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**BENJAMIN N. CARDOZO HIGH SCHOOL STANDOUT NAMED
GATORADE NEW YORK 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 Sabrina Southerland of Benjamin N. Cardozo High School as its 2012-13 Gatorade New York Girls Track & Field Athlete of the Year. Southerland is the second Gatorade New York Girls Track & Field Athlete of the Year to be chosen from Benjamin N. Cardozo 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 Southerland as New York'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, Southerland 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-8 senior captured the state championship in the 800-meter run this spring with a time of 2:06.09, which ranked as the nation's No. 2 time among prep competitors in 2013 at the time of her selection. Southerland also won the 800 this year at both the New Balance Indoor Nationals and the New Balance Outdoor Nationals.

Southerland has maintained a B average in the classroom. A writing tutor for other students, she has volunteered locally on behalf of youth track programs.

"She has always worked hard, but she does it with a smile," said Ray James, Benjamin Cardozo High assistant coach. "She's got a very bright future. I know she'd like to have a career in the sport even after college, and she has that kind of ability."

Southerland has signed a National Letter of Intent to compete in track and field on scholarship at Georgetown 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.

Southerland joins recent Gatorade New York Girls Track & Field Athletes of the Year Mary Cain (2011-12, Bronxville High School), Aisling Cuffe (2010-11, Cornwall Central High School), Melissa Kurzdorfer (2009-10, Lancaster), Shelby Greany (2008-09, Suffern), Charlene Lipsey (2007-08, Hempstead), and Dalilah Muhammad (2006-2007, Cardozo) 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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