

The Virgin Islands Consortium

Virgin Islands' Michelle Smith Breaks Championship Record to Claim Gold at NACAC U18 and U23 Championships

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Michelle Smith.

Virgin Islands track sensation, Michelle Smith, shattered the North American Central American and Caribbean (NACAC) Under 18 400m Hurdles record to win gold on the opening day of the U18 and U23 Championships Friday.

Smith completed her dash to victory in 56.99 seconds, rewriting the record previously held by Jamaican athlete Alliah Baker, who completed the race in 1:03.36. The Virgin Islands Track and Field Federation has congratulated Smith on her remarkable

achievement.

Day 1 of the championships also witnessed a strong performance from Akyra Joseph in the Heptathlon events. She set a personal best of 16.20 seconds in the 100m Hurdles, achieved a seasonal best of 1.47m in the High Jump, and threw a personal best of 9.08m in the shot put. She concluded the day with another personal best, running 26.38 seconds in the 200m.

Meanwhile, Davina Browne competed in the javelin throw and finished a respectable fifth with a throw of 25.12m.

The championships continue on Saturday, July 22, with Joseph tackling her remaining three Heptathlon events. She will start with the Long Jump at 8:00 am, followed by the Javelin Throw at 11:00 am, and conclude with the 800m at 6:20 pm.

The day will also feature the 100m Hurdles final at 4:40 pm with Sofia Swindell and Michelle Smith on the tracks, and later Swindell will run in the 200m semi-final at 6:40 pm. Meanwhile, Browne will be in the Shot Put at 5:30 pm.

On Sunday, July 23, we will see Smith competing again, this time in the 800m U18 final at 9:00 am, while Mikaela Smith will challenge the 800m U23 final at 9:20 am. Mikaela will also be featured in the 1500m final at 11:50 am. Furthermore, Swindell will compete in the 200m final at 10:00 am.

It promises to be an action-packed weekend as these athletes seek to build on their Day 1 performances and keep the Virgin Islands in the spotlight at the NACAC U18 and U23 Championships.