

Start list			400mH		Time: 13:03	
Lane	Athlete	Nat	NR	PB	SB	
1	Georganne MOLINE	USA	52.47	53.14	54.86	
2	Shamier LITTLE	USA	52.47	52.75	55.60	
3	Ashley SPENCER	USA	52.47	53.11	55.22	
4	Dalilah MUHAMMAD	USA	52.47	52.64	53.77	
5	Janieve RUSSELL	JAM	52.42	53.78	53.78	
6	Zuzana HEJNOVÁ	CZE	52.83	52.83		
7	Sage WATSON	CAN	54.39	54.52	55.23	
8	Cassandra TATE	USA	52.47	54.01	55.14	

### Medal Winners

#### 2017 - London IAAF World Ch. in Athletics

1.	Kori CARTER (USA)	53.07
2.	Dalilah MUHAMMAD (USA)	53.50
3.	Ristananna TRACEY (JAM)	53.74

#### 2016 - Rio de Janeiro Olympic Games

1.	Dalilah MUHAMMAD (USA)	53.13
2.	Sara Slott PETERSEN (DEN)	53.55
3.	Ashley SPENCER (USA)	53.72

#### 2015 - Beijing IAAF World Ch.

1.	Zuzana HEJNOVÁ (CZE)	53.50
2.	Shamier LITTLE (USA)	53.94
3.	Cassandra TATE (USA)	54.02

#### 2015 - Toronto Pan American Games

1.	Shamier LITTLE (USA)	55.50
2.	Sarah-Lynn WELLS (CAN)	56.17
3.	Déborah RODRÍGUEZ (URU)	56.41

#### 2013 - Moskva IAAF World Ch.

1.	Zuzana HEJNOVÁ (CZE)	52.83
2.	Dalilah MUHAMMAD (USA)	54.09
3.	Lashinda DEMUS (USA)	54.27

#### 2012 - London Olympic Games

1.	Natalya ANTYUKH (RUS)	52.70
2.	Lashinda DEMUS (USA)	52.77
3.	Zuzana HEJNOVÁ (CZE)	53.38

#### 2011 - Guadalajara Pan American Games

1.	Princesa María OLIVEROS (COL)	56.26
2.	Lucy María JARAMILLO (ECU)	56.95
3.	Yolanda OSANA VALERIO (DOM)	57.08

#### 2011 - Daegu IAAF World Ch.

1.	Lashinda DEMUS (USA)	52.47
2.	Melaine WALKER (JAM)	52.73
3.	Natalya ANTYUKH (RUS)	53.85

#### 2009 - Berlin IAAF World Ch.

1.	Melaine WALKER (JAM)	52.42
2.	Lashinda DEMUS (USA)	52.96
3.	Josanne LUCAS (TTO)	53.20

#### 2008 - Beijing Olympic Games

1.	Melaine WALKER (JAM)	52.64
2.	Sheena JOHNSON-TOSTA (USA)	53.70
3.	Tasha DANVERS-SMITH (GBR)	53.84

### Road To The Final

1	Dalilah MUHAMMAD (USA)	8
2	Janieve RUSSELL (JAM)	7
3	Sage WATSON (CAN)	6
4	Wenda NEL (RSA)	5
5	Joanna LINKIEWICZ (POL)	4
6	Leah NUGENT (JAM)	3
7	Xia XIAO (CHN)	2
8	Georganne MOLINE (USA)	1

### Eugene previous Winners

17	Ashley SPENCER (USA)	53.38
14	Kaliese SPENCER (JAM)	54.29
13	Zuzana HEJNOVÁ (CZE)	53.70
11	Lashinda DEMUS (USA)	53.31
10	Lashinda DEMUS (USA)	53.03
07	Melaine WALKER (JAM)	54.14
99	Andrea BLACKETT (BAR)	55.35
97	Tonja BUFORD-BAILEY (USA)	55.13
96	Tonja BUFORD-BAILEY (USA)	55.1h

### Diamond League 2018

#### Shanghai IAAF Diamond League

1.	Dalilah MUHAMMAD (USA)	53.77
2.	Janieve RUSSELL (JAM)	53.78
3.	Sage WATSON (CAN)	55.23

### Records

WR	52.34	Yuliya NOSOVA-PECHONKINA	RUS	Tula	08.08.03
AR	52.42	Melaine WALKER	JAM	Berlin	20.08.09
NR	52.47	Lashinda DEMUS	USA	Daegu	01.09.11
WJR	53.82	Sydney MCLAUGHLIN	USA	Sacramento	25.06.17
WJR	53.60	Sydney MCLAUGHLIN	USA	Fayetteville	27.04.18
WJR	52.75	Sydney MCLAUGHLIN	USA	Knoxville	13.05.18
MR	53.03	Lashinda DEMUS	USA		03.07.10
DLR	52.79	Kaliese SPENCER	JAM	London	05.08.11
SB	52.75	Sydney MCLAUGHLIN	USA	Knoxville	13.05.18

