



**Freedom**  
**Boys Cross Country**  
**2023**

**1st Team All-Division**

<b>Student-Athlete Name</b>	<b>School</b>	<b>Year</b>
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**

<b>Student-Athlete Name</b>	<b>School</b>	<b>Year</b>
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**

<b>Student-Athlete Name</b>	<b>School</b>	<b>Year</b>
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 \_\_\_\_\_

