



**National**  
**Boys Cross Country**  
**2022 - 2023**

**1st Team All-Division**

| <b>Student-Athlete Name</b> | <b>School</b>  | <b>Year</b> |
|-----------------------------|----------------|-------------|
| 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**

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

**Honorable Mention All-Division**

| <b>Student-Athlete Name</b> | <b>School</b>  | <b>Year</b> |
|-----------------------------|----------------|-------------|
| 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:** \_\_\_\_\_