### 2018 World Outdoor list

52.75	Sydney MCLAUGHLIN	USA	Knoxville	13.05.18
53.77	Dalilah MUHAMMAD	USA	Shanghai	12.05.18
53.78	Janieve RUSSELL	JAM	Shanghai	12.05.18
54.61	Wenda NEL	RSA	Gold Coast	10.04.18
54.80	Elidh DOYLE	GBR	Gold Coast	10.04.18
54.86	Georganne MOLINE	USA	Des Moines, IA	28.04.18
55.01	Glory Onome NATHANIEL	NGR	Gold Coast	10.04.18
55.02	Rhonda WHYTE	JAM	Gold Coast	12.04.18
55.05	Zeney VAN DER WALT	RSA	Pretoria	17.03.18
55.14	Cassandra TATE	USA	Des Moines, IA	28.04.18
55.15	Sparkle MCKNIGHT	TTO	Gold Coast	10.04.18
55.22	Ashley SPENCER	USA	Des Moines, IA	28.04.18
55.23	Sage WATSON	CAN	Shanghai	12.05.18
55.37	Leah NUGENT	JAM	Kingston	19.05.18
55.50	Rushell CLAYTON	JAM	Kingston	19.05.18
55.53	Robine SCHÜRMANN	SUI	Basel	21.05.18
55.60	Shamier LITTLE	USA	Baton Rouge, LA	28.04.18
55.66	Ristananna TRACEY	JAM	Gold Coast	10.04.18
55.69	Katrina SEYMOUR	BAH	Gold Coast	10.04.18
55.73	Lauren WELLS	AUS	Gold Coast	10.04.18

### All-Time World Outdoor list

52.34	Yuliya NOSOVA-PECHONKINA	RUS	Tula	08.08.03
52.42	Melaine WALKER	JAM	Berlin	20.08.09
52.47	Lashinda DEMUS	USA	Daegu	01.09.11
52.61	Kim BATTEN	USA	Göteborg	11.08.95
52.62	Tonja BUFORD-BAILEY	USA	Göteborg	11.08.95
52.64	Dalilah MUHAMMAD	USA	Sacramento	25.06.17
52.70	Natalya ANTYUKH	RUS	London	08.08.12
52.74	Sally GUNNELL	GBR	Stuttgart	19.08.93
52.75	Shamier LITTLE	USA	Sacramento	25.06.17
52.75	Sydney MCLAUGHLIN	USA	Knoxville	13.05.18
52.77	Fani CHALKIA	GRE	Athina	22.08.04
52.79	Sandra FARMER-PATRICK	USA	Stuttgart	19.08.93
52.79	Kaliese SPENCER	JAM	London	05.08.11
52.82	Deon HEMMINGS	JAM	Atlanta, GA	31.07.96
52.83	Zuzana HEJNOVÁ	CZE	Moskva	15.08.13
52.89	Daimí PERNÍA	CUB	Sevilla	25.08.99
52.90	Nezha BIDOUEANE	MAR	Sevilla	25.08.99
52.94	Marina MAKEYEVA	URS	Tashkent	17.09.86
52.95	Sheena JOHNSON-TOSTA	USA	Sacramento	11.07.04
52.95	Kori CARTER	USA	Sacramento	25.06.17

### WR progression

52.34	Yuliya NOSOVA-PECHONKINA	RUS	Tula	08.08.03
52.61	Kim BATTEN	USA	Göteborg	11.08.95
52.74	Sally GUNNELL	GBR	Stuttgart	19.08.93
52.94	Marina MAKEYEVA	URS	Tashkent	17.09.86
53.32	Marina MAKEYEVA	URS	Stuttgart	30.08.86
53.55	Sabine BUSCH	GDR	Berlin	22.09.85
53.58	Margarita PONOMARYOVA	URS	Kiev	22.06.84
54.02	Anna KASTETSKAYA	URS	Moskva	11.06.83
54.28	Karin ROSSLEY	GDR	Jena	17.05.80
54.78	Marina MAKEYEVA	URS	Moskva	27.07.79
54.89	Tatyana ZELENTOVA	URS	Praha	02.09.78
55.31	Tatyana ZELENTOVA	URS	Podolsk	19.08.78
55.44	Krystyna KACPERCZYK	POL	Berlin	18.08.78
55.63	Karin ROSSLEY	GDR	Helsinki	13.08.77
55.74	Tatyana STOROZHEVA	URS	Karl Marx Stadt	26.06.77
56.51	Krystyna KACPERCZYK	POL	Augsburg	13.07.74

