



National
Boys Cross Country
2022 - 2023

1st Team All-Division

Student-Athlete Name	School	Year
Joshua Tejada	Teaneck	Junior
Jay Ramirez	Pascack Valley	Senior
Michael Pizzella	Pascack Valley	Senior
Michael Delgado	Teaneck	Senior
Lucas Cedano	Teaneck	Junior
Courtney St. Prix, Jr.	Teaneck	Junior
Aaron Ng	Pascack Valley	Senior

2nd Team All-Division

Student-Athlete Name	School	Year
Ivan Timochko	NV Demarest	Sophomore
Matthew Malora	NV Old Tappan	Senior
Patrick Kurtz	Pascack Valley	Junior
Ethan Kalajian	NV Demarest	Senior
Michael Forde	Tenaflly	Junior
Johannes Rivera	Bergenfield	Senior
Matthew Sands	NV Demarest	Junior

Honorable Mention All-Division

Student-Athlete Name	School	Year
Alejandro Cruz-Nun	Teaneck	Senior
Michael Roman	Bergenfield	Senior
Connor Oates	Pascack Valley	Senior
Harrison White	NV Demarest	Senior
Rakhshan Sayed	Teaneck	Junior
Aiden Castellanos	Bergenfield	Sophomore

Coach of the Year: _____ **Brian Walker** _____ **School:** _____

