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High School “Phenom” Michelle Smith Takes 400m Hurdles Victory Among College/Pro Athletes

Eighteen-year-old high school senior dazzles with first-place finishes among seasoned athletes

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Michelle Smith

Michelle Smith heads into this year’s CARIFTA games with two more incredible accomplishments under her belt, garnered at the Florida State Relays in Tallahassee.

The 18-year old high school senior, running under the banner of her training center Celerity Athletics, finished first among a field of college seniors and professional athletes in the 400m hurdles with a time of 56.85 seconds. Before the event, the commentator urged viewers to watch the "school phenom," referring to Smith.

She ran the 100m hurdles in the high school category and also secured first place, this time with a season best time of 14.12

Michelle and eight other Virgin Islands athletes will travel to Grenada on Thursday ahead of the Easter weekend games. She will compete in the Female Under 20 400m hurdles and 800m events, while Sofia Swindell, another Under 20 athlete, will compete in the 100m hurdles, 200m, and triple jump.

Male Under 17s include Jayvan Benjamin for long jump. Micah Dominique and Juvante Hurst will both compete in the 100m and 200m races, while the Male Under 20 4x400m relay team will comprise Quemane Bell, Thomas Crikelair, Nathan Langley, and Jaden Stapleton. Bell will also participate in the MU20 long jump, while Mr. Crikelair will run the 800m. Mr. Langley will seek victory in the 800m and 1500m, while Mr. Stapleton will compete in the 200m and 400m.

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