

53rd



CARIFTA

GAMES

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Message from the Prime Minister of Grenada



Hon. Dickon Mitchell

Distinguished athletes, coaches, officials, and supporters from across the Caribbean—on behalf of the Government and people of Grenada, we welcome you back to Pure Grenada and to the 53rd Edition of the CARIFTA Games.

This year, as our nation continues its onward journey of growth and unity, we proudly stand with our regional brothers and sisters to celebrate the spirit of youth, excellence, and Caribbean togetherness. The CARIFTA Games have long been a symbol of what our region can achieve when we nurture talent, embrace collaboration, and champion the aspirations of our young people.

Our junior athletes embody the very best of us. Their commitment to training, balancing schoolwork, and navigating personal challenges shows extraordinary character and determination. Their efforts remind us that greatness is not born from comfort, but from discipline, resilience, and an unwavering belief in the power of possibility.

Governments across the region continue to play a crucial role in providing opportunities for youth development—not only in track and field, but across all sporting disciplines. When we create spaces for our young people to thrive, we empower them to channel their energy into meaningful pursuits and inspire their peers and communities.

The CARIFTA Games are about more than medals. They represent the forging of lifelong friendships, the pursuit of personal bests, and the discovery of hidden strengths. They highlight our athletes' journeys—overcoming setbacks, celebrating victories, and striving for excellence both on and off the track.

These Games also serve as an invaluable platform for identifying emerging talent, fostering unity among our islands, and bringing positive momentum into our schools and neighbourhoods. The impact of these Games echoes far beyond the competition arena.

As the events unfold, we eagerly anticipate moments of exceptional athleticism, sportsmanship, teamwork, and regional pride. The stage is set for thrilling performances and a renewed sense of Caribbean solidarity.

On behalf of the Government and people of Grenada, I extend heartfelt appreciation to the organizers, officials, and volunteers whose dedication ensures the success of this prestigious event. I commend the coaches and parents for their unwavering commitment, guidance, and support. And to the athletes—your courage, discipline, and passion inspire us all.

We embrace the excitement of these Games and celebrate each achievement in the true CARIFTA spirit—one of respect, unity, and friendly rivalry.

Welcome to Pure Grenada, the Spice of the Caribbean.

May the 53rd CARIFTA Games be memorable, uplifting, and filled with outstanding performances.

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Message from the President, World Athletics



Lord Sebastian Coe

It gives me great pleasure to welcome you to the 53rd CARIFTA Games, hosted in the paradise of Grenada—one of the most athletics friendly nations—nested in the heart of the Caribbean.

This three-day event, hosted at the iconic Kirani James Athletics Stadium, brings together hundreds of young, promising athletes who will compete for national honours at one of the best development athletics meets in the world. The CARIFTA Games is one of the most exhilarating events on the global calendar. I have been attending the event for many years now—the vibrancy and excitement on display by the locals is second to none.

With this edition, the people of Grenada will welcome athletes from neighbouring Caribbean islands for a fourth time, having successfully hosted the event in 2000, 2016 and 2024. They did a superb job on each occasion, and I have no doubt they will deliver another outstanding event.

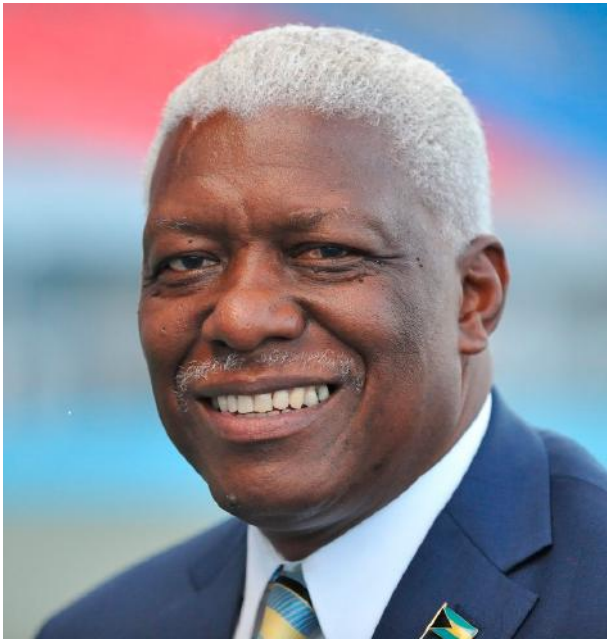
Many of the Caribbean’s most successful track and field stars, past and present, are a product of these games: world and Olympic champions such as Usain Bolt, Shelly-Ann Fraser-Pryce, Shauna Miller-Uibo, Shericka Jackson, Julien Alfred and Grenada’s Kirani James and Anderson Peters. Jamaica’s latest world 100m champion, Oblique Seville, showed his potential as a future star when he won the 2019 CARIFTA Games hosted in George Town, Cayman Islands.

I extend my best wishes to the organisers, volunteers and fans. Enjoy the festivities and the athletics on display.

To the athletes who will be competing this weekend, I encourage you to fully embrace this opportunity. You have worked hard to get to this stage, and now is the time to showcase your talent to the rest of the world. I look forward to following your progress over the coming years.

“Many of the Caribbean’s most successful track and field stars, past and present, are a product of these games”

Message from President, NACAC Athletics



Mike Sands

On behalf of the NACAC Athletics Council and the entire CARIFTA family, I am delighted to congratulate the Grenada Athletic Association (GAA) for what is now its fourth hosting of these CARIFTA Games since initially doing so in 2000. I do so with humility and gratitude to the Government of Grenada for their unwavering support to the GAA in making this 53rd Edition of these CARIFTA Games a reality, only having done so just two short years ago.

The Grenada Athletic Association, the Government and indeed the people of Grenada have always been excellent hosts to the CARIFTA Games family and we are pleased once more to experience the wonderful hospitality offered to our athletes, coaches and officials as they engage in friendly competition while entertaining the entire world in our annual athletics spectacle.

These CARIFTA Games are arguably one of the most renowned and celebrated Junior Athletics competitions anywhere in the world. It continues to be the marquee event for every junior athlete in the NACAC Athletics family, where they test their limits and continue the legacy to global success like so many before them and, in turn, writing the next chapters of our region's proud sporting patrimony.

As we gather in the spirit of unity and friendly rivalry, we are reminded that this championship is far more than a competition; it is a celebration of Caribbean excellence, resilience and shared ambition. May every stride on the track, every leap in the field and every cheer from the stands reaffirm our collective belief in the power of sport to unite and uplift.

"CARIFTA Games are arguably one of the most renowned and celebrated Junior Athletics competitions anywhere in the world."

To the athletes, we urge you to compete with courage, integrity and pride, knowing that you carry not only your national colours but also the hopes of your families and the admiration of a region that celebrates your dedication. To the sponsors, coaches, officials, volunteers and supporters whose tireless efforts make these Games possible, we extend our deepest appreciation for your steadfast service to athletics. As this 53rd edition unfolds in beautiful spice isle of Grenada, may it be marked by personal bests, exemplary sportsmanship and memories that will endure long after the final medal is awarded.



Message from Minister for Youth and Sports



Hon. Delma Thomas

It is with great pride that I extend my congratulations to all athletes participating in the CARIFTA Games. This regional event continues to showcase the incredible talent, dedication, and sportsmanship of our young athletes across the Caribbean. Your commitment to excellence both on and off the field reflects the values of discipline, teamwork, and perseverance that will serve you well in all aspects of life.

To our Grenadian representatives, know that your nation stands firmly behind you, celebrating every stride, jump, and throw. May this edition of the CARIFTA Souvenir Magazine serve not only as a record of your achievements but also as a source of inspiration for future generations of athletes.

On behalf of the Government and people of Grenada, I wish all participants a safe, competitive, and memorable CARIFTA Games.

Message from Chair, Local Organizing Committee (LOC)



Veda Bruno-Victor

WELCOME TO THE 53RD CARIFTA GAMES

The 53rd CARIFTA Games return to the Spice Isle, Pure Grenada, and it is with immense pride and heartfelt joy that we welcome the Caribbean family once again to our shores. Hosting these Games almost back-to-back is both an honour and a clear testament to Grenada's steadfast commitment to the development and advancement of track and field throughout our region.

For decades, the CARIFTA Games have been the heartbeat of Caribbean athletics. They are more than just a competition; they are a stage where dreams are ignited, talent is discovered, and young

athletes begin their journey toward international greatness. Many of our region's sporting legends first made their mark at the CARIFTA Games and this year will be no different. Over the next few days, we will witness courage, determination, sportsmanship, and excellence on full display.

