



Independence
Girls Track & Field
2023

1st Team All-Division

| Student-Athlete Name | School | Year | Position |
|----------------------|----------------|-----------|-------------|
| Sara Paul | Wayne Valley | Junior | 100M Dash |
| Katharine Cottone | Passaic Valley | Senior | 400 Hurdles |
| Kara Langbaum | Wayne Hills | Junior | 1600M Run |
| McKenzie Moore | Wayne Hills | Sophomore | 110 Hurdles |
| Alexa Goll | Lakeland | Junior | 400M Dash |
| Ciara Clinton | West Milford | Freshman | 800M Dash |
| Alyssa Chan | Wayne Hills | Sophomore | 200M Dash |
| Morgan Uhlhorn | Lakeland | Senior | 3200M Run |
| Amani Simpson | Passaic Valley | Senior | 1600M Relay |
| Mackenzie Beazley | Passaic Valley | Sophomore | 1600M Relay |
| De Zyah Carswell | Passaic Valley | Sophomore | 1600M Relay |
| Katharine Cottone | Passaic Valley | Senior | 1600M Relay |
| Caroline Biegel | Lakeland | Sophomore | Shot Put |
| Rachel Schmitt | Fair Lawn | Senior | Javelin |
| Madeline Galesi | Wayne Hills | Senior | Discus |
| Madison Freideman | West Milford | Junior | Triple Jump |
| Laiana Anderson | Lakeland | Sophomore | Long Jump |
| Meghan Tomback | Wayne Valley | Junior | Pole Vault |
| Shannon Harnett | Lakeland | Senior | High Jump |
| Payton Dubanowitz | Wayne Hills | Sophomore | |

2nd Team All-Division

| Student-Athlete Name | School | Year | Position |
|----------------------|----------------|-----------|-------------|
| Abigail Choi | Fair Lawn | Junior | 100M Dash |
| Keira McGovern | West Milford | Senior | 400 Hurdles |
| Lauren Frey | West Milford | Junior | 1600M Run |
| Rylyn Loffredo | Wayne Valley | Junior | 110 Hurdles |
| De Zyah Carswell | Passaic Valley | Sophomore | 400M Dash |
| Catherine Wiley | Lakeland | Sophomore | 800M Dash |
| Ava Milevski | Wayne Hills | Junior | 200M Dash |
| Amanda Harvey | West Milford | Freshman | 3200M Run |
| Kara Langbaum | Wayne Hills | Junior | 1600M Relay |
| McKenzie Moore | Wayne Hills | Sophomore | 1600M Relay |
| Payton Dubanowitz | Wayne Hills | Sophomore | 1600M Relay |
| Kayla DiToro | Wayne Hills | Junior | 1600M Relay |
| Isabella Andriulli | Lakeland | Sophomore | Shot Put |
| Rachel Schlett | Fair Lawn | Junior | Javelin |
| Amy ROd | Lakeland | Senior | Discus |
| Haley Temme | Fair Lawn | Sophomore | Triple Jump |
| Maria Funicello | Wayne Valley | Senior | Long Jump |
| Kate Steinhart | Fair Lawn | Junior | Pole Vault |
| Kayle DiToro | Wayne Hills | Junior | All Around |

Honorable Mention All-Division

| Student-Athlete Name | School | Year |
|-----------------------|----------------|-----------|
| Alexandra Staffanelli | Passaic Valley | Junior |
| Ella Wiskidensky | Fair Lawn | Sophomore |
| Gina Lee | Wayne Hills | Senior |
| Mei Dennison | West Milford | Senior |
| Kayla Barnhardt | Lakeland | Junior |
| Athena Giotis | Wayne Valley | Sophomore |

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