## Georganne MOLINE

Lane 1

USA - 06.03.90 - Age: 28 years 81 days

**SB: 54.86** Des Moines, IA (USA) 28.04 | **PB: 53.14** Sacramento (USA) 25.06.17 (23rd A-T) |

World Rankings: 17th

### Personal bests

Event	Result	Venue	Date
60m ind.	7.64	Flagstaff, AZ (USA)	12.01.13
200m	23.37	Walnut (USA)	19.04.13
200m ind.	23.23	Lubbock, TX (USA)	10.02.18
400m	51.93	Tucson, AZ (USA)	18.03.17
400m ind.	51.39	Lubbock, TX (USA)	09.02.18
500m ind.	1:08.84	New York, NY (USA)	30.01.15
600m	1:27.84	Tucson, AZ (USA)	12.02.16
600m ind.	1:26.70	Albuquerque, NM (USA)	12.02.16
800m	2:09.58	Tucson, AZ (USA)	15.01.11
800m ind.	2:18.14	Nampa, ID (USA)	15.01.11
<b>400mH</b>	<b>53.14</b>	<b>Sacramento (USA)</b>	<b>25.06.17</b>
4x100m	45.35	Tucson, AZ (USA)	01.05.10
4x400m	3:31.06	Des Moines, IA (USA)	07.06.12
4x400m ind.	3:23.85	Birmingham (GBR)	04.03.18

### Records

Record	Result	Event	Venue	Date
AR	3:23.85	4x400m ind.	Birmingham (GBR)	04.03.18

### Honours

#### Olympic Games

Pl.	Event	Competition	Date
5.	400mH	London Olympic Games	08.08.12

#### World Indoor Championships

Pl.	Event	Competition	Date
1.	4x400m ind.	Birmingham IAAF World Indoor Ch.	04.03.18

#### Further honours

1x Diamond League meeting winner

### Progression

Year	Result	Venue	Date
18	54.86	Des Moines, IA (USA)	28.04.18
17	53.14	Sacramento (USA)	25.06.17
16	53.97	Tucson, AZ (USA)	21.05.16
15	54.24	London (GBR)	24.07.15
14	54.00	Sacramento (USA)	29.06.14
13	53.72	Eugene (USA)	07.06.13
12	53.92	London (GBR)	08.08.12
11	57.41	Tucson, AZ (USA)	02.04.11
10	57.88	Austin, TX (USA)	28.05.10

### Outdoor Results in 2018

Event	Date	Venue	Ht.	Pl.	Result
200m	28.04	Torrance	F 1	3.	23.80
<b>400mH</b>	<b>28.04</b>	<b>Des Moines, IA</b>	<b>F</b>	<b>1.</b>	<b>54.86</b>
400mH	12.05	Shanghai	F	8.	59.51

## Shamier LITTLE

Lane 2

USA - 20.03.95 - Age: 23 years 67 days

**SB: 55.60** Baton Rouge, LA (USA) 28.04 | **PB: 52.75** Sacramento (USA) 25.06.17 (9th A-T) |

World Rankings: 11th

### Personal bests

Event	Result	Venue	Date
60m ind.	7.65	Ostrava (CZE)	14.02.17
200m	23.12	Prairie View (USA)	24.03.18
200m ind.	23.48	College Station (USA)	07.02.15
300m ind.	36.98	College Station (USA)	02.02.18
400m	50.40	London (GBR)	09.07.17
400m ind.	51.74	Birmingham, AL (USA)	12.03.16
60mH ind.	8.43	College Station (USA)	08.02.14
100mH	13.77	Baton Rouge, LA (USA)	03.05.14
100mH (0.76/8.50)	14.14	Myrtle Beach, SC (USA)	28.06.11
300mH	42.29	Charleston (USA)	18.05.13
<b>400mH</b>	<b>52.75</b>	<b>Sacramento (USA)</b>	<b>25.06.17</b>
4x100m	43.72	Austin, TX (USA)	28.03.15
4x200m	1:30.21	Philadelphia (USA)	26.04.14
4x400m	3:25.63	Eugene (USA)	14.06.14
4x400m ind.	3:31.31	Albuquerque, NM (USA)	15.03.14
Distance Medley ind.	11:33.65	Fayetteville (USA)	31.01.14

### Honours

#### World Championships

Pl.	Event	Competition	Date
2.	400mH	Beijing IAAF World Championships	26.08.15

### World U20 Championships

Pl.	Event	Competition	Date
1.	4x400m	Eugene IAAF World Junior Championships	27.07.14
1.	400mH	Eugene IAAF World Junior Championships	26.07.14

### Pan American Games

Pl.	Event	Competition	Date
1.	4x400m	Toronto Pan American Games	25.07.15
1.	400mH	Toronto Pan American Games	22.07.15

