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**HOWARD HIGH SCHOOL OF TECHNOLOGY STANDOUT NAMED
GATORADE DELAWARE BOYS TRACK & FIELD ATHLETE OF THE YEAR**

CHICAGO (June 20, 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 Lamar Bruton of Howard High School of Technology as its 2012-13 Gatorade Delaware Boys Track & Field Athlete of the Year. Bruton is the second Gatorade Delaware Boys Track & Field Athlete of the Year to be chosen from Howard High School of Technology.

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 Bruton as Delaware's best high school boys track & field athlete. Now a finalist for the prestigious Gatorade National Boys Track & Field Athlete of the Year award to be announced in June, Bruton joins an elite alumni association of state award-winners in 12 sports, including Ryan Hall (1999-01, Big Bear HS, Calif.), Meb Keflezighi (1993-94, San Diego HS, Calif.), Derek Jeter (1991-92, Kalamazoo HS, Mich.), Candace Parker (2001-02, Naperville Central HS, Ill.), Mark Sanchez (2004-05, Mission Viejo HS, Calif.) and Lolo Jones (1997-98, Roosevelt HS, Ia.).

The 6-foot-1 senior won the 400-meter dash with a time of 47.02 seconds at the Meet of Champions this season. The New Castle County Coaches Cross Country & Track Association's State Track MVP, Bruton also took second in the 200-meter dash in 21.81 and anchored the 4x400-meter relay quartet that broke the tape in 3:18.16. At the Division II championships, he swept the 200 (22.16) and the 400 (49.21) in addition to anchoring the the 4x400-meter quartet, which broke the tape in 3:27.99, thereby leading the Wildcats to third place as a team. His second-place time of 46.21 at New Balance Nationals Outdoor set a state record and ranked No. 2 among U.S. prep competitors in 2013 at the time of his selection.

Bruton has maintained a 3.82 GPA in the classroom. In addition to representing his school at multiple teen leadership conferences and as a member of Howard's state mock trial team, he has donated his time mentoring elementary school students about the importance of not bullying.

"Lamar is a gentleman on and off the track," said Michelle Flanagan, head coach of rival Brandywine High. "His athletic achievements speak for themselves. He is a humble, gracious winner who has earned the respect of his competitors and coaches throughout the state. I have enjoyed watching him run over the years."

Bruton has signed a National Letter of Intent to compete in track and field on an athletic scholarship at Ohio 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 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.

Bruton joins recent Gatorade Delaware Boys Track & Field Athletes of the Year Sam Parsons (2011-12, The Tatnall School), Tyler Tate (2010-11, The Tatnall School), Ryan Lee (2009-10, Archmere Academy), Bobby Kennedy Jr. (2008-09, Caravel Academy), Isaiah Brisco (2007-08, Cape Henlopen), and Brian Sklodowski (2006-2007, Tatnall) 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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