



**Freedom**  
**Boy Indoor Track & Field**

**2022 - 2023**

**1st Team All-Division**

Student-Athlete Name	School	Year	Position
Luke Pash	Ridgewood	Sophomore	3200M Run
Tom Mevissen	Ridgewood	Sophomore	3200M Relay
Benjamin Papageorge	Ridgewood	Sophomore	3200M Relay
Jett Lincoln	Ridgewood	Sophomore	3200M Relay
Jon Oriente	Ridgewood	Junior	3200M Relay
Maxwell Gurkovic	Northern Highlands	Junior	400M Dash
Ryan Welch	Ramapo	Junior	800M Dash
Logan Natalie	Hackensack	Senior	200M Dash
Bryce Teto	Paramus	Senior	1600M Run
Matt Aono	Ridgewood	Senior	1600M Relay
Lucas Barker	Ridgewood	Senior	1600M Relay
Racine Ly	Ridgewood	Senior	1600M Relay
Dexter DeMarco	Ridgewood	Senior	1600M Relay
Giovanni Blake	Hackensack	Senior	55M Hurdles
Michael Samarro	Ramapo	Senior	55M Dash
Carlos Bermudez	Ridgewood	Senior	Shot Put
Matt Aono	Ridgewood	Senior	Pole Vault
Zach Madison	Northern Highlands	Senior	High Jump
Victor Souza	Ridgewood	Junior	Long Jump
Maximus Soloman	Hackensack	Senior	Kyle Dickson
Kyle Dickson	Ridgewood	Sophomore	All Around

**2nd Team All-Division**

Student-Athlete Name	School	Year	Position
DJ Murphy	Ridgewood	Junior	3200M Run
Edward Conway	Northern Highlands	Junior	3200M Relay
Timothy Cobb	Northern Highlands	Junior	3200M Relay
Frederick Liljegren	Northern Highlands	Junior	3200M Relay
Sota Shimizu	Northern Highlands	Junior	3200M Relay
Michael Braun	Northern Highlands	Junior	400M Dash
Thomas DiVincent	Ramapo	Senior	800M Dash
Lucas Barrales	Ridgewood	Senior	200M Dash
Dylan Guarquila	Hackensack	Junior	1600M Run
Victor Deoleo	Hackensack	Senior	1600M Relay
Seven Garcia	Hackensack	Freshman	1600M Relay
Logan Natalie	Hackensack	Senior	1600M Relay
Devin DeCambre	Hackensack	Freshman	1600M Relay
Dexter DeMarco	Ridgewood	Senior	55M Hurdles
Danny Smiechowski	Northern Highlands	Junior	55m Dash
Anthony Morillo	Hackensack	Senior	Shot Put
Liam O'Meara	Ridgewood	Senior	Pole Vault
Ian Kearney	Northern Highlands	Senior	High Jump
Leo Grace	Ridgewood	Junior	Long Jump
Arash Ahmadi	Paramus	Senior	Triple Jump
Gabriel Johnson	Northern Highlands	Senior	All Around

**Honorable Mention All-Division**

Student-Athlete Name	School	Year
Lucas Barker	Ridgewood	Senior
Gene Petrella	Hackensack	Senior
Jackson Vogel	Northern Highlands	Senior
Jack Kinney	Ramapo	Sophomore
Niko Kostopoulos	Paramus	Senior

**Coach of the Year:** \_\_\_\_\_ Josh Saladino \_\_\_\_\_

**School:** \_\_\_\_\_ Ridgewood \_\_\_\_\_

