

Abby Ringquist

Hometown: Park City UT
Birth date: June 21, 1989
Longest jump: 133m, Lillehammer Norway



Abby is a Utah native who began jumping at age 7, following in the footsteps of older brother Blake. It didn't take her long to get comfortable on the jump hill, as she made her Continental Cup debut in 2004 at age 15 and went on to finish ninth in the COC overall standings two seasons later on the strength of 11 top-10 finishes.

She made her World Championship debut in Oslo 2011, finishing 24th. Abby had a break-out World Cup season in 2013 with a 9th place finish at the Olympic test event in Sochi Russia.

Abby is one of the strongest jumpers on the circuit, drawing from her experience as a track athlete in high school.

Besides winning an Olympic medal and World Cup titles, she aims to be a role model for younger girls. She wants to show girls that they can do anything they want to do in life — they just need to dream big.

When Abby isn't jumping, she's either still at the hill coaching the younger Park City jumpers, or with her husband tending to their mini ranch consisting of dogs, chickens, and dwarf goats.

Fun fact: Abby is a big fan of ski touring in her "backyard"

Highlights:

- 2015 – Top 5 Continental Cup finish in Falun Sweden
- 2015 – World Cup team member
- 2011, 2013, 2015 – World Championships team member
- 2013 – 4th place inaugural US Olympic team trials
- 2013 – 9th place in Olympic test event in Sochi Japan
- 2012, 2013 – 9 top 20 finishes, World Cup circuit
- 2008, 2009 & 2012 – 3rd place U.S. Nationals
- 2006 & 2009 – 8th place in Junior World Championships

BIOGRAPHY

Athlete : RINGQUIST Abby



ATHLETE INFORMATION

FIS Code:
2682

Birthdate:
21-06-1989

Gender:
Female

Status:
Active

Nation:
USA

Ski club:
Womens Ski Jumping USA

Website:
www.womensskijumpingus...

PERSONAL INFORMATION

Birthplace:
Salt Lake City, Utah

Languages:
English

Residence:
Park City, Utah (USA)

Marital status:
Single

EQUIPMENT INFORMATION

Bindings:
Win Air

Boots:
Adidas

The NSA is responsible for the athletes' biography update
The manufacturers are responsible for the equipment update

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LAST RESULT

Race date	Place	Nation	Category	Discipline	Position	FIS Points
12-02-2018	PyeongChang	KOR	Olympic Winter Games	HS109	29	
21-01-2018	Zao	JPN	World Cup	HS102	44	
20-01-2018	Zao	JPN	World Cup	Team HS102	7	
18-01-2018	Zao	JPN	Qualification	HS102	41	
14-01-2018	Sapporo	JPN	World Cup	HS100	31	
13-01-2018	Sapporo	JPN	World Cup	HS100	23	
12-01-2018	Sapporo	JPN	Qualification	HS100	39	
16-12-2017	Hinterzarten	GER	World Cup	Team HS108	8	
15-12-2017	Hinterzarten	GER	Qualification	HS108	47	
02-12-2017	Lillehammer	NOR	World Cup	HS98	32	
01-12-2017	Lillehammer	NOR	World Cup	HS98	33	
30-11-2017	Lillehammer	NOR	Qualification	HS98	36	
10-09-2017	Chaikovsky	RUS	Grand Prix	HS102	18	
09-09-2017	Chaikovsky	RUS	Grand Prix	HS102	16	
08-09-2017	Chaikovsky	RUS	Qualification	HS102	28	
19-08-2017	Frenstat	CZE	Grand Prix	HS106	18	-
18-08-2017	Frenstat	CZE	Grand Prix	HS106	27	-
18-08-2017	Frenstat	CZE	Qualification	HS106	35	-
11-08-2017	Courchevel	FRA	Qualification	HS96	21	-

