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**MCGILL-TOOLEN CATHOLIC HIGH SCHOOL STANDOUT NAMED
GATORADE ALABAMA GIRLS TRACK & FIELD ATHLETE OF THE YEAR**

CHICAGO (June 19, 2013) — In its 28th year of honoring the nation's best high school athletes, The Gatorade Company, in collaboration with USA TODAY High School Sports, today announced Carmen Carlos of McGill-Toolen Catholic High School as its 2012-13 Gatorade Alabama Girls Track & Field Athlete of the Year. Carlos is the second Gatorade Alabama Girls Track & Field Athlete of the Year to be chosen from McGill-Toolen Catholic 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 Carlos as Alabama'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, Carlos 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-9 senior won three Class 6A individual state titles this spring and led the Yellowjackets to a third-place finish as a team. The state's four-time Gatorade Girls Cross Country Runner of the Year, Carlos won gold in the outdoor track 800-meter run with a time of 2:12.18, the 1600-meter run in 4:48.23 and the 3200-meter run in 10:32.02. She holds seven state records and has won 22 state championships including cross country along with indoor and outdoor track and field. Carlos' season-best time of 10:15.70 in the 3200 ranked as the nation's No. 10 performance among prep competitors in 2013 at the time of her selection.

Carlos has maintained a 4.22 GPA in the classroom. A member of the National Honor Society and a student ambassador at her school, she has volunteered locally on behalf of the Easter Seals, Servants of the Poor, Little Sisters of the Poor and National Down Syndrome Society.

"Anyone who raced Carmen in Alabama knew they were going to get her best effort, every time," said McGill-Toolen head coach Drew Bentley. "She inspired her teammates, and her coaches, by always lining up and performing. She never faltered."

Carlos has signed a National Letter of Intent to compete in track and field and cross country on scholarship at Vanderbilt 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 the Gatorade high school sports leadership team in partnership with [USA TODAY High School Sports](#), 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.

Carlos joins recent Gatorade Alabama Girls Track & Field Athletes of the Year Lacey Dent (2011-12, 2010-11 & 2009-10, St. Paul's Episcopal School), Neal Tisher (2008-09, St. Paul's Episcopal School), Madeline Morgan (2007-08, Mountain Brook), and Mary Carleton Johnson (2006-2007, St. Paul's Episcopal School) 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 www.gatorade.com/poy.

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