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

CHICAGO (June 17, 2015) — In its 30<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 Kate Hall of Lake Region High School as its 2014-15 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 senior won the 100-meter dash with a meet-record time of 11.41 seconds and the long jump with a meet-record leap of 20 feet, 11 inches at the New England Interscholastic Track & Field Outdoor Championships this past season. The state's returning Gatorade Girls Track & Field Athlete of the Year, Hall also placed second in the 200-meter dash in 23.69 at New England's. Also the three-time Maine Sunday Telegram Indoor Girls' Track & Field Athlete of the Year, she captured three individual championships at the Class B state meet this past season, leading the Lakers to fifth place as a team. Hall swept the 100 in a state-record 11.69, the 200 in 24.82 and the long jump with a state-record leap of 20-4.75. She also anchored the fourth-place 4x100-meter relay squad that crossed the line in 53.22 seconds.

Also an accomplished pianist, Hall has maintained a 3.8 GPA in the classroom. In addition to donating her time as a youth track instructor, she has volunteered locally at a food pantry and as a mentor to fellow athletes suffering from Type 1 diabetes.

"I love watching her perform," said Danny Paul, head coach of rival Falmouth High. "I especially am impressed with her careful and intelligent approach. She is a model for other athletes. I tell my kids to watch her. She warms up properly and is focused. I know you know how significant her results are. What I also notice and respect is her genuine love for our sport. She always gracefully reacts to her results."

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

Three-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 (2006-07, 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](http://www.gatorade.com/poy).

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