Race date	Place	Nation	Category	Discipline	Position	FIS Points
11-08-2017	Courchevel	FRA	Grand Prix	HS96	16	-
12-03-2017	Oslo	NOR	World Cup	HS134	25	
16-02-2017	PyeongChang	KOR	World Cup	HS109	23	
15-02-2017	PyeongChang	KOR	World Cup	HS109	12	
12-02-2017	Ljubno	SLO	World Cup	HS95	22	
11-02-2017	Ljubno	SLO	World Cup	HS95	22	
11-02-2017	Ljubno	SLO	Qualification	HS95	15	
05-02-2017	Hinzenbach	AUT	World Cup	HS94	21	
04-02-2017	Hinzenbach	AUT	World Cup	HS94	18	
29-01-2017	Rasnov	ROU	World Cup	HS100	20	
28-01-2017	Rasnov	ROU	World Cup	HS100	22	
21-01-2017	Zao	JPN	World Cup	HS103	22	
20-01-2017	Zao	JPN	World Cup	HS103	33	
19-01-2017	Zao	JPN	Qualification	HS103	12	
15-01-2017	Sapporo	JPN	World Cup	HS100	32	
14-01-2017	Sapporo	JPN	World Cup	HS100	34	
13-01-2017	Sapporo	JPN	Qualification	HS100	26	
08-01-2017	Oberstdorf	GER	World Cup	HS137	40	
07-01-2017	Oberstdorf	GER	World Cup	HS137	36	
06-01-2017	Oberstdorf	GER	Qualification	HS137	23	
19-02-2016	Lahti	FIN	World Cup	HS100	30	
14-02-2016	Ljubno	SLO	World Cup	HS95	38	
13-02-2016	Ljubno	SLO	World Cup	HS95	32	
07-02-2016	Hinzenbach	AUT	World Cup	HS94	37	
06-02-2016	Hinzenbach	AUT	World Cup	HS94	36	
23-01-2016	Zao	JPN	World Cup	HS106	34	
22-01-2016	Zao	JPN	World Cup	HS106	22	
17-01-2016	Sapporo	JPN	World Cup	HS100	27	
16-01-2016	Sapporo	JPN	World Cup	HS100	32	
20-02-2015	Falun	SWE	World Ski Championships	HS100	34	
19-02-2015	Falun	SWE	Qualification	HS100	21	
15-02-2015	Ljubno	SLO	World Cup	HS95	31	
14-02-2015	Ljubno	SLO	World Cup	HS95	20	
08-02-2015	Rasnov	ROU	World Cup	HS100	21	
07-02-2015	Rasnov	ROU	World Cup	HS100	27	
01-02-2015	Hinzenbach	AUT	World Cup	HS94	27	

Race date	Place	Nation	Category	Discipline	Position	FIS Points
31-01-2015	Hinzenbach	AUT	World Cup	HS94	19	
18-01-2015	Falun	SWE	Continental Cup	HS100	6	
18-01-2015	Falun	SWE	Continental Cup	HS100	4	
19-01-2014	Zao	JPN	World Cup	HS100	DSQ	
18-01-2014	Zao	JPN	World Cup	HS100	21	
12-01-2014	Sapporo	JPN	World Cup	HS100	39	
11-01-2014	Sapporo	JPN	World Cup	HS100	28	
22-12-2013	Hinterzarten	GER	World Cup	HS108	47	
21-12-2013	Hinterzarten	GER	World Cup	HS108	46	
14-12-2013	Notodden	NOR	Continental Cup	HS98	9	
13-12-2013	Notodden	NOR	Continental Cup	HS98	9	
07-12-2013	Lillehammer	NOR	World Cup	HS100	36	
22-09-2013	Almaty	KAZ	Grand Prix	HS106	26	
21-09-2013	Almaty	KAZ	Grand Prix	HS68	27	
15-08-2013	Courchevel	FRA	Grand Prix	HS96	35	
17-03-2013	Oslo	NOR	World Cup	HS134	28	
15-03-2013	Trondheim	NOR	World Cup	HS105	41	
22-02-2013	Predazzo	ITA	World Ski Championships	HS106	33	
17-02-2013	Ljubno	SLO	World Cup	HS95	22	
16-02-2013	Ljubno	SLO	World Cup	HS95	13	
10-02-2013	Zao	JPN	World Cup	HS100	16	
09-02-2013	Zao	JPN	World Cup	HS100	20	
03-02-2013	Sapporo	JPN	World Cup	HS100	29	
02-02-2013	Sapporo	JPN	World Cup	HS100	34	
13-01-2013	Hinterzarten	GER	World Cup	HS108	22	
12-01-2013	Hinterzarten	GER	World Cup	HS108	22	
06-01-2013	Schonach	GER	World Cup	HS106	23	
05-01-2013	Schonach	GER	World Cup	HS106	25	
04-01-2013	Schonach	GER	Qualification	HS106	2	
14-12-2012	Ramsau	AUT	World Cup	HS98	11	
13-12-2012	Ramsau	AUT	Qualification	HS98	27	
09-12-2012	Sochi	RUS	World Cup	HS106	9	
08-12-2012	Sochi	RUS	World Cup	HS106	23	
24-11-2012	Lillehammer	NOR	World Cup	HS100	24	
17-08-2012	Hinterzarten	GER	Grand Prix	HS108	36	
15-08-2012	Courchevel	FRA	Grand Prix	HS96	11	

