



Independence

Girls Cross Country

2022 - 2023

1st Team All-Division

Student-Athlete Name	School	Year
Morgan Uhlhorn	Lakeland	Senior
Reaghan Lomascola	Lakeland	Senior
Kara Langbaum	Wayne Hills	Junior
Katharine Cottone	Passaic Valley	Senior
Amanda Harvey	West Milford	Freshman
Brianna Fahy	Lakeland	Sophomore
Lauren Frey	West Milford	Junior

2nd Team All-Division

Student-Athlete Name	School	Year
Kayla Barnhardt	Lakeland	Junior
Joan Marra	West Milford	Senior
Alexa Goll	Lakeland	Junior
Katherine Colucci	Wayne Hills	Junior
Gina Lee	Wayne Hills	Senior
Angelina Perez	Passaic Valley	Senior
Amani Simpson	Passaic Valley	Senior

Honorable Mention All-Division

Student-Athlete Name	School	Year
Gicela Cruz	Lakeland	Sophomore
Dezyiah Carswell	Passaic Valley	Sophomore
Orly Ovadia	Wayne Valley	Junior
Keira McGovern	West Milford	Senior
Ava Milevski	Wayne Hills	Junior
Jasmin Zapata	Fair Lawn	Junior

Coach of the Year: Damiano Conforti **School:** Lakeland

