

2019 World Relays Statistics - Women's 4x400m Relay

by K Ken Nakamura

All time Performance List at the World Relays

Performance	Performer	Time	Nation	Pos	Venue	Year
1	1	3:19.39	USA	1	Nassau	2015
2		3:21.73	USA	1	Nassau	2014
3	2	3:22.49	JAM	2	Nassau	2015
4		3:23.26	JAM	2	Nassau	2014
5	3	3:23.41	NGR	3	Nassau	2014
6		3:23.84	USA	1h2	Nassau	2014
7		3:24.05	USA	1h3	Nassau	2015
8		3:24.36	USA	1	Nassau	2017
9		3:24.95	JAM	2h2	Nassau	2014
10	4	3:25.84	FRA	4	Nassau	2014
11	5	3:26.38	GBR	3	Nassau	2015
12		3:26.41	JAM	1h2	Nassau	2015
13		3:26.68	FRA	4	Nassau	2015
14		3:27.07	NGR	1h1	Nassau	2014
15		3:27.30	GBR	3h2	Nassau	2014
16	6	3:27.37	POL	4h2	Nassau	2014
17		3:27.37	POL	5	Nassau	2014
18	7	3:27.44	ITA	6	Nassau	2014
19		3:28.03	GBR	7	Nassau	2014
20		3:28.28	POL	2	Nassau	2017
21		3:28.49	JAM	3	Nassau	2017
22		3:28.51	GBR	2h2	Nassau	2015
23		3:28.72	GBR	4	Nassau	2017
24	8	3:28.80	AUS	5	Nassau	2017
25		3:28.93	FRA	5h2	Nassau	2014
26		3:29.27	USA	1h1	Nassau	2017
27		3:29.30	POL	5	Nassau	2015
28	9	3:29.38	BRA	3h2	Nassau	2015
29		3:29.42	POL	1h3	Nassau	2017
30	10	3:29.65	CAN	6	Nassau	2015
31		3:29.93	JAM	2h3	Nassau	2017
32		3:30.03	AUS	7	Nassau	2015
33	11	3:30.13	BOT	6	Nassau	2017
34		3:30.31	AUS	2h1	Nassau	2017
35		3:30.32	POL	2h3	Nassau	2015
36		3:30.37	BRA	2h1	Nassau	2014
37	12	3:30.64	CAN	3h3	Nassau	2015
38		3:30.67	ITA	3h1	Nassau	2014
39		3:30.73	AUS	1h1	Nassau	2015
40	13	3:30.91	TTO	4h1	Nassau	2014
41		3:30.92	AUS	6h2	Nassau	2014
42	14	3:30.94	CUB	1B	Nassau	2015
43		3:30.95	FRA	2h1	Nassau	2015
44		3:31.01	AUS	1B	Nassau	2014
45		3:31.30	BRA	8	Nassau	2015
46		3:31.43	CUB	3h1	Nassau	2015
47		3:31.59	BRA	8	Nassau	2014
48		3:31.61	BOT	3h3	Nassau	2017

49	15	3:31.71	BAH	2B	Nassau	2014
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Slowest winning time: 3:24.36 in 2017

Margin of Victory

	Difference	Time	Nat	Venue	Year
Max	3.92	3:24.36	USA	Nassau	2017
Min	1.53	3:21.73	USA	Nassau	2014

Difference between first and third

	Diff	Winning time	3 rd place time	Winning Team	Venue	Year
Max	6.99	3:19.39	3:26.38	USA	Nassau	2015
Min	1.68	3:21.73	3:23.41	USA	Nassau	2014

Difference between third and fourth (medal versus no medal)

	Diff	3 rd place time	3 rd place Team	Venue	Year
Max	1.43	3:23.41	NGR	Nassau	2014
Min	0.23	3:28.49	JAM	Nassau	2017

Fastest time in each round

Round	Time	Nat	Venue	Year
Final	3:19.39	USA	Nassau	2015
First round	3:23.84	USA	Nassau	2014

Fastest non-qualifier for the final

Time	Position	Team	Venue	Year
3:30.91	4h1	TTO	Nassau	2014

Slowest qualifier for the final

Time	Position	Team	Venue	Year
3:33.41	3h1	FRA	Nassau	2017

Average of World Relays

	Average	2017	2015	2014
Winning Time	3:21.83	3:24.36	3:19.39	3:21.73
Winning Medal	3:26.09	3:28.49	3:26.38	3:23.41
Slowest to Make Final	3:31.68	3:33.41	3:30.95	3:30.67

