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USVI Track Stars Excel on National Stage, Led by Michelle Smith's NCAA Performance

Michelle Smith's record-breaking run at the NCAA Championships highlighted a strong showing for VI athletes. Sofia Swindell ended her indoor season at New Balance Nationals, while Mikaela Smith and Omar Simpson competed fiercely at the Carolina Classic.

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From left to right, Mikaela Smith and Omar Simpson, Michelle Smith, and Sofia Swindell.
By. The Virgin Islands Track And Field Federation.

Virgin Islands athletes delivered outstanding performances across multiple high-profile track and field events. Representing the territory in competitions ranging from the Carolina Spring Break Classic to the NCAA Championships, these athletes continue to elevate the presence of the Virgin

Islands on the global stage.

Mikaela Smith and Omar Simpson Represent the Virgin Islands at Carolina Spring Break Classic

Carolina, Puerto Rico – Mikaela Smith and Omar Simpson proudly represented the Virgin Islands Track and Field Federation (VITFF) at the Carolina Spring Break Classic on March 14-15, competing against top-tier athletes and delivering strong performances.

Smith, demonstrating her versatility in middle-distance events, placed 5th in the 1500 meters with a time of 4:57.48. She showed even greater strength in the 800 meters, securing 4th place with a time of 2:17.34.

Simpson, specializing in sprint events, impressed in the 200 meters, finishing 2nd in his heat with a time of 21.83. He then dominated the 400 meters, winning his heat with an outstanding time of 47.82.

The VITFF extended its appreciation to the Virgin Islands Olympic Committee for its continued support and encouraged all Virgin Islands athletes to register with the federation to be part of the growing track and field community.

Sofia Swindell Closes Indoor Season at New Balance Nationals, Prepares for CARIFTA Games

Boston, Massachusetts – Sofia Swindell, a senior at The Lawrenceville School and a University of Pennsylvania commit, ended her high school indoor track season with a strong showing at the 2025 New Balance Indoor Track & Field National Championships held from March 13-16.

Competing against the nation's top high school athletes, Swindell finished 11th overall in the 200 meters with a time of 24.13. She also competed in the 60-meter hurdles, finishing 26th overall with a time of 8.79, missing qualification for the semifinals by just 0.02 seconds.

In the Sprint Medley Relay, Swindell and her teammates set a new school record of 4:03.67, surpassing the previous mark by more than five seconds.

With the indoor season concluded, Swindell now shifts her focus to the outdoor track season, where she will represent the Virgin Islands at the 2025 CARIFTA Games in Trinidad and Tobago from April 18-22.

Michelle Smith Helps Georgia Set School Record at NCAA Championships

Virginia Beach, Virginia – Michelle Smith, a freshman at the University of Georgia and a rising star from the Virgin Islands, delivered a standout performance at the 2025 NCAA Indoor Track & Field Championships.

Competing on one of the biggest collegiate stages, Smith ran an impressive 52.08-second split in the 4x400-meter relay, helping her team secure 2nd place in the event with a new UGA school record time of 3:26.07. This was the third time this season the relay squad set a school record.

The 8 points earned from the relay event were crucial in securing 2nd place overall in the team standings for the University of Georgia.

Smith continues the legacy of her mother, Mireille Sankatsing-Smith, who was the Runner-Up in the 1991 NCAA Division I Championship in the 800 meters and later became the NCAA Champion in the 800 meters in 1992.

With the indoor season now concluded, Smith will turn her attention to the outdoor track season, where she will once again represent the Virgin Islands at the 2025 CARIFTA Games in Trinidad and Tobago from April 18-22.

Both the University of Georgia's men's and women's teams finished 2nd in the overall NCAA standings, marking a strong showing for Smith and her teammates.

For more details on registration and upcoming events, visit [Virgin Islands Track and Field Federation](#).

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