

CENTURY HIGH SCHOOL STUDENT-ATHLETE NAMED GATORADE NORTH DAKOTA GIRLS TRACK & FIELD PLAYER OF THE YEAR

CHICAGO (June 24, 2025) — In its 40th year of honoring the nation's most elite high school athletes, Gatorade today announced **Ruby Ihmels** of **Century High School** is the **2024-25 Gatorade North Dakota Girls Track & Field Player of the Year**.

Gatorade Player of the Year is the top honor in high school sports, celebrating the nation's best high school athletes for their success on the field, in the classroom and in the community. The award distinguishes Ihmels as North Dakota's best high school girls track & field athlete, and she joins an impressive group of alumni that spans CEOs, coaches and star athletes such as Sanya Richards (2001-02, St. Thomas Aquinas High School, Fl.), Sydney McLaughlin-Levrone (2014-15, 2015-16 & 2016-17, Union Catholic High School, N.J.) and Angelina Napoleon (2022-23, Allegany-Limestone Central School, N.Y.).

The 5-foot-4 sophomore distance talent set state records in the 3200-meter and 2-mile runs this past season. Ihmels smashed the previous 3200 mark by 18 seconds at the Howard Wood Dakota Relays with a time of 10:14.41, which ranked No. 26 nationally among prep competitors this spring. Her clocking of 10:21.46 in the 2-mile at the Arcadia Invitational ranked No. 24 nationally. Also the 2024-25 Gatorade North Dakota Girls Cross Country Runner of the Year, she won the 1600 at the Class A state championships in a meet-record time of 4:46.90 and also broke the tape in the 3200 and in addition to taking third in the 800-meter run.

A writer for the Literature Magazine at Century High School, Ihmels has volunteered locally as a marshal at youth cross country and track meets. "Ruby was dominant on the track in North Dakota," said Chase Gregory, head coach of Williston High School. "She ran numerous events and was always a force to run against."

Ihmels has maintained a 4.13 weighted 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 across 12 different high school sports – 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.

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 \$5.6 million in grants to winners across more than 2,000 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 or follow us on social media on Instagram at instagram.com/Gatorade, Facebook at facebook.com/GatoradePOY and X(Twitter) at x.com/Gatorade.

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