



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 Barhhardt | 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

