Sara Benson

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

GPA – 2.35

Activities/Clubs

2006-Current	DECA
2008	Rampart Rowdies (Spirit Club)

Community Involvement

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

2009 Nike Indoor Nationals Qualifier 60m, 200m and 400m Dashes
2009 Colorado State 5A Champion 300m Hurdles and 200m Dash
2009 Golden West Qualifiers for the "A" Group in the 300m Hurdles
2009 Sub 59.00 time in 400m Hurdles
2009 Top Three at USATF Nationals in the 400m Hurdles
2010 NCAA Division 1 Track and Field Scholarship
2012 Qualify for London 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)

- 2006 Long Jump 3rd Place
- 2006 Triple Jump 3rd Place
- 2007 4 X 100 Relay Champion
- 2008 400m Hurdles Champion
- 2008 200m Dash 2nd Place
- 2008 100m Dash 3rd 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 Region X Championships (outdoor)

- 2006 Long Jump 8th Place
- 2006 Triple Jump 7th Place
- 2007 4 X 100 Relay 3rd Place
- 2008 400m Hurdles Champion
- 2008 200m Dash 3rd Place
- 2008 100m Dash 3rd Place

PR's

- 60m Dash - 7.96 (1/12/08)
- 60m Hurdles – 9.53 (1/12/08)
- 100m Dash – 12.30 (6/22/08)
- 200m Dash – 24.91 (6/22/08)
- 300m Hurdles – 45.96 (6/7/08)
- 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 200m
- 2008 USATF National Qualifier 100m

National Elite Youth Ranking

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

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

Other Accomplishments

- 2005, 2006, 2007 Premier Soccer Player
- 2007 & 2008 Varsity Track and Field Letterman
- 2007 & 2008 Speed Track & Field Junior Coach
- 2007 Rampart's Freshman MVP
- 2008 Nike Indoor Nationals Qualifier 60m Dash
- 2008 Golden West Invitational Qualifier 200m Dash
- 2008 Speed Track & Field Select Athlete
- 2008 Rampart's Female MVP for Track & Field
- 2008 Gazette Preps Runner up for Female Track & Field Athlete of the Year

October 2008