

**Mid-Piedmont 3A All-Conference  
Fall 2024**

**Men's Cross Country**

**Oak Grove**

Luke Vannoy  
Aiden Edwards  
Jackson Hentz  
Bryson Vann  
Carter Koper  
Brayden Grover

**Central Davidson**

Jacob Byrd  
Blakely Frank

**Ledford**

Sean Taylor  
Sawyer Dobbins

**Montgomery Central**

Edwin Badillo

**North Davidson**

Kyle Nifong

**Runner of the Year**

**Luke Vannoy, Oak Grove**

**Coach of the Year**

**Shawn Loggins, Oak Grove**