We pay tribute to the visionaries who laid the foundation for these Games. We acknowledge Sir Austin Sealy for his instrumental role in shaping the CARIFTA movement. His legacy lives in every race run, every jump cleared, and every medal earned. We remain grateful for the vision that continues to unite the Caribbean through sport.

From 4th to 6th April, records will be tested, barriers will be broken, and new champions will emerge. To the athletes: compete with passion and confidence, but also with respect and integrity. Treasure this opportunity. The friendships you form and the lessons you learn will stay with you long after the medals are awarded.

We extend sincere appreciation to the parents, coaches, and team officials whose sacrifices and dedication make these moments possible. Your support is the foundation of every success achieved on the track and in the field.

Our gratitude also goes to the Government of Grenada, the Grenada Athletic Association, our major sponsors IMA, the National Lotteries Authority and all corporate partners whose commitment has made these Games possible.

To our visitors, enjoy the warmth, culture, and beauty of Pure Grenada.

On behalf of the Local Organizing Committee, welcome to the 53rd CARIFTA Games. May these days inspire greatness and celebrate the very best of Caribbean unity and talent.



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Denise Williams

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Jelani Franklyn

Officials' Representative

Devon Layne



Opening Ceremony

Masters of Ceremonies

Brenda Baptiste & Kenroy Baptiste

Invocation

Archdeacon Rev. Michael Marshall

National Anthem

Royal Grenada Police Force Lead singer, Samatha Dickson

Welcome

Mr. Conrad Francis President, GAA

Parade of Teams

in alphabetical order

Remarks

Lord Sebastian Coe President, World Athletics

Remarks

Mr Mike Sands President, NACAC

Remarks

Hon. Delma Thomas Minister for Youth and Sports

Remarks

Chair, Local Organising Committee

Athletes Oath

Crystophe Calliste

Officials' Oath

Renee Cooper

Opening Declaration

Hon Dickon Mitchell Prime Minister

Cultural Presentation

NACAC Council

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Vice President (Female)

Cydonie Mothersill (CAY)

Vice President (Male)

Garth Gayle (JAM)

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Council Member

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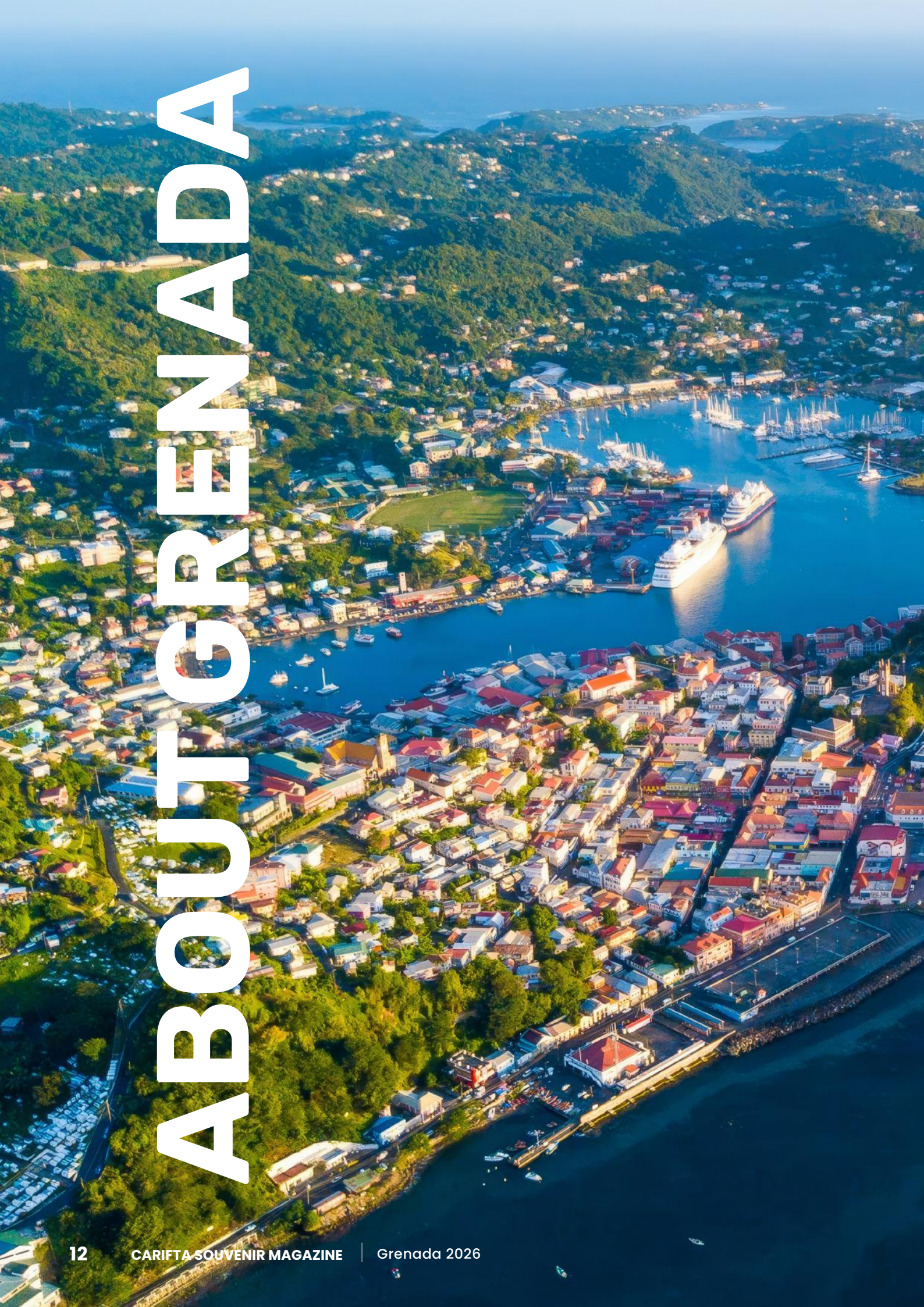
Council Member

Howard Cornelius (ANT)

Council Member

Brendan Williams (DOM)

ABOUT GRENADA





Grenada, Carriacou, Petite Martinique and its dependencies are located in the Eastern Caribbean, south of the Windward Islands. Neighbouring islands St. Vincent and the Grenadines lie to the north and Trinidad and Tobago to the South.

Average temperatures range from 75°F to 85°F (24°C to 30°C), with a cool breeze. The lowest temperatures occur between November and February. Although the climate is warm all year round, we do experience some seasonal changes depending on altitude. The dry season is between January and May and the rainy season is from June to December.

Grenada gained its independence from the British on 7th February, 1974.

You can get to Grenada by air and sea. Many cruise lines dock in our capital city of St. George and international and regional flights arrive and depart from the Maurice Bishop International Airport (MBIA).

Grenada is a captivating eco-tourism paradise nestled in the heart of the Caribbean, where the allure of nature meets the thrill of adventure. Every moment promises pure adventure, natural splendour, rich heritage and culinary delights.

It is a haven for adventure seekers, beckoning with a myriad of thrilling experiences including hiking through untouched rainforests, journeying to the summit of breathtaking mountain peaks and diving into the crystal-clear pools of our 14 waterfalls.

Whether you're a beach dweller yearning for sun-kissed sands, a family in search of fun and adventure, or a couple dreaming of a romantic getaway or a destination wedding, Grenada has something special to offer. The island paradise also beckons to those seeking a break from the demands of everyday life. For this a laid-back day on our world famous gorgeous Grand Anse beach with a cocktail in hand is recommended.

Unlock your senses in the culinary capital of the Caribbean in which organic chocolate, spices and flavourful local dishes merge to make an unforgettable gastronomic experience. Grenada's cultural tapestry is rich with a unique carnival in August lovingly called 'Spicemas' and community traditions practiced even today.

Add the world's first underwater sculpture park, captivating wreck and reef dives, historical forts, a colourful spice market, year-round good weather and warm welcoming people... and you will agree that Grenada is a gem worth discovering.



One of our most popular snorkelling sites is the underwater gallery of sculptures in our Molinere Beauséjour Marine Protected Area that very much reflect Grenada's culture. Created by renowned sculptor Jason de Caires Taylor and installed in 2006, the underwater garden is fashioned from a variety of media but predominantly from simple substrates including concrete and rebar, which create an ideal substrate, relatively fixed and permanent, on which marine life may develop. They are sympathetically located to enhance the reef, making natural use of its varied topography of craggy gullies and sun-dappled sandy patches.

