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USVI Athletes Set to Compete at World Athletics U20 Championships

Michelle Smith, holding VI U20 and CARIFTA records, focuses on the 400m hurdles, while Sofia Swindell and Brandon Pemberton gear up for the 100m hurdles and 100m dash, respectively

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From left to right, Michelle Smith, Sofia Swindell, and Brandon Pemberton. By. VIRGIN ISLANDS TRACK & FIELD FEDERATION

Three track athletes from the U.S. Virgin Islands are readying themselves to represent the territory at World Athletics U20 Championship events happening later this week.

This year, Michelle Smith qualified for four events, but will focus on the 400m hurdles for these World Championships. Smith, a recent graduate of the Montverde Academy, holds the VI U20

record in her chosen event, and the national and U17 CARIFTA record for the 400m hurdles as well. Heats for the event take place on the morning of August 28. Semi-finals are scheduled for Friday afternoon, with the final on August 31 at 4:35 p.m.

Sofia Swindell, who qualified for the 200m and the 100m hurdles, will represent the Virgin Islands for the 100m hurdles at the World Championship. The Lawrenceville School senior will run heats on August 29, semi-finals at 3 pm on the same day, and is looking forward to the 100m hurdles final on August 30. Swindell won bronze in this event at the 2023 NACAC U18/U23 Championships and at the 2024 CARIFTA Games.?

Brandon Pemberton will round out the USVI contingent for this year's World Athletics U20 Championships, representing the territory in the 100m dash. The current V.I national champion, a student at Barton Community College, will run his heat on the morning of August 27. The semi-final will be that afternoon, with the 100m finals scheduled for the evening of August 28.

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