

The Virgin Islands Consortium

Virgin Islands Athlete Michelle Smith Shines in National Record-Breaking Relay Performance

Smith and other teammates lead Montverde Academy to victory with historic finish at Virginia Showcase 2024

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From left to right: Adaejah Hodge, Michelle Smith, Alivia Williams, and Skylar Franklin
By. THE VIRGIN ISLANDS TRACK & FIELD FEDERATION

In a series of impressive performances, athletes from the U.S. Virgin Islands have made significant strides in track and field events, both locally and abroad. High school senior and Virgin Islands Sports Ambassador Michelle Smith, from Montverde Academy, has been at the forefront of these achievements.

Michelle Smith's Record-Breaking Performance in Virginia Showcase 2024

At the Virginia Showcase 2024 in Virginia Beach, Michelle Smith played a pivotal role in her team's victory in the 4 x 400m relay. The team from Montverde Academy set a new National High School record of 3:37.63, breaking a 20-year-old record previously held by Long Beach Poly High School in California. Smith ran a remarkable 53.79 split, contributing significantly to the team's success. She also excelled in the 500m event, finishing third with a season-best time of 1:14.31, ranking her third in the nation.

Michelle Smith's Upcoming Competition

Michelle Smith is set to compete next at the RADD Sunshine Showcase in Gainesville, Florida, on January 20, 2024.

Sofia Swindell's Success at Hill vs. Lawrenceville 2024 Indoor Track Meet

Another notable Virgin Islands athlete, Sofia Swindell, a junior at the Lawrence School, triumphed at the Hill vs. Lawrenceville 2024 Indoor Track Meet. Swindell won the 55m final with a personal record of 7.24 and was part of her school's 4 x 400m relay team, which achieved the top ranking in the State of New Jersey with a time of 3:50.79.

VITFF Developmental Meets in St. Croix and St. Thomas

The Virgin Islands Track and Field Federation (VITFF) hosted the 3rd VITFF Developmental Meet in St. Croix on January 11, 2024, featuring athletes in the U13, U17, and Open categories. The 1st VITFF Developmental Meet in St. Thomas, held on January 13, 2024, unfortunately did not see enough athlete participation to contest events.

Event Winners at the VITFF Developmental Meet

The VITFF Developmental Meet witnessed several outstanding performances, with athletes from various clubs and schools clinching top positions in their respective events. Winners included Xavier Saleem, Lellene Huggins, Yahraya Doctrine, Anna Simon, Ayden Cintron, Olivia Jones, Malachi Maclorrain, Kirra Lambert, Nathan Langley, Faith Eatmon, Vedant Mittal, A'Sharia Bernadine, Davina Browne, Wilfredo Concepcion, Cole Summer, and Safiya Prasad.

Full results and details of these and other track and field events can be found on the Virgin Islands Track and Field website: <https://vitrackandfield.com/competitions/>.