

MERCER ISLAND HIGH SCHOOL STUDENT-ATHLETE NAMED GATORADE WASHINGTON 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 **Sophia Rodriguez of Mercer Island High School** is the **2024-25 Gatorade Washington 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 Rodriguez as Washington'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 state's 2024-25 Gatorade Girls Cross Country Runner of the Year, the 5-foot-4 sophomore distance talent set a state record in the 2-mile run at the WIAA Class 3A state meet this past season and her time of 10:07.83 ranked No. 9 nationally among prep girls competitors this spring. Rodriguez also anchored her school's state record-setting distance medley quartet at the Oregon Relays, helping the unit clock an 11:39.79, which ranked No. 3 nationally in 2025. She added an individual state championship in the 1600-meter run, leading the Islanders to the team title. Her personal-best 4:44.32 in the event at the NIKE/Jesuit Twilight Relays ranked No. 34 nationally at the time of her selection.

Rodriguez has volunteered locally on behalf of the annual Sea-Fair Festival, broadcasting the event's happenings live on 88.9 FM The Bridge. She also helps run her school's radio station. "Despite being an underclassman, Sophia Rodriguez continues to set pace in the Pacific Northwest and beyond," said Rich Gonzalez of PrepCalTrack.com. "Her racing tenacity helps place her among the elites in the nation's stellar sophomore class."

Rodriguez has maintained a 3.60 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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