

**FOR IMMEDIATE RELEASE**

**Contact: Matt Schiffman (312-729-3672)**

## **CENTURY HIGH SCHOOL STANDOUT NAMED GATORADE MARYLAND BOYS TRACK & FIELD ATHLETE OF THE YEAR**

CHICAGO (June 20, 2013) — In its 28<sup>th</sup> year of honoring the nation's best high school athletes, The Gatorade Company, in collaboration with USA TODAY High School Sports, today announced Julian Woods of Century High School as its 2012-13 Gatorade Maryland Boys Track & Field Athlete of the Year. Woods is the first Gatorade Maryland Boys Track & Field Athlete of the Year to be chosen from Century 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 Woods as Maryland'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, Woods 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 senior won three individual championships at the Class 2A state meet this season, leading the Knights to the team title. This past winter's Carroll County Times Boys Indoor Track Athlete of the Year, Woods earned gold in the 110-meter hurdles with a time of 14.27 seconds, the 300-meter hurdles in 39.08 and the long jump with a leap of 22 feet, 3.25 inches. He also anchored the 4x200-meter relay squad that broke the tape in 1:29.36. His second-place 400-meter hurdles time at the Penn Relays ranked No. 8 among U.S. prep competitors in 2013 at the time of his selection. He won the 300-meter hurdles at the Class 2A state meet each of his previous two seasons.

Woods has maintained a 4.07 weighted GPA in the classroom and has earned his dental assistant's certification. In addition to donating his time as a peer physics tutor, youth track instructor and student-athlete leadership conference attendee, he has helped provide dental care at area nursing homes and served locally as an intern at both a dentist's practice and orthodontist's office.

"Julian Woods is basically unstoppable," said Tim Walsh, head coach of rival Key High. "He is a tremendous competitor and always strives to be the best. His effort, attitude and talent are apparent no matter the size of the meet. His goal is to win. He's a great athlete and with the right collegiate coaching may be one of those few kids who makes it big-time."

Woods has signed a National Letter of Intent to compete in track and field on an athletic scholarship at Mount Saint Mary's College 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.

Woods joins recent Gatorade Maryland Boys Track & Field Athletes of the Year Dondre Echols (2011-12, Potomac High School), Ronald Darby (2010-11, Potomac High School), Marquis Woodyard (2009-10 & 2008-09, Governor Thomas Johnson), Jon Hill (2007-08, Walkersville), and Matthew Centrowitz (2006-2007, Broadneck) 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](http://www.gatorade.com/poy).

###