	7.01	6.26
	strides		25	16	15	16	16	16	16	17	17	17	6.02	6.89				
Watson, Vanessa (USA) (2001)	(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																	
	velocity																	
Watson, Vanessa (USA) (2001)			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 / 7	13.47	15.10	16.70
	H1 lead leg	R														7.80	6.95	6.29
	strides		22	15	15	15	16	16	17	17	17	18	5.65	6.78				
Watson, Vanessa (USA) (2001)	(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																	
	velocity																	
Watson, Vanessa (USA) (2001)			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 / 7	13.34	14.99	17.62
	H1 lead leg	R														7.87	7.00	5.96
	strides		24	16	16	16	16	17	17	17	18	19	5.13	6.64				



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

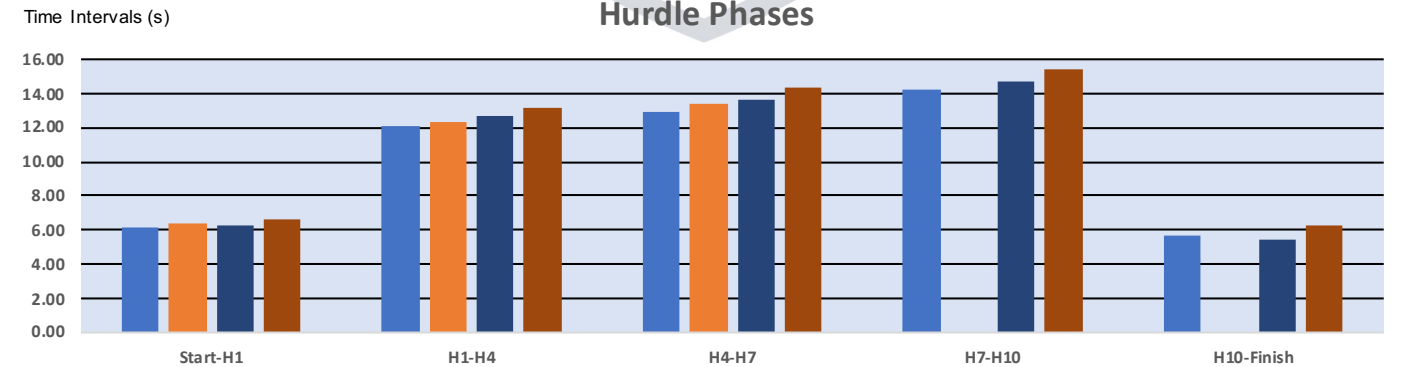
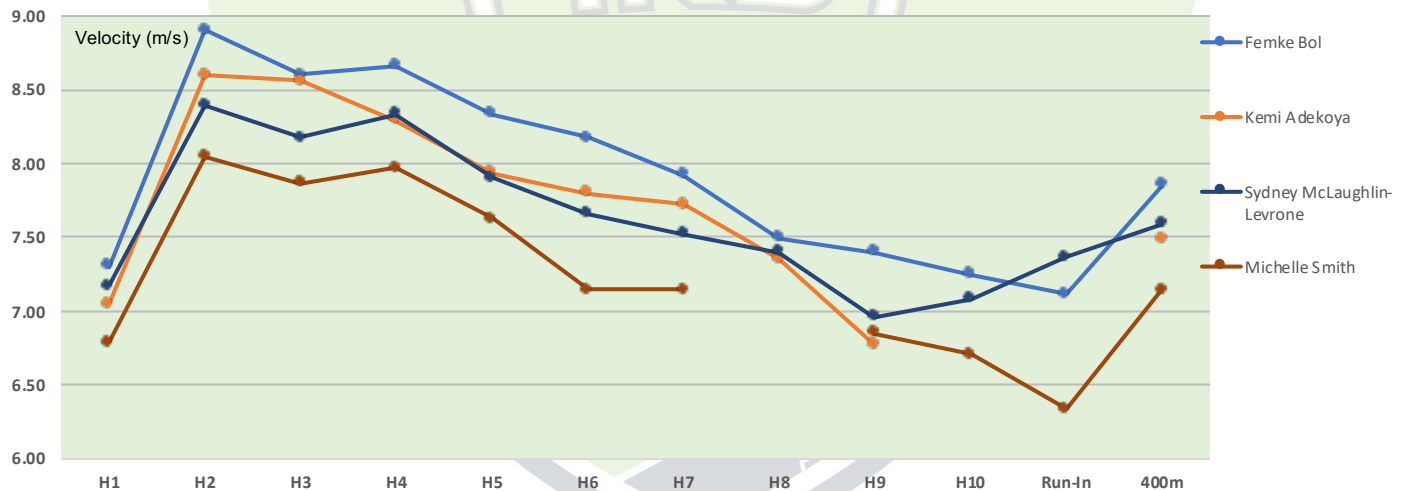
			H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	400m	Lane / Place	H1-H4	H4-H7	H7-H10
Bol, Femke (NED) (2000)	time		6.16	10.09	14.16	18.20	22.40	26.68	31.10	35.77	40.50	45.33		50.95	4 / 1	12.04	12.90	14.23
	reaction time			3.93	4.07	4.04	4.20	4.28	4.42	4.67	4.73	4.83	5.62	AR				
	interval																	
	velocity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

