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# Track Sensation Michelle Smith Adds Silver Medal to Her Accolades at Pan American U20 Championships

Sports / **Published On August 05, 2023 07:45 AM /**

Staff Consortium **August 05, 2023**

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Michelle Smith, the Virgin Islands track sensation, has added another feather to her cap by securing a Silver Medal in the 400m Hurdles at the Pan American U20 Championships.

The V.I. Track and Field Federation announced the news, expressing its pride and congratulations to Smith for her accomplishment.

Smith completed the race in a time of 57.99 seconds, marking the end of her remarkably successful 2023 season. Following the Pan American Championships, she is set to return to Montverde Academy to commence her Senior year.

Earlier this season, Smith shattered the North American Central American and Caribbean (NACAC) Under 18 400m Hurdles record, winning gold on the opening day of the U18 and U23 Championships on Friday, July 21, 2023. She completed her dash to victory in 56.99 seconds, rewriting the record previously held by Jamaican athlete Alliah Baker.

The championships, which have put Virgin Islands athletes in the spotlight, also witnessed exceptional performances from other participants. Akyra Joseph, for instance, set personal bests in the Heptathlon events, including a 16.20-second record in the 100m Hurdles and a 9.08m throw in the shot put. Davina Browne, on the other hand, finished fifth in the javelin throw with a respectable throw of 25.12m.

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