

Courtney Frerichs

Born: January 18, 1993, Mundelein, Illinois

High School: Nixa Public High School (Missouri) 2011

College: Missouri-Kansas City University

University of New Mexico, Bachelor of Arts in Chemistry 2017



High School

- 2008 Posted a freshman season-best time of 2:24 in 800 meters.
- 2008 KSPR-TV Athlete of the Week in cross country.
- 2010 Southwest Cross Country Coaches Association's Class 4 All-Region First team.
- 2010 Team Most Valuable Player.
- 2010, Level 9 gymnast. Two-time regional qualifier in gymnastics
- Lettered for four years in soccer as a midfielder/forward.
- Lettered for four years in Track & Field.
- Lettered in four years in Cross Country.
- 2011 Set school records in the 5K (18:12), triple jump 10.505 m (34 ft 5+1/2 in), and her team posted the best time for the 4x800-meter relay (10:02).
- 2011 All-Class 3 District 11 Soccer Honorable Mention Team

College

- **Missouri-Kansas City University**
 - 2011 Finished 23rd (23:05.32) in The Summit League Cross Country Championships
 - 2012 Indoors: Recorded a personal time of 10:02.06 in the 3,000 meters to place fourth at The Summit League Championships for the second-best performance in team history.
 - 2012 Indoors: Recorded a personal best time of 17:33.79 in the 5,000 meters to finish fourth at The Summit League Championships with the fifth best time in team history.
 - 2012 Outdoor: Took first in the 3,000 meters with a time of 10:12.23 at the State Farm/ESU Relays in what was the fourth best performance in team history
 - 2012 Outdoor: Set a then-school record (10:34.48) at the MU Relays in the 3,000-meter steeplechase to finish first.
 - 2012 Posted the third fastest time in UMKC history and finished 36th in the prelims of the 3,000-meter steeplechase at the NCAA West Regional in Austin, Texas.

- 2012 Finished second in the 3,000 meters steeplechase at the USA Junior Outdoor Track and Field Championships in Bloomington, Indiana and qualified for the IAAF World Junior Championships in Barcelona, Spain.
- 2012 Finished 2nd in the IAAF World Championship U-20 Trials in Bloomington, Indiana with a time of 10:35.23.
- 2012 Finished 16th in the World U-20 Championships in Barcelon, Catalonia, Spain with a time 10:35:24.
- 2012 Finished 12th at the USA Cross Country Championships in St Louis, Missouri.
- 2013 U.S. Track and Field Coaches All-American First Team
- 2013 set school records in the 5,000 meters and mile at the Alex Wilson Invitational.
- 2013 Indoors: at the Summit League Championships, won the gold medal in both the 3,000 meters and 5,000 meters.
- 2013 Finished 6th place in the 3,000 meters steeplechase at the NCAA Championship with a personal best and school record time of 9 minutes 55:02 seconds. Highest finisher in school history on the women's side and second-highest overall.
- 2013 Summit League's first female athlete to compete in the 3,000 meters steeplechase at the NCAA Championship.
- **University of New Mexico**
 - 2014 Finished 6th in the USA Outdoor Track and Field Championships in Sacramento, California with a time of 9:43.36.
 - 2014 Finished 4th place in the 3,000 meters steeplechase at the NACAC U-23 Championships at Kamloops, British Columbia, Canada with a time of the 10:10.51.
 - 2015 Helped Lobos's NCAA Cross Country Team Champion by finishing fourth-place overall.. She led the Lobos at four of the five meets she ran at ... finished within the top-10 at every meet, including a runner-up performance at the Notre Dame Invitational (time of 16:27) and a fourth-place finish at the Wisconsin adidas Invitational (19:39.3) ... took second at the Mountain West Championships (22:05.19) ... finished 10th overall and second on the team at the NCAA Mountain Regional Championships in Albuquerque
 - 2015 Finished 7th in the 3000 meters steeplechase in the USA Outdoor Track and Field Championships in Eugene, Oregon with a time of 9:46.24.
 - 2016 NCAA title in the 3000 meters steeplechase at the NCAA Outdoor Championships in Eugene, Oregon, dominating the field to win in an NCAA-record time of 9:24.41
 - 2016 Outdoor: Followed up her transcendent cross country campaign with another title-winning season outdoors ... opened the season with a sixth-place showing the 1500 at the Bryan Clay Invitational (4:18.92) ... ran 9:29.31 in the 3,000-meter steeplechase at the Payton Jordan Invitational, winning the event and setting the NCAA and 2016 world lead in the event ... took second in the 1500 at the Mountain West Championships (4:25.77) ... breezed through the steeplechase at the NCAA West Preliminary Round, clocking a winning time of 9:51.48.
 - Finished her career with four of the top 10 steeplechase times in NCAA history between her time at New Mexico and UMKC.