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
McLaughlin-Levrone, Sydney (USA)	time		6.27	10.44	14.72	18.92	23.35	27.92	32.57	37.30	42.33	47.27		52.70	6 / 1	12.65	13.65	14.70
	reaction time			4.17	4.28	4.20	4.43	4.57	4.65	4.73	5.03	4.94	5.43					
	interval																	
	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				
Smith, Michelle (ISV) (2006)	H1 lead leg	R	22	15	15	15	15	15	15	15	16	16	18	177	7 / 2	13.19	14.39	15.44
	strides																	
	time		6.63	10.98	15.43	19.82	24.41	29.31	34.21		44.43	49.65		55.96				
	reaction time			4.35	4.45	4.39	4.59	4.90	4.90		10.22	5.22	6.31	NR PB				
	interval														6.34	7.15	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	23	15	15	15	15	16	16			17		132				
	strides																	



Resisprint International
Evaluated with: ObjectusVideo
Quality & Frame Rate: 1920 x 1080 @ 30fps
Timing From: First Movement
Source: https://www.youtube.com/watch?v=L_IH7F5oO4y8&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=a_phiAo10GE&pp=ygUJmMjAyNCBzYyBpbHltcGllIERyaWEscyB0cmFjayBhbmQzZmllbGQ%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		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	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
Jones, Jasmine (USA)	time	2.50	3.53	4.52	5.52	6.53	7.53	8.53	9.55	10.58	11.61		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	5.10	8.25	8.50	8.67	8.76	8.50	8.67	8.42	8.42	8.50	8.90		8.47	8.64	8.44
		velocity	5.10	8.25	8.50	8.67	8.76	8.50	8.67	8.42	8.42	8.50	8.90		8.47	8.64	8.44

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																
	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
	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	1.04	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	8.75	7.84		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	8.75	7.84		8.28	8.59	8.50