As artificial reefs, these sculptures are proving highly successful so far in attracting a stunning array of varied marine life. In doing so and attracting visitors, they have indeed fulfilled a role in easing the environmental pressure on other reefs in the locality.

A key aspect to the sculptures' appeal has been the dynamic changes brought about by being exposed to the power of the ocean. Unique natural forces

including sea surge, wave action and currents have imposed their own influence and changes on the sculptures.

No one does carnival quite like Grenada with its colours, music, costumes, food and splendour. As the last Caribbean Carnival held every August, the festival certainly offers experiences that are out of the ordinary.

One of the standout experiences is Grenada's Jab Jab which consists of masqueraders covered in black oil or charcoal wearing horned helmets and carrying chains. A large group of these masqueraders is a sight to behold on Carnival Monday as part of the early morning street parade J'ouvert which means 'daybreak'. This is followed by Monday Night Mas in which masqueraders light up the night skies with glowsticks and colourful t-shirts as they dance to the music provided by huge DJ trucks. Then on Tuesday, hundreds of masqueraders take to the streets adorned with colourful costumes, feathers and jewels in a stunning display of the



National Symbols



"Grenada Dove Leptotila wellsii" by Howard Nelson is licensed under CC BY 4.0.

National Bird - Grenada Dove (*Leptotila wellsii*)



National Flower - Bougainvillea



National Dish - Oil down





'Parade of the Bands'. On that day, traditional masqueraders such as the Vieux Corps, Shortknee, Wild Indian and 'Moko Jumbie' Stilt Walkers are conspicuous on the streets.

Of course, leading up to the culmination on the second Monday and Tuesday in August there are various soca, calypso and pageant competitions and numerous fetes choose from. Choose Spicemas for unmatched vibes and energy.

Grenada's history is a captivating tapestry woven with a diverse array of influences including the early indigenous Amerindian communities of which artefacts can still be found today, to the later European colonial powers. In particular, the island changed hands between the French and British quite a lot. Therefore, the island has been mainly shaped by the hands of the French, British and later African influences. The colonial era left its indelible mark, contributing unique facets to Grenada's cultural identity whilst the amalgamation of African and East Indian influences further enriched the historical narrative contributing to the music, food and traditions enjoyed today such as carnival.





Festivals not to miss!

- **Lobster & Lambie Festival** — January
- **Carriacou Carnival, Kayak Mas** — Pre-Lenten Festival
- **Carriacou Maroon & Stringband Music Festival** — April
- **Grenada Chocolate Fest** — May
- **Dive & Conservation Fest** — May
- **Petite Martinique Whitsuntide Regatta Festival** — May
- **Carriacou Regatta Festival** — August
- **Grenada Carnival, Spicemas** — August
- **Carriacou Corn Festival** — October
- **Carriacou Parang Festival** — December

If you're looking to experience the Caribbean in its most authentic form, then Carriacou is the island to visit. A trip to Grenada is never complete without a trip to Carriacou. This island's charm lies in its laidback rejuvenating escape from the fast-paced world and the deeply-rooted traditions that are cherished by its citizens. Carriacou (Karry-a-cou) which means "Isle of Reefs" is just 90 minutes by ferry or 20 minutes by plane from the island of Grenada.

Carriacou is the second-largest island of this unique Caribbean gem (three islands, one destination), measuring just 13 square miles. The tiny island has some of the best dive spots in the world with clear waters, pristine coral reefs, and magical drifts. Carriacou is also the largest and last island in the spectacular sailing paradise of the Grenadines Island chain.

If you would like to continue on to our sister isles of Carriacou and Petite Martinique, you can take a short inter-island charter to Carriacou's Lauriston Airport or travel there by ferry aboard Osprey Lines, which departs from the Carenage in St. George's.

This 586-acre island which completes the tri-island destination is situated east, off the northern half of Carriacou. About 900 persons live on the island, most of whom derive their income from boat building and fishing.



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“A trip to Grenada is never complete without a trip to Carriacou.”

Petite Martinique (Pitty-Mar-Ti-Neek) has a strong culture and rich history manifested through its traditions and festivals. The highest point on the island, the Piton (750 feet high) was once the site of the island’s maroon feast, known as the ‘Sugaring of the Piton’. A hike up to the Piton offers sweeping, spectacular views of northern Petite Martinique as well as nearby Grenadine islands of Petit St. Vincent, Union Island, Palm Island, Mayreau, Canouan and Mustique. The Whitsuntide Regatta is a signature festival on the island.

Petite Martinique is also blessed with fine beaches – Sanchez Beach is great for sailing, surfing, diving, kayaking, snorkelling and fishing, while the calmer Mang Beach is great for swimming and family picnics.

The Petite Martinique Whitsuntide Regatta Festival is the best time to visit as it is one of the best sailing events on the calendar. It is rightly famous for its unique blend of local boat racing, on-shore activities and the hospitality of its people.



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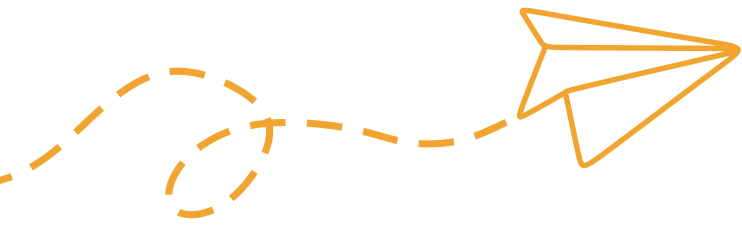
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GRENADA'S SPICEMAS

EMERGING AS A PREMIER CARNIVAL DESTINATION

Grenada's Spicemas is experiencing an extraordinary transformation, positioning the island as the Caribbean's premier carnival destination. The Grenada Office of Creative Affairs (GOCA) has pioneered unprecedented investment in training and financing for local creative talent, nurturing a vibrant ecosystem where musicians and cultural artists thrive.

The Ministry of Tourism, Creative Economy and Culture, through its divisions and statutory agencies, has also supported initiatives such as the Job Decisions Tour, Grenada's first international soca tour featuring V'ghn, Tall Pree, Terra D Governor, Lil Kerry, Muddy, Dash, Dred Lion, and DJ Selecta Snappy.

From infrastructure to artistry, Spicemas has elevated beyond celebration into a cultural movement that honours Caribbean tradition and embraces innovation.

Grenada has become the discerning choice for carnival connoisseurs worldwide.

