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