

Amie Algrim *Junior*



Algrim

FHSW

South Central Regional Championship

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Amie Algrim

Junior - Garden City, KS
(Garden City High School)

2009 Season: Amie Algrim recently completed her third season with the Tiger cross country program.

Algrim ranked anywhere from first through fourth on the squad this past year.

She was the team's top runner at the Southern Stampede and at the FHSU Tiger Open.

Algrim ran a career-best 18:48 at the FHSU Tiger Open and also broke 19 minutes at the Southern Stampede.

She ran a career-best 23:07 for six kilometers at the NCAA Regional meet.

Career: Algrim is a three-year letterwinner for the Tigers, earning All-MIAA honors in 2008. She also earned MIAA honors in the 1,500 meters at the 2009 MIAA Championships.

Algrim owns personal bests of 2:22 for 800 meters and 4:53 for 1,500 meters. She ran 5:20 for the mile and 3:11 for the 1,000 meters indoor.

Algrim will focus mostly on the middle distances and may also try the steeplechase this outdoor season.

She is a Biology major with a concentration in Pre-Medicine.

ALGRIM'S SEASONAL BESTS

5K: 18:48 **6K:** 23:07



ALGRIM'S PERFORMANCES

2007

Alumni	2M	7th	12:21
Southern	5K	107th	19:35
OSU	5K	132nd	20:23
FHSU	5K	43rd	20:47
MIAA	6K	31st	25:10
NCAA Regional	6K	51st	23:36

2008

Alumni	2M	3rd	12:11
Colby	5K	2nd	20:19
Texas Tech	5K	24th	20:36
FHSU	5K	8th	19:02
MIAA	6K	14th	23:45
NCAA Regional	6K	38th	23:20

2009

UNK	4.5K	6th	17:42
Friends	5K	8th	19:32
Southern	5K	46th	18:56
Tabor	5K	11th	19:12
FHSU	5K	11th	18:48
MIAA	6K	22nd	23:15
NCAA Regional	6K	29th	23:07