

# NVCCTFA 2004 All-Region Cross Country Team

<p><b>1<sup>st</sup> Team Boys</b>  Brad Siragusa                      Chantilly High School  Dawit Legesse                      Lee High School  Abreham Daganchew              Herndon High School  Michael Spooner                    West Springfield HS  James Phillips                      Oakton High School  Ermin Mujezinovic                 Herndon High School  Brad Clark                             Lake Braddock High School</p>	<p><b>1<sup>st</sup> Team Girls</b>  Melissa Dewey                      Hayfield High School  Kayley Byrne                        Oakton High School  Danielle Light                      Oakton High School  Kelsey Snowden                    Lake Braddock High School  Catherine Lynn                    Westfield High School  Nicole Pederson                    South Lakes High School  Jessica Trapeni                     Fairfax High School  Alexis Deegan                      Westfield High School</p>
<p><b>2<sup>nd</sup> Team Boys</b>  Mark Hussa                          Robinson High School  Danny Gordon                        Herndon High School  Paul Norland                         Thomas Jefferson High School  Kyle Smith                            Thomas Jefferson High School  Chris Tyson                          Washington-Lee High School  Chris Katilie                         Thomas Jefferson High School  Nick Jachowski                      West Potomac High School</p>	<p><b>2<sup>nd</sup> Team Girls</b>  Meredith Tighe                      Oakton High School  Allegra Smith                        Oakton High School  Jennifer Hovland                    Robinson High School  Erin Klein                             Lake Braddock High School  Victoria Cook                        Langley High School  Danielle Canfield                   T.C. Williams High School  Michelle Presley                     Lake Braddock High School</p>
<p><b>3<sup>rd</sup> Team Boys</b>  Jason Vick                            Oakton High School  Kevin Meehan                        Oakton High School  Brian Landry                         Thomas Jefferson High School  Ahmed Ismail                        Annandale High School  Jonathan Buckland                 Westfield High School  Kyle Grimsley                        Thomas Jefferson High School  Hersh Singh                         Thomas Jefferson High School</p>	<p><b>Girls 3<sup>rd</sup> Team</b>  Elizabeth Heath                      West Potomac High School  Katie Barber                         West Springfield High School  Susan Brooks                        Robinson High School  Kallie Sims                          Washington-Lee High School  Erin Hickey                          Robinson High School  Katie Gambale                       Thomas Jefferson High School  Kelly Sherard                        Lake Braddock High School  Becca Hoogland                     Lake Braddock High School</p>
<p><b>Coaching Staff of the Year</b>   <b>Men's</b>  Thomas Jefferson High School (Matt Ryan Head Coach)</p>	<p><b>Coaching Staff of the Year</b>   <b>Women's</b>  Lake Braddock High School (Mike Mangan Head Coach)</p>