



Freedom
Boys Track & Field
2023-2024

1st Team All-Division

Student-Athlete Name	School	Year	Position
Devin DeCambre	Hackensack	Sophomore	100M Dash
Dustin DeCambre	Hackensack	Sophomore	200M Dash
Seven Garcia	Hackensack	Sophomore	400M Dash
Ryan Welch	Ramapo	Senior	800M
Luke Pash	Ridgewood	Junior	1600M
Jett Lincoln	Ridgewood	Junior	3200M
Victor Souza	Ridgewood	Senior	110HH
Teddy Goebbert	Northern Highlands	Sophomore	400IH
Devin DeCambre	Hackensack	Sophomore	4x400 Relay
Dustin DeCambre	Hackensack	Sophomore	4x400 Relay
Seven Garcia	Hackensack	Sophomore	4x400 Relay
Dylan Guarquila	Hackensack	Senior	4x400 Relay
Jack Fitzgerald	Ridgewood	Junior	Shot Put
Nadiir Miller	Hackensack	Junior	Discus
Matt Schwindt	Ridgewood	Senior	Javelin
Marcus Hoccheger	Ridgewood	Junior	Pole Vault
Luke Adami	Northern Highlands	Junior	High Jump
Shawn Sowah	Hackensack	Senior	Long Jump
Bradley Allen	Hackensack	Junior	Triple Jump
Cruz Canariato		Sophomore	

2nd Team All-Division

Student-Athlete Name	School	Year	Position
Gavin Kim	Ridgewood	Senior	100M Dash
Mark Shinkorenko	Paramus	Senior	200M Dash
Ryan Ficarra	Ramapo	Sophomore	400M Dash
Jack McKenna	Ridgewood	Junior	800M
DJ Murphy	Ridgewood	Senior	1600M
Chris Brady	Ridgewood	Senior	3200M
Jack Saladino	Ridgewood	Sophomore	110HH
Sam McKnight	Ridgewood	Junior	400IH
Jack McKenna	Ridgewood	Junior	4 x 400 Relay
Sam McKnight	Ridgewood	Junior	4 x 400 Relay
Mark Shiroshita	Ridgewood	Senior	4 x 400 Relay
Luke Pash	Ridgewood	Senior	4 x 400 Relay
Seamus Gallagher	Paramus	Junior	Shot Put
Anthony DeBenedetto	Paramus	Sophomore	Discus
Alex Molano	Paramus	Junior	Javelin
Ray Stellmach	Ridgewood	Junior	Pole Vault
Jack Karam	Ridgewood	Senior	High Jump
Aris Perez	Ramapo	Junior	Long Jump
Jack Kinney	Ramapo	Senior	Triple Jump

Honorable Mention All-Division

Student-Athlete Name	School	Year
Leo Grace	Ridgewood	Senior
Michael McGinnity	Hackensack	Sophomore
Tim Cobb	Northern Highlands	Senior
Michael Samarro	Ramapo	Senior
Ryan Fernandes	Paramus	Senior

Coach of the Year: Josh Saladino **School:** Ridgewood

