

Jarrin Solomon

Born: January 11, 1986, Trinidad and Tobago

High School: La Cueva High School 2004

College: University of New Mexico 2009 Criminology & Communications

High School

- Four-year letterman in track & field for head coach Mike Tixier.
- Helped La Cueva win four straight 5A state titles during his career.
- 2004 State runner-up in the 400...ran a 48.1 split in the 4x400m relay.
- 2001 Member of the La Cueva's Boys' 5A State Soccer Runner-up.
- 2002 Led LCHS to the 5A State Soccer Championship
- 2002 First Team 2-5A All-District Soccer Team – Defender
- 2002 Second Team 5A All-State Team – Defender
- 2002 Albuquerque Tribune Second Team Soccer All-Metro Team - Defender
- 2003 First Team 5A Soccer All-State Team - Defender
- 2003 Albuquerque Tribune First Team Soccer All-Metro Team - Defender

College

- One of the premier 400-meter men in the nation.
- 2005 2nd Mountain West Conference in 100 meters
- 2007 Mountain West Conference 400 meters outdoor champion.
- 2009 Mountain West Conference 400 meters indoor and outdoor champion.
- 2009 broke the Mountain West Conference 400 meters record – 45.68.
- Member of the Mountain West All-Conference teams – 4x400 meters and
- 2009 broke the UNM indoor 400 meters record – 46.33.
- 2009 NCAA All-American Indoor 400 meters – finished 5th.

Olympics/World Competition

- 2012 Olympics Bronze medal in the. second leg of the men's 4 by 400 relay team. He helped Trinidad and Tobago secure the bronze medal with a time of 2 minutes 59. 4 s seconds setting a new national record for the Caribbean country.
- 2012 Olympics - Missed qualifying for the individual 400 competition by only one one-hundredth of a second.
- 2012 Bronze Medal in the 4x400 meters relay team in the World Indoor Championships in Istanbul.
- Made ever world team since 2007 for Trinidad and Tobago.
- 2013 Gold Medal in the 4x400 meters relay at the Central American and Caribbean Championships. Gold medal in the 400 meters.

- 2014 finished strong with a new personal best of 44.98 and made the Commonwealth Games final in the open 400, then topped it off with the bronze medal in the 4x400 meters.
- 2014 Bronze medal in the 4x400 meters relay team at the IAAF World Relays in the Bahamas.
- 2015 Silver medal in the 4x400 meters relay team at the World Championships in Beijing.
- 2015 Gold medal in the 4x400 meters relay team I the Pan American Games in Toronto.
- 2016 Bronze medal in the 4x400 meters relay team at the World Indoor Championships in Portland.
- 2017 Gold medal in the 4x400 meters relay team at the World Championships in London.

Other Athletic Accomplishments

- In the summer of 2018, Solomon was a "flex" player for Godspeed, a flag football team made mostly of former professional American football players that participated in the American Flag Football League (AFFL). The team were crowned the champions of participating pro teams but lost in the final match to the amateur champion team.

Honors

- 2022 Inducted into the La Cueva High School Sports Hall of Fame

Family

- Wife, Debra
- Father, Mike was a two-time Olympian for Trinidad and Tobago and track star at the University of New Mexico.