

**2003 Northern Virginia Track & Field Cross Country Coaches Association
All Northern Region Outdoor Track & Field Team**

Boys	Name	School	Name	School	Name	School
100 Meters	John Schenck	W'Field	Daniel Bailey	Cent	Seam Somlar	W-L
110 Meter Hurdles	Ernest Asante	MV	Craig Gallimore	LB	Alvin Tondereau	S'Field
200 Meters	Marcus Tyus	Hay	John Schenck	W'Field	Roy Coles	Edi
300 Meter Hurdles	Ernest Asante	MV	Craig Gallimore	LB	Phillipe Tondereau	W'Field
400 Meters	Traivs Parker	Rob	Roy Coles	Edi	Steve Gillard	Hern
800 Meters	Mike Flint	Ann	David Groff	W'Field	Gilbert Elston	LB
1600 Meters	Peter Quinzio	Wake	Jeff Day	W'Spring	Danny Howick	LB
3200 Meters	Steve Hoogland	LB	Christo Landry	TJ	Keith Bechtol	TJ
400 Meter Relay	Lake Braddock		Edison		West Potomac	
1600 Meter Relay	Westfield		Lake Braddock		Edison	
3200 Meter Relay	West Springfield		Lake Braddock		Westfield	
Shot Put	Steve Huntzinger	Rob	Justin Bell	MV	Brandon Varley	Rob
Discus	Steve Huntzinger	Rob	Cody Nicholas	WP	Nate Donofrio	SL
Long Jump	Carl Hunter	LB	Nick Crumpton	Lang	Brandon Dobbs	W'Field
Triple Jump	Jeremy Beal	WP	Nick Crumpton	Lang	Ernest Asante	MV
High Jump	Louis Corum	W'Field	Trevor Crites	WP	David Jones	LB
Pole Vault	David Lewis	W'Field	Justin Loda	Madison	David Hodulich	LB

1st Team

2nd Team

3rd Team

Girls	Name	School	Name	School	Name	School
100 Meters	Kathleen Woody	Oak	Christina Zuniga	LB	Fatima Schuler	Wake
110 Meter Hurdles	Latavia Lewis	Lee	Christine Francois	LB	Sarah Woody	Oak
200 Meters	Jennifer Geldermann	Chan	Christina Zuniga	LB	Murielle Ahoure	Hay
300 Meter Hurdles	Latavia Lewis	Lee	Lauren Howland	Rob	Christine Francois	LB
400 Meters	Whitney Basil	W'Field	Candace Childs	Hay	Tara Markey	SL
800 Meters	Huma Husain	W'Spring	Alegra Smith	Oak	Juila Rothlisberger	Wood
1600 Meters	Shauneen Garrahan	TJ	Heather Fisher	Hern	Samantha Ference	Rob
3200 Meters	Shauneen Garrahan	TJ	Kelly Swain	LB	Joanna Rodgers	Rob
400 Meter Relay	Lake Braddock		Oakton		Westfield	
1600 Meter Relay	Robinson		Oakton		Lake Braddock	
3200 Meter Relay	Robinson		Jefferson		Lake Braddock	
Shot Put	Ashley Crocker	Hay	Catherine Muehlieb	LB	Georgina Owino	Edi
Discus	Jessica Sawers	LB	Catherine Muehlieb	LB	Tricia Nelson	Rob
Long Jump	Kathleen Woody	Oak	Adrienne Mayo	SL	Aparna Hirve	TJ
Triple Jump	Shea Spann	MV	Adrienne Mayo	SL	Aparna Hirve	TJ
High Jump	Ashley Haislip	LB	Elizabeth Wrona	Hay	Sanna Barrineau	Rob
Pole Vault	Kathryn Pettine	W'Field	Christina Zuniga	LB	Abbey McGrath	LB