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Michelle Smith Ends High School Meet With State Championship, Gold Medal, and New National Record

Smith's outstanding performances in hurdles and relay propel Montverde Academy to a resounding state victory

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Michelle Smith By. MONTVERDE ACADEMY

With her high school athletic career winding down, sports ambassador and Montverde Academy senior Michelle Smith has added more accolades to her stellar 2024 season.

On Thursday, she competed at the Florida High School State Championships in Jacksonville, where she set a new national U20 record in the 100m hurdles. Taking gold in a time of 13.77, Smith's national record is also the fastest time for her school, and earned her the state champion title for that event.

Smith also participated in the 400m hurdles, which she completed in 57.82 seconds, a meet record. She was duly afforded the title of state champion in this event as well.

Michelle's athletic excellence also contributed to her team's blistering 3:40.75 first place finish in the 4 x 400m relay – another meet record for the young Virgin Islander.

The efforts of Michelle and her Montverde Academy teammates lifted the team to an overall State Championship victory, scoring 41 points more than second-place finisher Bolles High School.

Following her graduation on Saturday, Michelle will represent her alma mater for the final time at the New Balance Outdoor National Championships in Philadelphia next month.

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