



SUMMARY

Men's 4X400 Metres Relay - Round 1

First 2 of each heat (Q) plus 2 fastest times (q) qualify to Final

RECORDS	RESULT	TEAM		VENUE	DATE
World Record WR	3:01.51	HOUSTON	USA	Clemson, SC (USA)	9 Feb 2019
Championship Record CR	3:01.77	POLAND	POL	Birmingham (GBR)	4 Mar 2018
World Leading WL	3:00.86	SOUTH CAROLINA	INT	Clemson, SC (USA)	13 Feb 2026
Area Record AR		National Record NR		Season Best SB	

22 March 2026

RANK	PLACE	HEAT	LANE	BIB	TEAM	REACTION	RESULT		
1	1	1	6	NED	NETHERLANDS	0.150	3:04.66	Q	SB
2	2	1	3	POR	PORTUGAL	0.152	3:04.75	Q	NR
3	3	1	5	USA	UNITED STATES	0.220	3:04.85	q	
4	1	2	6	BEL	BELGIUM	0.150	3:05.25	Q	SB
5	2	2	4	HUN	HUNGARY	0.150	3:05.67	Q	NR
6	3	2	5	JAM	JAMAICA	0.178	3:05.68	q	
7	4	1	4	POL	POLAND	0.199	3:06.30		SB
8	5	1	2	VEN	VENEZUELA	0.341	3:07.05		AR
9	4	2	3	CZE	CZECHIA	0.196	3:07.53		SB

ALL-TIME TOP LIST				2026 TOP LIST			
RESULT	TEAM	VENUE	DATE	RESULT	TEAM	VENUE	2026
3:00.77	USC (INT)	College Station, TX (USA)	10 Mar 18	3:00.86	SOUTH CAROLINA (INT)	Clemson, SC (USA)	13 Feb
3:01.39	TEXAS A&M (USA)	College Station, TX (USA)	10 Mar 18	3:02.55	USC A (USA)	Lubbock, TX (USA)	23 Jan
3:01.77	POLAND (POL)	Birmingham (GBR)	4 Mar 18	3:04.66	NETHERLANDS (NED)	Kujawy Pomorze	22 Mar
3:02.51	BELGIUM (BEL)	Birmingham (GBR)	4 Mar 18	3:04.75	PORTUGAL (POR)	Kujawy Pomorze	22 Mar
3:02.52	TRINIDAD AND TOBAGO (TTO)	Birmingham (GBR)	4 Mar 18	3:04.85	UNITED STATES (USA)	Kujawy Pomorze	22 Mar
3:03.05	GERMANY (GER)	Sevilla (ESP)	10 Mar 91	3:05.25	BELGIUM (BEL)	Kujawy Pomorze	22 Mar
3:03.20	GREAT BRITAIN & NI (GBR)	Maebashi (JPN)	7 Mar 99	3:05.67	HUNGARY (HUN)	Kujawy Pomorze	22 Mar
3:03.69	JAMAICA (JAM)	Sopot (POL)	9 Mar 14	3:05.68	JAMAICA (JAM)	Kujawy Pomorze	22 Mar
3:04.09	CZECH REPUBLIC (CZE)	Praha (CZE)	8 Mar 15	3:06.30	POLAND (POL)	Kujawy Pomorze	22 Mar
3:04.25	NETHERLANDS (NED)	Glasgow (GBR)	3 Mar 24	3:07.05	VENEZUELA (VEN)	Kujawy Pomorze	22 Mar