**Experience Spicemas in Grenada,
this and every August to come.**

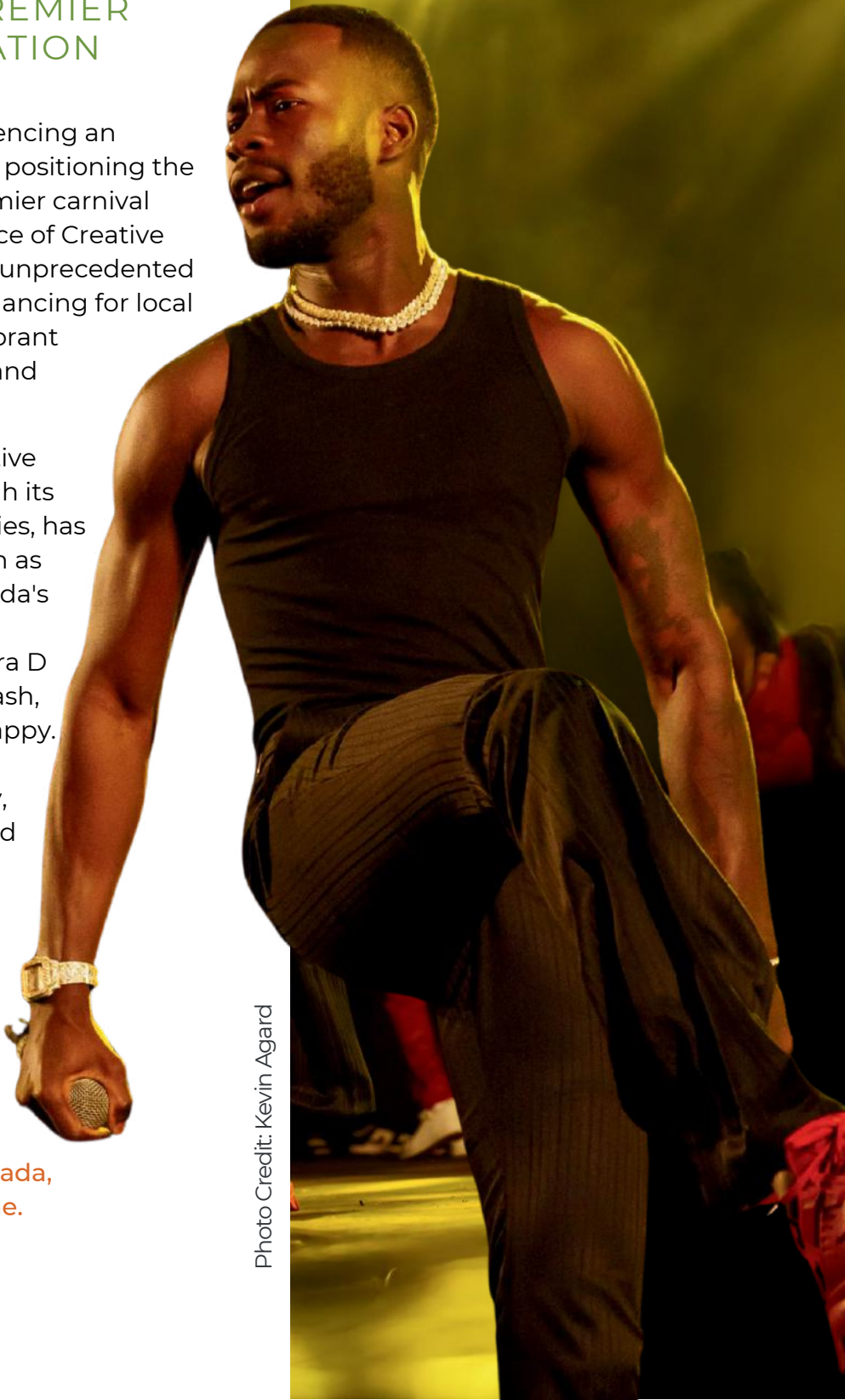


Photo Credit: Kevin Agard



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GAA Annals

The Grenada Athletic Association (GAA) was formed in 1924. It was known then, as the Grenada Amateur Athletic and Cycling Association. It became affiliated to the International Amateur Athletics Federation—now known as World Athletics, in 1970. Subsequently, the two sporting disciplines separated and became the Grenada Athletic Association and the Grenada Cycling Federation. In 2024, the GAA celebrated its 100th Anniversary as the governing body for the sport of athletics.

The Association has had a good track record in organizing local and regional competitions. Among the regional/international games hosted were the renowned Whitsuntide Games in the 1950s, 1960s, 1970s and early 1980s and the Texaco/OECS Games in the late 1980's, at which athletes from throughout the region participated in track and field and cycling.

Grenada became also the first Organization of Eastern Caribbean States (OECS) country to host the CARIFTA Games in 2000 and Central American and Caribbean (CAC) Senior Athletics Championship in 2003. The level of our organization and officiating merited excellent reviews from participants.



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“It is with a great sense of pride and joy that we are hosting this 53rd Edition of the CARIFTA Games”

These games were very successful and because of this Grenada were awarded the 2005 CARIFTA Games. However, the passage of Hurricane Ivan in September 2004 ravaged the country and the stadium was completely destroyed. Much to our disappointment, we could not host the Games in 2005.

Since then, it has been a challenge for the Grenada Athletic Association to pursue its development programs. However, from the ruins, we were able to produce outstanding athletes at the CARIFTA level. Kirani James, our first IAAF World Outdoor Champion and Olympic Gold Medallist and Kurt Felix, Pan American Games Silver Medallist are products of that difficult period.

In December 2013, with the assistance of the Peoples Republic of China, the reconstruction of our National Stadium commenced and was completed in October 2015. The facility was awarded a Class 1 Certification from the IAAF.

In 2016 we proudly hosted The Games for a second time. This was followed in 2024 when we hosted for a third time celebrating 100 years of existence of the GAA and coinciding with Grenada’s celebration of 50 years as an independent nation. During that period, we witnessed the emergence of Anderson Peters who won Gold at 2016 CARIFTA Games and back-to-back World Championships Gold Medals in the Javelin, and Lindon Victor, Bronze medallist at Budapest World Championships 2025 Olympics in the Decathlon.

It is with a great sense of pride and joy that we are hosting this 53rd Edition of the CARIFTA Games, appreciating the role that it has played in nurturing our athletes of the region. The Grenada Athletic Association stands prepared to deliver another unforgettable CARIFTA Games experience in our beautiful “Pure Grenada.”

CARIFTA Games in Retrospect

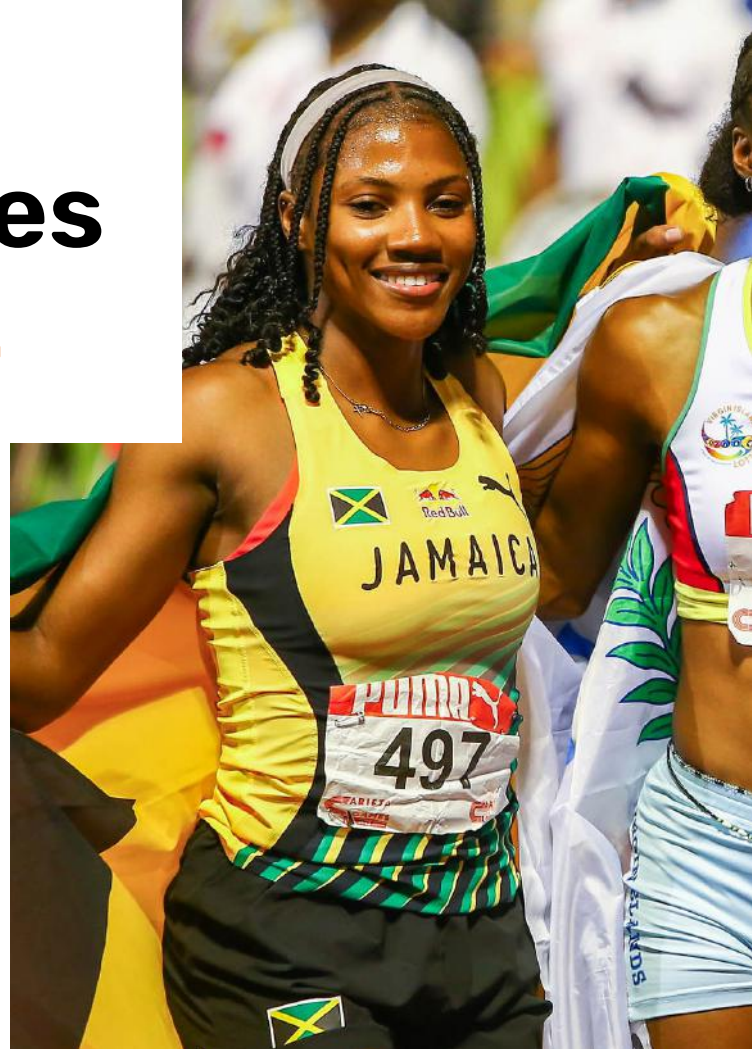
Mr. Austin Sealy, then President of the Amateur Athletic Association of Barbados, inaugurated the CARIFTA Games in 1972 to commemorate the transition from the Caribbean Free Trade Association (CARIFTA) to the Caribbean Community (CARICOM). CARIFTA, a free Trade association was conceived to expand the level of trade and enhance relations between the English-speaking countries of the Caribbean post the dissolution of the West Indies Federation. Its success led to its evolution into CARICOM, a common market, as the region sought to deepen the social and economic integration of the region. Today, CARICOM has expanded to include fifteen full members and six associate members. The Games now has participation from 28 countries within the region annually.

The CARIFTA Games is now hosted under the auspices of the North American, Central American and Caribbean Athletic Association, more commonly known as NACAC Athletics. It is an annual junior/youth athletics competition which consists of track and field events including sprint races, hurdles, middle and long-distance track events, jumping and throwing events, and relays.

It is normally run over three days during the Easter holidays period and includes over 120 events between boys and girls in two age categories – Under 17 and Under 20 (in the year of competition) under World Athletics rules. The games is now recognized as one of the premier junior/youth development games in the world.

