



# Carmelita Jeter

## ...at a glance



Track & Field

### Career Highlights

2009 U.S Champion- 100m  
2007 World Outdoor bronze medalist  
3rd in 100m at 2007 USA Outdoors  
2007 USA Indoor Runner-up in 60m  
1st in 100m at Mt. SAC Relays  
Ranked #3 in the world by T and FN  
2-time NCAA Div. II 100m runner-up, 3rd in 200m (2000, 2003)

### Vital Statistics

**Born:** November 24, 1979  
**Hometown:** Torrance, California  
**Resides:** Cardena, California  
**Height:** 5' 4  
**Education:** Cal State Dominguez '04



## getting to know... Carmelita Jeter

### Biography

Carmelita Jeter is known as a strong finisher. What holds true on the track transfers to her life, where she stumbled out of the blocks with a major hamstring injury that cost the entire 2005 season and left her with significant scar tissue, intensive rehab and a change in coaches. With a perseverance that has driven her through life, Carmelita is back in the front of the pack.

The 2007 World Outdoor Championships in Osaka brought out Carmelita's finest effort as she ran a personal best of 11.02 in the 100m to attain a bronze medal. Carmelita says after watching the race "at least 200 times" she has found nuances that she feels can help improve her runs even more. In particular, she has been focusing on her finish lean, which has helped lead to victories in the Fresno, Millrose and Tyson Invitationals.

First place finishes in the 100m at the 2007 Mt. SAC Relays, the 100m and 200m at the 2007 Oxy Invitational and the 60m at 2007 Azusa Pacific Qualifier were even further proof she was back to full strength. Track and Field News rewarded Carmelita's dogged persistence and astounding accomplishments with a No. 3 ranking in the world and a No. 2 ranking in the USA in the 100m.

In June 2009, Carmelita captured her first American title in the 100m. She edged out Muna Lee by .001 of a second to earn her spot in Berlin representing the US at World Championships.

The most accomplished runner in Cal State Dominguez history, Carmelita was a six-time Div-II All American and a 3-time 100m runner-up in the NCAA Div-II National Championships. She was the first athlete from Cal State Dominguez to qualify for the Olympics trials, placing 12th in the 100 meters in 2004. If her accomplishments on the track were not enough, she graduated with a degree in physical education in 2004.

When Carmelita isn't on the track she stays close to the sport, acting as track coach and assistant to the athletic director for her alma mater, Bishop Montgomery High School. Her 10-year old sister, Keishawna Miles, who just started running track, also receives a great deal of her attention.