



**Freedom**  
**Boy Indoor Track & Field**  
**2019-2020**

**1st Team All-Division**

Student-Athlete Name	School	Year	Position
Aidan Sheridan	Ridgewood	Senior	3200M Run
Mason Zamboldi	Ridgewood	Senior	3200M Relay
Luca Richman	Ridgewood	Senior	3200M Relay
Quinn McCutcheon	Ridgewood	Junior	3200M Relay
Jay Boogaert	Ridgewood	Junior	3200M Relay
Colin Arber	Northern Highlands	Senior	400M Dash
Ryan Pena	Hackensack	Sophomore	800M Dash
Gabriel Pineda	Paramus	Senior	200M Dash
Steven Hatano	Old Tappan	Junior	1600M Run
Alan Okechukwu	Paramus	Senior	1600M Relay
Gabriel Pineda	Paramus	Senior	1600M Relay
Dennis Hemans	Paramus	Senior	1600M Relay
Ryan Fernando	Paramus	Senior	1600M Relay
Daniel Stipanov	Paramus	Senior	55M Hurdles
JC Baratta	Old Tappan	Junior	55M Dash
Patrick Passalacqua	Old Tappan	Senior	Shot
Shaun Herlihy	Old Tappan	Junior	Pole Vault
Ethan Harris	Northern Highlands	Senior	High Jump
Tommy Cahill	Ramapo	Senior	Long Jump
Sincere Knott	Hackensack	Senior	Danny Kim
Danny Kim	Old Tappan	Junior	All Around

**2nd Team All-Division**

Student-Athlete Name	School	Year	Position
Bobby Hymans	Ramapo	Junior	3200M Run
Moses Barrera	Hackensack	Freshman	3200M Relay
Eric Chablay	Hackensack	Senior	3200M Relay
Jordan Perdomo	Hackensack	Sophomore	3200M Relay
Brian Remache	Hackensack	Junior	3200M Relay
Ryan McKenna	Ridgewood	Junior	400M Dash
Ryan Seaver	Ridgewood	Senior	800M Dash
Kwame Grant	Ridgewood	Senior	200M Dash
Jay Boogaert	Ridgewood	Junior	1600M Run
Ryan Seaver	Ridgewood	Senior	1600M Relay
Mick Barbi	Ridgewood	Sophomore	1600M Relay
Ethan McPherson	Ridgewood	Senior	1600M Relay
Ryan McKenna	Ridgewood	Junior	1600M Relay
Phillip Meikle	Northern Highlands	Senior	55M Hurdles
Brandon Balcacer	Hackensack	Junior	55M Dash
John Griffith	Northern Highlands	Senior	Shot
Lucas Khowaylo	Northern Highlands	Senior	Pole Vault
John Caracciolo	Old Tappan	Senior	High Jump
Walter King Jr.	Hackensack	Sophomore	Long Jump
PJ Sanchez	Ridgewood	Senior	Triple Jump
Francesco Ferrara	Ramapo	Senior	All Around

**Honorable Mention All-Division**

Student-Athlete Name	School	Year
Red Kossick	Ridgewood	Freshman
Jin Woo Song	Old Tappan	Junior
Liam Conroy	Northern Highlands	Junior
Sincere Knott	Hackensack	Senior
Patrick Kwasniak	Ramapo	Senior
Rylan Marquez	Paramus	Senior

**Coach of the Year:**

Pat Ryan

**School:**

