



NORTH AMERICAN, CENTRAL AMERICAN AND CARIBBEAN ATHLETICS ASSOCIATION

ATHLETICS

[Suite #58W Thomas A Robinson National Stadium](#)

info@athleticsnacac.org

THIS WEEK IN NACAC

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EDITORIAL



Keith Joseph
CEO, NACAC

The Grenada Athletic Association (GAA) had earned kudos from across NACAC Athletics and the international athletics family for its hostign of an excellent 51st edition of the CARIFTA Games, 30 March – 1 April 2024.

The newly laid track at the Kirani James Stadium, Queen's Park, St George's Grenada, proved to be a boon for athletes as they served up high quality performances in every event on the Games programme.

When the competition concluded, Trinidad and Tobago's Janae De Gannes, was awarded the Austin Sealy Trophy, symbol of the singlemost outstanding performance by an

*P.O. Box 680, Kingstown, St Vincent and the Grenadines
Tel: (784) 457 9062 (H); (784) 457 2970 (O)*

athlete at the Carifta Games. Her winning leap of 6.50m established a new Carifta Games record for the U20 Girls Long Jump.



Janae De Gannes

De Gannes' performance also automatically qualified her for the World Athletics U20 Championships scheduled for Lima, Peru, later this year. Her performance, at the time ranked De Gannes second in the world in the event for U20 Girls.

There were 598 athletes registered, 336 males and 262 females.

155 team officials were registered for the Games and there were 20 dignitaries from several countries in attendance.

TTO Looks back at Carifta 2024

NAAATT is generally happy with the performance of our athletes at the 2024 CARIFTA Games in Grenada. The medal tally of 27 (5 more than in 2023) and its 3rd place on the medals table give but a partial view of the team's performance. Our athletes

participated with heart and determination, some who did not win medals made it to the finals of their respective events.

It is often risky to single out performers and performances as one may inadvertently omit some. However, some performances stand out in my mind:

- Janae De Gannes' record breaking 6.50m in the Girls' U20 long jump and subsequent copping of the Austin Sealy Award for Best Performance at the Games. Ironically, the last time TTO won this award was back in 2010 with Jehue Gordon, who served as Team Manager on this occasion.
- Tafari Waldron's repeat in the Boys' U20 5,000m, a race that he ran almost by him, leading from very early. He was joined on the podium by Omari Thompson who placed 3rd in the same event, a double for Team TTO
- Jenna-Marie Thomas' double – silver in the Girls U17 100m Hurdles and bronze in the Girls U17 400m Hurdles – represent first time medals for TTO in those event categories.
- Kadeem Chinapoo's gold medal in the Boys' U17 200m
- TTO competed in all nine relays and won medals in eight, our biggest

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CEO, NACAC

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victory being gold in the Boys'U20 4X100m, undoubtedly one of the premier events

- Last but not least a very energetic parents and supporters group that made their presence felt at the Stadium, cheering on all athletes, especially those in the red, white and black.

Our commendations to all athletes, team management and other support personnel.



WORLD ATHLETICS RELAYS bahamas 24

The stage is set!

This Week In NACAC caught up with the CEO of World Relays 2024, Drumeco Archer, who is also president of the BAAA.

In response to questions about the preparations for the big event, scheduled for the Thomas A. Robinson National Stadium, Nassau, Bahamas, 4-5 May 2024, Archer was

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confident that all will be in place for a most exciting edition of the Relays.

Mondo is completing the relaying of the track and the work on the stands is really going well.

According to Archer, participating teams will certainly welcome the competition conditions as much as the warm, generous hospitality of the Bahamian people.

Meanwhile, around the world, member federations are finalising their relay teams to travel to Nassau where they anticipate ideal conditions for good performances, setting the stage for the relay component of the Paris Olympics, later in the year.

On Sunday, for example, the NAATT held a meet to determine the team to represent the twin-island Republic in the World Relays. Given the build-up to this year's World Relays, Bahamians are anxious to showcase the country's belief that it can justify being considered as the official home of this prestigious event.

