



# SUMMARY

## Women'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 <b>WR</b>	3:23.37	RUSSIA	RUS	Glasgow (GBR)	28 Jan 2006
Championship Record <b>CR</b>	3:23.85	UNITED STATES	USA	Birmingham (GBR)	4 Mar 2018
World Leading <b>WL</b>	3:23.63	ARKANSAS	INT	Fayetteville, AR (USA)	14 Mar 2026
Area Record <b>AR</b>		National Record <b>NR</b>		Season Best <b>SB</b>	

22 March 2026

RANK	PLACE	HEAT	LANE	BIB	TEAM	REACTION	RESULT		
1	1	1	5	POL	POLAND	0.247	3:28.06	Q	<b>SB</b>
2	2	1	6	NED	NETHERLANDS	0.210	3:28.11	Q	<b>SB</b>
3	1	2	6	USA	UNITED STATES	0.180	3:28.36	Q	
4	2	2	5	GBR	GREAT BRITAIN & NI	0.178	3:29.31	Q	<b>SB</b>
5	3	1	4	SVK	SLOVAK REPUBLIC	0.158	3:29.87	q	<b>NR</b>
6	3	2	4	ESP	SPAIN	0.327	3:29.98	q	<b>SB</b>
7	4	2	3	POR	PORTUGAL	0.216	3:31.37		<b>NR</b>
	1	3		CZE	CZECHIA	0.250	DQ	TR17.2.3	

**NOTE** WA Rule TR17.2.3 - Lane infringement: CZE (Czechia)

ALL-TIME TOP LIST				2026 TOP LIST			
RESULT	TEAM	VENUE	DATE	RESULT	TEAM	VENUE	2026
3:21.75	ARKANSAS (INT)	Albuquerque, NM (USA)	11 Mar 23	3:23.63	ARKANSAS (INT)	Fayetteville, AR (USA)	14 Mar
3:23.37	RUSSIA (RUS)	Glasgow (GBR)	28 Jan 06	3:26.44	SOUTH CAROLINA (USA)	Fayetteville, AR (USA)	14 Mar
3:23.85	UNITED STATES (USA)	Birmingham (GBR)	4 Mar 18	3:28.06	POLAND (POL)	Kujawy Pomorze	22 Mar
3:24.34	NETHERLANDS (NED)	Apeldoorn (NED)	9 Mar 25	3:28.11	NETHERLANDS (NED)	Kujawy Pomorze	22 Mar
3:24.89	GREAT BRITAIN & NI (GBR)	Apeldoorn (NED)	9 Mar 25	3:28.36	UNITED STATES (USA)	Kujawy Pomorze	22 Mar
3:25.31	CZECHIA (CZE)	Apeldoorn (NED)	9 Mar 25	3:29.31	GREAT BRITAIN & NI (GBR)	Kujawy Pomorze	22 Mar
3:25.68	SPAIN (ESP)	Apeldoorn (NED)	9 Mar 25	3:29.87	SLOVAK REPUBLIC (SVK)	Kujawy Pomorze	22 Mar
3:25.80	FRANCE (FRA)	Apeldoorn (NED)	9 Mar 25	3:29.98	SPAIN (ESP)	Kujawy Pomorze	22 Mar
3:26.09	POLAND (POL)	Birmingham (GBR)	4 Mar 18	3:31.37	PORTUGAL (POR)	Kujawy Pomorze	22 Mar
3:26.54	JAMAICA (JAM)	Sopot (POL)	9 Mar 14	3:34.12	MOSKVA (RUS)	Yuzhno-Sakhalinsk (RUS)	3 Mar

