

BENSON POLYTECHNIC HIGH SCHOOL STUDENT-ATHLETE NAMED GATORADE OREGON 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 **Micah Williams of Benson Polytechnic High School** as its **2018-19 Gatorade Oregon Boys Track & Field Athlete of the Year**. Williams is the third Gatorade Oregon Boys Track & Field Athlete of the Year to be chosen from Benson Polytechnic 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 Williams as Oregon's 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, Williams 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 5-foot-8, 176-pound junior broke state records in both the 100-meter dash and the 200 dash this past season. The state's returning Gatorade Boys Track and Field Athlete of the Year, Williams clocked a time of 10.21 seconds in the 100 at the Nike Jesuit Twilight Relays, which ranked as the nation's No. 2 performance among prep competitors in 2019 at the time of his selection. It also represents the No. 16 in American prep history. The 21.03 he ran in the 200 at the Arcadia Invitational ranks 17th nationally this year.

Williams has volunteered locally on behalf of youth sports programs. "Micah is still just beginning to scratch the surface of what he can do," said Benson coach Leon McKenzie. "He's tremendously focused and dedicated, and all the success he's seeing is due to his commitment to track, his work ethic and his attention to detail."

Williams has maintained a 4.0 GPA in the classroom. He will begin his senior year of high school 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.

Two-time winner Williams joins Gatorade Oregon Boys Track & Field Athletes of the Year Henry Mong (2016-17, Franklin High School), Harrison Schrage (2015-16, Grant High School), Julian Body (2014-15, Jesuit High School) and Matthew Maton (2013-14, Summit High School) among the state's list of former award winners.

As a part of Gatorade's cause marketing platform "Play it Forward," Williams 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.