Worksheet Men 4x400 m

Athletic season 2023
As the reigning world and Olympic champions – and, quite simply, the most dominant 400m nation in the world – it's difficult to look past the USA in the men's 4x400m. They have won eight of the past nine world titles in this event, and they could well add to that tally in Budapest, provided they don't have any mishaps. Even if they spread some of their 400m talent pool to the mixed 4x400m, they will likely still have better depth in the men's 4x400m than any other nation in the world.

But sometimes relays can bring out the unexpected best in people, and smaller nations challenge the atliest superpowers.

Jamaica has earned silver in this event at the past two World Championships, both times finishing just ahead of Belgium. The current standard of Jamaican 400m running certainly suggests the Caribbean nation could once again challenge for a medal in Budapest. Belgium, meanwhile, hasn't had its best year of 400m running, but experience can count for a lot in relays, so they can't be discounted. Caribbean nation could once again challenge for a medal in Budapest. Belgium, meanwhile, hasn't had its best year of 400m running, but experience can count for a lot in relays, so tiney can be discounted.

The Netherlands and Botswana took silver and bronze at the Olympic Games in 2021, and both teams should also be a factor in Budapest.

Botswana boasts four sub-45-second performers this year, so they have the potential to break 3:00. No Dutch 400m runner has bettered 45 seconds this season – but, then again, Terrence Agard had a season's best of 46.01 in 2021, yet went on to run a 43.7-second split at the Tokyo Olympics.

Several area champions will also be in action in Budapest.

Great Britain won the European title in Munich last year, finishing ahead of Belgium and France in a close race. They'll also be keen to make amends in Budapest, after not qualifying in this discipline at the last World Championships.

Trinidad & Tobago, the world 4x400m champions in 2017, won gold at the recent Central American & Caribbean Games with a squad that was anchored by world indoor champion Jereem Richards.

Sri Lanka, meanwhile, took a surprise gold at the recent Asian Championships in a national record of 3:01.56, making them the second-fastest team heading to Budapest.

Japan finished fourth in Oregon last year, setting an Asian record of 2:59.51 and finishing ahead of Trinidad & Tobago and Botswana. Individually, Japan's 400m depth this year is significantly better than it was in 2022, so they could contend for a place on the podium.

Italy, France and Poland have all made global finals in recent years, so they'll be among the teams to watch in the final. India, who narrowly missed the Olympic final in Tokyo but recently claimed silver at the Asian Championships, could also be among the contenders.

