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**DOWLING CATHOLIC HIGH SCHOOL STANDOUT NAMED
GATORADE IOWA BOYS TRACK & FIELD ATHLETE OF THE YEAR**

CHICAGO (June 24, 2016) — In its 31st year of honoring the nation's best high school athletes, The Gatorade Company, in collaboration with USA TODAY High School Sports, today announced Ryan Schweizer of Dowling Catholic High School as its 2015-16 Gatorade Iowa Boys Track & Field Athlete of the Year. Schweizer is the first Gatorade Iowa Boys Track & Field Athlete of the Year to be chosen from Dowling Catholic 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 Schweizer as Iowa'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, Schweizer 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, 170-pound senior distance talent won three individual state titles this spring, leading the Maroons to a fourth-place finish as a team at the Class 4A state meet. Schweizer broke the tape in the 800-meter run with a state-record time of 1:50.30, the 1600-meter run in 4:14.70 and the 3200-meter run in 9:16.85. Also the state's Gatorade Boys Cross Country Runner of the Year, he bettered his own meet record in the 800 at the Drake Relays, breaking the tape in 1:51.76 while also winning the 1600 in 4:14.65. His state meet clocking ranked as the nation's No. 11 performance among prep competitors in 2016 at the time of his selection.

Schweizer has maintained a 3.69 GPA in the classroom. A devoted parishioner in his church community, he has volunteered locally as a youth camp counselor and participated in the Kairos Roman Catholic retreat program.

"Ryan Schweizer is the best and most versatile distance runner I have seen come out of Iowa," said Dowling Catholic head coach Ryan Van Veen. "He has the stamina to excel in the long-distance races and the speed to be a standout in long sprints and middle-distance races. He has been a tremendous leader for us. As good as he is, he has only scratched the surface of his potential."

Schweizer has signed a National Letter of Intent to compete on an athletic scholarship at the University of Notre Dame 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.

Schweizer joins recent Gatorade Iowa Boys Track & Field Athletes of the Year Thomas Pollard (2014-15, Gilbert High School), Josh Evans (2013-14 & 2012-13, Linn-Mar High School), Conner Smock (2011-12, Lisbon High School), Kevin Lewis (2010-11, Ottumwa High School), Kyle Dunn (2009-10, Linn-Mar High School), Omet Kak (2008-09, North High School), Jarred Herring (2007-08, Burlington High School), and Matt Banse (2006-07, Starmont High School) 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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