Initially, the Games started out on grass tracks with athletes being lodged in schools or other temporary shelters. Today, athletes are housed in hotels and compete on synthetic surfaces. Numerous College and university coaches and scouts from North America visit annually to identify and recruit talented athletes.

To date, the Games have produced many outstanding World recognized athletes such as Usain



Bolt JAM, and Jareem Richards of TTO and Olympic and World Champions such as Veronica Campbell-Brown, Shelly-Ann Fraser, Elaine Thompson-Herah JAM, Kim Collins SKN, Pauline Davis-Thompson BAH, Obadele Thompson BAR, Kirani James GRN, and Anderson Peters GRN—to name a few.

In the early years, only a selective group of territories (Barbados, Trinidad & Tobago, Bahamas, Martinique, Guadeloupe, Bermuda) possessed appropriate facilities for hosting this world-class meet. However, since 2000, Grenada, St Kitts-Nevis, Cayman and St Lucia have built brand new stadia and hosted the CARIFTA Games. The Games have also been held on Tobago and in Montego Bay, Jamaica, which became the 14th different venue in 2011.

Games Records:

Jamaica has dominated the medals table and event records at CARIFTA over the years. They hold records in 10 of the 21 Under-20 men's events contested all-time at CARIFTA, and hold or share 11 of the 17 Under-20 women's records. At the junior level, Jamaican boys own nine of the 17 records, whilst their girls possess a remarkable 10 of 16 marks in the Under-17 division. The oldest CARIFTA record



“The Games now has participation from 28 countries within the region annually”



in the books, though (at least for events still being contested in the modern Games), belongs to a Bermudian, Sonya Smith, whose Under-20 Javelin Throw performance of 53.98m has been on the books since 1979. The oldest boys record is the 800m 1:48.95 by Kenroy Levy of Jamaica in 1985.

Kareem Streete-Thompson went on to become one of the world’s leading horizontal jumpers, but his CARIFTA performances have earned legendary status. In 1989, he set an Under-17 Long Jump record with a leap of 7.83m, and a year later his 7.94m was an Under-20 record, in his first year competing at that level for Cayman Islands. Both marks remain untouched. The women’s horizontal jump records are almost as long-lived, Jackie Edwards’ 1987 mark of 6.14m was the Under-17 winning distance that year, and Daphne Saunders’ leap of 6.93m won her the 1989 title. Both ladies are from the Bahamas.

Two of Grenada’s athletes currently hold records: Kirani James 400m 2009, Candesha Scott U-17 Javelin 2016.

Following Jamaica in medal total is Bahamas, Trinidad and Tobago, Barbados, Martinique and Grenada. Despite this, an emerging trend is the competitive performance of athletes from the smaller islands who due to improved facilities, focus, management and opportunity, are quite competitive and successful.



Age Categories

BOYS/GIRLS UNDER 20 — Born in 2007, 2008, 2009

BOYS/GIRLS UNDER 17 — Born 2010, 2011, 2012

Ages are as of Midnight on 31st December 2026

Number of Athletes Per Team

Each country is allowed a total of eighty (80) athletes. No more than two (2) athletes per country may be entered in any individual or combined event, and only one (1) team per country may be entered in any relay event.

In relay event, each country may declare a pool of six (6) athletes from their total of eighty (80) athletes and may utilize this pool of athletes as they deem appropriate in any round of competition.

If an event cannot be conducted due to insufficient participants, defined as having “not less than five (5) competitors of three (3) different countries” the Local Organising Committee shall notify immediately through fax or e-mail, those countries that had entered athletes for such an event or may consider the event an Exhibition.





Team Officials' Quota

A maximum number of twelve (12) officials will be allowed as follows:

01–06 Competitors: 1 official except for teams with male and female athletes; then 2 officials will be accepted, 1 must be female.

07–12 Competitors	2 Officials
13–18 Competitors	3 Officials
19–24 Competitors	4 Officials
24–30 Competitors	5 Officials
31–36 Competitors	6 Officials
37–42 Competitors	7 Officials
43–48 Competitors	8 Officials
49–54 Competitors	9 Officials
55–61 Competitors	10 Officials
62–68 Competitors	11 Officials
69–80 Competitors	12 Officials

Awards

Individual Events:

- 1st Place: Gold Medal
- 2nd Place: Silver Medal
- 3rd Place: Bronze Medal

Relays:

- 1st Place: Gold Medal for every participating member of the team
- 2nd Place: Silver Medal for every participating member of the team
- 3rd Place: Bronze Medal for every participating member of the team

The Austin Sealy Award:

For the most outstanding athlete at the 2026 CARIFTA Games

The Esther Maynard Award:

For the most outstanding official at the 2026 CARIFTA Games



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Participating Countries

Participation is open to the following National Federations (NFs):



Anguilla (AIA)



Antigua & Barbuda (ANT)



Aruba (ARU)



Bahamas (BAH)



Barbados (BAR)



Belize (BIZ)



Bermuda (BER)



Bonaire (BES)



British Virgin Islands (IVB)



Cayman Islands (CAY)



Curacao (CUW)



Dominica (DMA)



French Guyana / Cayenne (FGU)



Guadeloupe (GPL)



Guyana (GUY)



Haiti (HAI)



Jamaica (JAM)



Martinique (MTQ)



Montserrat (MNT)



St. Kitts & Nevis (SKN)



St. Lucia (LCA)



St. Maarten (SXM)



St. Vincent & The Grenadines (VIN)



Suriname (SUR)



Trinidad & Tobago (TTO)



Turks & Caicos Islands (TKS)



US Virgin Islands (ISV)



Grenada (GRN) – Host

Events To Be Contested

BOYS UNDER 20

100m, 200m, 400m, 800m, 1500m, 5000m; 110m Hurdles (0.99m), 400m Hurdles (0.914m); 4 x 100m, 4 x 400m; Shot Put (6.0kg), Discus (1.75kg), Javelin (800gm); High Jump, Long Jump, Triple Jump and Pole Vault;

GIRLS UNDER 20

100m, 200m, 400m, 800m, 1500m; 100m H, (0.84m); 400m H, (0.76m); 4 x 100m, 4 x 400m; Shot Put (4kg), Discus(1.0kg), Javelin, (600gm); High Jump, Long Jump, Triple Jump;

BOYS UNDER 17

100m, 200m, 400m, 800m, 1500m, 3000m; 110m H, (0.914m); 400m H, (0.84m); 4 x 100m, 4 x 400m; Shot Put (5.0kg), Discus (1.5kg), Javelin (700gm); High Jump, Long Jump, Triple Jump;

GIRLS UNDER 17

100m, 200m, 400m, 800m, 1500m; 100mH (0.76m), 400mH (0.76m); 4 x 100m, 4 x 400m; Shot Put (3kg), Discus (1.0kg), Javelin (500gm); High Jump, Long Jump, Triple Jump;

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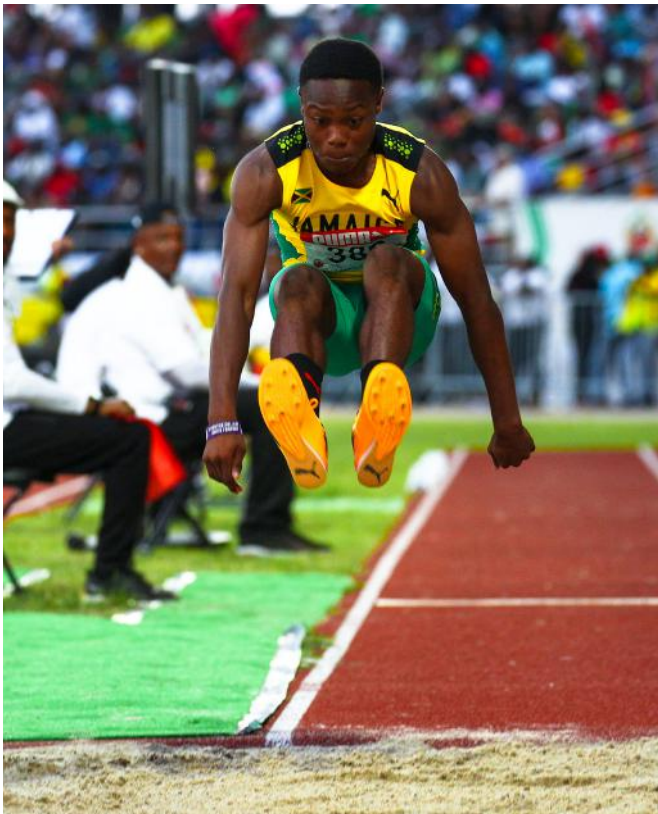
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Combined Events

Girls Open Heptathlon

Day 1: 100m Hurdles, High Jump, Shot Put, 200m

Day 2: Long Jump, Javelin Throw, 800m

Boys U-20 Decathlon

Day 1: 100m, Long Jump, Shot Put, High Jump, 400m

Day 2: 110m, Hurdles, Discus Throw, Pole Vault, Javelin Throw, 1500m

Boys U-17 Octathlon

Day 1: 100m, Long Jump, Shot Put, 400m

Day 2: 100m Hurdles, High Jump, Discus Throw, 1000m

Starting and successive heights for High Jump and Pole Vault:

High Jump – Under 17 Girls:

Starting at 1.55m, with increments of 5cm to 1.65m, 3cm to 1.77m, and 2cm thereafter.