			1
Medal winners 2015 World			Relevant records WR 2:54.29 United States USA Stuttgart 22/8/93
1 United States	USA	2:57.82	(Valmon Andrew, Watts Quincy, Reynolds Harry, Johnson Michael)
David Verburg, Tony McQuay, Bryshon Nellum, LaShawn Merritt 2 Trinidad and Tobago	тто	2:58.20	Eur 2:56.60 Great Britain & N.I. GBR Atlanta, GA 03 08 1996 (Thomas Iwan, Baulch Jamie, Richardson Mark, Black Roger)
Rennie Quow, Lalonde Gordon, Deon Lendore, Machel Cedenio			Ame 2:54.29 United States USA Stuttgart 22/8/93
Great Britain Rabah Yousif, Delano Williams, Jarryd Dunn, Martyn Rooney	GBR	2:58.51	(Valmon Andrew, Watts Quincy, Reynolds Harry, Johnson Michael) *** 2:54.20 United States USA Uniondale 22 07 1998
2016 World indoor			(Young Jerome, Pettigrew Antonio, Washington Tyree, Johnson Michael)
1 United States	USA	3:02.45	
Kyle Clemons, Calvin Smith, Chris Giesting, Vernon Norwood 2 Bahamas	BAH	3:04.75	All-time list 1 2:54.29 United States 1 Stuttgart (GER) 22 AUG 1993
Michael Mathieu, Alonzo Russell, Shavez Hart, Chris Brown			Andrew Valmon, Quincy Watts, Butch Reynolds, Michael Johnson
3 Trinidad and Tobago	TTO	3:05.51	2 2:56.60 Great Britain & NI 2 Atlanta, GA (USA) 03 AUG 1996
Jarrin Solomon, Lalonde Gordon, Ade Alleyne-Forte, Deon Lendore 2016 Europe			Iwan Thomas, Jamie Baulch, Mark Richardson, Roger Black 3 2:56.72 Bahamas 1 London (GBR) 10 AUG 2012
1 Belgium	BEL	3:01.10	Chris Brown, Demetrius Pinder, Michael Mathieu, Ramon Miller
Julien Watrin, Jonathan Borlée, Dylan Borlée, Kevin Borlée 2 Poland	POI	3:01.18	4 2:56.75 Jamaica 2 Athina (GRE) 10 AUG 1997 Michael McDonald, Greg Haughton, Danny McFarlane, Davian Clarke
Łukasz Krawczuk, Kacper Kozłowski, Jakub Krzewina, Rafał Omelko	102	5.01.10	5 2:57.18 Netherlands 2 Tokyo (JPN) 07 AUG 2021
3 Great Britain	GBR	3:01.44	Liemarvin Bonevacia, Terrence Agard, Tony van Diepen, Ramsey Angela
Rabah Yousif, Delano Williams, Jack Green, Matthew Hudson-Smith 2016 Olympic			6 2:57.27 Botswana 3 Tokyo (JPN) 07 AUG 2021 Isaac Makwala, Baboloki Thebe, Zibani Ngozi, Bayapo Ndori
1 United States	USA	2:57.30	7 2:57.72 Adidas 1f1 Gainesville, FL (US16 APR 2022
Arman Hall, Tony McQuay, Gil Roberts, LaShawn Merritt 2 Jamaica	1AM	2:58.16	Steven Gardiner, Quincy Hall, Erriyon Knighton, Grant Holloway 8 2:57.74 Florida 1 Austin, TX (USA) 09 JUN 2023
Peter Matthews, Nathon Allen, Fitzroy Dunkley, Javon Francis	37.11.1	2.50.10	Emmanuel Bamidele, Jacory Patterson, Jevaughn Powell, Ryan Willie
3 Bahamas	BAH	2:58.49	9 2:57.78 Arizona State 2 Austin, TX (USA) 09 JUN 2023
Alonzo Russell, Michael Mathieu, Steven Gardiner, Chris Brown 2017 Europe indoor			Dubem Nwachkwu, Jeremlah Curry, Jalen Drayden, Justin Robinson 10 2:57.88 Belgium 4 Tokyo (JPN) 07 AUG 2021
1 Poland	POL	3:06.99	Alexander Doom, Jonathan Sacoor, Dylan Borlee, Kevin Borlee
Kacper Kozłowski, Łukasz Krawczuk, Przemysław Waściński, Rafał Omelko 2 Belgium	pri	3:07.80	11 2:58.00 Poland GWG Uniondale NY 22 Jul 1998
 Belgium Robin Vanderbemden, Julien Watrin, Kevin Borlée, Dylan Borlée 	DEL	J.U/.6U	Piotr Rysiukiewicz, Tomasz Czubak, Piotr Haczek, Robert Maćkowiak World season list
3 Czech Republic	CZE	3:08.60	1 2:57.74 Florida, MIX Austin TX 9 Jun
Patrik Šorm, Jan Tesař, Jan Kubista, Pavel Maslák 2017 World			Emmanuel Bamidele NGR, Jacory Patterson USA, Jevaughn Powell JAM, Ryan Willie USA 2 2:57.78 Arizona State, USA Austin TX 9 Jun
1 Trinidad and Tobago	TTO	2:58.12	Dubem Nwachukwu, Jeremiah Curry, Jalen Drayden, Justin Robinson
Jarrin Solomon, Jereem Richards, Machel Cedenio, Lalonde Gordon		3.50.01	3 2:58.01 Alabama, MIX Baton Rouge LA 13 May
United States Wil London, Gil Roberts, Michael Cherry, Fred Kerley	USA	2:58.61	Chris Robinson USA, Khaleb McRae USA, Tarsis Orogot UGA, Corde Long USA 4 2:58.82 Georgia, USA Austin TX 1 Apr
3 Great Britain	GBR	2:59.00	Elija Godwin, Matthew Boling, Caleb Cavanaugh, Will Sumner