#### Further honours

1x Diamond League meeting winner  
3x NCAA champion  
1x National champion

### Progression

Year	Result	Venue	Date
18	55.60	Baton Rouge, LA (USA)	28.04.18
17	52.75	Sacramento (USA)	25.06.17
16	53.51	Eugene (USA)	11.06.16
15	53.74	Eugene (USA)	13.06.15
14	55.07	Eugene (USA)	13.06.14
13	58.80	Philadelphia (USA)	25.04.13
12	57.44	Bloomington, IN (USA)	16.06.12
11	57.83	New Orleans, LA (USA)	03.08.11

### Outdoor Results in 2018

Event	Date	Venue	Ht.	Pl.	Result
200m	24.03	Prairie View	F	3.	23.12
4x400m	31.03	Austin, TX	F	1.	3:26.16
400m	21.04	St. George's	F	1.	51.45
<b>400mH</b>	<b>28.04</b>	<b>Baton Rouge, LA</b>	<b>F1</b>	<b>1.</b>	<b>55.60</b>

## Ashley SPENCER

Lane 3

USA - 08.06.93 - Age: 24 years 352 days

**SB: 55.22** Des Moines, IA (USA) 28.04 | **PB: 53.11** Sacramento (USA) 25.06.17 (21st A-T) | World

Rankings: 5th

### Personal bests

Event	Result	Venue	Date
55m ind.	7.49	Angola, IN (USA)	09.03.13
60m ind.	7.42	Champaign, IL (USA)	19.01.13
100m	11.34	Lubbock, TX (USA)	17.05.14
200m	22.92	Waco (USA)	19.04.14
200m ind.	22.94	Lincoln (USA)	04.02.17
300m ind.	36.27	New York, NY (USA)	11.02.17
400m	50.28	Eugene (USA)	07.06.13
400m ind.	51.27	Fayetteville (USA)	09.03.13
60mH ind.	8.80	Champaign, IL (USA)	14.01.12
100mH	14.40	Bloomington, IN (USA)	03.06.11
300mH	42.11	Bloomington, IN (USA)	03.06.11
<b>400mH</b>	<b>53.11</b>	<b>Sacramento (USA)</b>	<b>25.06.17</b>
4x100m	43.54	Lubbock, TX (USA)	18.05.14
4x200m	1:30.26	Philadelphia (USA)	26.04.14
4x400m	3:20.41	Moskva (RUS)	17.08.13
4x400m ind.	3:26.38	Portland, OR (USA)	20.03.16

### Honours

#### Olympic Games

Pl.	Event	Competition	Date
3.	400mH	Rio de Janeiro Olympic Games	18.08.16

#### World Championships

Pl.	Event	Competition	Date
1.	4x400m	Moskva IAAF World Championships	17.08.13

### World Indoor Championships

Pl.	Event	Competition	Date
1.	4x400m ind.	Portland IAAF World Indoor Championships	20.03.16
2.	400m ind.	Portland IAAF World Indoor Championships	19.03.16

### IAAF World Relays

Pl.	Event	Competition	Date
1.	4x400m	Nassau IAAF World Relays	23.04.17

### World U20 Championships

Pl.	Event	Competition	Date
1.	4x400m	Barcelona IAAF World Junior Ch.	15.07.12
1.	400m	Barcelona IAAF World Junior Ch.	13.07.12

#### Further honours

2x Diamond League meeting winner  
2x NCAA champion

### Progression

Year	Result	Venue	Date
18	55.22	Des Moines, IA (USA)	28.04.18
17	53.11	Sacramento (USA)	25.06.17
16	53.72	Rio de Janeiro (BRA)	18.08.16
14	59.78	Austin, TX (USA)	12.04.14
13	56.32	Tempe, AZ (USA)	06.04.13
12	59.43	Fayetteville (USA)	21.04.12

### Outdoor Results in 2018

Event	Date	Venue	Ht.	Pl.	Result
400mH	30.03	Austin, TX	F	1.	56.43
4x400m	31.03	Austin, TX	F	1.	3:26.16
400mH	21.04	Baton Rouge, LA	F1	1.	56.44
<b>400mH</b>	<b>28.04</b>	<b>Des Moines, IA</b>	<b>F</b>	<b>4.</b>	<b>55.22</b>
400mH	19.05	Kingston	F	2.	55.23

Dalilah MUHAMMAD

Lane 4

USA - 07.02.90 - Age: 28 years 108 days

SB: 53.77 Shanghai (CHN) 12.05 | PB: 52.64 Sacramento (USA) 25.06.17 (6th A-T) | World Rankings: 1st

