

ARLINGTON HIGH SCHOOL STUDENT-ATHLETE NAMED GATORADE MASSACHUSETTS BOYS TRACK & FIELD PLAYER OF THE YEAR

CHICAGO (June 24, 2019) — In its 34th year of honoring the nation's best high school athletes, The Gatorade Company today announced **Ryan Oosting of Arlington High School** as its **2018-19 Gatorade Massachusetts Boys Track & Field Athlete of the Year**. Oosting is the first Gatorade Massachusetts Boys Track & Field Athlete of the Year to be chosen from Arlington High School.

The award, which recognizes not only outstanding athletic excellence, but also high standards of academic achievement and exemplary character demonstrated on and off the track, distinguishes Oosting as Massachusetts' best high school boys track & field athlete. Now a finalist for the prestigious Gatorade National Boys Track & Field Athlete of the Year award to be announced in June, Oosting joins an elite alumni association of state track & field award-winners, including Lolo Jones (1997-98, Roosevelt High School, Iowa), Allyson Felix (2002-03, Los Angeles Baptist High School, Calif.), Robert Griffin III (2006-07, Copperas Cove High School, Texas), Grant Fisher (2013-14 & 2014-15, Grand Blanc High School, Mich.) and Candace Hill (2014-15, Rockdale County High School, Ga.).

The state's Gatorade Boys Cross Country Runner of the Year last fall, the 6-foot-1, 155-pound senior raced against professionals and finished fifth in the mile run at the prestigious Adrian Martinez Classic this past season. Oosting's personal-best time of 4:03.70 in that race ranked No. 2 in the nation among prep competitors in 2019 at the time of his selection. Oosting won the 2-mile run at the Massachusetts State Championships in 9:12.19. His season-best time in that event of 8:59.36 ranked No. 11 nationally. He also ranked No. 13 in the country in the 3,200-meter run with a PR of 8:52.81.

Oosting has volunteered locally at a food pantry, and has served on behalf of a community farm that provides donations to emergency food programs. "Ryan elevated his team," said Steve Lane, head coach of Concord-Carlisle High. "He controls every race he's in. He's on a different level from anyone else in the state."

Oosting has maintained a weighted 4.29 GPA in the classroom. He has signed a national letter of intent to compete on an athletic scholarship at Stanford University beginning this fall.

The [Gatorade Player of the Year](#) program annually recognizes one winner in the District of Columbia and each of the 50 states that sanction high school football, girls volleyball, boys and girls cross country, boys and girls basketball, boys and girls soccer, baseball, softball, and boys and girls track & field, and awards one National Player of the Year in each sport. From the 12 national winners, one male and one female athlete are each named Gatorade High School Athlete of the Year. In all, 607 athletes are honored each year.

Oosting joins recent Gatorade Massachusetts Boys Track & Field Athletes of the Year Sam Welsh (2017-18, Concord Academy), Erick Duffy (2016-17, North Andover High School), Thomas Ratcliffe (2015-16, Concord-Carlisle High School), Sean Caveney (2014-15, Andover High School) and Garrett O'Toole (2013-14, Middlesex School) among the state's list of former award winners.

As a part of Gatorade's cause marketing platform "Play it Forward," Oosting also has the opportunity to award a \$1,000 grant to a local or national youth sports organization of his choosing. He is also eligible to submit an essay to win one of twelve \$10,000 spotlight grants for the organization of choice, which will be announced throughout the year.

Since the program's inception in 1985, Gatorade Player of the Year award recipients have won hundreds of professional and college championships, and many have also turned into pillars in their communities, becoming coaches, business owners and educators.

To learn more about the Gatorade Player of the Year program, check out past winners or to nominate student-athletes, visit www.Gatorade.com/POY, on Facebook at www.facebook.com/GatoradePOY or follow us on Twitter at www.twitter.com/Gatorade.

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