

## **BARRINGTON HIGH SCHOOL STUDENT-ATHLETE NAMED GATORADE ILLINOIS GIRLS TRACK AND FIELD PLAYER OF THE YEAR**

CHICAGO (June 25, 2026) — In its 41<sup>st</sup> year celebrating the nation’s best high school athletes, Gatorade today announced Mia Sirois of Barrington High School is the 2025-26 Gatorade Illinois Girls Track and Field 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 Sirois as Illinois’ best high school girls track and field athlete and she joins an elite legacy that spans professional athletes and coaches to CEOs, such as Sanya Richards (2001-02, St. Thomas Aquinas High School, Florida), Sydney McLaughlin-Levrone (2015-16 & 2016-17, Union Catholic Regional High School, New Jersey) and Jane Hedengren (2024-25, Timpview High School, Utah).

The 5-foot-5 junior distance talent set a state record in the 3200-meter run at the Class 3A state meet this past season, clocking a 9:44.16, which ranked No. 1 nationally among prep girls competitors in 2026 and No. 2 all-time. Sirois, who missed last fall’s cross country season with an injury, also won the 5000-meter run at the USATF Under-20 Championships, setting a meet record with a time of 15:46.74 that ranked No. 1 nationally and No. 6 all-time. She earned a silver medal at the Brooks PR Invitational in the 2-mile run earlier this month with a time of 9:51.68, which ranked No. 4 nationally.

An avid baker, Sirois started her own business selling baked goods. A three-year member of Barrington High’s student government, she has volunteered locally with Barrington High School’s Dance Marathon, which raised money for Lurie Children’s Hospital of Chicago. She has donated her time to multiple community service initiatives through her church. “Mia Sirois showed remarkable perseverance this year,” said Rich Gonzalez, PrepCalTrack editor. “To miss her entire cross country season and then post times like she did this spring is a stellar achievement. Millions of prep girls have run the 3,200 over the years; to be ranked second in history is applause-worthy.”

Sirois has maintained a weighted 4.14 GPA in the classroom. She has made a verbal commitment to run on scholarship at the University of Notre Dame beginning in the fall of 2027.

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](http://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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