

**RIDGEFIELD HIGH SCHOOL STUDENT-ATHLETE NAMED  
GATORADE WASHINGTON BOYS TRACK & FIELD PLAYER OF THE  
YEAR**

**CHICAGO** (June 24, 2019) — In its 34<sup>th</sup> year of honoring the nation's best high school athletes, The Gatorade Company today announced **Trey Knight of Ridgefield High School** as its **2018-19 Gatorade Washington Boys Track & Field Athlete of the Year**. Knight is the first Gatorade Washington Boys Track & Field Athlete of the Year to be chosen from Ridgefield 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 Knight as Washington'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, Knight 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 state's returning Gatorade Boys Track & Field Athlete of the Year, this 6-foot-2, 215-pound junior swept the shot put and discus at the Class 2A state meet for a second straight year this spring, leading the Spudders to a third-place finish as a team. Knight ranked No. 1 in the nation among prep competitors in 2019 at the time of his selection with a personal-best hammer throw of 254 feet, 0.5 inches in April, which also ranks as the fourth-longest throw in American prep history. He also ranked No. 24 in the shot put (63-5.5) and No. 26 in the discus (189-4), nationally.

Knight has volunteered locally at Daybreak Youth Services, serving Christmas breakfast to residents. He has also donated his time as a youth track coach. "Trey is an incredible athlete," said Tracy Johnson, head coach of Tumwater High. "He is tall, lean yet strong and has worked years on his craft. The kid is unflappable."

Knight has maintained a 3.70 GPA in the classroom. He will begin his 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. 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.

Two-time winner Knight joins Gatorade Washington Boys Track & Field Athletes of the Year Brigham Cardon (2016-17, Selah High School), Jack Yearian (2015-16 & 2014-15, Bellarmine Preparatory School) and Drew Schreiber (2013-14, Eisenhower High School) among the state's list of former award winners.

As a part of Gatorade's cause marketing platform "Play it Forward," Knight also has the opportunity to award a \$1,000 grant to a local or national youth sports organization of his choosing. He 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).