Catherine 'Kita' Alvares

High School: Cheyenne Mountain, Colorado Springs, CO
2010 will graduate with Summa Cum Laude Honors Diploma

GPA: 4.1 weighted, 4.0 unweighted
Junior Class Rank: 1/336

Academic Achievements:
2006/2007, 2007/2008 Academic Letterman
2006/2007, 2007/2008 Principal's Honor Roll
2006 Honorable Mention Award in Art Photography

AP Courses:
2007/2008 AP Micro Economics & AP Macro Economics
2008/2009 enrolled in AP Chemistry & AP Photography

Community Involvement:
2008 local race volunteer
2008, 2007, 2006 junior coach for young track athletes
2007 Care and Share Food Bank volunteer
2006 Student Council

RESULTS

USATF National Championships
- 2008 Intermediate Girls 400 M Hurdles 7th Place
- 2007 Intermediate Girls 100 M Hurdles Finisher
- 2007 Intermediate Girls 4 x 100 Relay Finisher
- 2006 Youth Girls100 M Hurdles 8th Place
- 2006 Youth Girls 200 M Hurdles Finisher

USATF Region X Championships
- 2008 Intermediate Girls 400 M Hurdles 2nd Place
- 2007 Intermediate Girls100 M Hurdles 3rd Place
- 2006 Youth Girls100 M Hurdles Champion
- 2006 Youth Girls 200 M Hurdles Champion

USATF Colorado State Championships (outdoor)
- 2008 Intermediate Girls 400 M Hurdles 2nd Place
- 2008 Intermediate Girls 100 M Hurdles 4th Place
- 2007 Intermediate Girls 100 M Hurdles Champion
- 2007 Intermediate Girls 200 M Dash 3rd Place
- 2006 Youth Girls100 M Hurdles 2nd Place
- 2006 Youth Girls 200 M Hurdles Champion
- 2006 Youth Girls 200 M Dash 2nd Place

USATF Colorado State Championships (indoor)
- 2008 Intermediate Girls 60 M Hurdles Champion
- 2007 Intermediate Girls 60 M Hurdles Champion
- 2007 Intermediate Girls 60 M Dash Champion
- 2007 Intermediate Girls 200 M Dash Champion
- 2006 Youth Girls 200 M Dash Champion
- 2006 Youth Girls 60 M Hurdles 3rd Place
- 2006 Youth Girls 60 M Dash 3rd Place

Colorado High School State Championships
- 2008 4A 100 M Hurdles 5th Place
- 2008 4A 4X100 Relay 3rd Place
- 2007 4A 4x100 Relay Champion
- 2007 4A 100 M Hurdles 2nd Place

National Ranking
- 2008 Intermediate Girls 400 M Hurdles 13th
- 2007 Intermediate Girls 100 M Hurdles 27th
- 2006 Youth Girls 200 M Hurdles 10th
- 2006 Youth Girls 100 M Hurdles 18th

Other Achievements
- 2008, 2007 Nike Indoor Nationals Qualifier 60 M Hurdles
- 2008, 2007 CMHS Varsity Track and Field Letterman
- 2008 "Outstanding Indian" Award CHMS Track Team
- 2008 CMHS Cross Country Team
- 2007 "Outstanding Freshman Girl" CMHS Track Team
- 2007 CMHS Captain's Corner Leadership Team
- 2007, 2006 Premier Level Club Soccer Player

Personal Best Times
400 M Hurdles – 63.52
100 M Hurdles – 14.84
60 M Hurdles – 9.18

Coaches
Charmas Lee, Speed Track and Field
Phone: 719-237-6058, E-mail: charmbl7@aol.com
Stan Lambros, Cheyenne Mountain High School
Phone: 719-475-6110 X114, E-mail: stan@cmsd12.org

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