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Michelle Smith Now Ranks #1 in NCAA and U20 World Rankings After Winning 400m Hurdles at Black and Gold Invitational

Virgin Islands Sports Ambassador Michelle Smith won the women's 400m hurdles at the Black and Gold Invitational with a time of 55.98s, ranking her #1 in the NCAA, #4 in the world, and #1 globally in the U20 category as she heads to CARIFTA 2025.

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Michelle Smith took first place in the women's 400-meter hurdles at the Black and Gold Invitational on Friday, March 21, 2024.

Virgin Islands Sports Ambassador Michelle Smith, a freshman at the University of Georgia, has opened her outdoor season with a standout performance, taking first place in the women's 400-

meter hurdles at the Black and Gold Invitational. The meet was held at the UCF Track & Field/Soccer Complex in Orlando, Florida.

Smith, just 18 years old, clocked a winning time of 55.98 seconds in the event, dominating the field and finishing well ahead of her competitors. Her performance currently ranks her #1 in the NCAA and #4 in the world overall, as of March 21, 2025. Among athletes in the Under-20 category, she holds the #1 global ranking, further cementing her position as a rising star in international track and field.

Racing for the Georgia Bulldogs, Smith's effort also propelled her to #3 on the All-Time University of Georgia Ranking in the women's 400m hurdles.

Jamaica's Jody-Ann Dixon of Clemson University placed second in the race, finishing with a time of 59.25 seconds. Emmi Scales of the University of Kentucky followed closely behind in third with a time of 59.64 seconds.

The full 400m hurdles race can be viewed [here](#).

Smith, who has already achieved significant accolades early in her collegiate career, is now preparing to represent the Virgin Islands at the upcoming CARIFTA Games in Trinidad and Tobago. The regional event will take place from April 18–22, 2025.