

## NORTH CENTRAL HIGH SCHOOL STUDENT-ATHLETE NAMED GATORADE WASHINGTON GIRLS TRACK & FIELD PLAYER OF THE YEAR

**CHICAGO** (June 20, 2019) — In its 34<sup>th</sup> year of honoring the nation's best high school athletes, The Gatorade Company today announced **Allie Janke of North Central High School** as its **2018-19 Gatorade Washington Girls Track & Field Athlete of the Year**. Janke is the first Gatorade Washington Girls Track & Field Athlete of the Year to be chosen from North Central 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 Janke as Washington'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, Janke joins an elite alumni association of state track & field award-winners, including Lolo Jones (1997-98, Roosevelt High School, Iowa), Allyson Felix (2002-03, Los Angeles Baptist High School, Calif.), Robert Griffin III (2006-07, Copperas Cove High School, Texas), Grant Fisher (2013-14 & 2014-15, Grand Blanc High School, Mich.) and Candace Hill (2014-15, Rockdale County High School, Ga.).

The 5-foot-5 sophomore set meet records in both the 1,600-meter run and the 3,200-meter run at the Class 3A state championships this past season, leading the Indians to a fourth-place finish as a team. Janke's time of 4:43.60 in the 1,600 ranked No. 6 in the nation among prep competitors at the time of her selection, while her 10:10.83 clocking in the 3,200 ranked No. 8. She finished fourth in the mile at the Brooks PR Invitational (4:42.91), earning All-American honors in the process.

Janke, whose brother Justin was the state's 2014-15 Gatorade Boys Cross Country Runner of the Year, plays trumpet in the North Central High School band. She has volunteered locally at Riverside State Park and has donated her time to multiple community service initiatives through her church youth group. "Allie's resume speaks for itself," said Geoff Arte, head coach of Central Valley High. "She makes what we know to be really difficult seem very easy. She just floats around the track and has a pretty unique ability to push herself to faster and faster times."

Janke has maintained a 3.99 GPA in the classroom. She will begin her junior 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. From the 12 national winners, one male and one female athlete are each named Gatorade High School Athlete of the Year. In all, 607 athletes are honored each year.

Janke joins recent Gatorade Washington Girls Track & Field Athletes of the Year Karlee Freeman (2017-18, Raymond High School), Taylor Roe (2016-17, Lake Stevens High School), Chinne Okoronkwo (2015-16 & 2014-15, Mountlake Terrace High School) and Alexa Efraimson (2013-14, Camas High School) among the state's list of former award winners.

As a part of Gatorade's cause marketing platform "Play it Forward," Janke also has the opportunity to award a \$1,000 grant to a local or national youth sports organization of her choosing. She is also eligible to submit an essay to win one of twelve \$10,000 spotlight grants for the organization of choice, which will be announced throughout the year.

Since the program's inception in 1985, Gatorade Player of the Year award recipients have won hundreds of professional and college championships, and many have also turned into pillars in their communities, becoming coaches, business owners and educators.

To learn more about the Gatorade Player of the Year program, check out past winners or to nominate student-athletes, visit [www.Gatorade.com/POY](http://www.Gatorade.com/POY), on Facebook at [www.facebook.com/GatoradePOY](http://www.facebook.com/GatoradePOY) or follow us on Twitter at [www.twitter.com/Gatorade](http://www.twitter.com/Gatorade).