Personal bests

Event	Result	Venue	Date
60m ind.	7.64	Seattle, WA (USA)	30.01.10
100m	11.42	Los Angeles, CA (USA)	04.05.13
200m	23.46	Long Beach (USA)	19.04.18
400m	52.64	Palo Alto (USA)	01.04.16
400m ind.	54.07	Pocatello, ID (USA)	17.02.07
500m ind.	1:09.66	New York, NY (USA)	11.02.17
600m	1:28.85	Northridge (USA)	24.03.18
800m	2:14.90	Claremont (USA)	04.04.15
55mH ind.	8.03	Fresno (USA)	20.01.12
60mH ind.	8.23	Fayetteville (USA)	02.03.12
100mH	13.33	Austin, TX (USA)	26.05.12
400mH	52.64	Sacramento (USA)	25.06.17
High Jump	1.75	Claremont (USA)	10.04.10
4x100m	45.16	Los Angeles, CA (USA)	20.03.10
4x200m	1:36.15	Northridge (USA)	12.03.10
4x400m	3:33.22	Austin, TX (USA)	29.05.10
4x400m ind.	3:37.57	Fayetteville (USA)	02.03.12

Honours

Olympic Games

Pl.	Event	Competition	Date
1.	400mH	Rio de Janeiro Olympic Games	18.08.16

World Championships

Pl.	Event	Competition	Date
2.	400mH	London IAAF World Championships in Athletics	10.08.17
2.	400mH	Moskva IAAF World Championships	15.08.13

World U18 Championships

Pl.	Event	Competition	Date
1.	400mH	Ostrava IAAF World Youth Championships	13.07.07

Janieve RUSSELL

Lane 5

JAM - 14.11.93 - Age: 24 years 193 days

SB: 53.78 Shanghai (CHN) 12.05 | PB: 53.78 Shanghai (CHN) 12.05.18 | World Rankings: 3rd

Personal bests

Event	Result	Venue	Date
200m	23.43	Kingston (JAM)	05.05.18
400m	51.17	Kingston (JAM)	02.04.16
800m	2:11.5h	Kingston (JAM)	31.01.15
100mH	13.80	Kingston (JAM)	30.03.12
100mH (0.76/8.50)	13.72	Spanish Town (JAM)	12.03.10
400mH	53.78	Shanghai (CHN)	12.05.18
High Jump	1.80	Kingston (JAM)	07.03.09
Long Jump	6.20	Spanish Town (JAM)	12.06.10
Shot Put	10.86	Miramar (USA)	23.07.11
Javelin Throw	33.96	Kingston (JAM)	25.06.11
Heptathlon	5361	Kingston (JAM)	25.06.11
4x200m	1:32.69	Philadelphia (USA)	30.04.16
4x400m	3:24.00	Gold Coast (AUS)	14.04.18
4x400m ind.	3:32.01	Birmingham (GBR)	03.03.18
Sprint Med. 1600m	3:47.14	Philadelphia (USA)	25.04.14

Honours

Olympic Games

Pl.	Event	Competition	Date
7.	400mH	Rio de Janeiro Olympic Games	18.08.16

World Championships

Pl.	Event	Competition	Date
5.	400mH	Beijing IAAF World Championships	26.08.15

IAAF World Relays

Pl.	Event	Competition	Date
3.	4x400m	Nassau IAAF World Relays	23.04.17

World U20 Championships

Pl.	Event	Competition	Date
1.	400mH	Barcelona IAAF World Junior Ch.	14.07.12
2.	4x400m	Barcelona IAAF World Junior Ch.	15.07.12
3.	4x400m	Moncton IAAF World Junior Championships	25.07.10

Diamond Trophy winner

Year	Event
2017	400mH

Further honours

4x Diamond League meeting winner  
3x National champion

Progression

Year	Result	Venue	Date
18	53.77	Shanghai (CHN)	12.05.18
17	52.64	Sacramento (USA)	25.06.17
16	52.88	Eugene (USA)	10.07.16
15	55.76	Los Angeles, CA (USA)	09.05.15
14	58.02	Doha (QAT)	09.05.14
13	53.83	Des Moines, IA (USA)	23.06.13
12	56.19	Des Moines, IA (USA)	06.06.12
11	56.04	Des Moines, IA (USA)	06.06.11
10	57.14	Berkeley, CA (USA)	16.05.10
09	56.49	Fayetteville (USA)	11.06.09
08	57.81	Buffalo (USA)	14.06.08
07	57.09	Greensboro (USA)	16.06.07
06	58.75	Baltimore (USA)	30.07.06
05	1:01.26	Indianapolis, IN (USA)	31.07.05

