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Michelle Smith Advances to NCAA Finals in 400m Hurdles and 4x400m Relay

UGA's Michelle Smith ran a powerful 55.65 in the 400m hurdles to qualify for Saturday's NCAA final, then returned to help Georgia's 4x400m relay team advance—marking a major achievement for the SEC Freshman of the Year from the Virgin Islands.

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Michelle Smith, the standout freshman from the U.S. Virgin Islands representing the University of Georgia, delivered a commanding performance on Thursday at the NCAA Track and Field Championships, securing her place in the finals of both the 400-meter hurdles and the 4x400-meter relay.

Already celebrated as one of the most promising young athletes in collegiate track, Smith lived up to the high expectations in her 400m hurdles semi-final. Running with remarkable poise and power, she surged to a 55.65-second finish, winning her heat and automatically qualifying for the final. Her dominance on the track made it clear: Smith is not just competing—she's contending for a national title.

The 400m hurdles final is scheduled for Saturday, June 14 at 7:27 PM ET, and will take place at the iconic Hayward Field, where she'll face the top collegiate hurdlers in the nation.

But Smith wasn't done for the day. Later that evening, she returned to the track as a critical member of Georgia's 4x400m relay team, helping her squad to a semi-final victory and a coveted spot in the championship final.

Smith's dual qualification is a career milestone and yet another high point in a freshman season already filled with accolades. Earlier this year, she made history as the first Virgin Islander to be named SEC Freshman of the Year, a distinction that reflects not only her elite athletic ability but also her relentless drive.

Athletes in the Virgin Islands looking to follow in her footsteps are encouraged to register with the Virgin Islands Track and Field Federation. Registration can be completed online by visiting the federation's official website: [Registration – Virgin Islands Track and Field Federation](#).