

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

CHICAGO (June 25, 2020) — In its 35<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 2019-20 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 field, 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 award-winners in 12 sports, 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 Girls Track & Field Athlete of the Year, the 5-foot-5 junior is a five-time state champion in outdoor track and cross country, combined. Janke set meet records in both the 1,600-meter event and the 3,200 at the 2019 Class 3A Outdoor state meet, clocking national Top 10 rankings among prep competitors last spring in both events. She is a two-time Class 3A state cross country champion and took fourth at the NXN Northwest Regional Championships last fall.

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 on behalf of multiple community service initiatives through her church youth group. "Allie is the best female distance runner in the state at any level, and her times put her among those runners that don't come along very often," said Andy Sonneland, head coach of Mount Spokane High School. "Her performances and records speak for themselves."

Janke has maintained a 3.99 GPA in the classroom. She 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 Player of the Year Selection Committee, 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 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 & 2012-13, Camas High School) among the state's list of former award winners.

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).

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