

START LIST



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 WR	3:23.37	RUSSIA	RUS	Glasgow (GBR)	28 Jan 2006
Championship Record CR	3:23.85	UNITED STATES	USA	Birmingham (GBR)	4 Mar 2018
World Leading WL	3:23.63	ARKANSAS	INT	Fayetteville, AR (USA)	14 Mar 2026

Heat 1

2

22 March 2026 12:05 START TIME

LANE	TEAM	BIB	NATIONAL RECORD	SEASON BEST
3	CZECHIA	CZE	3:25.31	
1	556 Kateřina Emilly ŠMILAUEROVÁ			
2	554 Lurdes Gloria MANUEL			
3	551 Nikola BISOVÁ			
4	559 Lada VONDROVÁ			
4	SLOVAK REPUBLIC	SVK	3:43.48	4:03.92
1	779 Daniela LEDECKÁ			
2	778 Viktória KORBOVÁ			
3	780 Martina SEGEČOVÁ			
4	782 Emma ZAPLETALOVÁ			
5	POLAND	POL	3:26.09	
1	725 Marika POPOWICZ-DRAPAŁA			
2	718 Anna GRYC			
3	721 Anastazja KUŚ			
4	729 Justyna ŚWIĘTY-ERSETIC			
6	NETHERLANDS	NED	3:24.34	
1	693 Lieke KLAVER			
2	700 Madelief VAN LEUR			
3	694 Elisabeth PAULINA			
4	695 Eveline SAALBERG			

Heat 2

2

22 March 2026 12:15 START TIME

LANE	TEAM	BIB	NATIONAL RECORD	SEASON BEST
3	PORTUGAL	POR	3:31.93	3:38.91
1	741 Sofia LAVRESHINA			
2	737 Fatoumata Binta DIALLO			
3	742 Clara MARTINHA			
4	744 Carina VANESSA			
4	SPAIN	ESP	3:25.68	3:41.44
1	573 Ana PRIETO			
2	566 Carmen AVILÉS			
3	565 Rocio ARROYO			
4	568 Daniela FRA			
5	GREAT BRITAIN & NI	GBR	3:24.89	
1	614 Louisa STONEY			
2	607 Jazmine MOSS			
3	605 Poppy MALIK			
4	606 Tess MCHUGH			
6	UNITED STATES	USA	3:23.85	3:26.44
1	816 Paris PEOPLES			
2	824 Brianna WHITE			
3	803 Abbey GLYNN			
4	810 Shamier LITTLE			

START LIST
Women's 4X400 Metres Relay - Round 1

World Ranking as of 17 March 2026

o = Outdoor performance

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	3:34.12	MOSKVA (RUS)	Yuzhno-Sakhalinsk (RUS)	3 Mar
3:24.34	NETHERLANDS (NED)	Apeldoorn (NED)	9 Mar 25	3:37.72	GUELPH (CAN)	State College, PA (USA)	30 Jan
3:24.89	GREAT BRITAIN & NI (GBR)	Apeldoorn (NED)	9 Mar 25	3:38.01	CS DINAMO (ROU)	Bucuresti (ROU)	8 Mar
3:25.31	CZECHIA (CZE)	Apeldoorn (NED)	9 Mar 25	3:38.02	KAZAKHSTAN (KAZ)	Tianjin (CHN)	8 Feb
3:25.68	SPAIN (ESP)	Apeldoorn (NED)	9 Mar 25	3:38.29	PR OF CHINA (CHN)	Tianjin (CHN)	8 Feb
3:25.80	FRANCE (FRA)	Apeldoorn (NED)	9 Mar 25	3:38.91	SPORTING CLUBE DE PORTUGAL (SCP) (POR)	Braga (POR)	15 Feb
3:26.09	POLAND (POL)	Birmingham (GBR)	4 Mar 18	3:39.71	CROATIA (CRO)	Beograd (SRB)	28 Jan
3:26.54	JAMAICA (JAM)	Sopot (POL)	9 Mar 14	3:41.05	PROPATRIA MILANO ATLETICA (ITA)	Ancona (ITA)	1 Mar