



Freedom
Boys Cross Country
2022 - 2023

1st Team All-Division

Student-Athlete Name	School	Year
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

Student-Athlete Name	School	Year
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

Student-Athlete Name	School	Year
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 _____

