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**LAKE REGION HIGH SCHOOL HIGH SCHOOL STANDOUT NAMED
GATORADE MAINE GIRLS TRACK & FIELD ATHLETE OF THE YEAR**

CHICAGO (June 19, 2014) — In its 29th year of honoring the nation's best high school athletes, The Gatorade Company, in collaboration with USA TODAY High School Sports, today announced Kate Hall of Lake Region High School as its 2013-14 Gatorade Maine Girls Track & Field Athlete of the Year. Hall is the first Gatorade Maine Girls Track & Field Athlete of the Year to be chosen from Lake Region 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 Hall as Maine'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, Hall 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-4 junior won four individual championships at the Class B state meet this season, leading the Lakers to fourth place as a team. The state's returning Gatorade Girls Track & Field Athlete of the Year, Hall broke the tape in the 100-meter dash with a time of 11.83 seconds and the 200 in a state-record 24.36. She also recorded winning leaps of 19 feet, 0.5 inches in the long jump and 36-5.5 in the triple jump. The state record-holder in the 100, 200 and long jump, she placed third in the 100 in 11.45, sixth in the long jump in 19-4.25 and eighth in the 200 in 24.01 at the New Balance Nationals Outdoor championships.

Hall has maintained a 3.8 GPA in the classroom. Also an accomplished pianist, she has volunteered locally as a youth track instructor and at a food pantry. A Type 1 diabetic, Hall also donates her time encouraging children with diabetes to pursue their athletic aspirations.

"She is a wonderful and an amazing young athlete," said Danny Paul, head coach of rival Falmouth High. "She is dedicated and incredibly focused. She competes with class and always treats all of her fellow competitors like they are her equal, and that's a pleasure to watch."

Hall will begin her senior year of high school 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.

Two-time winner Hall joins Gatorade Maine Girls Track & Field Athletes of the Year Bethanie Brown (2011-12, Waterville High School), Abbey Leonardi (2010 - 11, 2009-10 & 2008-09, Kennebunk High School), Becky O'Brien (2007-08, Greely), and Chelsey Tewell (2006-2007, York) 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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