

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

**CHICAGO** (June 25, 2024) — In its 39<sup>th</sup> year of honoring the nation’s most elite high school athletes, Gatorade today announced **Giuliana Ligor** of **North Reading High School** is the **2023-24 Gatorade Massachusetts Girls Track & Field Player of the Year**. Ligor is the first Gatorade Massachusetts Girls Track & Field Player of the Year to be chosen from North Reading High School.

The award, which celebrates the nation’s top high school athletes for excellence on the field, in the classroom and in the community, distinguishes Ligor as Massachusetts’ best high school girls track & field athlete. From CEOs and coaches to star athletes, Gatorade Player of the Year winners showcase the power of sport, touting an all-star group of alumni that includes Sanya Richards-Ross (2001-02, St. Thomas Aquinas High School, Fla), Sydney McLaughlin (2016-17, 2015-16 & 2014-15, Union Catholic High School, N.J.) and Angelina Napoleon (2022-23, Allegany-Limestone Central School, N.Y.).

The 5-foot-9 junior sprinter/hurdler won the 400-meter dash and the 400-meter intermediate hurdles at the state Meet of Champions this past season. Ligor’s clocking of 58.97 seconds in the latter is a state record and ranked No. 8 nationally among prep girls competitors this spring. She also won the 400 dash and 400 hurdles at the Division 5 state meet, leading the Hornets to the team title.

Ligor has volunteered locally with US Youth Soccer’s TopSoccer program, a community-based training and team placement program for young athletes with physical or intellectual challenges. She has also donated her time as a youth track and field coach and camp counselor. “Giuliana Ligor is one of those special athletes we have the opportunity to watch compete,” said Steve Sawyer, head coach of Hamilton-Wenham Regional High School. “She’s a multi-event athlete who competes at a very high level in so many events. She’s not afraid to challenge herself and always finishes her races with strength and speed.”

Ligor has maintained a 3.88 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 leverages experts including coaches, scouts, media and others as sources to help evaluate and determine the state winners in each sport.

Ligor joins recent Gatorade Massachusetts Girls Track & Field Players of the Year Amelia Everett (2022-23 & 2021-22, Newton South High School), Ellie Shea (2020-21, Belmont High School) and Makayla Paige (2019-20, Tewksbury Memorial High School), among the state’s list of former award winners.

As part of Gatorade’s commitment to breaking down barriers in sport, every Player of the Year also receives a grant to donate to a social impact partner. To date, the Gatorade Player of the Year program has provided more than \$4.9 million in grants to winners across more than 1,900 organizations.

To learn more about the Gatorade Player of the Year program, check out past winners or to nominate student-athletes, visit [playeroftheyear.gatorade.com](http://playeroftheyear.gatorade.com) or follow us on social media on Facebook at [facebook.com/GatoradePOY](https://facebook.com/GatoradePOY), Instagram at [instagram.com/Gatorade](https://instagram.com/Gatorade) and X(Twitter) at [x.com/Gatorade](https://x.com/Gatorade).