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Carifta Games 2023: Michelle Smith Dominates with Two Gold Medal Wins

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USVI Native Michelle Smith won Gold in the U-20 Women's 400-meter hurdles at the 2023 Carifta Games.

Michelle Smith, the talented athlete from the USVI, secured two gold medals during the 2023 Carifta Games Track and Field Championships held in Nassau, Bahamas.

Smith, a St. Croix native and junior at Montverde Academy in Florida, first won the U-20 women's 400-meter hurdles on Sunday with an impressive 57.69-second victory, asserting her dominance against some of the Caribbean's top competitors.

Representing the U.S. Virgin Islands, Smith continued her golden run on Monday night in the U-20 women's 800-meter event. She took the lead after 400 meters and widened her distance over

the last 100 meters to secure her second gold of the Games with a time of 2:09.71. The struggle for silver and bronze was fierce as Jamaica's Kishay Rowe, Haiti's Victoria Guerrier, and Barbados' Layla Haynes vied for a spot on the podium.

These victories follow Smith's U-17 title win at last year's Carifta Games held in Kingston, Jamaica. Her recent performance in the 400-meter hurdles was just shy of her personal best of 57.48 seconds, which she achieved during the finals of the World U20 Championships in Colombia last August.

Smith's consistent success in track and field has garnered interest from numerous collegiate programs. She recently participated in the Bob Hayes Invitational Track & Field Meet, winning the 300-meter hurdles with a time of 41.86 seconds. At the Florida High School Athletic Association (FHSAA) District Championships, she claimed first place in both the 100-meter hurdles and the 300-meter hurdles.

As Smith prepares for her senior year, her dedication and commitment to achieving excellence in track and field have fans and coaches eagerly anticipating her continued growth and success in the sport.