Margaret (Meg) Rudy

High School: Palmer High School

Class: Junior

GPA: 4.96

SAT/ACT: N/A

Academic Achievements: National Honor Society, International Baccalaureate Diploma Student, ranked 2nd out of 414

Community Involvement: District 11 Summer School Student Assistant, Ascension Lutheran Church Youth and Family Ministries Board Member

Coaches:
Club: Charmas Lee
charmbl7@aol.com
719-237-6058
Palmer Cross Country: Kent Christy
kentchristy@comcast.net
719-593-1966
Palmer Track and Field:
Nancy Pellow
pellona@d11.org
719-447-8761

RESULTS

USATF JO National Championships
- N/A

USATF JO Region X Championships
- 2008 Region X Championship
  800m: 6th, 2:31

USATF JO Colorado State Championships (outdoor)
- 2008 USATF State Championship
  1500m: 7th, 5:27
  800m: 3rd, 2:31

USATF JO Colorado State Championships (indoor)
- 2008 Indoor State Championship
  1500m: 3rd, 5:22
  800m: 1st, 2:33

Colorado High School State Championships
- 2007 Colorado State Cross Country Championship
  Placed 13th, 19:58. Led team to 3rd place finish
- 2008 Colorado State Track and Field Championship
  3200m: Placed 21st, 12:32
  4x800m: Placed 9th

National Ranking
- 1500m: 56th (5:03)

Records and Other Achievements
- 3rd fastest on All-Time Palmer High School Girls Cross Country Best Times List (19:01)
- 2007- Palmer High School Girls Cross Country Most Valuable Runner
- 2007 Girls Cross Country First Team All-League

2009 Personal Goals:
- 2009 USATF Colorado State Championships (indoor): 1500m- 4:58; 800m- 2:25
- 2009 USATF Colorado State Championships (outdoor): 1500m- 4:48; 800m- 2:19
- 2009 Colorado High School State Track and Field: Place in top 8 for both 1600m and 800m.
- 2009 Colorado High School State Cross Country: Place in top 5, break school 5km record (18:52)