Race date	Place	Nation	Category	Discipline	Position	FIS Points
09-03-2012	Oslo	NOR	World Cup	HS106	27	
04-03-2012	Zao	JPN	World Cup	HS100	35	
03-03-2012	Zao	JPN	World Cup	HS100	31	
03-03-2012	Zao	JPN	World Cup	HS100	21	
12-02-2012	Ljubno	SLO	World Cup	HS95	18	
11-02-2012	Ljubno	SLO	World Cup	HS95	18	
05-02-2012	Hinzenbach	AUT	World Cup	HS94	16	
04-02-2012	Hinzenbach	AUT	World Cup	HS94	12	
21-01-2012	Zakopane	POL	Continental Cup	HS94	7	

BIOGRAPHY

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20-01-2012	Zakopane	POL	Continental Cup	HS94	10	
15-01-2012	Predazzo	ITA	World Cup	HS106	24	
14-01-2012	Predazzo	ITA	World Cup	HS106	22	
08-01-2012	Hinterzarten	GER	World Cup	HS108	25	
07-01-2012	Hinterzarten	GER	World Cup	HS108	38	
10-12-2011	Notodden	NOR	Continental Cup	HS98	24	
09-12-2011	Notodden	NOR	Continental Cup	HS98	20	
03-12-2011	Lillehammer	NOR	World Cup	HS100	21	
08-10-2011	Lake Placid, NY	USA	FIS	HS100	1	
25-02-2011	Oslo	NOR	World Ski Championships	HS106	24	
16-01-2011	Braunlage	GER	Continental Cup	HS100	12	
15-01-2011	Braunlage	GER	Continental Cup	HS100	10	
12-01-2011	Hinterzarten	GER	Continental Cup	HS108	20	
12-01-2011	Hinterzarten	GER	Continental Cup	HS108	22	
08-01-2011	Schonach	GER	Continental Cup	HS106	24	
18-12-2010	Notodden	NOR	Continental Cup	HS98	6	
17-12-2010	Notodden	NOR	Continental Cup	HS98	24	
12-12-2010	Vikersund	NOR	Continental Cup	HS117	21	
11-12-2010	Vikersund	NOR	Continental Cup	HS117	8	

Race date	Place	Nation	Category	Discipline	Position	FIS Points
08-12-2010	Rovaniemi	FIN	Continental Cup	HS100	20	
07-12-2010	Rovaniemi	FIN	Continental Cup	HS100	14	
26-09-2010	Falun	SWE	Continental Cup	HS98	14	
25-09-2010	Falun	SWE	Continental Cup	HS98	14	
19-09-2010	Oslo	NOR	Continental Cup	HS106	14	
18-09-2010	Oslo	NOR	Continental Cup	HS106	13	
12-09-2010	Lillehammer	NOR	Continental Cup	HS100	10	
11-09-2010	Lillehammer	NOR	Continental Cup	HS100	13	
21-08-2010	Oberwiesenthal	GER	Continental Cup	HS106	23	
20-08-2010	Oberwiesenthal	GER	Continental Cup	HS106	28	
18-08-2010	Poehla	GER	FIS	HS66	7	
15-08-2010	Bischofsgruen	GER	Continental Cup	HS74	5	
14-08-2010	Bischofsgruen	GER	Continental Cup	HS74	2	
06-01-2010	Schonach	GER	Continental Cup	HS96	10	
03-01-2010	Baiersbronn	GER	Continental Cup	HS90	19	
02-01-2010	Baiersbronn	GER	Continental Cup	HS90	14	
19-12-2009	Notodden	NOR	Continental Cup	HS98	14	
18-12-2009	Notodden	NOR	Continental Cup	HS98	18	
13-12-2009	Vikersund	NOR	Continental Cup	HS117	17	
12-12-2009	Vikersund	NOR	Continental Cup	HS117	15	
09-12-2009	Rovaniemi	FIN	Continental Cup	HS100	23	
08-12-2009	Rovaniemi	FIN	Continental Cup	HS100	26	
07-02-2009	Zakopane	POL	Continental Cup	HS94	6	
06-02-2009	Strbske Pleso	SVK	FIS Junior World Ski Championships	HS100	8	
18-12-2008	Vancouver, BC	CAN	Continental Cup	HS106	19	
17-12-2008	Vancouver, BC	CAN	Continental Cup	HS106	21	
13-12-2008	Park City, UT	USA	Continental Cup	HS100	23	
12-12-2008	Park City, UT	USA	Continental Cup	HS100	22	
04-10-2008	Liberec	CZE	Continental Cup	HS100	33	
03-10-2008	Liberec	CZE	Continental Cup	HS100	20	
27-09-2008	Oberstdorf	GER	Continental Cup	HS100	14	
26-09-2008	Oberstdorf	GER	Continental Cup	HS100	11	
14-09-2008	Lillehammer	NOR	Continental Cup	HS100	20	
13-09-2008	Lillehammer	NOR	Continental Cup	HS100	17	
17-08-2008	Bischofshofen	AUT	Continental Cup	HS78	36	
16-08-2008	Bischofshofen	AUT	Continental Cup	HS78	32	

