Sara Benson

High School – Senior at Rampart High School, Colorado Springs, CO

GPA – 2.2

Height/Weight – 5'9"/142

Activities/Clubs

2006-Current Marketing/DECA
2008-Current Rampart Rowdies (Spirit Club)

Community Involvement

2009 Care & Share Food Bank (QA food supply)
2008 Build-A-Bear assembly for deployed Soldiers in Iraq
2004-2007 Vacation Bible School Leader
2005-2006 Volunteer at Operation Christmas Child
2004 Missions trip to build a home in Juarez, Mexico

Goals

2010 Colorado State 5A Champion 100m and 300m Hurdles
2010 Sub 60.00 time in 400m Hurdles
2010 Top Three at USATF Nationals in the 400m Hurdles
2009/10 NCAA Division 1 Track and Field Scholarship
2016 Qualify for Rio de Janeiro Olympics in the 400m Hurdles

Coach Contact Information

2004-Current Club Coach: Charmas Lee, 719-237-6058 (cell), CharmBl7@aol.com
2007-Current High School Coach: Randy Barringer, 719-594-6131 (home), 719-234-2101 (school), randy.barringer@asd20.org

RESULTS

USATF Colorado State Championships (outdoor)

- 2007 4 X 100 Relay Champion
- 2008 400m Hurdles Champion
- 2008 200m Dash 2nd Place
- 2008 100m Dash 3rd Place
- 2009 100m Dash 3rd Place
- 2009 100m Hurdles 4th Place
- 2009 400m Hurdles 2nd Place

USATF Colorado State Championships (indoor)

- 2007 Long Jump Champion
- 2007 Triple Jump Champion
- 2007 200m Dash 4th Place
- 2008 200m Dash 2nd Place
- 2008 60m Hurdles 3rd Place

USATF/AAU Regional Championships (outdoor)

- 2007 4 X 100 Relay 3rd Place
- 2008 400m Hurdles Champion
- 2008 200m Dash 3rd Place
- 2008 100m Dash 3rd Place
- 2009 100m Dash 2nd Place
- 2009 100m Hurdles 2nd Place
- 2009 400m Hurdles 2nd Place

PR's

- 60m Dash - 7.93 (1/10/09)
- 60m Hurdles – 8.92 (1/18/09)
- 100m Dash – 12.30 (6/22/08)
- 100m Hurdles – 14.87 (4/11/09)
- 200m Dash – 24.91 (6/22/08)
- 300m Hurdles – 44.42 (5/16/09)
- 400m Dash (indoor) – 59.39 (1/10/09)
- 400m Hurdles – 1:02.58 (7/13/08)
- Long Jump – 16'3" (5/01/08)
- Triple Jump – 34' 5" (07/01/07)

National Ranking & Finishes

- 2007 USATF National 4 x 100 Relay Finisher
- 2008 USATF National 400m Hurdles 8th Place
- 2008 USATF National Qualifier 100m & 200m
- 2009 AAU National Qualifier 100m & 100m Hurdles
- 2009 AAU National Qualifier 10th Place

National Elite Youth Ranking

- 2008 All American 400m Hurdles 20th
- 2008 200m Dash 68th
- 2009 400m Hurdles 38th

High School State Championships

- 2007 Colorado State 5A 4x100 Relay 10th Place
- 2008 Colorado State 5A 200m Dash 4th Place
- 2008 Colorado State 5A 100m Dash 10th Place
- 2009 Colorado State 5A 100m Hurdles 3rd Place
- 2009 Colorado State 5A 300m Hurdles 3rd Place

Other Accomplishments

- 2005-2007 Premier Soccer Player
- 2007-2009 Varsity Track and Field Letterman
- 2007 & 2008 Speed Track & Field Junior Coach
- 2007-2009 Rampart's Female MVP for Track & Field
- 2008 Nike Indoor Nationals Qualifier 60m Dash
- 2008 Golden West Invitational Qualifier 200m Dash
- 2008 & 2009 Speed Track & Field Select Athlete
- 2008 & 2009 Gazette Preps Runner up for Female Track & Field Athlete of the Year
- 2009 Nike Indoor Nationals Qualifier, 60m dash, 200m dash & 60m hurdles
- 2009 Great Southwest Qualifier 100m & 300m Hurdles

September 2009