Worksheet Mix 4x400 m

Despite the USA having the biggest pool of 400m talent to call upon, the sprint powerhouse has so far won just one mixed 4x400m final at the three global championships at which it has featured since being added to the major event programme.
They won the inaugural world title in 2019 in a world record time (3:09.34), but Poland were the surprising victors at the Olympic Games in Tokyo in a European record of 3:09.82, while the Dominican Republic struck gold in Oregon last year in a national record of 3:09.82, the second-faster lime in history.
The USA looks like the team to beat heading into Budapest, but that also seemed the case ahead of the last two global championships and they ended up with bronze on both occasions. That said, both Poland and the Dominican Republic don't have quite the same depth this season as they have done in recent years, so it would be a huge surprise if either team once again managed to beat the USA.
The Netheriands, on the other hand, could mount a strong challenge for gold. After all, they finished ahead of the USA at last year's World Championships to take silver, and their squad includes the likes of Femke Bol and Lleke Klaver.

Jamaica took silver in the mixed 4x400m in 2019, but placed seventh at the Olympic Games in Tokyo and fifth at last year's World Championships. Keen to return to the podium, they will be utilising Rusheen McDonald – who clocked a PB of 44,03 earlier this year – in the mixed 4x400m in Budapest.

Great Britain & Northern Treland has enough one-lap sprint talent to challenge for medals in the mixed 4x400m, even though they're yet to earn a global medal in this discipline. Perhaps Budapest is where their fortunes will change.

Belgium placed fifth at the Olympics, while treland reached the final at the most recent World Championships and Olympics. Their investments in this event is clearly paying off.

Somewhat surprisingly, the Czech Republic has the world-leading mark leading into Budapest with their 3:12.34 national record from the European Team Championshi

Medal winners			Rele	evant records				
2019 World			WR	3:09.34 United States USA Doha 29	9/9/19			
1 United States	USA	3:09.34		Wilbert London, Allyson Felix, Courtney Okolo, Michael Cherry				
Wil London, Allyson Felix, Courtney Okolo, Michael Cherry			Eur	3:09.87 Poland POL Tokyo 31	1/7/21			
2 Jamaica	JAM	3:11.78		Karol Zalewski, Natalia Kaczmarek, Justyna Święty-Ersetic, Kajetan Duszyński				
Nathon Allen, Roneisha McGregor, Tiffany James, Javon Francis			Ame	3:09.34 United States USA Doha 29	9/9/19			
3 Bahrain	BRN	3:11.82		Wilbert London, Allyson Felix, Courtney Okolo, Michael Cherry				
Musa Isah, Aminat Jamal, Salwa Eid Naser, Abbas Abubaker Abba	s		CZE	3:12.34 Czech Republic CZE Chorzów 25	5/6/23			
2021 Olympic				Matěj Krsek, Tereza Petržilková, Vít Müller, Lada Vondrová				
1 Poland	POL	3:09.87						
Karol Zalewski, Natalia Kaczmarek, Justyna Święty-Ersetic, Kajeta	ın Duszyńs	ki		time list				
2 Dominican Republic	DOM	3:10.21	1	1 3:09.34 United States USA Doha 29	9/9/19			
Lidio Feliz, Marileidy Paulino, Anabel Medina, Alexander Ogando				Wilbert London, Allyson Felix, Courtney Okolo, Michael Cherry				
3 United States	USA	3:10.22	2	2 3:09.82 Dominican Republic DOM Eugene 15	5/7/22			
Trevor Stewart, Kendall Ellis, Kaylin Whitney, Vernon Norwood				Lidio Andrés Feliz, Marileidy Paulino, Alexander Ogando, Fiordaliza Cofil				
2022 World			3	3 3:09.87 Poland POL Tokyo 31	1/7/21			
1 Dominican Republic	DOM	3:09.82		Karol Zalewski, Natalia Kaczmarek, Justyna Święty-Ersetic, Kajetan Duszyński				
Lidio Feliz, Marileidy Paulino, Alexander Ogando, Fiordaliza Cofil			4	4 3:09.90 Netherlands NED Eugene 15	5/7/2			
2 Nederland	NED	3:09.90		Liemarvin Bonevacia, Lieke Klaver, Tony van Diepen, Femke Bol				
Liemarvin Bonevacia, Lieke Klaver, Tony van Diepen, Femke Bol			5	5 3:11.51 Belgium BEL Tokyo 31	1/7/2			
3 United States	USA	3:10.16		Dylan Borlée, Imke Vervaet, Camille Laus, Kevin Borlée				
Elija Godwin, Allyson Felix, Vernon Norwood, Kennedy Simon			6	6 3:11.76 Jamaica JAM Tokyo 31	1/7/2			
023 World				Sean Bailey, Junelle Bromfield, Stacey-Ann Williams, Karayme Bartley				
1			7	7 3:11.82 Bahrain BRN Doha 29	9/9/1			
				Musa Isah, Aminat Yusuf Jamal, Salwa Eid Naser, Abbas Abubakar Abbas				
2			8	8 3:11.95 Great Britain GBR Tokyo 31	1/7/2			
				Cameron Chalmers, Zoey Clark, Emily Diamond, Lee Thompson				
3			9	9 3:12.34 Czech Republic CZE Chorzów 25	5/6/23			
				Matěj Krsek, Tereza Petržilková, Vít Müller, Lada Vondrová				
			10	0 3:12.88 Ireland IRE Tokyo 31	1/7/2			
				Cillin Greene, Phil Healy, Sophie Becker, Christopher O'Donnell				
			Worl	ld season list				
			1	1 3:12.34 Czech Republic CZE Chorzów 25	Jun			
				Matěj Krsek, Tereza Petržilková, Vít Müller, Lada Vondrová				
			1 2		Jun			
			_	Maks Szwed, Anna Kiełbasińska, Igor Bogaczyński, Natalia Kaczmarek				
			-		Jun			
				Jonathan Sacoor, Camille Laus, Dylan Borlée, Cynthia Bolingo Mbongo				
					Jun			
				Gilles Biron, Fanny Peltier, Teo Andant, Amandine Brossier	Ju.,			
					Jun			
			_	Edoardo Scotti, Ayomide Folorunso, Alessandro Sibilio, Anna Polinari	Ju.,			
					Jun			
			,	Manuel Sanders, Elisa Lechleitner, Jean Paul Bredau, Carolina Krafzik	Ju.,			
			-		Jun			
			1	João Ricardo Coelho, Cátia Azevedo, Ricardo Dos Santos, Fatoumata Diallo	Ju.,			
			5		Jun			
			١ '	Lionel Spitz, Giulia Senn, Ricky Petrucciani, Julia Niederberger	Juii			
				8 3:14.22 Great Britain GBR Leverkusen 29	Tot			
			۱ '		Jui			
			10	Joe Brier, Ama Pipi, Rio Mitcham, Victoria Ohuruogu	21			
			10 3:14.70 India IND Bangkok 15 Jul					
			Rajesh Ramesh, Aishwarya Mishra, P.A.Amoj Jacob, Venkatesan Subha 11 3:14.71 United States USA San José 21 Jul					
			111		JUI			
				Caleb Cavanaugh, Kiah Williams, Will Sumner, Bailey Lear				