Margaret (Meg) Rudy

3335 Peartree Ct.
Colorado Springs, CO, 80907
margaretrudy@gmail.com
719-577-4637
William J. Palmer High School

Objective: To contribute to a competitive collegiate team while developing my athletic ability and working towards individual and team goals.
Goals: Compete at NCAA National Championships, become an All-American.

Athletic Achievements:

Cross Country	Track
• Colorado State Championships (Class 5A) o 35th place (20:06), team place: 4th (2006) o 13th place (19:58), team place:3rd (2007) o 28th place (19:39), team place: 4th (2008) • Most Valuable Runner (2007) • First Team All-League (2006, 2007) • Academic All-State First Team (2008) • Team Co-Captain (2009)	• Colorado State Championships (2008 Class 5A) o 3200m - 21st place (12:32) o 3200m relay - 9th place • Colorado State Championships (2009 Class 5A) o 1600m relay - 6th place o 3200m relay - 8th place • USATF JO National Championships (2007) o 1500m - 16th place (5:07) • USATF JO Region X Championships 1500m and 800m qualifier (2006-2008) • Academic All League (2008) • Speed Select Team Member and Junior Coach
Top Performances: 5k - 19:31 (Liberty Bell Invitational 2007) 5k - 19:01 (Liberty Bell Invitational 2008) 5k - 19:39 (Colorado State Championships 2009)	Top Performances: 400m - 1:03 (2008); 1600m relay split- 1:01 (2009) 800m - 2:24 (2006) 1500m - 5:03 (2008) 3200m - 12:03 (2008)

Graduation Date: May, 2010 **Birth Date:** February 11, 1992

Academic Achievements:

- International Baccalaureate Student
- GPA: 4.97 Class Rank: 2 of 354
- SAT Math: 610, Reading: 690, Writing: 680
- ACT: 29

Community Involvement: 2006-2009 District 11 Summer School Teacher's Assistant; 2008-2009 Ascension Lutheran Youth and Family Ministries Board Member; 2009 *Paint the Schools* President.

Coach Contact Information:

Palmer Cross Country:
Kent Christy
kentchristy@comcast.net
719-593-1966

Palmer Track and Field:
Rick Goodman
rgoodman1024@aol.com
719-235-8460

Speed Track and Field Club
Charmas Lee
charmbl7@aol.com
719-237-6058