



**Freedom**  
**Boys Cross Country**  
**2022 - 2023**

**1st Team All-Division**

<b>Student-Athlete Name</b>	<b>School</b>	<b>Year</b>
Luke Pash	Ridgewood	Sophomore
Bryce Teto	Paramus	Senior
DJ Murphy	Ridgewood	Junior
Jackson Vogel	Northern Highlands	Senior
Dylan Guarquila	Hackensack	Junior
Ian Bajraktari	Ridgewood	Senior
Trevor Kane	Ridgewood	Sophomore

**2nd Team All-Division**

<b>Student-Athlete Name</b>	<b>School</b>	<b>Year</b>
Frederik Liljegren	Northern Highlands	Junior
Moses Barrera	Hackensack	Senior
Tommy Koltermann	Ridgewood	Senior
Carter Monaco	Northern Highlands	Junior
Chris Brady	Ridgewood	Junior
Sebastian Anderson	Northern Highlands	Senior
Gabriel Johnson	Northern Highlands	Senior

**Honorable Mention All-Division**

<b>Student-Athlete Name</b>	<b>School</b>	<b>Year</b>
Luis Ortiz	Hackensack	Senior
Tyler Chen	Northern Highlands	Senior
Raj Modi	Paramus	Junior
Sebastian Dash	Ramapo	Senior
Tom Mevissen	Ridgewood	Sophomore

**Coach of the Year:** \_\_\_\_\_ Pat Ryan \_\_\_\_\_ **School:** \_\_\_\_\_ Ridgewood \_\_\_\_\_