Teams for the Pre Game Show in Nassau

4x100 Un20 Girls:

Jamaica, Trinidad and Tobago, Bahamas, Guadeloupe, British Virgin Island and USA.

4x100 U20 Boys:

Trinidad and Tobago, Jamaica, Grenada, Bahamas, and USA

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Mixed Relay:

Grenada, Jamaica, Trinidad, Bahamas; Turks and Caicos, and USA

SPECIAL WORLD RELAYS NOTICE!!!!

On Day 1, the top two teams in each of the four heats qualify for the Paris 2024 Olympic Games and the Final on Day 2.

In the Final on Day 2, these top 8 teams will compete for medals, Prize Money and obtain Olympic Lane seeding positions.

All other teams will compete on Day 2 in the additional round where the top two teams in each of the three heats also qualify for Paris 2024 Olympic Games. The remaining 2 teams in each event qualify by the best times achieved in the qualification period

Teams that are DNS on Day 1, may not compete in the round on Day 2. Teams that are DNF or DQ on Day 1, may compete in the round on Day 2.

Around NACAC Athletics

Aruba

Two medals for Aruba

The fact that Aruba's national stadium was been closed for renovation since 2023, presenting a significant challenge for our athletes, did not daunt the spirit of the Aruba

*Keith Joseph
CEO, NACAC*

Athletics Federation nor the determination of the country's athletes that competed at the 51st Carifta Games in Grenada. With only two (2) athletes in attendance, Aruba came away with two (s) medals, both silver. This was the first time since 2007 that Aruban athletes won medals at the Carifta Games. Wyndel Beyde became the first Aruban athlete to win two medals at the Carifta Games, and the first in track events. He was second in both the 1500 meters and 3000 meters,

Wyndel joins four other Arubians who have achieved medals at the Carifta Games.

The Aruban Federation congratulated Wyndel Beyde's coaches, William Diaz and Melvin Dabian, as well his parents, who have helped him on this incredible journey.

The Aruba Athletic Federation has committed to continuing its work on the development of the sport of athletics and to helping athletes achieve their goals.

Costa Rica

CRC to host CADICA Championships

The Costa Rican Federation will host the XXXI Central American U18 and XXXVI Central American U20 Athletics Championships respectively, at the La Sabana

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National Stadium, San José Costa Rica, 18 – 19 May 2024.



CONFEDERACIÓN ATLÉTICA DEL ISTMO CENTROAMERICANO

Athletes from Belize, El Salvador, Guatemala, Honduras, Nicaragua and Panama have been invited to join host, Costa Rica, for the competition.

The Technical Manuals have already been distributed to the participating countries

St Vincent and the Grenadines



TASVG focuses on Safeguarding

The governing body for the sport of athletics in the country, Team Athletics St Vincent and the Grenadines (TASVG), has begun its focus on Safeguarding in the sport.

On Saturday 13 April, two of TASVG's Executive members, Ms Delcia Staye and Mr Eron Robinson, participated in the first Safeguarding Seminar hosted by the St

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CEO, NACAC*

Vincent and the Grenadines Olympic Committee (SVGOC), at the Olympic House.

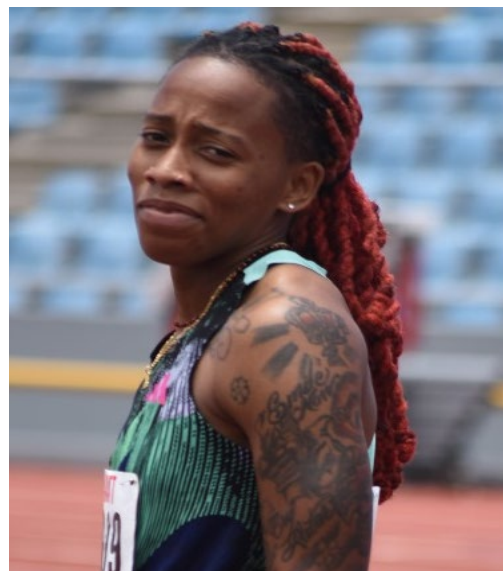
The workshop lasted just under six hours and featured member federations of the SVGOC that engage in individual sports.