High Jump – Under 17 Boys:

Starting at 1.70m, with increments of 5cm to 2.0m, 3cm to 2.09m, and 2cm thereafter.

High Jump – Under 20 Girls:

Starting at 1.60m, with increments of 5cm to 1.70m, 3cm to 1.76m, and 2cm thereafter.

High Jump – Under 20 Boys:

Starting at 1.80m, with increments of 5cm to 2.05m, 3cm to 2.14m, and 2cm thereafter.

Pole Vault – Open:

Starting at 3.00m, with increments of 10cm to 4.00m, and 5cm thereafter.



SCHEDULE OF EVENTS

SATURDAY APRIL 4, 2026 – DAY 1 MORNING SESSION

EVENT #	TIME	EVENT	ROUND	HEAT
101	09:00	Boys' U20 Decathlon (E1) 100m	Final	1
102	09:00	Girls' U17 High Jump	Final	1
101	09:05	Boys' U20 Decathlon (E1) 100m	Final	2
103	09:10	Boys' U17 Javelin Throw (700g)	Final	1
104	09:10	Boys' U17 Octathlon (E1) 100m	Final	1
105	09:15	Girls' U17 Shot Put (3kg)	Final	1
106	09:23	Girls' U17 400m	Semi-Final	1
	09:31	Girls' U17 400m	Semi-Final	2
107	09:40	Boys' U20 Decathlon (E2) Long Jump	Final	1
	09:40	Boys' U17 400m	Semi-Final	1
108	09:48	Boys' U17 400m	Semi-Final	2
	09:56	Boys' U17 400m	Semi-Final	3
	10:04	Girls' U20 400m	Semi-Final	1
109	10:12	Girls' U20 400m	Semi-Final	2
	10:20	Girls' U20 400m	Semi-Final	3
	10:28	Boys' U20 400m	Semi-Final	1
110	10:36	Boys' U20 400m	Semi-Final	2
	10:44	Boys' U20 400m	Semi-Final	3
	10:51	Girls' U17 100m	Semi-Final	1
111	10:58	Girls' U17 100m	Semi-Final	2
	11:05	Girls' U17 100m	Semi-Final	3
	11:10	Girls' U20 Javelin Throw (600g)	Final	1
113	11:12	Boys' U17 100m	Semi-Final	1
114	11:15	Boys' U17 Octathlon (E2) Long Jump	Final	1
113	11:19	Boys' U17 100m	Semi-Final	2
115	11:20	Boys' U20 Decathlon (E3) Shot Put (6kg)	Final	1
113	11:26	Boys' U17 100m	Semi-Final	3
	11:33	Boys' U17 100m	Semi-Final	4

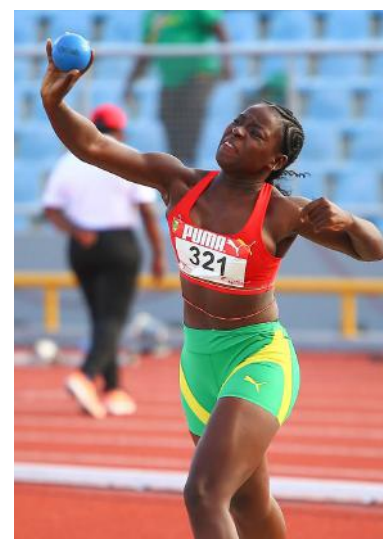
SATURDAY APRIL 4, 2026 – DAY 1 MORNING SESSION

EVENT #	TIME	EVENT	ROUND	HEAT
	11:40	Girls' U20 100m	Semi-Final	1
116	11:47	Girls' U20 100m	Semi-Final	2
	11:54	Girls' U20 100m	Semi-Final	3
	12:01	Boys' U20 100m	Semi-Final	1
117	12:08	Boys' U20 100m	Semi-Final	2
	12:15	Boys' U20 100m	Semi-Final	3
	12:22	Boys' U20 100m	Semi-Final	4



SATURDAY APRIL 4, 2026 – DAY 1 AFTERNOON SESSION

EVENT #	TIME	EVENT	ROUND	HEAT
	14:30	OPENING CEREMONY		
	16:00	MEDAL CEREMONY		
118	16:15	Girls' U17 400m	Final	1
119	16:15	Boys' U17 Triple Jump	Final	1
120	16:15	Boys' U20 Discus Throw (1.75kg)	Final	1
121	16:23	Boys' U17 400m	Final	1
122	16:25	Boys' U20 Decathlon (E4) High Jump	Final	1
123	16:30	Girls' U20 400m	Final	1
124	16:37	Boys' U20 400m	Final	1
125	16:40	Boys' U17 Octathlon (E3) Shot Put (6kg)	Final	1
126	16:44	Girls' U17 1500m	Final	1
127	16:54	Boys' U17 1500m	Final	1
128	17:04	Girls' U20 1500m	Final	1
129	17:14	Boys' U20 1500m	Final	1
	17:20	MEDAL CEREMONIES		
130	17:35	Girls' Special Olympics 100m	Final	1
131	17:40	Girls' Open Pole Vault	Final	1
132	17:42	Boys' Special Olympics 100m	Final	1
133	17:50	Girls' U17 100m	Final	1
134	17:58	Boys' U17 100m	Final	1
135	18:00	Girls' U20 Triple Jump	Final	1
136	18:06	Girls' U20 100m	Final	1
137	18:14	Boys' U20 100m	Final	1
	18:19	MEDAL CEREMONIES		
138	18:39	Boys' U17 Octathlon (E4) 400m	Final	1
139	18:46	Boys' U20 Decathlon (E5) 400m	Final	1
	18:53	Boys' U20 Decathlon (E5) 400m	Final	2
140	19:00	Mixed Open 4x400m Relay	Final	1
	19:10	Mixed Open 4x400m Relay	Final	2



SUNDAY APRIL 5, 2026 – DAY 2 MORNING SESSION

EVENT #	TIME	EVENT	ROUND	HEAT
201	09:00	Boys' U20 Decathlon (6) 110m Hurdles (0.991m)	Final	1
202	09:05	Girls' U20 Shot Put (4kg)	Final	1
201	09:10	Boys' U20 Decathlon (6) 110m Hurdles (0.991m)	Final	2
203	09:10	Boys' U20 Long Jump	Final	1
204	09:20	Boys' U17 Octathlon (5) 110m Hurdles (0.914m)	Final	1
205	09:35	Boys' U20 Decathlon (E7) Discus Throw (1.75kg)	Final	1
206	09:37	Girls' Open Heptathlon (E1) 100m Hurdles (0.838m)	Final	1
	09:44	Girls' Open Heptathlon (E1) 100m Hurdles (0.838m)	Final	2
207	09:55	Boys' U17 Octathlon (6) High Jump	Final	1
208	10:05	Girls' U20 400m Hurdles (0.76m)	Semi-Final	1
	10:13	Girls' U20 400m Hurdles (0.76m)	Semi-Final	2
209	10:23	Boys' U20 400m Hurdles (0.91m)	Semi-Final	1
	10:31	Boys' U20 400m Hurdles (0.91m)	Semi-Final	2
	10:46	Girls' U17 200m	Semi-Final	1
210	10:53	Girls' U17 200m	Semi-Final	2
	11:00	Girls' U17 200m	Semi-Final	3

