

Shamier Khalia Little

CAREER HIGHLIGHTS

2014

US Junior Outdoor Champion (400H)
World Junior Champion (400H/4X400)
NCAA Champion (400H)
SEC Champion (400)

2015

World Silver Medalist (400H)
USATF Outdoor Champion (400H)
Pan American Games Champion (400H/4X400)
NCAA Champion (400H)
SEC Champion (400H)
Bowerman Award Semifinalist

2016

NCAA Champion (400H)
SEC Champion (400H)
Bowerman Award Semifinalist

2018

USATF Outdoor Champion (400H)
NACAC Champion (400H)
2X Diamond League Champion (400H)

2019

Diamond League Champion (400H)

Personal Best Time

100 Hurdles-13.77 ('14)
200-23.01 ('17)
400-49.91 ('21)
400 Hurdles -52.39 ('21)
800-2:03.49 ('21)

Rankings (400 Hurdles)

2015- 2nd World
2017-4th World
2018-1st World
2019-3rd World
2020-8th World
2021- 4th World

All Time List

5th (WORLD)
3rd (USA)
3rd-53.51 (NCAA)

Wikipedia- https://en.wikipedia.org/wiki/Shamier_Little
Texas A&M University Bio- [Texas A&M University Bio](https://www.teamusa.org/usa-track-and-field/athletes/Shamier-Little)
Team USA Bio- [http://www.teamusa.org/usa-track-and-field/athletes/Shamier-Little](https://www.teamusa.org/usa-track-and-field/athletes/Shamier-Little)



DOB: 3/20/1995
Birthplace: Louisville, Ky.
Hometown: Chicago, Ill.
High School: Lindblom Math & Science H.S.
College: Texas A&M University
Event: 400Hurdles, 400m
Height: 5'9"
Weight 120
Adidas Professional Athlete
Hobbies: Music, Reading,
Favorite Saying: "Stay Tough Between the ears"

Twitter: [shambambino](#)
Instagram: [shambambino](#)

Shamier Little (born March 20, 1995) is an American track and field sprinter specializing in the 400 meter hurdles. She has won a silver medal in her signature event at the 2015 World Championships. As a 20-year-old college sophomore at Texas A&M University, Little was the 2015 US champion. In July 2021, she became the 5th fastest woman of all time at the event. Born in Louisville, Kentucky.

Little is the child of athletic parents, her father a football cornerback and her mother a star basketball player and high jumper at Eastern Kentucky University.

Shamier began participating in youth track and field as an 8 year old. She made her first appearance at the national level at the 2004 USATF Youth Championships as a 100 meter sprinter running for the University of Chicago Youth Track Club.[2] She regularly participated in all comers track meets. Later Little ran for the Country Club Hills Gazelles both in USATF and AAU competitions. None of her early youth competitions could be labeled exceptional.

At Robert Lindblom Math & Science Academy in Chicago, Little got more serious setting the IHSA Class 2A records in 100 meters hurdles, 200 meters and 400 meters. She won the 2011 AAU Junior Olympics at 400 hurdles. In 2012, she won the Arcadia Invitational in the 400 meters, which she repeated in 2013. She won the Junior National Championships in 400 hurdles, which qualified her for the 2012 World Junior Championships in Athletics, but she did not finish the final, falling over the last hurdle while in medal contention. In 2013, Little tried 100 meters hurdles and 400 at the National Championships, finishing off the podium in both. After high school,

Little chose to go to Texas A&M University. As a freshman, she won the NCAA Championships at 400 hurdles and helped her team get second place in the 4x400 meters relay. Later that summer, she won the 2014 World Junior Championships in the 400 hurdles. In 2015, before winning the national championship against the big girls, she repeated as NCAA Champion, running the #1 time worldwide to that point in the season. The National Championship offered Little an invitation to run in the 2015 Pan American Games, where she took the gold medal.

Shamier Little may be a soft-spoken person, but her strong will and ability to persevere are the qualities that allow her to dominate her competition. When she is not being a powerhouse on the track, she enjoys spending time with her closest friends and family. She also has a passion for music and dance.