Race date	Place	Nation	Category	Discipline	Position	FIS Points
13-08-2008	Poehla	COD	Continental Cup	HS66	DSQ	
10-08-2008	Bischofsgruen	GER	Continental Cup	HS74	DSQ	
29-08-2007	Lake Placid, NY	USA	Continental Cup	HS100	DNS	
28-08-2007	Lake Placid, NY	USA	Continental Cup	HS100	25	
19-08-2007	Ramsau	AUT	Continental Cup	HS98	34	
15-08-2007	Poehla	GER	Continental Cup	HS65	20	
12-08-2007	Bischofsgruen	GER	Continental Cup	HS72	39	
17-03-2007	Tarvisio	ITA	FIS Junior World Ski Championships	HS100	18	
10-03-2007	Sapporo	JPN	Continental Cup	HS100	21	
09-03-2007	Sapporo	JPN	Continental Cup	HS100	20	
06-03-2007	Zao	JPN	Continental Cup	HS100	20	
05-03-2007	Zao	JPN	Continental Cup	HS100	22	
17-02-2007	Schonach	GER	Continental Cup	HS93	23	
14-02-2007	Baiersbronn	GER	Continental Cup	HS90	17	
10-02-2007	Breitenberg	GER	Continental Cup	HS82	29	
08-02-2007	Saalfelden	AUT	Continental Cup	HS95	35	
06-02-2007	Ljubno	SLO	Continental Cup	HS95	29	
16-01-2007	Dobbiaco	ITA	Continental Cup	HS74	15	
15-01-2007	Dobbiaco	ITA	Continental Cup	HS74	19	
14-01-2007	Villach	AUT	Continental Cup	HS98	24	
15-08-2006	Bischofshofen	AUT	Continental Cup	HS78	12	
12-08-2006	Meinerzhagen	GER	Continental Cup	HS68	9	
09-08-2006	Poehla	GER	Continental Cup	HS66	9	
06-08-2006	Klingenthal	GER	Continental Cup	HS85	8	
26-07-2006	Calgary	CAN	Continental Cup	HS95	12	
25-07-2006	Calgary	CAN	Continental Cup	HS95	9	
22-07-2006	Park City, UT	USA	Continental Cup	HS100	7	
21-07-2006	Park City, UT	USA	Continental Cup	HS100	11	
08-03-2006	Vaaler	NOR	Continental Cup	HS100	16	
05-03-2006	Vikersund	NOR	Continental Cup	HS100	12	
02-03-2006	Zao	JPN	Continental Cup	HS100	12	
01-03-2006	Zao	JPN	Continental Cup	HS100	10	
11-02-2006	Schonach	GER	Continental Cup	HS93	5	
09-02-2006	Baiersbronn	GER	Continental Cup	HS90	7	
05-02-2006	Kranj	SLO	FIS Junior World Ski Championships	HS109	8	
18-01-2006	Dobbiaco	ITA	Continental Cup	HS74	9	

Race date	Place	Nation	Category	Discipline	Position	FIS Points
14-01-2006	Ljubno	SLO	Continental Cup	HS93	16	
09-10-2005	Lake Placid, NY	USA	Continental Cup	HS100	10	
08-10-2005	Lake Placid, NY	USA	Continental Cup	HS100	11	
02-10-2005	Park City, UT	USA	Continental Cup	HS100	10	
01-10-2005	Park City, UT	USA	Continental Cup	HS100	2	
14-08-2005	Meinerzhagen	GER	Continental Cup	HS65	30	
11-08-2005	Poehla	GER	Continental Cup	HS60	5	
09-08-2005	Klingenthal	GER	Continental Cup	HS80	8	
07-08-2005	Bischofshofen	AUT	Continental Cup	HS65	7	

BIOGRAPHY

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SEARCH

Category

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Season

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Place

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LAST RESULT

Race date	Place	Nation	Category	Discipline	Position	FIS Points
15-08-2004	Meinerzhagen	GER	FIS	HS68	13	
12-08-2004	Poehla	GER	FIS	HS66	7	
10-08-2004	Klingenthal	GER	FIS	HS90	11	
08-08-2004	Bischofshofen	AUT	FIS	HS78	8	
23-07-2004	Park City, UT	USA	Continental Cup	HS100	12	