

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

CHICAGO (June 29, 2020) — In its 35th year of honoring the nation's best high school athletes, The Gatorade Company today announced Trey Knight of Ridgefield High School as its 2019-20 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 field, 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 July, Knight 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 two-time returning Gatorade Boys Track & Field Athlete of the Year, the 6-foot-2, 220-pound senior ranked No. 1 in the weight throw in the nation for the 2020 indoor season, launching the apparatus 83 feet, 11.75 inches. His top weight throw from the 2019 indoor season (86-7.5) ranks as the nation's No. 2 mark in history among prep competitors. Knight won the hammer throw at the 2019 New Balance Nationals Outdoor, and his top performance of 2019 in that event ranks as the nation's No. 4 mark in prep history. He is a two-time state champion in both the shot put and discus throw.

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's personal record and statistics have not changed since last year, but I can tell you they would have," said Gregg Ford, head coach of Ridgefield High School. "Trey did not skip a beat in his preparation and there is no doubt he would have improved across the board."

Knight has maintained a 3.65 GPA in the classroom. He has signed a national letter of intent to compete on an athletic scholarship at the University of Southern California.

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.

Three-time winner Knight joins recent 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.

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, on Facebook at www.facebook.com/GatoradePOY or follow us on Twitter at www.twitter.com/Gatorade.

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