



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:** _____

