



Catarina Guimarães

Track & Field, Swimming, Triathlon and Soccer



Disability: Cerebral Palsy

Hometown: Cranford, NJ

DISABILITY

Catarina was born in 2004 with Cerebral Palsy. Cerebral Palsy has a significant impact on Catarina's daily life such as very tight muscles and joints, delayed motor operation, lack of coordinated muscle movement and sensory abnormalities.

GET TO KNOW HER

Catarina is a model student of the Cranford School District. Along with good grades, Catarina Participates in DECA (Business Society Club), Orchestra (Violin), Acapella and High School Able Bodied Sports Clubs like Soccer and Track/Field.

When Catarina is not training, stretching or studying, she is an avid reader and as of 2020 has written and published 2 books her first books.

ATHLETIC ACHIEVEMENTS

- 2019 - #1 Ranked USA Women's T38, 100m Sprinter, Top 20 World Rankings, #1 in th 1500m
- 2019 - 2 Bronze Medals - Para Pan American Games, Lima Peru
- 2019 - Friendship Cup, CP Soccer International - Only Female player
- 2019 - NJDC - 15 Gold Medals and 12 New National Records
- 2018 - #1 Ranked USA Women's T38, 100m Sprinter, Top 20 World Rankings
- 2018 - Junior IWAS - Silver medal in the 400M, Long Jump
- 2018 - NJDC 2018 - 14 Gold Medals and 12 New National Records
- 2018 - Desert Challenge - Grand Prix - Gold Medal in the Girls 200m & Long Jump, Bronze Medals in the Women's 100m and 400m
- 2017 & 2018 - Masonic Wheelchair and Ambulatory - Best Female Sportsmanship - 8 Gold Medals
- 2015 - National Adaptive Climbing Championship - Bronze Medal U-14 Girls
- 2nd Degree Black Belt in TaeKwonDo
- Cranford High School Varsity Track as Freshman

GOALS

- Selection and invitation to the World Disabilities Grand Prix for Team USA
- Compete against adult women for Top World Rankings

MOTTO

"Obstacles are made to be conquered"



Catarina is registered as an International Para Athlete. She competes in the following sports internationally track (100m, 200m, 400m and Long Jump) and soccer. Domestically Catarina has competed in adaptive swimming, Para Triathlon, Indoor Rock Climbing, and Field Events.

Since 2016 Catarina holds national records for every Track and Field event available for T38/ F38 Athletes.

Catarina finished 2019 as follows (all ranking information available here

The following are ranking by US then Internationally

100M - #1 - #20 ****National Record Holder****

200M - #2 - #18 ****National Record Holder****

400M - #2 - #16 ****National Record Holder****

800M - #1 - #3 ****National Record Holder****

1500m - #1 - ****National Record Holder****

Long Jump - #1 - #15 ****National Record Holder****

Javelin - #1 ****National Record Holder****

Shot Put - #1 ****National Record Holder****

Discus - #1 ****National Record Holder****



Catarina was awarded the 2017 and 2018 Best Female Sportsmanship Award at the TriState National Masonic Wheelchair and Adaptive Sports Competition.

In addition to Track - for swimming, Catarina has accumulated many gold medals in a competitive class, one of the toughest classes some would argue.

A member of a National Soccer team for athletes with Cerebral Palsy. Catarina will be competing with Team USA, late March, in Ireland as the ONLY Female player for team USA, competing in this year's Dublin Cup.

Last but not least.... Catarina has also found time to write and publish 2 books. Her first book, "Black Rose", a young adult journey of a girl who meets the gods in the underworld and even catches the eye of one handsome Apollo. ALL proceeds from her book, go to the North Jersey Navigators and the Challenged Athletes Foundation, these two organizations have helped so many adaptive athletes!

