

W 400m Semi-Finals**16:30**

Qualification: First 3 of each heat and 2 fastest times
Qualified by time 2

Final: 15 March 17:10

W 400m Semi-Final 1

| Lane | BIB | Athlete | DOB | |
|------|------------|----------------------------|------------|-----|
| 1 | 193 | Kristina KINIAIKINA | 08.05.2000 | UKR |
| 2 | 4 | Yana HANCHAROVA | 09.02.1988 | BLR |
| 3 | 196 | Solomiia KUPRYCH | 10.01.1990 | UKR |
| 4 | 1 | Katsiaryna BELAYA | 09.04.1988 | BLR |
| 5 | 143 | Victoria AKSENOVA | 04.07.1998 | RUS |
| 6 | 219 | Janna VANDERMEULEN | 08.05.1990 | USA |

W 400m Semi-Final 2

| Lane | BIB | Athlete | DOB | |
|------|------------|----------------------------|------------|-----|
| 1 | 49 | Melisa OZERSKA | 02.11.1998 | EST |
| 2 | 94 | Rio TOKIWA | 21.12.2000 | JPN |
| 3 | 203 | Yuliya SHAPOVAL | 28.04.1988 | UKR |
| 4 | 158 | Asya KHALADZHAN | 12.06.1992 | RUS |
| 5 | 10 | Alena TSIARENTSYEVA | 24.04.1982 | BLR |
| 6 | 145 | Liudmila ARUTIUNIAN | 11.04.1994 | RUS |