



2014 KHSAA CROSS COUNTRY STATE MEET Award Winners

Kentucky National Guard Best and Brightest Award

- 1A Girls - Samantha Hentz, St. Henry District
- 1A Boys - Chris Loos, Bishop Brossart
- 2A Girls - Hannah Herd, Christian Academy-Louisville
- 2A Boys - Trenton Fryman, North Oldham
- 3A Girls - Megan Buechler, Sacred Heart
- 3A Boys - Tanner Dowdy, South Oldham

Forcht Bank All-Around Excellence Award

- 1A Girls - Karly Gawarecki, Holy Cross (Louisville)
- 1A Boys - Matt Bode, Louisville Collegiate
- 2A Girls - Aleja Grant, Paducah Tilghman
- 2A Boys - Ethan Shuley, Highlands
- 3A Girls - Abbie Wright, Assumption
- 3A Boys - Jackson Cooper, Central Hardin