Outdoor Results in 2018

Event	Date	Venue	Ht.	Pl.	Result
600m	10.03	Northridge	F1	1.	1:30.70
200m	24.03	Northridge	F1	2.	24.05
600m	24.03	Northridge	F	1.	1:28.85
400m	30.03	Palo Alto	F5	1.	52.72
200m	31.03	Palo Alto	F6	3.	24.00
200m	19.04	Long Beach	F1	2.	23.46
400mH	21.04	Torrance	F2	1.	55.25
400mH	28.04	Des Moines, IA	F	2.	55.08
400mH	12.05	Shanghai	F	1.	53.77

Commonwealth Games

Pl.	Event	Competition	Date
1.	4x400m	Gold Coast Commonwealth Games	14.04.18
1.	400mH	Gold Coast Commonwealth Games	12.04.18
3.	400mH	Glasgow Commonwealth Games	31.07.14

Pan American U20 Championships

Pl.	Event	Competition	Date
2.	Heptathlon	Miramar Pan American Junior Ch.	24.07.11

Further honours

4x Diamond League meeting winner  
1x National champion

Progression

Year	Result	Venue	Date
18	53.78	Shanghai (CHN)	12.05.18
17	54.02	London (GBR)	09.07.17
16	53.96	Roma (ITA)	02.06.16
15	54.64	Beijing (CHN)	26.08.15
14	54.75	Kingston (JAM)	27.06.14
13	56.30	Kingston (JAM)	21.06.13
12	56.62	Barcelona (ESP)	14.07.12
11	57.71	Montego Bay (JAM)	24.04.11

Outdoor Results in 2018

Event	Date	Venue	Ht.	Pl.	Result
200m	20.01	Spanish Town	F1	4.	23.82
200m	27.01	Kingston	F	3.	23.55
400mH	17.02	Kingston	F	1.	55.98
400m	17.02	Kingston	F3	1.	52.14
400mH	10.03	Kingston	F1	1.	56.43
400mH	28.03	Brisbane	F	2.	55.10
400mH	10.04	Gold Coast	H2	1.	54.01
400mH	12.04	Gold Coast	F1	1.	54.33
4x400m	14.04	Gold Coast	F1	1.	3:24.00
200m	05.05	Kingston	F	2.	23.43
400mH	12.05	Shanghai	F	2.	53.78
400mH	19.05	Kingston	F	1.	54.26

Zuzana HEJNOVÁ

Lane 6

CZE - 19.12.86 - Age: 31 years 158 days  
PB: 52.83 Moskva (RUS) 15.08.13 (14th A-T) | World Rankings: 2nd

Personal bests

Event	Result	Venue	Date
60m ind.	7.64	Chemnitz (GER)	07.01.17
100m	12.52	Sušice (CZE)	17.05.11
150m	17.66	Cheb (CZE)	02.08.13
200m	23.65	Tábor (CZE)	16.06.13
200m ind.	23.71	Praha (CZE)	17.02.13
300m	37.49	Potchefstroom (RSA)	23.01.13
300m ind.	37.80	Praha (CZE)	29.01.13
400m	51.90	Dublin (IRL)	22.06.13
400m ind.	51.27	Göteborg (SWE)	02.03.13
600m ind.	1:28.04	Praha (CZE)	23.01.15
800m ind.	2:03.40	Glasgow (GBR)	20.02.16
60mH ind.	8.24	Praha (CZE)	24.01.17
100mH	13.36	Praha (CZE)	28.06.11
200mH	25.81	Kutná Hora (CZE)	13.09.17
300mH	38.16	Cheb (CZE)	02.08.13
400mH	52.83	Moskva (RUS)	15.08.13
High Jump	1.74	Turnov (CZE)	15.05.04
High Jump ind.	1.80	Paris (FRA)	04.03.11
Long Jump	5.76	Praha (CZE)	05.06.07
Long Jump ind.	5.96	Praha (CZE)	16.02.11
Shot Put	10.57	Hengelo (NED)	03.07.04
Shot Put ind.	12.11	Paris (FRA)	04.03.11
Javelin Throw	36.11	Vila Real de Santo António (POR)	29.05.10
Pentathlon ind.	4453	Paris (FRA)	04.03.11
4x100m	46.45	Praha (CZE)	19.05.18
4x400m	3:26.01	Daegu (KOR)	02.09.11
4x400m ind.	3:28.49	Göteborg (SWE)	03.03.13

Honours

Olympic Games

Pl.	Event	Competition	Date
3.	400mH	London Olympic Games	08.08.12
4.	400mH	Rio de Janeiro Olympic Games	18.08.16
6.	4x400m	London Olympic Games	11.08.12
7.	400mH	Beijing Olympic Games	20.08.08

