

# NVCCTFA 2006 Outdoor Track All-Region Team

Girls							
	1st Team		2nd Team		3rd Team		
	Name		Name		Name		
100 Meters	Brittni Finch	Cent	Danielle Williams	Stu	Lachelle Wallace		SI
200 Meters	Danielle Williams	Stu	Nakeisha Wineglass*	Hay	Brittni Finch		Cent
400 Meters	Shannon Moore	TCW	Amber Young	Oak	Nakeisha Wineglass		Hay
800 Meters	Tasia Potasinski	West	Stephany Reaves	TJ	Jennifer Hovland		Rob
1600 Meters	Michelle Presley	LB	Tasia Potasinski	West	Sarrah Hadiji		Wood
3200 Meters	Erin Klein	LB	Sarrah Hadiji	Wood	Lia DiValentin		Chan
100 Hurdles	Melanie Akwule	LB	Asia Odum	Hay	Trish Friederich		WSpr
300 Hurdles	Jasmine Jones	Hay	Katherine Lee	Wpot	Constance Woods*		TCW
Pole Vault	Nicole Kazuba	Chan	Dana Comber	Cent	Anna Noguchi		LB
High Jump	Nicole Mitter	TJ	Megan Ney	McL	Assiatu Williams		MtV
Long Jump	Brittni Finch	Cent	Katherine Lee	Wpot	Veronica Day		Mad
Triple Jump	Nakeisha Wineglass	Hay	Assiatu Williams	MtV	Veronica Day		Mad
Shot Put	Teressa McCoy	LB	Samella Koroma	TCW	Allison Jones		LB
Discus	Aimee Kodat	West	Samella Koroma	TCW	Asia Echard		Rob
400 Meter Relay	Centreville		Westfield		Edison*		
1600 Meter Relay	Robinson		Westfield		TC Williams*		
3200 Meter Relay	Lake Braddock		Westfield		Thomas Jefferson		
Boys							
	1st Team		2nd Team		3rd Team		
	Name		Name		Name		
100 Meters	Sean Holston	Lee	Maurice Thompson	Rob	Arthur Williams		Wpot
200 Meters	Sean Holston	Lee	Maurice Thompson	Rob	Brandon Williams		Cent
400 Meters	Sean Holston	Lee	Tommy Barrineau	Rob	Chris Richardson		Hay
800 Meters	Abe Daganchev	Hern	Mark Hussa	Rob	Mohammed Yousuf		Edi
1600 Meters	Abe Daganchev	Hern	Mike Spooner	WSpr	Ermin Mujezinovic		Hern
3200 Meters	Mike Spooner	WSpr	Matt Kroetch	Oak	Brad Siragusa		Chan
110 Hurdles	Jordan Calderwood	Lang	Ian Prohaska	LB	Jamal Crowelle		Cent
300 Hurdles	Jordan Calderwood	Lang	Mike Westbrook	Hayfi eld	Ian Prohaska		LB
Pole Vault	Ian Prohaska	LB	David Newkirk	West	Chad Cochran		West
High Jump	Joshua Rodriguez	Wpot	Phil Allison	Cent	Tommy Barrineau		Rob
Long Jump	Antwane Minter	Wpot	Edward Baldwin	Edi	Joshua Rodriguez		Wpot
Triple Jump	Justin Duncan	Mad	Antwane Minter	Wpot	Joshua Rodriguez		Wpot
Shot Put	Devan Clark	Edi	Anthony Fabrizio	Wpot	Frank Nothaft		TJ
Discus	Devan Clark	Edi	Colin Miller	Cent	Frank Nothaft		TJ
400 Meter Relay	West Potomac		Edison		Robinson		
1600 Meter Relay	Robinson		Edison		Westfield		
3200 Meter Relay	Robinson		Herndon		Thomas Jefferson		

\*Denotes a tie for the team prior (for example, Wineglass tied for 1st team with Williams in the 200 so both will be

recognized as 1st team; Finch in the case of the 200 will still be recognized as 3rd team)		
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