Professional

- 2016 Signed a pro contract with the Bowerman Track Club.
- 2016 Made the USA Olympic team in the 3000 meters steeplechase finishing second to Emma Coburn.
- 2016 Finished 11th team in the 3000 meters steeplechase at the Rio de Janeiro Olympics.

- 2017 Finished 2nd at the USA Outdoor Track and Field Championships in Sacramento, California with a time of 9:22.23.
- 2017 Silver medalist in the 3000 meters steeplechase at the 2017 World Championships in London. She made history at the 2017 World Championships where she and her teammate, Emma Coburn, finished 1-2 in the 3000-meters women's steeplechase, with Coburn taking home the gold and Frerichs the silver medal, thus becoming the first female Americans to win the gold and silver medal in any individual World Championships or Olympics race longer than 400 meters since the 1912 Stockholm Games.
- 2017 Placed 4th at the 2017 USATF Cross Country Championships in Bend, Oregon.
- 2018 Finished 2nd at the USA Outdoor Track and Field Championships in Des Moines, Iowa with a time of 9:18.69.
- 2018 Silver medalist in the 3000 meters steeplechase at the World (Continental) Cup in Ostrava.
- 2018 Finished 4th at the USA Cross Country Championships at Tallahassee, Florida ...10 km with a time of 33:55.1.
- 2018 July 20th, at the Herculis meet in Monaco, Courtney finished in second place behind Beatrice Chepkoech's world record 8:44.32 performance. Frerichs' time of 9:00.85 moved her ahead of Coburn for the American and North American (NACAC) records in the steeplechase and to 6th place on the all-time fastest list.
- 2019 Finished 2nd in the 3000 meters steeplechase at the USA Outdoor Track and Field Championships with a time of 9:26.61.
- 2019 Finished 6th in the USA Cross Country Championships at Apalachee Regional Park, Tallahassee, Florida... 10 km with a time of 33:25.
- 2019 finished 6th in the 3000 M Steeplechase in the World Championships in Doha, Qatar in September in a time of 9:11.27.
- 2020 Finished 5th in the 3000 meters steeplechase at the USA Indoor Track and Field Championships in Albuquerque, New Mexico with a time of 8:57.15.
- 2021 Made the USA Olympic team in the 3000 meters steeplechase finishing second to Emma Coburn again.
- 2020 Silver medalist in the 3000 meters steeplechase at Tokyo Olympic Games.
- 2021 Became the first American woman to run under nine-minutes in a women's 3000-meters steeplechase event with a time of 8:57.77; establishing an American and Area record.
- 2022 Finished 2nd in the 3000 meters steeplechase at the USA Outdoor Track and Field Championships in Eugene, Oregon with a time of 9:16.18.

Honors

- 2013 U.S. Track and Field/Cross-Country Coaches All-American First Team.
- 2013 U.S. Track and Field Coaches All-American First Team
- 2013 Named the Summit League Women's Outdoor Track & Field Athlete of the Year.
- 2014 NCAA Cross-Country All-American.
- 2015 NCAA Cross-Country All-American.
- 2015 Semifinalist for the Bowerman Award. The Bowerman is an annual track and field award that is the highest accolade given to the year's best student-athlete in American collegiate track and field. It is named after Oregon track and field and cross country coach Bill Bowerman and is administered by the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA).

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- 2016 Mountain West Conference's Scholar-Athlete of the Year.
- 2016 MWC Athlete of the Year.
- 2016 Nominated for the NCAA Woman of the Year Award.

Family

- Married to Griffin Humphreys
- Parents: Scott and Kathy Frerichs
- Sister, Lindsey.