

TIMPVIEW HIGH SCHOOL STUDENT-ATHLETE NAMED GATORADE UTAH GIRLS CROSS COUNTRY PLAYER OF THE YEAR

CHICAGO (January 21, 2026) — In its 41st year celebrating the nation's best high school athletes, Gatorade today announced Lily Alder of Timpview High School is the 2025-26 Gatorade Utah Girls Cross Country Player of the Year.

Gatorade Player of the Year is the top honor in high school sports, celebrating the nation's best high school athletes for their excellence in sport, academics and community. The award recognizes Alder as Utah's best high school girls cross country athlete, and she joins an elite legacy that spans professional athletes and coaches to CEOs, such as Jordan Hasay (2008-09, Mission College Preparatory Catholic High School, CA), Katelyn Tuohy (2017-18, 2018-19 & 2019-20, North Rockland High School, NY) and Jane Hedengren (2024-25, Timpview High School, UT).

The 5-foot-6 senior won the UHSAA Class 5A state meet this past season with a time of 17:27.7, breaking the tape 44.4 seconds ahead of her next-closest competitor in leading the Thunderbirds to a seventh-place team finish. A Second Team All-American at both Nike Cross Nationals and the Brooks Cross Country Championships, Alder won the California-based Woodbridge Classic, the nation's largest meet. She also won the Nike Cross South Regional meet, one of her five race victories during the season.

Alder has volunteered locally performing various tasks for the Church of Jesus Christ of Latter-day Saints. On her way to completing a sports medicine internship, she also has donated her time mentoring young athletes at the school. "Always pacing in the shadow of since-graduated and iconic former teammate Jane Hedengren, Lily Alder's chance in the limelight came this past season and she certainly met the challenge," said Rich Gonzalez of PrepCalTrack. "With a blowout win at the state meet and a double All-American ledger thereafter, she emerged among the nation's best."

Alder has maintained a 3.56 GPA in the classroom. She has signed a written letter of athletic aid to run at Brigham Young University this fall.

The [Gatorade Player of the Year](#) program annually recognizes one state winner from each of the 50 states and Washington D.C., in 12 different sports: football, girls volleyball, boys and girls cross country, boys and girls basketball, baseball, softball, boys and girls soccer, and boys and girls track & field. In total, 610 high school athletes are honored each year. From the pool of state winners, one national winner is selected in each of the 12 sports. The selection process is administered by the Gatorade Player of the Year Selection Committee, which leverages experts including coaches, scouts, media and others as sources to help evaluate and determine the winners in each sport.

As part of Gatorade's commitment to breaking down barriers in sport, every Player of the Year also receives a grant to donate to a social impact partner. To date, the Gatorade Player of the Year program has provided more than \$6.4 million in grants to winners across more than 2,200 organizations.

To learn more about the Gatorade Player of the Year program, check out past winners or to nominate student-athletes, visit playeroftheyear.gatorade.com or follow us on social media on Instagram at [instagram.com/Gatorade](https://www.instagram.com/Gatorade), Facebook at [facebook.com/GatoradePOY](https://www.facebook.com/GatoradePOY) and X(Twitter) at [x.com/Gatorade](https://www.x.com/Gatorade).

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