



Denisha Cartwright Career Accomplishments

NATIONAL CHAMPIONSHIPS

Denisha won 8 total NCAA Championships with 7 of them coming in individual events.

- 2024 Outdoor 200m Dash
- 2024 Outdoor 100m Hurdles
- 2024 Indoor 60m Hurdles
- 2023 Outdoor 100m Hurdles
- 2023 Indoor 60m Hurdles
- 2022 Outdoor 100m Hurdles
- 2022 Outdoor 4x100m Relay (team)
- 2022 Indoor 60m Hurdles

ALL AMERICANS (first team top 8 individual/relay w/ second team places 9-12)

32 Total All-American Awards – 31 First Team / 1 Second team

1. 2020 60m Hurdles (Central State before transferring to MSU)
2. 2020 60m Dash (Central State before transferring to MSU)
3. 2021 60m Dash - Indoor
4. 2021 200m Dash- Indoor
5. 2021 60m Hurdles - Indoor
6. 2021 4x400m Relay - Indoor
7. 2021 100m Dash - Outdoor
8. 2021 200m Dash - Outdoor
9. 2021 100m Hurdles - Outdoor
10. 2021 4x100m Relay - Outdoor
11. 2022 60m Dash - Indoor
12. 2022 200m Dash - Second Team - Indoor
13. 2022 60m Hurdles - Indoor
14. 2022 100m Dash - Outdoor
15. 2022 200m Dash - Outdoor
16. 2022 100m Hurdles - Outdoor
17. 2022 4x100m Relay - Outdoor
18. 2023 60m Dash- Indoor
19. 2023 200m Dash- Indoor
20. 2023 60m Hurdles - Indoor
21. 2023 100m Dash - Outdoor
22. 2023 200m Dash - Outdoor
23. 2023 100m Hurdles - Outdoor
24. 2023 4x100m Relay - Outdoor
25. 2024 60m Dash- Indoor
26. 2024 200m Dash- Indoor
27. 2024 60m Hurdles - Indoor
28. 2024 4x400m Relay - Indoor
29. 2024 100m Dash - Outdoor
30. 2024 200m Dash - Outdoor
31. 2024 100m Hurdles - Outdoor
32. 2024 4x100m Relay – Outdoor

ALL – REGION (top 5 individual / top 3 relay)

25 total All-Region Awards in Individual Events

7 All-Region Awards in relay events

- 2020 - 3 (Central State)
- 2021 - Outdoor 3 (Individual) / 1 (relay)
- 2022 - Indoor 3 (Individual)



- 2022 - Outdoor 3 (Individual)/ 1 (relay)
- 2023 - Indoor 3 (Individual)/ 1 (relay)
- 2023 - Outdoor 4 (Individual)/ 2 (relay)
- 2024- Indoor 3 (Individual) / 1 (relay)
- 2024 – Outdoor 3 (Individual)/ 1 (relay)

ALL-CONFERENCE (top 3 individual / top 2 relay)

Denisha is a **28x** All-NSIC Conference performer across individual and relay events

OLYMPIC / WORLD CHAMPIONSHIPS

2024 Paris Olympics - Team Bahamas - 100m Hurdles

2025 World Athletics INDOOR Championships - Nanjing China - Team Bahamas - 60m Hurdles

OTHER INTERNATIONAL COMPETITIONS

2022, 2023, 2024 - Bahamian trials (Nassau Bahamas)

2022 Commonwealth Games - Birmingham, United Kingdom - Team Bahamas

2025 World Athletics Continental Tour (Croatia & Poland) - PUMA Athletics

OTHER ATHLETIC ACHIEVEMENTS

2024 DII Honda Athlete of the Year