



Freedom

Boys Cross Country

2023

1st Team All-Division

Student-Athlete Name	School	Year
Luke Pash	Ridgewood	Junior
DJ Murphy	Ridgewood	Senior
Ryan Welch	Ramapo	Senior
Dylan Guarquila	Hackensack	Senior
Trevor Kane	Ridgewood	Junior
Tom Mevissen	Ridgewood	Junior
Chris Brady	Ridgewood	Senior

2nd Team All-Division

Student-Athlete Name	School	Year
Jett Lincoln	Ridgewood	Junior
Michael McGinnity	Hackensack	Sophomore
Carter Monaco	Northern Highlands	Senior
Benjamin Papageorge	Ridgewood	Junior
Elwin Lliguisupa	Hackensack	Junior
Frederik Liljegren	Northern Highlands	Senior
Griffin Eisele	Ramapo	Senior

Honorable Mention All-Division

Student-Athlete Name	School	Year
Evan McGinnity	Hackensack	Senior
Tim Cobb	Northern Highlands	Senior
Raj Modi	Paramus	Senior
Xavier Ibrahim	Ramapo	Sophomore
Jack McKenna	Ridgewood	Junior

Coach of the Year:Pat Ryan

School:Ridgewood