World Championships

Pl.	Event	Competition	Date
1.	400mH	Beijing IAAF World Championships	26.08.15
1.	400mH	Moskva IAAF World Championships	15.08.13
4.	400mH	London IAAF World Championships in Athletics	10.08.17
5.	4x400m	Daegu IAAF World Championships	03.09.11
7.	400mH	Daegu IAAF World Championships	01.09.11

World Indoor Championships

Pl.	Event	Competition	Date
3.	4x400m ind.	Doha IAAF World Indoor Championships	14.03.10
4.	4x400m ind.	Valencia IAAF World Indoor Championships	09.03.08

World U20 Championships

Pl.	Event	Competition	Date
2.	400mH	Grosseto IAAF World Junior Championships	15.07.04
5.	400mH	Kingston IAAF World Junior Championships	19.07.02

World U18 Championships

Pl.	Event	Competition	Date
1.	400mH	Sherbrooke IAAF World Youth Ch.	13.07.03

Sage WATSON

Lane 7

CAN - 20.06.94 - Age: 23 years 340 days  
SB: 55.23 Shanghai (CHN) 12.05 | PB: 54.52 Eugene (USA) 10.06.17 (107th A-T) | World Rankings: 7th

Personal bests

Event	Result	Venue	Date
60m ind.	8.00	Calgary (CAN)	07.01.12
200m	23.80	Tempe, AZ (USA)	25.03.17
200m ind.	24.59	Fayetteville (USA)	25.01.13
300m ind.	37.08	New York, NY (USA)	03.02.18
400m	51.62	Tucson, AZ (USA)	17.03.18
400m ind.	51.84	College Station (USA)	11.03.17
500m ind.	1:08.40	New York, NY (USA)	03.02.17
600m	1:28.31	Tucson, AZ (USA)	09.12.17
300mH	41.91	Calgary (CAN)	12.06.11
400mH	54.52	Eugene (USA)	10.06.17
Sprint Med. 1000m	2:05.72	Lille (FRA)	10.07.11
4x400m	3:24.94	Rio de Janeiro (BRA)	19.08.16
4x400m ind.	3:32.78	Birmingham, AL (USA)	12.03.16
Distance Medley ind.	10:57.41	Blacksburg (USA)	22.02.13

Honours

Olympic Games

Pl.	Event	Competition	Date
4.	4x400m	Rio de Janeiro Olympic Games	20.08.16

World Championships

Pl.	Event	Competition	Date
6.	400mH	London IAAF World Championships in Athletics	10.08.17
7.	4x400m	Beijing IAAF World Championships	30.08.15

World U20 Championships

Pl.	Event	Competition	Date
6.	4x400m	Barcelona IAAF World Junior Ch.	15.07.12

European Championships

Pl.	Event	Competition	Date
3.	4x400m	Helsinki European Championships	01.07.12
4.	400mH	Helsinki European Championships	29.06.12
4.	400mH	Barcelona European Championships	30.07.10

European Indoor Championships

Pl.	Event	Competition	Date
2.	400m ind.	Beograd European Indoor Championships	04.03.17
3.	4x400m ind.	Göteborg European Indoor Championships	03.03.13
4.	4x400m ind.	Praha European Indoor Championships	08.03.15
4.	400m ind.	Göteborg European Indoor Championships	03.03.13
7.	Pentathlon ind.	Paris European Indoor Championships	04.03.11

European Team Championships

Pl.	Event	Competition	Date
1.	400mH	Stockholm European Team Championships	18.06.11
3.	400mH	Leiria SPAR European Team Championships	20.06.09

European U23 Championships

Pl.	Event	Competition	Date
3.	400mH	Debrecen European U23 Championships	14.07.07

European U20 Championships

Pl.	Event	Competition	Date
1.	400mH	Kaunas European Junior Championships	23.07.05
3.	400mH	Tampere European Junior Championships	26.07.03

Diamond Trophy winner

Year	Event
2013	400mH
2015	400mH

Further honours

- 17x Diamond League meeting winner
- 7x European Team Championships 1st League winner
- 2x National champion
- 7x National Indoor champion

Progression

Year	Result	Venue	Date
17	53.93	Bruxelles (BEL)	01.09.17
16	53.92	Rio de Janeiro (BRA)	18.08.16
15	53.50	Beijing (CHN)	26.08.15
14	55.86	Monaco (MON)	18.07.14
13	52.83	Moskva (RUS)	15.08.13
12	53.38	London (GBR)	08.08.12
11	53.29	Paris (FRA)	08.07.11
10	54.13	Roma (ITA)	10.06.10
09	54.90	Monaco (MON)	28.07.09
08	54.96	Ostrava (CZE)	12.06.08
07	55.04	Osaka (JPN)	28.08.07
06	55.83	Praha (CZE)	17.06.06
05	55.89	Kaunas (LTU)	23.07.05
04	57.44	Grosseto (ITA)	15.07.04
03	57.54	Sherbrooke (CAN)	13.07.03
02	58.42	Kingston (JAM)	19.07.02

