

NVCCTFA 2007 Outdoor Track All-Region Team

Girls

	1st Team		2nd Team		3rd Team	
	Name	School	Name	School	Name	School
100 Meters	Brittni Finch	Cent	Shekyira Mann	Edi	Danielle Williams	Stu
200 Meters	Brittni Finch	Cent	Danielle Williams	Stu	Lachelle Wallace	SI
400 Meters	Jacqueline Hargrove	Mar	Megan Bumgarner	LB	Jamie Pritchard	Wood
800 Meters	Frances Dowd	FFX	Sarrah Hadiji	Wood	Kerry Hartman	West
1600 Meters	Tasia Potasinski	West	Kerry Hartman	West	Sarrah Hadiji	Wood
3200 Meters	Sarrah Hadiji	Wood	Lia DiValentin	Chan	Hiruni Wijaryaratne	Hern
100 Hurdles	Trish Friederich	WSpr	Melanie Akwule	LB	Jasmine Jones	Hay
300 Hurdles	Trish Friederich	WSpr	Melanie Akwule	LB	Alexa Tenga	Wood
Pole Vault	Betsy Alter	West	Katherine Lee	Wpot	Eva Baker	TCW
High Jump	Assiatu Williams	MtV	Tynita Butts	TCW	Kaycie Day	MtV
Long Jump	Tynita Butts	TCW	Brittni Finch	Cent	Melanie Akwule	LB
Triple Jump	Veronica Day	Mad	Katherine Lee	Wpot	Melanie Akwule	LB
Shot Put	Samella Koroma	TCW	Kaylin Newman	West	Miyana Ross	TCW
Discus	Samella Koroma	TCW	Shakia Branch	Ann	Jessie Echard	Rob
400 Meter Relay	Lake Braddock		South Lakes		Centreville	
1600 Meter Relay	Madison		W.T. Woodson		Lake Braddock	
3200 Meter Relay	Westfield		Lake Braddock		Oakton	

Boys

	1st Team		2nd Team		3rd Team	
	Name	School	Name	School	Name	School
100 Meters	Sean Holston	Lee	Chaz Martin	Edi	Brandon Williams	Cent
200 Meters	Sean Holston	Lee	Daniel Allen	SB	Kevin Dillard	West
400 Meters	Sean Holston	Lee	Kevin Dillard	West	Matt Anderson	West
800 Meters	Matt Anderson	West	Chris Tyson	W-L	Jeff Miller	SoCo
1600 Meters	Joe LoRusso	Oak	Ermin Mujezinovic	Hern	Chris Tyson	W-L
3200 Meters	Mike Spooner	WSpr	Paul Norland	TJ	Brian Landry	TJ
110 Hurdles	Jordan Calderwood	Lang	Chris Newkirk	WPot	Michael Santano	LB
300 Hurdles	Jordan Calderwood	Lang	Michael Santano	LB	Nobel Iyebote	SoCo
Pole Vault	Thomas Clark	TCW	Alvin Siv	Ann	Wesley Sun	Chan
High Jump	Jordan Calderwood	Lang	Phil Allison	Cent	Xavier James	Hay
Long Jump	Brandon Davis	Cent	Steven Archer	SB	Jamal Ford	TCW
Triple Jump	Ademola Titcombe	Edi	Kevin Dillard	West	Omar Adams	Rob
Shot Put	Frank Nothaft	TJ	Josh Weaver	WPot	Ricardo Simons	TCW
Discus	Frank Nothaft	TJ	John Jordan	WPot	Frank Afriyie	TCW
400 Meter Relay	Oakton		Stone Bridge		Robert E Lee	
1600 Meter Relay	Lake Braddock		Robert E Lee		Westfield	
3200 Meter Relay	West Springfield		Thomas Jefferson		Washington-Lee	