

2005 NVCCTFA INDOOR TRACK ALL REGION TEAMS

	1st Team		2nd Team		3rd Team	
55 Meters	Muriel) Ahoure	Hay	Marika Gray	Hay	Brittini Finch	Cent
300 Meters	Jordan Grant	Cent	Abby Lauer	TJ	Marika Gray	Hay
500 Meters	Danielle Light	Oak	Jacqueline Hargrove	Mar	Claire Zimmeck	Wood
1000 Meters	Kelsey Snowden	LB	Kat Schleckser	TJ	Susan Brooks	Rob
1600 Meters	Danielle Light	Oak	Melissa Dewey	Hay	Kelsey Snowden	LB
3200 Meters	Melissa Dewey	Hay	Kayley Byrne	Oak	Erin Klein	LB
55 Meter Hurdles	Jasmine Nelson	Chan	Karen Woolley	West	Hana Tran	Cent
800 Relay	Centreville		Hayfield		Chantilly	
1600 Relay	Oakton		Robinson		Herndon	
3200 Relay	Oakton		Westfield		Robinson	
High Jump	Ashley Haislip	LB	Megan Ney	Mcl	Karen Woolley	West
Pole Vault	Mari Naguchi	TJ	Anna Noguchi	LB	Ashley Haislip	LB
Long Jump	Brittini Finch	Cent	Abby Lauer	TJ	Jacqueline Hargrove	Mar
Triple Jump	Brittini Finch	Cent	Nakeisha Wineglass	Hay	Jacqueline Hargrove	Mar
Shot Put	Teressa McCoy	LB	Mobolaji Faliaye	SL	Jennifer Kammer	Hern

	1st Team		2nd Team		3rd Team	
55 Meters	John Wingfield	Lang	Antwane Minter	WP	Jimmy Beyeah	Chan
300 Meters	Christopher Richardson	Hay	Travis Swaggard	Hay	Mike Chorney	Cent
500 Meters	Christopher Richardson	Hay	Adrien Prophete	TCW	Mike Chorney	Cent
1000 Meters	Abreham Dagnachew	Hern	Jeff Miller	Hay	Brad Siragusa	Chan
1600 Meters	Brad Siragusa	Chan	Chris Benton	WSPR	Jason Vick	Oak
3200 Meters	Dawit Legesse	Lee	Kyle Smith	TJ	Kevin Meehan	Oak
55 Meter Hurdles	Charles Jones	WP	Jimmy Beyeah	Chan	Chris Jones	WP
800 Relay	West Potomac		Hayfield		Robinson	
1600 Relay	TC Williams		Hayfield		Robinson	
3200 Relay	Herndon		Langley		Robinson	
High Jump	David Jones	LB	Douglas Zimmer	Mcl	Jordan Calderwood	Lang
Pole Vault	Tyler Tucker	Rob	Joe Kruse	Ann	Dominic Lauchengco	Chan
Long Jump	Antwane Minter	WP	Charles Jones	WP	Brandon Davis	Cent
Triple Jump	Antwane Minter	WP	Austin Smith	EDI	Kofi Asamoah	LB

Shot Put

Julio Villatoro

Ann

Devan Clark

Edi

Jon Cowden

LB