TASVG will now undertake, over the next four months, Safeguarding Workshops with its member clubs and other stakeholders.

Trinidad and Tobago

Large Turnout for Preparation Meet #3

NAAATT hosted the 3rd in a series of Preparation Meets for 2024, at the Hasely Crawford Stadium in Port of Spain, on Sunday, April 14.



Michelle-Lee Ayhee

The event was primarily intended to provide the country's senior athletes with an opportunity to attain Olympic qualification

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standards and to facilitate the federation's selection of relay teams for the upcoming Relays Championships in The Bahamas. Among the 347 participating athletes were Michelle-Lee Ahye, Kion Benjamin and Che Lara. All three athletes represented Trinidad and Tobago at the Tokyo Olympics and are hoping to don national colours again for Paris 2024. Following the meet, all three athletes were selected for relay duties in the Bahamas. Also on show were several of the country's top junior athletes including some who competed at the recent CARIFTA Games in Grenada.

Tafari Waldron, CARIFTA gold medallist in the 5,000m, overcame all challengers in the shorter 3,000m event.



Also giving creditable performances were Keneisha Shelbourne, double medallist in the

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high and triple jumps, Peyton Winter, silver medallist in the shot; Tenique Vincent, bronze medallist in the high jump and her twin brother Tyrique, double medallist in the high and long jump. Next weekend, NAAATT will host another Preparation Meet. At that event, the focus will be on the juvenile athletes.

Virgin Islands

Michelle's Carifta medals just keep coming! Virgin Islands leading junior athlete, Michelle Smith, just keep adding to her already rich track and field legacy.

At the recently concluded Carifta Games in Grenada, Michelle easily defended her 400mH U20 title with a solid gold medal performance of 56.28.

Michelle won the 800m in 2:06.18, a new national record for the event, which saw her earn her sixth gold medal at the Carifta Games in three years – 2022, 2023 and 2024, respectively.

Michelle is sporting a Grade Point Average (GPA) of 4.32 (out of 4.00)

Michelle most recently won double gold for the Virgin Islands in the Carifta Games in the 400m Hurdles and 800m. Setting a new Virgin Islands record in the 800m. Michelle is also ranked #1 in the World in the 400mH

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with a best of 56.06. For Montverde Academy Michelle holds the Indoor records for 55mH, 60mH, 600m, Long Jump.



Michelle Smith

Her Outdoor records are for the 100mH, 400mH, 800m and Long Jump.

Rachel Conhoff, a graduate student at Indiana State University, competed in the Gary Wieneke Memorial in Champaign, Illinois on April 13, where she finished 4th overall in the 3000m Steeple in a VI record time of 11:11.15.

Rachel's next track meet will be the Gibson Invitational in Terre Haute Indiana on April 18 through 20, 2024.

Eduardo Garcia, a member of the VI National Team, established a new VI

National record in the 10,000 Meters. Out of the 26,000+ athletes who completed the Cooper River Bridge 10K Run in Charleston, South Carolina, Garcia achieved an impressive 15th place finish with a time of 29:31.

Garcia is currently focused on qualifying for this year's Olympic Games in the Marathon, which will take place in Paris, France. His upcoming race is the Half Marathon in Istanbul on April 28, 2024.

Malique Smith, participated in the Florida Relays held on March 29, 2024, in Gainesville, Florida. In the 400m Hurdles event, Malique achieved a commendable 3rd place finish in his heat, completing the race in a time of 51.40.

Following his performance at the Florida Relays, Malique took part in the Tom Jones Memorial Invitational, also held in Gainesville, Florida, on April 12. Competing in the 400m Hurdles once again, he secured an 8th place finish in his heat with a time of 53.27.

Looking ahead, Malique's upcoming competition will be the Pure Athletics Invitational, scheduled to take place on April 20, 2024, in Clermont, FL.