



Independence

Boys Track & Field

2023-2024

1st Team All-Division

Student-Athlete Name	School	Year	Position
Logan Gray	Lakeland	Sophomore	100M
Kyle Keyes	Lakeland	Senior	400H
Colin Menier	West Milford	Senior	1600M
Tavi Victoria	Passaic Valley	Senior	110H/100H
Noah Traverso	West Milford	Senior	400M
Ryan Pascual	Fair Lawn	Senior	800M
Anthony Francis	Fair Lawn	Junior	200M
Chase Amin	Fair Lawn	Junior	3200M
Rizwan Ahmed	Passaic Valley	Senior	4x400M Relay
Victoria	Passaic Valley	Senior	4x400M Relay
Ragusea	Passaic Valley	Senior	4x400M Relay
Montiel	Passaic Valley	Senior	4x400M Relay
Sal Panicucci	Passaic Valley	Senior	Shot Put
Greg Ehrmann	Lakeland	Junior	Javelin
Brody McCormack	Lakeland	Junior	Discus
Abdulai St. Paul	Wayne Hills	Senior	Triple Jump
Brian Pizaro	Passaic Valley	Senior	Long Jump
Matt Burke	Wayne Valley	Senior	Pole Vault
Julien Pierre	West Milford	Sophomore	High Jump
Brandon Veneziano	Passaic Valley	Senior	

2nd Team All-Division

Student-Athlete Name	School	Year	Position
Dominic Currie	Fair Lawn	Junior	100M
Tiago Rocha	Fair Lawn	Senior	400H
Milan Mistry	Wayne Valley	Senior	1600M
Jake Ryan	Wayne Valley	Senior	110H/100H
Rizwan Ahmed	Passaic Valley	Senior	400M
Jon Novembre	Wayne Hills	Senior	800M
Sean Walker	Lakeland	Senior	200M
Danny Haddad	Wayne Valley	Junior	3200M
Ryan Pascual	Fair Lawn	Senior	4x400m Relay
Anthony Francis	Fair Lawn	Senior	4x400m Relay
Thaseen Foyso	Fair Lawn	-	4x400m Relay
Tiago Rocha	Fair Lawn	Senior	4x400m Relay
Tristan Puerta	Passaic Valley	Senior	SHot Put
Jake Torres	Passaic Valley	Senior	Javelin
Zach Daudelin	Wayne Valley	Senior	Discus
Logan Ntansah	Wayne Hills	Senior	Triple Jump
Jared Jones	West Milford	Senior	Long Jump
Kyle Gloria	West Milford	Junior	Pole Vault
Carlos Banks	West Milford	Senior	High Jump
Dan Marquez	West Milford	Senior	All Around

Honorable Mention All-Division

Student-Athlete Name	School	Year
Regev Rikin	Fair Lawn	Senior
Jesse Freedman	Lakeland	Sophomore
Jesse Huang	Passaic Valley	Senior
Nathaniel Dubanowitz	Wayne Hills	Senior
Bobby Liput	Wayne Valley	Junior
Tyler Meier	West Milford	Junior

Coch of the Year:

Art Joecks

School:

West Milford