SUNDAY APRIL 5, 2026 – DAY 2 MORNING SESSION

EVENT #	TIME	EVENT	ROUND	HEAT
211	11:00	Boys' U20 Decathlon (E8) Pole Vault	Final	1
212	11:00	Girls' U17 Discus Throw (1kg)	Final	1
213	11:00	Girls' Open Heptathlon (E2) High Jump	Final	1
214	11:07	Boys' U17 200m	Semi-Final	1
	11:14	Boys' U17 200m	Semi-Final	2
	11:21	Boys' U17 200m	Semi-Final	3
	11:28	Boys' U17 200m	Semi-Final	4
215	11:35	Girls' U20 200m	Semi-Final	1
	11:42	Girls' U20 200m	Semi-Final	2
	11:49	Girls' U20 200m	Semi-Final	3
	11:56	Girls' U20 200m	Semi-Final	4
	12:03	Boys' U20 200m	Semi-Final	1
	12:10	Boys' U20 200m	Semi-Final	2
	12:17	Boys' U20 200m	Semi-Final	3
216	12:24	Boys' U20 200m	Semi-Final	4
	12:31	Boys' U20 200m	Semi-Final	5



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SUNDAY APRIL 5, 2026 – DAY 2 AFTERNOON SESSION

EVENT #	TIME	EVENT	ROUND	HEAT
16:00 MEDAL CEREMONIES				
217	16:15	Girls' U17 4x100m Relay	Semi-Final	1
218	16:20	Girls' Open Heptathlon (E3) Shot Put (4kg)	Final	1
219	16:25	Boys' U17 Octathlon (E7) Javelin (700g)	Final	1
217	16:25	Girls' U17 4x100m Relay	Semi-Final	2
220	16:25	Boys' U17 High Jump	Final	1
221	16:30	Girls' U17 Long Jump	Final	1
222	16:35	Boys' U17 4x100m Relay	Semi-Final	1
	16:45	Boys' U17 4x100m Relay	Semi-Final	2
223	16:55	Girls' U20 4x100m Relay	Semi-Final	1
	17:05	Girls' U20 4x100m Relay	Semi-Final	2
224	17:15	Boys' U20 4x100m Relay	Semi-Final	1
	17:25	Boys' U20 4x100m Relay	Semi-Final	2

SUNDAY APRIL 5, 2026 – DAY 2 AFTERNOON SESSION

EVENT #	TIME	EVENT	ROUND	HEAT
	17:33	Girls' U17 800m	Semi-Final	1
225	17:41	Girls' U17 800m	Semi-Final	2
	17:49	Girls' U17 800m	Semi-Final	3
226	17:57	Boys' U17 800m	Semi-Final	1
227	18:00	Boys' U17 Shot Put (5kg)	Final	1
226	18:05	Boys' U17 800m	Semi-Final	2
	18:13	Boys' U17 800m	Semi-Final	3
228	18:15	Boys' U20 Decathlon (E9) Javelin (800g)	Final	1
	18:21	Boys' U20 800m	Semi-Final	1
229	18:29	Boys' U20 800m	Semi-Final	2
	18:37	Boys' U20 800m	Semi-Final	3
18:40 MEDAL CEREMONIES				
230	18:55	Girls' U17 400m Hurdles (0.76m)	Final	1
231	19:03	Girls' U20 400m Hurdles (0.76m)	Final	1
232	19:11	Boys' U17 400m Hurdles (0.84m)	Final	1
233	19:19	Boys' U20 400m Hurdles(0.91m)	Final	1
19:25 MEDAL CEREMONIES				
234	19:30	Boys' U20 High Jump	Final	1
235	19:35	Boys' U20 Javelin Throw (800g)	Final	1
236	19:40	Girls' U20 Long Jump	Final	1
237	19:40	Girls' Open 3000m	Final	1
238	19:55	Boys' U17 3000m	Final	1
20:10 MEDAL CEREMONIES				
239	20:25	Girls' Open Heptathlon (E4) 200m	Final	1
	20:31	Girls' Open Heptathlon (E4) 200m	Final	2
240	20:37	Boys' U17 Octathlon (E8) 1500m	Final	1
241	20:47	Boys' U20 Decathlon (E10) 1500m	Final	1
242	20:57	Girls' U17 4x100m Relay	Final	1
243	21:07	Boys' U17 4x100m Relay	Final	1
244	21:17	Girls' U20 4x100m Relay	Final	1
245	21:27	Boys' U20 4x100m Relay	Final	1



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MONDAY APRIL 6, 2026 – DAY 3 MORNING SESSION

EVENT #	TIME	EVENT	ROUND	HEAT
301	09:00	Girls' Open Heptathlon (E5) Long Jump	Final	1
302	09:05	Girls' U17 Javelin Throw (500g)	Final	1
303	09:10	Girls' U20 High Jump	Final	1
304	09:20	Girls' U20 100m Hurdles (0.838m)	Semi-Final	1
	09:30	Girls' U20 100m Hurdles (0.838m)	Semi-Final	2
305	09:40	Boys' U20 110m Hurdles (0.991m)	Semi-Final	1
	09:50	Boys' U20 110m Hurdles (0.991m)	Semi-Final	2
306	10:00	Boys' U17 Long Jump	Final	1
307	10:10	Boys' U17 4x400m Relay	Semi-Final	1
	10:20	Boys' U17 4x400m Relay	Semi-Final	2
308	10:30	Boys' U20 4x400m Relay	Semi-Final	1
	10:40	Boys' U20 4x400m Relay	Semi-Final	2

MONDAY APRIL 6, 2026 – DAY 3 AFTERNOON SESSION

EVENT #	TIME	TRACK EVENT	ROUND	HEAT
15:00 MEDAL CEREMONIES				
309	15:15	Girls' U20 Discus Throw (1kg)	Final	1
310	16:00	Girls' U17 100m Hurdles (0.762m)	Final	1
311	16:10	Girls U20 100m Hurdles (0.838m)	Final	1
312	16:10	Boys' Open Pole Vault	Final	1
313	16:15	Girls' U17 Triple Jump	Final	1
314	16:20	Boys' U20 Shot Put (6kg)	Final	1
315	16:20	Boys' U17 110m Hurdles (0.914m)	Final	1
316	16:25	Girls' Open Heptathlon (E6) Javelin Throw (600g)	Final	1
317	16:30	Boys' U20 110m Hurdles (0.991m)	Final	1
16:35 MEDAL CEREMONIES				
318	17:00	Girls' U17 800m	Final	1
319	17:08	Boys' U17 800m	Final	1
320	17:16	Girls' U20 800m	Final	1
321	17:24	Boys' U20 800m	Final	1
17:30 MEDAL CEREMONIES				
322	17:50	Girls' Special Olympics 200m	Final	1
323	17:55	Boys' U20 Triple Jump	Final	1
324	17:55	Boys' U17 Discus Throw (1.5kg)	Final	1
325	17:57	Boys' Special Olympics 200m	Final	1
326	18:04	Girls' U17 200m	Final	1
327	18:11	Boys' U17 200m	Final	1
328	18:18	Girls' U20 200m	Final	1
329	18:25	Boys' U20 200m	Final	1
18:30 MEDAL CEREMONIES				
330	18:50	Boys' U20 5000m	Final	1
331	19:10	Girls' Open Heptathlon (E7) 800m	Final	1
332	19:20	Girls' U17 4x400m Relay	Final	1
333	19:30	Boys' U17 4x400m Relay	Final	1
334	19:40	Girls' U20 4x400m Relay	Final	1
335	19:50	Boys' U20 4x400m Relay	Final	1
20:00 MEDAL CEREMONIES				
20:30 CLOSING CEREMONIES				



Grenada's Medal Table at CARIFTA Games

YEAR	GOLD	SILVER	BRONZE	TOTAL	YEAR	GOLD	SILVER	BRONZE	TOTAL
1972	1	1	4	6	2000	5	7	6	18
1973	0	1	3	4	2001	8	7	2	17
1974	DID NOT PARTICIPATE				2002	5	10	7	22
1975	DID NOT PARTICIPATE				2003	5	3	6	14
1976	0	0	0	0	2004	5	10	7	22
1977	0	0	0	0	2005	1	3	4	8
1978	0	0	0	0	2006	1	3	0	4
1979	0	0	1	1	2007	2	0	1	3
1980	0	1	1	2	2008	3	2	3	8
1981	1-	1	0	2	2009	1	2	4	7
1982	0	1	3	4	2010	2	0	2	4
1983	2	0	2	4	2011	1	2	3	6
1984	DID NOT PARTICIPATE				2012	2	1	0	3
1985	0	0	1	1	2013	1	0	2	3
1986	0	2	1	3	2014	1	3	2	6
1987	0	0	0	0	2015	1	3	4	8
1988	0	0	0	0	2016	3	3	6	12
1989	0	2	3	5	2017	0	1	1	2
1990	0	2	3	5	2018	0	1	0	1
1991	2	0	4	6	2019	1	3	3	7
1992	1	0	3	4	2020	NO CARIFTA GAMES			
1993	2	1	3	6	2021	NO CARIFTA GAMES			
1994	1	1	2	4	2022	1	0	5	6
1995	1	1	2	4	2023	2	4	4	10
1996	2	0	1	3	2024	1	6	6	13
1997	0	3	1	4	2025	2	6	5	13
1998	1	3	3	7	Grand Total 303				
1999	4	5	2	11					

