

Francena McCorory is a two-time Olympic Gold Medalist in 2012 and 2016 and a 400-meter Indoor Champion in 2014. McCorory competed in this year's Team Olympic trials in June 2021.

Francena is a Hampton, Va native. She is a graduate of Bethel High School and Hampton University. In 2009 she won the NCAA Women's Indoor Track and Field Championships in the 400 meter dash and later the same year finished third in the NCAA Women's Outdoor Track and Field Championships. In 2010 she went to Fayetteville, Ark to compete to defend her title as 400m National Champion and won the race by over a second, setting the NCAA record, and beating the American record that had stood for 19 years..

After graduating from Hampton University, Francena improved her times in the USA Outdoor Track and Field Championships which qualified her for the 2011 World Championships. Shortly after, she qualified for the 2012 Olympic Games in London. At the London Games she competed in the 400-meter finishing seventh. She also ran the third leg of the women's 4x400 relay in which the team won the gold medal. In the 2016 Olympics held in Rio she ran the 4x400m relay winning the gold and defending their title.

This year McCorory will be returning to the Virginia Commonwealth Games to take care of some unfinished business from the 2020 Games – by speaking to athletes and their families, will light the torch at the Opening Ceremony, which will signify the official kickoff of the Games. Francena is a past track and field competitor of the Virginia Commonwealth Games.