Best Marks for Places in the World Relays

Pos	Time	Nation	Venue	Year
1	3:19.39	USA	Nassau	2015
	3:21.73	USA	Nassau	2014
2	3:22.49	JAM	Nassau	2015
	3:23.26	JAM	Nassau	2014
3	3:23.41	NGR	Nassau	2014
4	3:25.84	FRA	Nassau	2014
5	3:27.37	POL	Nassau	2014
6	3:27.44	ITA	Nassau	2014

7	3:28.03	GBR	Nassau	2014
8	3:31.30	BRA	Nassau	2015
	3:31.59	BRA	Nassau	2014

Best Marks for Places – all competitions

Pos	Time	Nation	Venue	Day Month Year
1	3:15.17	URS	Seoul	1 Oct 1988
2	3:15.51	USA	Seoul	1 Oct 1988
	3:18.38	RUS	Stuttgart	22 Aug 1993
3	3:18.29	GDR	Seoul	1 Oct 1988
	3:20.04	GBR	Osaka	2 Sept 2007
4	3:20.25	RUS	Osaka	2 Sept 2007
	3:21.57	RUS	Athinai	10 Aug 1997
5	3:21.88	BLR	Osaka	2 Sept 2007
	3:22.22	RUS	Atlanta	3 Aug 1996
6	3:25.85	CUB	Atlanta	3 Aug 1996
7	3:26.42	AUS	Barcelona	8 Aug 1992

Multiple Gold Medalists:

USA: 2014, 2015, 2017

Multiple Medalists:

USA: Gold in 2014, 2015, 2017

JAM: Silver in 2014, 2015; Bronze in 2017

Man & Woman from the same team winning the corresponding event:

Nation	Venue	Year
USA	Nassau	2014
USA	Nassau	2015
USA	Nassau	2017

Medals by Countries:

Nation	Gold	Silver	Bronze
USA	3		
JAM		2	1
POL		1	
NGR			1
GBR			1

Highest finish by Asian team: Never made the final

Highest finish by African team: 3rd by NGR in 2014

Last three World Relays:

Year	Gold	Time	Silver	Time	Bronze	Time
2017	USA	3:24.36	POL	3:28.28	JAM	3:28.49
2015	USA	3:19.39	JAM	3:22.49	GBR	3:26.38
2014	USA	3:21.73	JAM	3:23.26	NGR	3:23.41

Last nine World Championships:

Year	Gold	Time	Silver	Time	Bronze	Time
2017	USA	3:19.02	GBR	3:25.00	POL	3:25.41
2015	JAM	3:19.13	USA	3:19.44	GBR	3:23.62
2013	RUS	3:20.19	USA	3:20.41	GBR	3:22.61
2011	USA	3:18.09	JAM	3:18.71	RUS	3:19.36
2009	USA	3:17.83	JAM	3:21.15	RUS	3:21.64
2007	USA	3:18.55	JAM	3:19.73	GBR	3:20.04
2005	RUS	3:20.95	JAM	3:23.29	GBR	3:24.44
2003	USA	3:22.63	RUS	3:22.91	JAM	3:22.92
2001	JAM	3:20.65	GER	3:21.97	RUS	3:24.92

Last five Olympics:

Year	Gold	Time	Silver	Time	Bronze	Time
2016	USA	3:19.06	JAM	3:20.34	GBR	3:25.88
2012	USA	3:16.87	RUS	3:20.23	JAM	3:29.95
2008	USA	3:18.54	RUS	3:18.82	JAM	3:20.40
2004	USA	3:19.01	RUS	3:20.16	JAM	3:22.00
2000	JAM	3:23.25	RUS	3:23.46	NGR	3:23.80

Last nine World Indoor Championships:

Year	Gold	Time	Silver	Time	Bronze	Time
2018	USA	3:23.85	POL	3:26.09	GBR	3:29.38
2016	USA	3:26.38	POL	3:31.15	ROU	3:31.51
2014	USA	3:24.63	JAM	3:26.54	GBR	3:27.90
2012	GBR	3:28.76	USA	3:28.79	RUS	3:29.55
2010	USA	3:27.34	RUS	3:27.44	CZE	3:30.05
2008	RUS	3:28.18	BLR	3:28.90	USA	3:29.30
2006	RUS	3:24.91	USA	3:28.63	BLR	3:28.65
2004	RUS	3:23.88	BLR	3:29.96	ROU	3:30.06
2003	RUS	3:28.45	JAM	3:31.23	USA	3:31.69

Last ten World Junior (U20) Championships:

Year	Gold	Time	Silver	Time	Bronze	Time
2018	USA	3:28.74	AUS	3:31.36	JAM	3:31.90
2016	USA	3:29.11	JAM	3:31.01	CAN	3:32.25
2014	USA	3:30.42	GBR	3:32.00	GER	3:33.02
2012	USA	3:30.01	JAM	3:32.97	RUS	3:36.42
2010	USA	3:31.20	NGR	3:31.84	JAM	3:32.24
2008	USA	3:30.19	UKR	3:34.20	AUS	3:34.23
2006	USA	3:29.01	NGR	3:30.84	JAM	3:31.62
2004	USA	3:27.60	RUS	3:30.03	JAM	3:30.37
2002	USA	3:29.95	GBR	3:30.46	RUS	3:30.72
2000	GBR	3:33.82	JAM	3:33.99	ROU	3:34.49

Last seven European Championships:

Year	Gold	Time	Silver	Time	Bronze	Time
2018	POL	3:26.59	FRA	3:27.17	GBR	3:27.40
2016	GBR	3:25.05	FRA	3:25.96	ITA	3:27.49
2014	FRA	3:24.27	UKR	3:24.32	GBR	3:24.34
2012	UKR	3:25.07	CZE	3:25.49	GBR	3:26.20
2010	RUS	3:21.26	GER	3:24.07	GBR	3:24.32
2006	RUS	3:25.12	BLR	3:27.69	POL	3:27.77

2002	GER	3:25.10	RUS	3:25.59	POL	3:26.15
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Last five Asian Games:

Year	Gold	Time	Silver	Time	Bronze	Time
2018	IND	3:28.72	BRN	3:30.61	VIE	3:33.23
2014	IND	3:28.68	JPN	3:30.80	CHN	3:32.02
2010	IND	3:29.02	KAZ	3:30.03	CHN	3:30.89
2006	IND	3:32.95	KAZ	3:33.86	CHN	3:33.92
2002	IND	3:30.84	KAZ	3:31.72	CHN	3:32.43

Last nine Asian Championships:

Year	Gold	Time	Silver	Time	Bronze	Time
2017	IND	3:31.34	VIE	3:33.22	JPN	3:37.74
2015	CHN	3:33.44	IND	3:33.81	KAZ	3:35.14
2013	IND	3:32.26	CHN	3:35.31	JPN	3:35.72
2011	JPN	3:35.00	KAZ	3:36.61	IRQ	3:41.91
2009	CHN	3:31.08	IND	3:31.62	JPN	3:31.95
2007	IND	3:33.39	JPN	3:33.82	KAZ	3:50.81
2005	IND	3:30.93	KAZ	3:32.61	JPN	3:33.54
2003	CHN	3:31.30	KAZ	3:32.82	IND	3:35.34
2002	IND	3:37.48	JPN	3:38.29	SRI	3:42.71

Last four All Africa Games:

Year	Gold	Time	Silver	Time	Bronze	Time
2015	NGR	3:27.12	BOT	3:32.84	KEN	3:35.91
2011	NGR	3:31.21	SEN	3:32.21	KEN	3:37.37
2007	NGR	3:29.74	RSA	3:33.62	SUD	3:34.84
2003	NGR	3:27.76	CMR	3:31.52		

Last nine African Championships:

Year	Gold	Time	Silver	Time	Bronze	Time
2018	NGR	3:31.17	KEN	3:35.45	ZAM	3:38.18
2016	RSA	3:28.49	NGR	3:29.94	KEN	3:30.21
2014	NGR	3:28.87	KEN	3:32.26	BOT	3:40.28
2012	NGR	3:28.77	BOT	3:31.27	SEN	3:31.54
2010	NGR	3:29.26	KEN	3:35.12	SEN	3:35.55
2008	NGR	3:30.07	KEN	3:37.67	SEN	3:38.42
2006	RSA	3:36.88	NGR	3:37.00	KEN	3:39.79
2004	SEN	3:29.41	RSA	3:30.12	CMR	3:30.77
2002	CMR	3:35.33	NGR	3:38.25	ALG	3:39.70

Last four Pan American Games:

Year	Gold	Time	Silver	Time	Bronze	Time
2015	USA	3:25.68	JAM	3:27.27	CAN	3:27.74
2011	CUB	3:28.09	BRA	3:29.59	COL	3:29.94
2007	CUB	3:27.51	MEX	3:27.75	USA	3:27.84
2003	USA	3:26.40	JAM	3:27.34	BRA	3:28.07

Last five Commonwealth Games:

Year	Gold	Time	Silver	Time	Bronze	Time
2018	JAM	3:24.00	NGR	3:25.29	BOT	3:26.86
2014	JAM	3:23.82	NGR	3:24.71	ENG	3:27.24

