



ATHLETICS

Media Information Form

Student Name:	<i>Abigail Harma</i>
Sport(s):	Women's Cross Country, Women's Track & Field
Institution Signed With:	Northern Michigan University
Event Specialty:	Distance (5K, 3200M, 1600M, 800M, 3200M Relay)
Planned Academic Major:	Intends to major in Biology (Pre-Med) while minoring in Nutrition
Accolades & Honors:	<p><u>Personal Bests – Track and Cross Country:</u></p> <ul style="list-style-type: none">▪ <u>800M</u>: 2:43.29▪ <u>1600M</u>: 5:39.81▪ <u>3200M</u>: 12:11.26▪ <u>5K</u>: 19:35.1 <p><u>Cross Country:</u></p> <ul style="list-style-type: none">▪ <i>MSHS Girls Cross Country Team Captain</i>▪ <i>Team Member – MHSAA Division 1 U.P. Champions (2023, 2022)</i>▪ <i>All-State Team (2023, 2022)</i>▪ <i>Academic All-State Team (2023, 2022, 2021)</i>▪ <i>All-U.P. "Dream Team" Honorable Mention (2023)</i>▪ <i>All-U.P. Team (2023, 2022)</i>▪ <i>Most-improved player</i> <p><u>Track & Field:</u></p> <ul style="list-style-type: none">▪ <i>Team Member – MHSAA Division 1 U.P. Champions (2023, 2021)</i>▪ <i>Team Member – MHSAA Division 1 U.P. Runner-Up (2022)</i>▪ <i>2023 MHSAA Division 1 Track Finals - Runner-Up – 1600M</i>▪ <i>2023 MHSAA Division 1 Track Finals - Runner-Up – 3200M</i>

	<p><u>Other:</u></p> <ul style="list-style-type: none">▪ <i>MSSH Kiwanis Athlete of the Month – October 2023</i>▪ <i>MSSH Homecoming Queen – Fall 2023</i>▪ <i>MSSH Student Council – Senior Class Representative</i>▪ <i>HOSA Executive Board Member (Historian)</i>▪ <i>First Place at HOSA regionals for Nutrition</i>▪ <i>National Honor Society Member</i>▪ <i>MSSH Honor Roll</i>
<p><u>Why Abigail Chose Northern Michigan University:</u></p>	<p><i>I chose Northern because I love the community for Endurance sports here in Marquette and the outdoor resources here that make running all the more enjoyable. I love where the team is at and the goals they have for the future and I want to be a part of those amazing goals and aspirations. I have fallen in love with Marquette and the lake, forests, and people here and am excited to be spending my next four years as a wildcat with an incredible group of women. Jenny Ryan and Paige DuBois are truly inspiring and motivating people and I am so excited to have two incredible influential women be my coaches and role models for me as I compete at a higher level.</i></p>