



Independence

Girls Indoor Track & Field

2022 - 2023

1st Team All-Division

Student-Athlete Name	School	Year	Position
Morgan Uhlhorn	Lakeland	Senior	3200M Run
Jakke Galella	West Milford	Senior	3200M Relay
Ciara Clinton	West Milford	Freshman	3200M Relay
Brenna Traverso	West Milford	Freshman	3200M Relay
Skyler Ribitzki	West Milford	Junior	3200M Relay
Alexa Goll	Lakeland	Junior	400M Dash
Katharine Cottone	Passaic Valley	Senior	800M Dash
Alyssa Chan	Wayne Hills	Sophomore	200M Dash
Kara Langbaum	Wayne Hills	Junior	1600M Run
Katharine Cottone	Passaic Valley	Senior	1600M Relay
De Zyah Carswell	Passaic Valley	Sophomore	1600M Relay
Mackenzie Beazley	Passaic Valley	Sophomore	1600M Relay
Amani Simpson	Passaic Valley	Senior	1600M Relay
Ava Maher	Wayne Valley	Junior	55M Hurdles
Maria Funicello	Wayne Valley	Senior	55M Dash
Chloe Brijbag	West Milford	Junior	Shot Put
Kate Steinhart	Fair Lawn	Junior	Pole Vault
Mackenzie Beazley	Passaic Valley	Sophomore	High Jump
Laiana Anderson	Lakeland	Sophomore	Long Jump
Madison Freideman	West Milford	Junior	Reaghan
Reaghan	Lakeland	Senior	All Around

2nd Team All-Division

Student-Athlete Name	School	Year	Position
Ciara Clinton	West Milford	Freshman	3200M Run
Bethany Lamberti	Lakeland	Sophomore	3200M Relay
Hope Walker	Lakeland	Freshman	3200M Relay
Megan Szanto	Lakeland	Senior	3200M Relay
Catherine Wiley	Lakeland	Sophomore	3200M Relay
Sara Paul	Wayne Valley	Junior	400M Dash
Payton Dubanowitz	Wayne Hills	Sophomore	800M Dash
De Zyah Carswell	Passaic Valley	Sophomore	200M Dash
Jakke Galella	West Milford	Senior	1600M Run
Athena Giotis	Wayne Valley	Sophomore	1600M Relay
Ava Maher	Wayne Valley	Junior	1600M Relay
Kayla Wolfsohn	Wayne Valley	Sophomore	1600M Relay
Sara Paul	Wayne Valley	Junior	1600M Relay
Abigail Simolaris	Passaic Valley	Sophomore	55M Hurdles
Abigail Choi	Fair Lawn	Junior	55M Dash
Madeline Galesi	Wayne Hills	Senior	Shot Put
Gabriella DiGiovanni	Wayne Valley	Senior	Pole Vault
Abigail McNamera	Wayne Valley	Junior	High Jump
Athena Giotis	Wayne Valley	Sophomore	Long Jump
Jennifer Whitmore	Lakeland	Freshman	Triple Jump
Ava Milevski	Wayne Hills	Junior	All Around

Honorable Mention All-Division

Student-Athlete Name	School	Year
Kayla Barhnardt	Lakeland	Junior
Katherine Colucci	Wayne Hills	Junior
Maria Almazi	Wayne Valley	Senior
Samantha Gutierrez	Passaic Valley	-
Mei Dennison	West Milford	Senior
Jazmin Zapata	Fair Lawn	Junior

**Coach of the Year:**

Damiano Conforti

**School:**

Lakeland

