



Independence

Boys Track & Field

2023

1st Team All-Division

| Student-Athlete Name | School | Year | Position |
|----------------------|----------------|-----------|-------------|
| Karim Elsaadany | Passaic Valley | Junior | 100M Dash |
| Owen Horevay | Lakeland | Senior | 1600M Run |
| Tavi Victoria | Passaic Valley | Junior | 110 Hurdles |
| Dev Patel | Passaic Valley | Senior | 400M Dash |
| Matthew Califf | Wayne Valley | Junior | 800M Dash |
| Noah Traverso | West Milford | Junior | 200M Dash |
| Nathan Caldwell | Lakeland | Senior | 3200 M Run |
| Dev Patel | Passaic Valley | Senior | 1600M Relay |
| Tavi Victoria | Passaic Valey | Junior | 1600M Relay |
| Rizwan Ahmed | Passaic Valley | Junior | 1600M Relay |
| Basell Dahhan | Passaic Valley | Junior | 1600M Relay |
| Winston Calvo | Wayne Valley | Senior | Shot Put |
| Izaiah Torres | Passaic Valley | Senior | Javelin |
| Brody McCormack | Lakeland | Sophomore | Discus |
| Christian Mercado | Wayne Valley | Senior | Triple Jump |
| Jared Jones | West Milford | Junior | Long Jump |
| Tyler Harder | Lakeland | Senior | Pole Vault |
| Charles Weintraub | Lakeland | Senior | High Jump |
| Sean Matthews | Wayne Valley | Senior | All Around |

2nd Team All-Division

| Student-Athlete Name | School | Year | Position |
|----------------------|----------------|-----------|-------------|
| Izaiah Pagan | Lakeland | Senior | 100M Dash |
| Logan Ntansah | Wayne Hills | Junior | 400 Hurdles |
| Colin Menier | West Milford | Junior | 1600M Run |
| Jake Ryan | Wayne Valley | Junior | 110 Hurdles |
| Ryan Sabeti | Wayne Hills | Junior | 400M Dash |
| Jon Novembre | Wayne Hills | Junior | 800M Dash |
| Anthony Francis | Fair Lawn | Sophomore | 200M Dash |
| Milan Mistry | Wayne Valley | Junior | 3200M Run |
| Jake Ryan | Wayne Valley | Junior | 1600M Relay |
| Sal Gencarelli | Wayne Valley | Senior | 1600M Relay |
| Matt Califf | Wayne Valley | Junior | 1600M Relay |
| Christian Mercado | Wayne Valley | Senior | 1600M Relay |
| Robert Hoogmoed | Lakeland | Senior | Shot Put |
| A Meire Simpson | Passaic Valley | Sophomore | Javelin |
| Andrew Sabeh | Wayne Hills | Senior | Discus |
| Abdulai St. Paul | Wayne Hills | Junior | Triple Jump |
| Danny Smith | Wayne Valley | Senior | Long Jump |
| Sean Van Dalinda | Wayne Valley | Sophomore | High Jump |
| Brian Pizzaro | Passaic Valley | Junior | All Around |

Honorable Mention All-Division

| Student-Athlete Name | School | Year |
|----------------------|----------------|-----------|
| Chris Burden | Passaic Valley | Senior |
| Tyler Gillman | Lakeland | Senior |
| William Feliz | Fair Lawn | Senior |
| Dylan Darragh | Wayne Hills | Senior |
| Lorenzo Andrade | West Milford | Sophomore |
| Zach Daudelin | Wayne Valley | Junior |

Cheerleader

Coach of the Year: Doug Flower

School: Wayne Valley