Matthew Hudson-Smith, Dwayne Cowan, Rabah Yousif, Martyn Rooney 2018 World indoor			5 2:59.25 UCLA, MIX Austin TX 1 Apr Matt Nortje RSA, Willington Wright USA, Ismail Turner USA, Cameron Reynolds USA
1 Poland	POL	3:01.77	6 2:59.78 Clemson, MIX Austin TX 7 Jun
Karol Zalewski, Rafał Omelko, Łukasz Krawczuk, Jakub Krzewina			Wanya McCoy BAH, D'Andre Anderson JAM, Aman Thornton USA, Tarees Rhoden JAM
 United States Fred Kerley, Michael Cherry, Aldrich Bailey, Vernon Norwood 	USA	3:01.97	7 3:00.58 Baylor, MIX Austin TX 7 Jun Demar Francis JAM, Nathaniel Ezekiel NGR, Hasani Barr USA, Dillon Bedell USA
3 Belgium	BEL	3:02.51	8 3:00.88 Texas A&M, USA Austin TX 7 Jun
Dylan Borlée, Jonathan Borlée, Jonathan Sacoor, Kevin Borlée			Eric Hemphill, Omajuwa Etiwe, DeMarco Escobar, Auhmad Robinson
2018 Europe 1 Belgium	BEL	2:59.47	9 3:00.97 Arkansas, USA Austin TX 7 Jun Lance Lang, James Benson II, Connor Washington, Chris Bailey
Dylan Borlée, Jonathan Borlée, Jonathan Sacoor, Kevin Borlée			10 3:01.56 Sri Lanka SRI Bangkok 16 Jul
2 Great Britain Rabah Yousif, Dwayne Cowan, Matthew Hudson-Smith, Martyn Rooney	GBR	3:00.36	S.P.Aruna Darshana, Rajitha Niranjan Rajakaruna, Pabasara Niku, H.K. Kalinga Kumarage 11 3:01.62 Italy ITA Annecy 11 Jun
3 Spain	ESP	3:00.78	Lorenzo Benati, Edoardo Scotti, Brayan Lopez, Alessandro Sibilio
Óscar Husillos, Lucas Búa, Samuel García, Bruno Hortelano			Results:
2019 Europe indoor 1 Belgium	BFI	3:06.27	400m 6 March Indoor
Julien Watrin, Dylan Borlée, Jonathan Borlée, Kevin Borlée			2
2 Spain	ESP	3:06.32	3
Óscar Husillos, Manuel Guijarro, Lucas Bua, Bernat Erta 3 France	FRA	3:07.71	4 5
Mame-Ibra Anne, Thomas Jordier, Nicolas Courbiere, Fabrisio Saidy			6
2019 World 1 United States	LISA	2:56.69	
Fred Kerley, Michael Cherry, Wil London, Rai Benjamin	05/1	2.50.05	1
2 Jamaica	JAM	2:57.90	2
Akeem Bloomfield, Nathon Allen, Terry Thomas, Demish Gaye 3 Belgium	BEL	2:58.78	3 4
Jonathan Sacoor, Robin Vanderbemden, Dylan Borlée, Kevin Borlée			5
2021 Europe indoor	NED	3:06.06	6
 Nederland Jochem Dobber 46.68, Liemarvin Bonevacia 46.64, Ramsey Angela 46.49, Tony van Diepen 46.25 	NED	5.00.00	1
2 Czechia	CZE	3:06.54	2
Vít Müller 47.08, Pavel Maslák 46.24, Michal Desenský 46.93, Patrik Šorm 46.29 3 Great Britain	GRP	3:06.70	3 4
Joe Brier 47.43, Owen Smith 47.05, James Williams 46.09, Lee Thompson 46.13	JUIN	2.30.70	5
2021 Olympic 1 United States	LICA	2:55.70	6
 United States Michael Cherry, Michael Norman, Bryce Deadmon, Rai Benjamin 	USA	2.35./0	1
2 Nederland	NED	2:57.18	2
Liemarvin Bonevacia, Terrence Agard, Tony van Diepen, Ramsey Angela 3 Botswana	POT	2:57.27	3 4
3 BOTSWANA Isaac Makwala, Baboloki Thebe, Zibani Ngozi, Bayapo Ndori	501	2.31.21	5 0
2022 World indoor		2.06.==	6
 Belgium Julien Watrin, Alexander Doom, Jonathan Sacoor, Kevin Borlée 	BEL	3:06.52	0
2 Spain	ESP	3:06.82	
Bruno Hortelano, Iñaki Cañal, Manuel Guijarro, Bernat Erta	NED	2.06.00	
 Nederland Taymir Burnet, Nick Smidt, Terrence Agard, Tony van Diepen 	INED	3:06.90	
2022 World		2.55	
 United States Elija Godwin, Michael Norman, Bryce Deadmon, Champion Allison 	USA	2:56.17	
2 Jamaica	JAM	2:58.58	
Akeem Bloomfield, Nathon Allen, Jevaughn Powell, Christopher Taylor	pe.	2.50 72	
 Belgium Dylan Borlée, Julien Watrin, Alexander Doom, Kevin Borlée 	RET	2:58.72	
2022 Europe			
1 Great Britain	GBR	2:59.35	
Matthew Hudson-Smith, Charlie Dobson, Lewis Davey, Alex Haydock-Wilson 2 Belgium	BEL	2:59.49	
Alexander Doom, Julien Watrin, Kevin Borlée, Dylan Borlée			
3 France Gilles Biron, Loic Prévôt, Teo Andant, Thomas Jordier	FRA	2:59.64	
2023 Europe indoor			
1 Belgium	BEL	3:05.83	
Dylan Borlée, Alexander Doom, Kevin Borlée, Julien Watrin 2 France	FRA	3:06.52	
Gilles Biron, Teo Andant, Victor Coroller, Muhammad Abdalla Kounta			
Nodorland	NED	2:06 E0	I and the second

NED 3:06.59

Isayah Boers, Isaya Klein Ikkink, Ramsey Angela, Liemarvin Bonevacia