

## 2023 ALL-COUNTY TRACK & FIELD

### FIRST TEAM

EVENT	NAME	SCHOOL	GRADE	COACH
100m	Kaj Sanders	Bergen Catholic	11	Mike Begen
200m	Joshua Narcisse	Paramus Catholic	12	Bryan Durango
400m	Jaden Marchan	Leonia	11	Steve Ebling
800m	Dylan Decambre	Bergen County Tech	12	Shawn Hackett
1600m	Luke Pash	Ridgewood	10	Pat Ryan
3200m	Tadael Mihret	Rutherford	12	Curtis Arsi
High Hurdles	Jack Attali	NV Demarest	12	Mike Theuerkauf
IM Hurdles	Goran Saric	NV Old Tappan	11	Pete Dunn
High Jump	Caden DeRosa	Hasbrouck Heights	12	Rob Brady
Pole Vault	Tyler DeMarco	NV Old Tappan	12	Jeff Clark
Long Jump	Liam Paneque	NV Demarest	10	Chris Woodford
Triple Jump	Bobby Mays	Don Bosco Prep	11	Dalton Friend
Shot Put	Jack Small	NV Old Tappan	11	Pete Dunn
Discus	Benjamin Shue	Bergen Catholic	10	Mike Begen
Javelin	George Kalkanis	Mahwah	12	Mike Ott
4 x 100 Relay	Allan Hilton Clarke	Bergen Catholic	12	Mike Begen
	Kaj Sanders		11	
	Andrew Boakye		10	
	Logan Casey		12	
4 x 400m Relay	James Dely	Paramus Catholic	10	Bryan Durango
	Adrian Laing		11	
	Josh Dalghetty		11	
	Corey Sanders		11	
4 x 800 Relay	Lucas Barrales	Ridgewood	12	Josh Saladino
	Jack McKenna		10	
	Luke Pash		10	
	Ian Bajraktari		12	
At Large	Matt Aono	Ridgewood	12	Tim Wilson
	Carlos Bermudez	Ridgewood	12	Warren Schoepfer
	Logan Casey	Bergen Catholic	12	Mike Begen
	Marco DeCroce	Demarest	10	Mike Theuerkauf
	Carson Deas	Ramsey	12	Matt Wynne

### SECOND TEAM

100m	Xavier Hayletts	Bergenfield	12
200m	Alex Caba	Teaneck	12
400m	Maxwell Gurkovic	Northern Highlands	11
800m	Liam Schwabik	River Dell	11
1600m	Raffi Buchakjian	Indian Hills	12
3200m	Bryce Teto	Paramus	12
HH	James Dely	Paramus Catholic	10
IM Hurdles	Anthony Senatore	Bergen County Tech	11
High Jump	Matthew Ruocco	Demarest	12
Pole Vault	Nathan Park	Old Tappan	12
Long Jump	Joshua Yoon	Cresskill	11
Triple Jump	Jorden Enigam	Lodi	12
Shot Put	Justin King	Bergen Catholic	12
Discus	Evan Visaggio-Lopez	River Dell	12
Javelin	Damitrius Hester	Mahwah	12

4 x 100	James Dely	Paramus Catholic	10
	Josh Narcisse		12
	Antonio Colon		11
	Adrian Laing		11
4 x 400	Adam Kaufman	Demarest	10
	Quinn Postman		12
	Enrico Perrella		11
	Chris Short		12
4 x 800	Raffi Buchakjian	Indian Hills	12
	Deniz Kalkandelen		12
	Brian Gummere		11
	Colin Kamm		11

### THIRD TEAM

100m	Andrew Jeremiah Boakye	Bergen Catholic	10
200m	Michael Samarro	Ramapo	11
400m	Chris Short	Demarest	12
800m	Thomas DiVincent	Ramapo	12
1600m	Ryan LoCicero	Don Bosco	11
3200m	Thomas Rogers	Bergen Catholic	12
HH	Victor Souza	Ridgewood	11
1m Hurdles	Jan Biskup	Elmwood Park	12
High Jump	Matthew Coyle	Emerson	12
Pole Vault	Caleb Park	Old Tappan	12
Pole Vault	Ian Kearney	Northern Highlands	12
Long Jump	Shawn Sowah	Hackensack	11
Long Jump	Kyle Dickson	Ridgewood	10
Triple Jump	Jason Lessieu	Bergen Catholic	11
Shot Put	George Tzoulafis	Demarest	12
Discus	Bradley Weiner	Ramsey	11
Javelin	Sean Coll	Bergen Catholic	12
4 x 100	AJ McElkenny	Ramapo	12
	David Gonzalez		12
	Gavin Taylor		11
	Michael Samarro		11
4 x 400	Piotr Lesnicki	Bergen Tech	12
	Jake Golden		12
	Christian Iriaka		12
	Dylan Decambre		12
4 x 800	Matt McGinnis	River Dell	12
	Liam Schwabik		11
	Alex Sharifian		10
	Chris Baxter		9

### TEAMS OF THE YEAR:

LARGE SCHOOL: NV/Demarest

SMALL SCHOOL: Hasbrouck Heights

### COACH OF THE YEAR:

Mike Theuerkauf – NV/Demarest