2010	IND	3:27.77	ENG	3:29.51	CAN	3:30.20
2006	AUS	3:28.66	IND	3:29.57	NGR	3:31.83
2002	AUS	3:25.63	ENG	3:26.73	NGR	3:29.16

Fastest Performances in May

Performance	Performer	Time	Team	Pos	Venue	DMY
1	1	3:19.39	USA	1	Nassau	3 May 2015
2		3:21.73	USA	1	Nassau	25 May 2014
3	2	3:22.49	JAM	2	Nassau	3 May 2015
4		3:23.26	JAM	2	Nassau	25 May 2014
5	3	3:23.41	NGR	3	Nassau	25 May 2014

Combined 2018 & 2019 World List

Performance	Performer	Time	Name	Pos	Venue	DMY
1	1	3:24.00	JAM	1	GoldCoast – CWG	14 Apr 2018
2	2	3:24.28	USA	1	London – W Cup	14 July 2018
3		3:24.29	JAM	2	London – W Cup	14 July 2018
4	3	3:25.29	NGR	2	GoldCoast – CWG	14 Apr 2018
5	4	3:25.91	FRA	3	London – W Cup	14 July 2018
6	5	3:25.99	Kentucky	1	Knoxville	13 May 2018
7		3:26.08	USA	1	Toronto	12 Aug 2018
8		3:26.16	USA	1	Austin – Texas R	31 Mar 2018
9	6	3:26.17	POL	4	London – W Cup	14 July 2018
10		3:26.29	USA	1	Gainesville	30 Mar 2019

World Class sprinters competing in World Relays

Eilidh Doyle (GBR) DOB: 20 Feb 1987

Personal Best: 400m: 51.83 (2013), 51.45i (2013); 400mH: 54.09 (2016)

Championships Highlights:

400mH: 2nd in 2010, 2014 & 2018 CWG; 4th in 2013 WC; 6th in 2015 WC; 8th in 2017 WC;
1st in 2014 EC; 8th in 2016 OG

Progressions:

Year	400m	400mH
2018	51.87	54.80
2017	52.36	54.36
2016		54.09
2015	53.03i	54.46

Christine Day (JAM) DOB: 23 Aug 1986

Personal Best: 200m: 23.73 (2013); 400m: 50.14 (2015)

Championships Highlights:

400m: 3rd in 2014 CWG; 4th in 2015 WC

Member of the winning relay team in 2015 WC and 2014 & 2018 CWG

Progressions:

Year	200m	400m
2019		52.48
2018		51.41
2017		51.25
2016		50.29

Janieve Russell (JAM) DOB: 14 Nov 1993

Personal Best: 200m: 23.43 (2018); 400m: 51.17 (2016); 400mH: 53.46 (2018)

Championships Highlights:

400mH: 1st in 2012 World Junior; 5th in 2015 WC; 7th in 2016 OG; 1st in 2018 CWG

Member of the winning relay team in 2018 CWG

Progressions:

Year	200m	400m	400mH
2019	24.64	52.46	55.28
2018	23.43	52.14	53.46
2017	24.31	51.94	54.02
2016		51.17	53.96

Jessica Beard (USA) DOB: 8 Jan 1989

Personal Best: 100m: 11.48 (2016); 200m: 22.74 (2018); 400m: 50.08 (2018)

Championships Highlights:

400m: 5th in 2006 World Junior; 2nd in 2008 World Junior; competed in 2009 & 2011 WC

Progressions:

Year	100m	200m	400m
2019		23.29w	
2018		22.74	50.08
2017		23.37w/23.56	50.85
2016	11.48	22.85w/22.94	51.76

Courtney Okolo (USA) DOB: 15 Mar 1994

Personal Best: 100m: 11.53 (2016); 200m: 22.93 (2015); 400m: 49.71 (2016)

Championships Highlights:

400m: 1st in 2018 World Indoor;

Member of the winning relay team in 2016OG; 2016 & 2018 World Indoor

Progressions:

Year	100m	200m	400m
2019		24.02	
2018		23.34w/23.41	50.65 / 50.55i
2017		23.41	50.29
2016	11.53	23.01	49.71

Shakima Wimbley (USA) DOB: 23 Apr 1995

Personal Best: 100m: 11.99 (2013); 200m: 22.34 (2018); 400m: 49.52 (2018)

Championships Highlights:

400m: 2nd in 2015 Pan Am Games; 5th in 2018 Continental Cup; 2nd in 2018 World Indoor

Member of the winning relay team in 2017 WC and 2018 World Indoor

Progressions:

Year	100m	200m	400m
2019		22.67w	51.32
2018		22.34	49.52
2017		22.47	50.36
2016		22.56	50.90

Please send corrections to KKenNakamura@gmail.com