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Michelle Smith Crowned New Balance National Champion in 400m Hurdles

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Michelle Smith.

Michelle Smith, a member of the Virgin Islands Track and Field Team, clinched the title of New Balance National Champion in the 400m Hurdles at the New Balance Outdoor Nationals, held June 15-18, 2023. Smith, currently the fastest high schooler in the USA for the 400m hurdles, posted a stunning win with a time of 58.28 seconds.

Smith, whose personal best is 56.66 seconds set at the Corky/Crowfoot Shootout, also helped her team secure second place in the 4x400m Relay, achieving a new school record time of 3:42.09.

She will next represent the Virgin Islands at the Central American and Caribbean (CAC) Games, set to take place in El Salvador from July 1 - 9, 2023.

Also representing the Virgin Islands at the New Balance Outdoor Nationals was Sofia Swindell. Swindell put on a commendable performance by finishing fourth in the 100m Hurdles Rising Stars Girls final with a time of 14.30. She also placed eighth in the Triple Jump with a leap of 37 feet and 5.25 inches - 11.41 meters.

Swindell is set to compete at the NACAC U18/U23 Championships in Costa Rica from July 21-23, 2023.

On the men's side, Malique Smith, another Virgin Islands Track and Field Team member, competed at the American Track League ATL Open on June 17, 2023. Smith finished seventh in the 400m Hurdles with a time of 52.12.

Smith is slated to compete next on June 21 and 24 in Canada in the Royal City Inferno Track and Field Classic and Johnny Loaring Classic.

In the spirit of celebrating Olympic Day, the Virgin Islands Olympic Committee (VIOC) and the Virgin Islands Track and Field Federation hosted the Olympic Day Run/Walk on both St. Croix and St. Thomas.

The event saw its largest turnout in the walk portion, with numerous participants hailing from St. Thomas.

The 1 Mile Run winners were Bridget Klein and Michael Dizon-Bumann in the female and male categories respectively. Klein finished the race with an impressive time of 6:00, while Dizon-Bumann led the male group with a time of 5:22.