Name Samantha Chamberlin

High School: Cheyenne Mountain High School

Class: Junior

GPA: 3.2

SAT/ACT N/A
Academic Achievements:

Community Involvement: Volunteer Hours at Ronald McDonald House and Volunteered for the State Games

Club Coach: Charmas Lee
Email: charmbl7@aol.com
Phone: (719) 237-6058
High School Coach: Stan Lambros
Email: stan@cmsd12.org
Phone: (719) 475-6110 ext 114

Coach: Charmas Lee

RESULTS	
USATF National Championships: I placed 8th in the 400m hurdles USATF Region X Championships: I placed 1st in the 400m hurdles and 2nd in the 100m hurdles USATF Colorado State Championships (outdoor): I placed first in the 400m hurdles and 2nd in the 100m hurdles USATF Colorado State Championships (indoor): 4th in the 400m dash	Colorado High School State Championships: I placed 10th in the 100m hurdles and 14th in the 300m hurdles National Ranking: 18th in the 400m hurdles 64th in the 100m hurdles Records: 100m hurdles- 15.51 400m hurdles- 1:04.07 300m hurdles- 46.40 400m dash- 62.13 60m hurdles- 9.90 Other Achievements

2009 Personal Goals: 9/21/08

My goals for the 2009 indoor season are I want to run a 9.30 in the 60m hurdles. I also would like to run a sub 60 in the 400m dash and if we ever run the 300m dash my goal is to run a 42 flat. My goal for the high school season is to run a 44 in the 300m hurdles and to run a 2:28 in the 800m dash. My main goal for the 2009 outdoor season is to run a 58 in the 400m hurdles.