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Grenada's CARIFTA 2026 Team

U17 GIRLS

NO.	NAME	CLUB/SCHOOL
1	Kaiyanna Alexander	Classique Lighting Finishline
2	Tishawna Bascombe	St David's Track Blazers
3	Analisa Brown	Classique Lighting Finishline
4	Tabitha Francis	St David's Track Blazers
5	M-Caylah Frederick	Momentum Track Club
6	Theona Jackson	St. Joseph Convent St Andrew
7	Ariana James	Fusion Athletics
8	Kaelyna Modeste	NAWASA SAASS
9	Timara Newton	St David's Track Blazers
10	Breonna Oliver	NAWASA SAASS
11	Mickella Patrick	Classique Lighting Finishline
12	Kaya Swan	Classique Lighting Finishline
13	Riyana Thomas	Peak Performance Track Club
14	Hailey Tyrell	NAWASA SAASS

U20 GIRLS

1	Naomi Agustine	St David's Track Blazers
2	Cristanna Charles	Altitude Track Academy
3	Cayla Christopher	St David's Track Blazers
4	Sydney Douglas	St David's Track Blazers
5	Shade John	St David's Track Blazers
6	Annie Logie	Classique Lighting Finishline
7	Peaches Pancho	Altitude Track Academy

U17 BOYS

1	Nathaniel Alfred	Classique Lighting SCRS
2	Emron Anthony	GBSS
3	Zion Blackett	St David's Track Blazers
4	Noah Coutain	GBSS
5	Jovani Green	Classique Lighting Finishline
6	Tevaughn Hall	NAWASA SAASS
7	Kemron Lewis	Southern Pros

U20 BOYS

8	Phillip Mitchell	NAWASA SAASS
9	Mikael Moses	Classique Lighting SCRS
10	Javid Noel	Classique Lighting 473 MVP
11	Deshawn Oliver	NAWASA SAASS
12	Anthony Phillip	Fusion Athletics
13	Tevon Slater	Classique Lighting SCRS
14	Deshawn Smart	Altitude Track Academy
15	Kashay Stephen	Classique Lighting SCRS
16	Kazim Telesford	St David's Track Blazers

U20 BOYS

1	Crystophe Calliste	Altitude Track Academy
2	Keith Charles	Grenada Christian Academy
3	Oswald Charles	Peak Performance Track Club
4	Jurel Clement	Jamaica
5	Darrel Daniel	Altitude Track Academy
6	Nicholas Frederick	Jamaica
7	Ian George	Top Flight Track Club
8	Lindon Gonzalez	Classique Lighting Finishline
9	Karmal Joseph	Classique Lighting SCRS
10	Adriel Mitchell	Fusion Athletics
11	Keerlon Moses	St David's Track Blazers
12	Kyle Nedd	Ace Track Club
13	Kanick Nixon	Fusion Athletics
14	Shyiem Phillip	Jamaica
15	Qwanell Pierre	Classique Lighting SCRS
16	Ethan Sam	Classique Lighting 473 MVP
17	Diron St. Cyr	Altitude Track Academy
18	Kneon Stanislaus	Fusion Athletics
19	Stephon Strachan	Presentation Brothers College
20	Joshua Telesford	Fusion Athletics



MANAGEMENT TEAM

1	Kathleen Victor	Team Manager
2	Akada Calliste	Assistant Team Manager
3	Denise Williams	Safeguarding Officer
4	Wayne Mc Sween	Head Coach
5	Paul Phillip	Coach
6	Danisha Brathwaite	Coach
7	Carol Evans	Coach
8	Ronald Charles	Coach
9	Benjamin Hood	Coach
10	Lyndon Cato	Coach
11	Niade Simon	Coach
12	Kirt Felix	Coach
13	Gary James	Coach
14	Kennysha Richards	Physiotherapist





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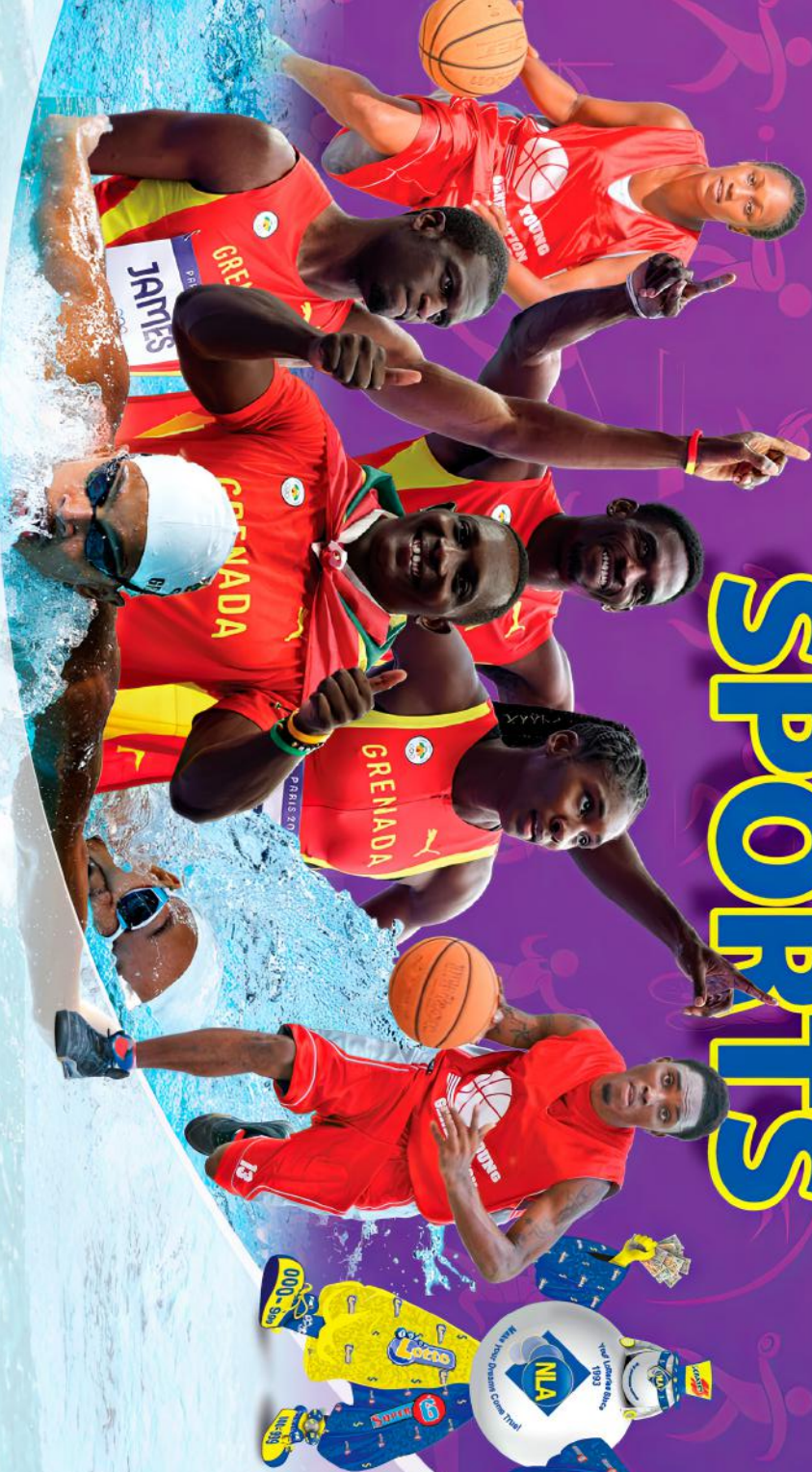


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