

The Virgin Islands Consortium

USVI Track Stars Set Territorial U20 Records During Recent Meets

Michelle Smith and Sofia Swindell dominate with record-breaking performances

Sports / **Published On January 22, 2024 05:31 AM /**

Staff Consortium **January 22, 2024**



From left to right: Michelle Smith and Sofia Swindell. By. THE VIRGIN ISLANDS TRACK & FIELD FEDERATION

Virgin Islands sports have entered the spotlight with impressive performances from local athletes in recent track and field events.

Montverde Academy senior and Sports Ambassador, Michelle Smith, showcased her talent at the RADD Sunshine Showcase Indoor Track and Field competition on January

Smith secured a first-place finish in the 60m Hurdles, establishing a new VI National U20 and school record with a time of 8.72 seconds. Her prowess continued in the Long Jump, landing a second-place finish with a leap of 5.66 meters, equivalent to 18 feet and 7 inches, setting another U20 and school record. In the 200m, Smith achieved a personal best of 24.51 seconds, winning her heat and placing fourth overall. She is set to compete next at the East Coast Invitational in Virginia Beach, VA on February 3, 2024.

In other athletic achievements, Sofia Swindell, a junior at Lawrenceville School, made her mark at the Mercer County Track and Field Championships in Princeton, NJ, and Tom's River, NJ. Swindell triumphed in the triple jump with a distance of 10.69 meters and earned a fifth-place in the long jump. She also claimed first place in both the 55m hurdles, with a new VI National U20 Record of 8.25 seconds, and the 55m dash, setting a personal record of 7.18 seconds. Her next event will be the Metropolitan Invitational on January 24 at Ursinus College in PA.

The 4th VITFF Developmental Meet in St. Croix also saw a number of local athletes competing across various age groups on January 18. Winners from the U13 to Open categories emerged in events ranging from sprints to field events, demonstrating the depth of talent in the Virgin Islands.

The full list of event winners from the developmental meet is available on the official Virgin Islands Track and Field website, where enthusiasts can find detailed results: [Virgin Islands Track and Field](#).

Looking ahead, the interscholastic track and field competition is set to begin on St. Croix for Middle School, High School Junior Varsity, and High School Varsity on January 25, 2024, and for Elementary School on January 26, 2024. These events are expected to further highlight the athletic prowess of Virgin Islands' youth and foster the growth of the sport in the region.