

Don Samford

Eureka High School

Presentation: 400m – 800m Training

Bio: Don Samford has coached track and field for twenty five years beginning in 1973 as boy's coach at Saybrook-Arrowsmith High School and currently as girl's coach at Eureka High School. Don's Eureka teams have been a top ten State Finals team 10 times, the most by any Class A school. Eureka won the State Championship in 2002 and were runner-up in 2003 and 2008. Since 1996 Don's girl's have won 69 state medals (31 relay & 28 individual) including 13 state champions. In the 400/800 individual & relay events Eureka has earned 20 state medals including 5 state champions.