Athletes of the Week

Athlete of the Week: Feb. 14, 2019

St. Louis Post Dispatch

Courtney Harris, Fort Zumwalt West swimming

A junior, Harris swam area-best times this season in winning the 50-yard freestyle with a new conference record of 23.71 seconds and the 100 freestyle (51.6) at the GAC South Division Championships. Harris also swam legs on the winning 200 medley relay and on the 400 freestyle relay, which finished first in a school-record time of 3:44.33. Harris, who missed five weeks of the season with a ruptured ear drum, is seeded first in the 50 free and 100 free for this weekend's Class 2 state meet, where she will also compete in the 200 medley relay and 400 free relay. She recorded state-qualifying times in five individual events.

Courtney Harris: Fort Zumwalt West Swimming