

# NVCCTFA All-Region Team

<b>Girls</b>	<b>1st Team</b>		<b>2nd Team</b>		<b>3rd Team</b>	
<b>Event</b>	<b>Name</b>	<b>School</b>	<b>Name</b>	<b>School</b>	<b>Name</b>	<b>School</b>
100 Meters	Murielle Ahoure	Hay	Brittni Finch	Cent	Bailey Kavanaugh	WP
200 Meters	Murielle Ahoure	Hay	Nakeisha Wineglass	Hay	Adeola Abisogun	Chan
400 Meters	Nakeisha Wineglass	Hay	(also 1st Team) Susan Brooks	Rob	Amber Young	Oak
800 Meters	Tasia Potasinski	West	(also 1st Team) Danielle Light	Oak	Karen Wilson	Hern
1600 Meters	Danielle Light	Oak	Kelsey Snowden	LB	Kerry Hartman	West
3200 Meters	Sarraah Hadiji	WTW	Jessica Trapeni	FFX	Alexis Deegan	West
100 Hurdles	Jasmine Nelson	Chan	Karen Woolley	West	Trish Friederich	WS
300 Hurdles	Trish Friederich	WS	Karen Woolley	West	Jasmine Jones	Hay
400 Meter Relay	Centreville		Chantilly		Hayfield	
1600 Meter Relay	Robinson		Oakton		Westfield	
3200 Meter Relay	Oakton		Lake Braddock		Robinson	
High Jump	Ashley Haislip	LB	Karen Woolley	West	Sanna Barrineau	Rob
Pole Vault	Anna Noguchi	LB	Betsy Alter	West	Nicole Kazuba	Chan
Long Jump	Brittni Finch	Cent	Nakeisha Wineglass	Hay	Kat Lee	WP
Triple Jump	Nakeisha Wineglass	Hay	Melanie Akwule	LB	Sara Hanson	Lang
Shot Put	Teressa McCoy	LB	Natalie Duncan	WP	Samella Koroma	TWC
Discus	Natalie Duncan	WP	Samella Koroma	TCW	Teressa McCoy	LB
<b>Boys</b>	<b>1st Team</b>		<b>2nd Team</b>		<b>3rd Team</b>	
<b>Event</b>	<b>Name</b>	<b>School</b>	<b>Name</b>	<b>School</b>	<b>Name</b>	<b>School</b>
100 Meters	John Wingfield	Lang	Sean Holston	Lee	Jimmy Beyeah	Chan
200 Meters	Travis Swaggard	Hay	Chris Richardson	Hay	John Wingfield	Lang
400 Meters	Chris Richardson	Hay	Sean Tarpey	Rob	Kendall Cones	West
800 Meters	Jeff Miller	Hay	Mark Hussa	Rob	Abreham Dagnachew	Hern
1600 Meters	Abreham Dagnachew	Hern	Jason Vick	Oak	Mark Hussa	Rob
3200 Meters	Mike Spooner	WS	Jason Vick	Oak	Brad Siragusa	Chan
110 Hurdles	Charles Jones	WP	David Jones	LB	Jamal Crowelle	Cent
300 Hurdles	Travis Swaggard	Hay	Charles Jones	WP	Ryan Henry	Edi
400 Meter Relay	West Potomac		Edison		TC Williams	
1600 Meter Relay	Hayfield		Robinson		Edison	
3200 Meter Relay	Herndon		Robinson		West Springfield	
High Jump	David Jones	LB	Chris Bartholomew	Hay	Joshua Rodriguez	WP
Pole Vault	Chad Cochran	West	Tyler Tucker	Rob	Stephen Dockery	WTW
Long Jump	Antwane Minter	WP	Charles Jones	WP	Brandon Davis	Cent
Triple Jump	David Wellington	MTV	Joshua Rodriguez	WP	Al Lahai	WP
Shot Put	Julio Villatoro	Ann	Matthew Dobson	Chan	Devan Clark	Edi
Discus	Jon Cowden	LB	Matthew Dobson	Chan	Julio Villatoro	Ann