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Vernon Norwood Earns Two Medals for Team USA at The Olympics

PARIS – Morgan City High School alum, Vernon Norwood delivered a standout performance at the 2024 Paris Olympics, capturing the gold medal in the Men’s 4x400m Relay and earning a silver medal in the 4x400 Mixed Relay, solidifying his reputation as one of the premier relay sprinters in the world.

Norwood, hailing from New Orleans, Louisiana, showcased his speed, strength, and determination in the highly anticipated relay event. Running the second leg for Team USA, Norwood surged ahead to put the Americans in front that would not only clinch the gold medal but also set a new Olympic record in the Men’s 4x400 Relay.

After helping set a new World record in the Mixed 4x400 in one of the early heats, Norwood earned a silver medal in the event's final race. Norwood assisted team USA to its third straight gold in the Men’s 4x400 and the second straight year reaching the podium in the Mixed 4x400. Following the conclusion of the 2024 Olympics Norwood now holds four Olympic medals, two gold (2020 & 2024), one silver (2024), and one bronze (2020).

Norwood grew his skills at LSU where was a 4-time NCAA Champion and an 8-time All-American after only competing for two years with the Tigers. Norwood spent his first two seasons of collegiate track at South Plains College. Norwood graduated from Morgan City High School where he was a varsity basketball player for four years. He picked up track and field in his junior year of high school.

This victory adds to Norwood’s already impressive resume, which includes multiple World Championship titles and previous Olympic medals. His performance in Paris further cements his legacy as one of the most consistent and reliable athletes in track and field.

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