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Track Sensations Smith and Swindell Lead Virgin Islands to Glory

Record-breaking hurdles and sprint victories mark a new chapter for VI sports

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I2r: Michelle Smith and Sofia Swindell. By. THE VIRGIN ISLANDS TRACK & FIELD FEDERATION

Virgin Islands sports ambassador Michelle Smith has set a new national record for the 400m hurdles at the 18th Carolina Spring Break Classic in Carolina, Puerto Rico, on March 17.

The high school senior from Montverde Academy triumphed with a time of 56.06 seconds, also establishing a meet record and securing her position as the fifth all-time high school athlete in the

United States for this event. This remarkable achievement ranks her as the top athlete in the U20 category worldwide. Smith is slated to represent the Virgin Islands in both the 400m hurdles and the 800m at the CARIFTA Games, to be held in Grenada from March 30 to April 1, 2024.

Sofia Swindell, a junior at Lawrenceville School and a member of the Virgin Islands Track and Field Team, showcased her talent at the Spring Invitational at IMG 2024 in Bradenton, FL, on March 16. Swindell clinched first place in the 200m race with a personal best of 23.85 seconds and topped the 100m hurdles with a time of 14.26 seconds. She also secured third place in the triple jump with a leap of 11.12m. Swindell has earned her place to represent the Virgin Islands in these three events at the upcoming CARIFTA Games.

Malique Smith, another member of the Virgin Islands Track and Field Team, participated in the Carolina Spring Break Classic alongside Smith. He finished third in the 400m hurdles with a season-opening best time of 51.54 seconds and, shortly thereafter, set a personal record in the 400m race with a time of 48.05 seconds. Smith is preparing for his next challenge at the Pepsi Florida Relays in Gainesville, Florida, on April 2 and 3, 2024.

Mikaela Smith also competed at the Carolina Spring Break Classic, finishing 10th in her heat of the 1500m race with a time of 4:59.07. She will join Malique in competing at the Pepsi Florida Relays, marking another opportunity for the Virgin Islands athletes to demonstrate their prowess on the track.