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**ARCHBISHOP CARROLL HIGH SCHOOL STANDOUT NAMED
GATORADE DISTRICT OF COLUMBIA GIRLS TRACK & FIELD ATHLETE OF THE YEAR**

CHICAGO (June 20, 2012) — In its 27th year of honoring the nation's best high school athletes, The Gatorade Company, in collaboration with ESPNHS, today announced Kiah Seymour of Archbishop Carroll High School as its 2011-12 Gatorade District of Columbia Girls Track & Field Athlete of the Year. Seymour is the first Gatorade District of Columbia Girls Track & Field Athlete of the Year to be chosen from Archbishop Carroll 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 Seymour as District of Columbia's best high school girls track & field athlete. Now a finalist for the prestigious Gatorade National Girls Track & Field Athlete of the Year award to be announced in June, Seymour joins an elite alumni association of state award-winners in 12 sports, including Allyson Felix (2001-02, Los Angeles Baptist, Calif.), Derek Jeter (1991-92, Kalamazoo HS, Mich.), Candace Parker (2001-02, Naperville Central HS, Ill.), Abby Wambach (1997-98, Our Lady of Mercy, N.Y.), Mark Sanchez (2004-05, Mission Viejo HS, Calif.), Lolo Jones (1997-98, Roosevelt HS, Ia.) and Bianca Knight (2006-07, Ridgeland HS, Miss.).

The 5-foot-11 senior sprinter and hurdler won the 200-meter dash with a time of 24.47 seconds, the 400-meter dash in 56.69 and earned second place in the 100-meter hurdles at the Washington Catholic Athletic Conference championship meet this spring, leading the Lions to a seventh-place finish as a team. A 2012 Washington Post First Team All-Met selection, Seymour won the 200 with a time of 25.00 and the 400 in 56.45 at the Draper Invitational in early May. Her winning time of 24.44 in the 200 at April's Taco Bell Classic ranked as the nation's No. 87 time by a prep competitor at the time of her selection.

Seymour has maintained a 4.29 GPA in the classroom. A member of the National Honor Society, she has served as the secretary of her senior class and volunteered locally on behalf of the Special Olympics and the National Zoo.

"Kiah Seymour is a champion and a dedicated athlete in the sport of track and field," said Archbishop Carroll head coach Elana Gilmore. "She has worked tirelessly to make herself the best she can be."

Seymour has signed a National Letter of Intent to compete in track and field on an athletic scholarship at Pennsylvania State University 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. The selection process is administered by ESPNHS and the Gatorade high school sports leadership team, which work with top sport-specific experts and a media advisory board of accomplished, veteran prep sports journalists to determine the state winners in each sport.

Seymour joins recent Gatorade District of Columbia Girls Track & Field Athletes of the Year Destiny Phillips (2010-11, Dunbar High School), Angela Bonham (2008-09 & 2009-10, Dunbar), and JuaShaunna Kelly (2007-08, Roosevelt) among the state's list of former award winners.

To keep up to date on the latest happenings, become a fan of Gatorade Player of the Year on Facebook and follow us on Twitter. For more on the Gatorade Player of the Year program, including nomination information, a complete list of past winners, and the announcement of the Gatorade National Player of the Year, visit playeroftheyear.gatorade.com.

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