



NJSIAA TRAILBLAZER

Carol Lewis is a perfect example of the opportunities that were presented to female athletes after the passage of Title IX in 1972.

She was born in 1963 as the youngest and only girl amongst a family of four athletically gifted siblings, and the opportunities that came her way growing up in Willingboro wouldn't have existed in the same way if she had arrived a decade earlier. But they did, and Carol took full advantage.

Amongst her many achievements at Willingboro, where she graduated in 1981, were four straight NJSIAA Meet of Champions long jump titles from 1978 through '81, including a still-standing 20-11 record leap in 1980, as well as two championships in the 100m high hurdles. She also won four straight long jump titles at the Penn Relays, including a record-setting leap of 20-9 1/4 as a senior that held for 18 years. She was so dominant as a high schooler that she qualified for a spot on the 1980 United States Olympic Team in the long jump. Although she couldn't participate because of the U.S. boycott of those Olympics in Moscow, she would later qualify and take part in the 1984 and 1988 Olympics.

The younger sister of all-time track great Carl Lewis, she followed his footsteps to the University of Houston, where she won two NCAA long jump championships. She was the United States long jump champion in 1982, 1983, 1985 and 1986, and the U.S. indoor champ in 1983, 1984, 1985 and 1991. She set an American long jump record in 1984 which held for two years.

Her sports career included other activities beyond track. She was a gymnast and diver while growing up, and after retiring from track, took part in the two-woman bobsled, where she competed in the 2002 World Cup.

She also spent almost two decades as a sports reporter for NBC, including commentary at six Olympics. She is currently Human Resources Director at St. John's School in Houston.

