Kalie Kirk

High School: Lewis Palmer High School

Class: 2009

GPA: 3.976/4.0

SAT/ACT
SAT: 1820, retaking 10/04/08; ACT: 30

Academic Achievements:
National Honor Society;
Honors List;
Academic Letter: 9th, 10th, 11th grade;
CHSAA Academic All State First Team

Community Involvement:
Missions for Mexico
New Life Church
Speed T&F

Coach: Charmas Lee

RESULTS	
USATF National Championships	Colorado High School State Championships 5A: 2nd place 300m hurdles, 2008 5A: 6th place 100m hurdles, 2008
USATF Region X Championships 4th place 400m hurdles, 2008 5th place 100m hurdles, 2008	National Ranking 400m hurdles: YW 40th
USATF Colorado State Championships (outdoor) 2nd place 300m hurdles, 2008 2nd place 100m hurdles, 2008	Records, 2008 100m hurdles: 0:15.03 300m hurdles: 0:45.40 400m hurdles: 1:03.73
USATF Colorado State Championships (indoor)	Other Achievements MVP Lewis Palmer High School Women T&F, 2008 Hold Lewis Palmer High School Record for 100m hurdles, 2008 Hold Lewis Palmer High School Record for 300m hurdles, 2008 Hold Blossom Invitational Meet Record for 300m hurdles, 2008

2009 Personal Goals:

Participate in 2008 indoor season
Run at 4A HS State Championships in 100H and 300H
Win State in the 100H and 300H
Win Junior Olympic Co State Championships in 100H and 400H
Place in top three in 100H and 400H at Regionals
Place in top eight in 100H and 400H at Nationals
Be recruited by a NCAA Division I college track team in fall 2009

Coaches:

High School coach: Suzanne Kuehl
Email address: coachsusu@yahoo.com
Phone number: (719) 488-4720 x 4041

Club coach: Charmas Lee
Email address: CharmbL7@aol.com
Phone number: (719) 237-6058