Outdoor Results in 2018

Event	Date	Venue	Ht.	Pl.	Result
300mH	15.05	Sušice	F	1.	40.38
400m	19.05	Praha	F1	1.	53.48
4x100m	19.05	Praha	F	2.	46.45

World U18 Championships

Pl.	Event	Competition	Date
3.	Sprint Med. 1000m	Lille IAAF World Youth Championships	10.07.11

Pan American Games

Pl.	Event	Competition	Date
3.	4x400m	Toronto Pan American Games	25.07.15

Commonwealth Games

Pl.	Event	Competition	Date
5.	400mH	Gold Coast Commonwealth Games	12.04.18

Further honours

- 1x NCAA champion
- 2x National champion

Progression

Year	Result	Venue	Date
18	55.23	Shanghai (CHN)	12.05.18
17	54.52	Eugene (USA)	10.06.17
16	54.82	Tucson, AZ (USA)	21.05.16
15	55.97	Eugene (USA)	13.06.15
13	56.81	Medellin (COL)	25.08.13
12	58.04	Barcelona (ESP)	13.07.12
11	59.00	Abbotsford (CAN)	08.06.11
10	1:01.69	Moncton (CAN)	04.07.10

Outdoor Results in 2018

Event	Date	Venue	Ht.	Pl.	Result
400m	17.03	Tucson, AZ	F1	1.	51.62
400mH	17.03	Tucson, AZ	F1	1.	56.52
400mH	24.03	San Diego, CA	F1	1.	56.38
400mH	10.04	Gold Coast	H1	3.	55.43
400mH	12.04	Gold Coast	F1	5.	55.55
400mH	28.04	Des Moines, IA	F	6.	56.55
400mH	12.05	Shanghai	F	3.	55.23
400mH	20.05	Osaka	F	1.	55.58

Cassandra TATE

Lane 8

USA - 11.09.90 - Age: 27 years 257 days

SB: 55.14 Des Moines, IA (USA) 28.04 | PB: 54.01 Eugene (USA) 28.06.15 (59th A-T) | World

Rankings: 12th

Personal bests

Event	Result	Venue	Date
60m ind.	7.49	Baton Rouge, LA (USA)	15.01.11
100m	11.79	Baton Rouge, LA (USA)	03.05.08
200m	23.68	Tempe, AZ (USA)	11.04.09
200m ind.	23.37	Fayetteville (USA)	28.02.10
400m	52.51	Baton Rouge, LA (USA)	18.04.15
400m ind.	52.40	Albuquerque, NM (USA)	23.02.14
60mH ind.	8.61	Baton Rouge, LA (USA)	23.01.09
100mH	14.21	Baton Rouge, LA (USA)	03.05.08
400mH	54.01	Eugene (USA)	28.06.15
4x100m	44.03	Baton Rouge, LA (USA)	05.04.14
4x200m	1:30.01	Austin, TX (USA)	31.03.12
4x400m	3:24.59	Des Moines, IA (USA)	09.06.12
4x400m ind.	3:24.83	Sopot (POL)	09.03.14
Sprint Med. 1600m	3:43.98	Austin, TX (USA)	02.04.10

Honours

World Championships

Pl.	Event	Competition	Date
3.	400mH	Beijing IAAF World Championships	26.08.15
7.	400mH	London IAAF World Championships in Athletics	10.08.17

World Indoor Championships

Pl.	Event	Competition	Date
1.	4x400m ind.	Sopot IAAF World Indoor Championships	09.03.14

NACAC U23 Championships

Pl.	Event	Competition	Date
1.	400mH	Irapuato NACAC U23 Championships	08.07.12
1.	4x400m	Irapuato NACAC U23 Championships	08.07.12

Diamond Trophy winner

Year	Event
2016	400mH

Further honours

- 2x Diamond League meeting winner
- 1x NCAA champion

Progression

Year	Result	Venue	Date
18	55.14	Des Moines, IA (USA)	28.04.18
17	54.59	London (GBR)	09.07.17
16	54.47	Bruxelles (BEL)	09.09.16
15	54.01	Eugene (USA)	28.06.15
14	54.70	Sacramento (USA)	29.06.14
13	55.45	Des Moines, IA (USA)	23.06.13
12	55.22	Des Moines, IA (USA)	08.06.12
11	55.99	Des Moines, IA (USA)	08.06.11
10	56.87	Greensboro (USA)	28.05.10

Outdoor Results in 2018

Event	Date	Venue	Ht.	Pl.	Result
400mH	21.04	St. George's	F	4.	57.18
400mH	28.04	Des Moines, IA	F	3.	55.14