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Virgin Islands Athletes Set New Records at Various Championships

Eduardo Garcia, Osaze Demund Williams, and Sofia Swindell break records in their disciplines, showcasing exceptional talent

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Three Virgin Islands National Team members, Eduardo Garcia, Osaze Demund Williams, and Sofia Swindell, have made headlines by setting new records in their respective disciplines at national and conference championships.

Eduardo Garcia Achieves New VI National Record

Eduardo Garcia, a member of the Virgin Islands National Team, participated in the Gate River USA 15K Championships held in Jacksonville, Florida. Garcia finished the 15-kilometer race in an impressive time of 45:15, establishing a new Virgin Islands National record. This achievement

placed him 10th overall in the competition. It marks Garcia's fourth participation in this prestigious road race championship and represents his highest finish to date. Currently, Garcia is focusing on qualifying for the Marathon event at the upcoming Olympic Games in Paris, France. His next competition will be the NYC Half Marathon, scheduled for March 17, 2024.

Osaze Demund Williams Sets Indoor Record

Another notable performance came from Osaze Demund Williams at the MountainWest Conference Championships. Williams excelled in the short track indoor 800m race, setting a new Virgin Islands National indoor record with a time of 1:50.87.

Sofia Swindell Ties U20 Record and Achieves Personal Bests

Sofia Swindell, a member of the Virgin Islands Track and Field Team, competed at the NJSIAA Indoor Championship meet with The Lawrenceville School on February 21 in Tom's River, NJ. Swindell tied her own VI U20 National Record in the 55m Hurdles with a time of 8.23 and secured first place. Additionally, she achieved a personal best in the 55m Dash with a time of 7.16 and led her 4x400m relay team to victory, contributing to The Lawrenceville School's win of the NJSIAA Prep A Championship.

Following this, Swindell participated in the Elite Division of the Ocean Breeze Elite Invitational in Staten Island, NY, on February 24. She set personal bests in the 60m Hurdles prelims and finals with times of 8.79 and 8.72, respectively, and placed fifth in the finals. Swindell also competed in the 300m Dash and as part of the 4x200m relay team, setting a school record with a time of 1:43.20.

Swindell is set to compete at the New Balance Nationals Indoor championships from March 8-10, 2024, in Boston, MA.