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

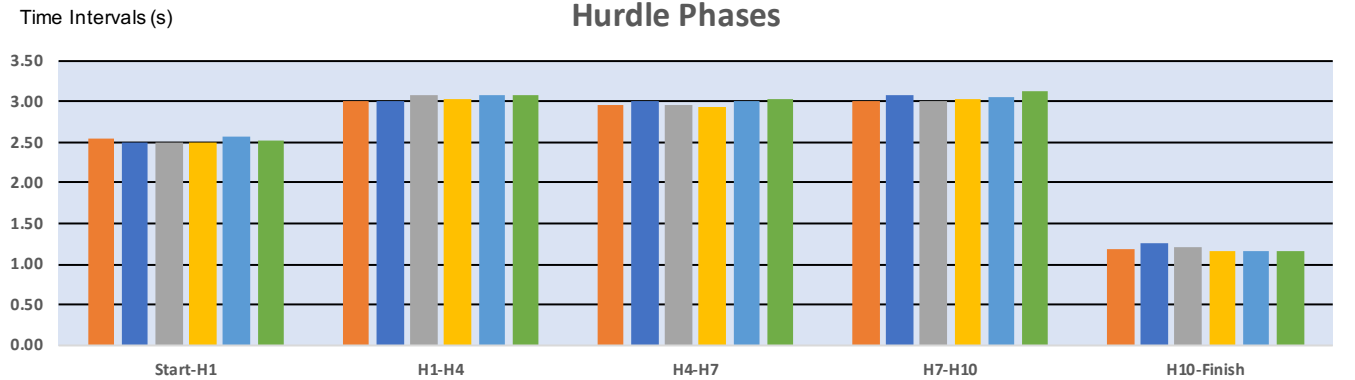
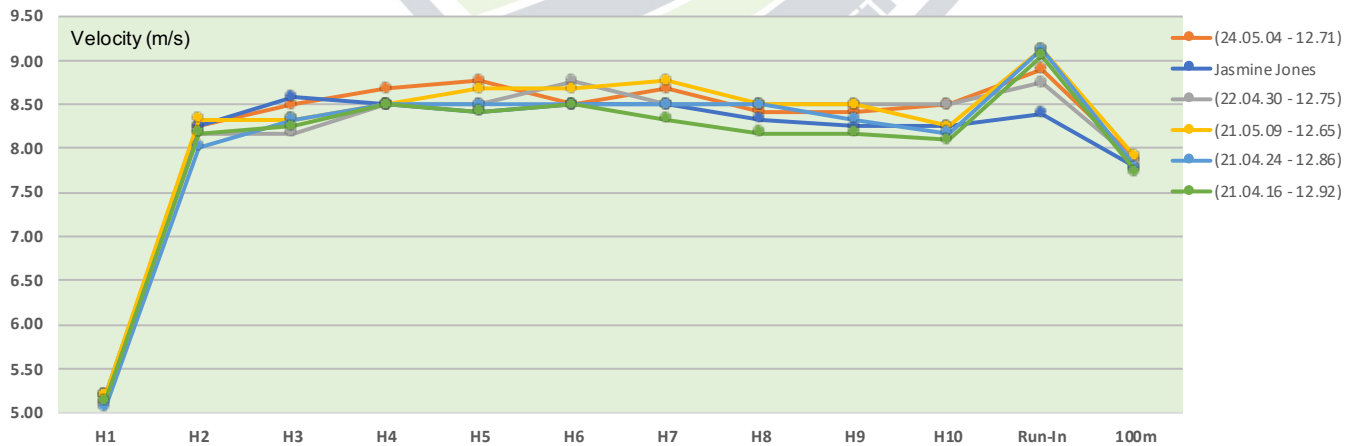
100m Hurdles		Date: 2021.05.09										Wind: 2.0 m/s		FINAL			
		H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	100m	Lane/Place	H1-H4	H4-H7	H7-H10
McLaughlin, Sydney (USA) (1999)	time	2.50	3.52	4.54	5.54	6.52	7.50	8.47	9.47	10.47	11.50		12.65	2 / 5			
	reaction time	0.175															
	interval	7 steps	1.02	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
	time	2.50	3.52	4.54	5.54	6.52	7.50	8.47	9.47	10.47	11.50		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	8.76	8.50	8.50	8.25	9.13	7.91		8.39	8.70	8.42
		velocity	5.20	8.33	8.33	8.50	8.67	8.76	8.50	8.50	8.25	9.13	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		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																
	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
	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																
	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	8.33	8.17	9.13	7.78		8.28	8.50	8.33
		velocity	5.06	8.02	8.33	8.50	8.50	8.50	8.50	8.33	8.17	9.13	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		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																
	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
	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																
	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	8.10	9.05	7.74		8.31	8.42	8.15
		velocity	5.14	8.17	8.25	8.50	8.42	8.50	8.33	8.17	8.10	9.05	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>