

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

SEARCH

Category: Season: Sort by:
 Discipline: Position: Place:

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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

Athlete : RINGQUIST Abby



ATHLETE INFORMATION

FIS Code:
2682
 Birthdate:
21-06-1989
 Gender:
Female
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Active
 Nation:
USA
 Ski club:
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 Website:
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PERSONAL INFORMATION

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EQUIPMENT INFORMATION

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LAST RESULT

| Race date | Place | Nation | Category | Discipline | Position | FIS Points |
|------------|-----------------|--------|-------------------------|------------|----------|------------|
| 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

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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Category: Season: Sort by:
 Discipline: Position: Place:

records page

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 | |