

X-COUNTRY 2022

All-Bergen County

First Team

Name	Grade	School	Coach
Dylan Decambre	12	Bergen Tech	Mike Chomin
Tadael Mihret	12	Rutherford	Justin VanDyk
Paul Maguire	12	Don Bosco Prep	Kevin Kilduff
Bryce Teto	12	Paramus	Jeff Schorling
Luke Pash	10	Ridgewood	Pat Ryan
Ryan Locicero	11	Don Bosco	Kevin Kilduff
Brayden Lowe-Massi	12	Mahwah	Rob Pasek
Joshua Tejada	11	Teaneck	Brian Walker
Raffi Buchakjian	12	Indian Hills	Peter Tuohy

Team of the Year:

3-4-A: Don Bosco Prep

Team of the Year:

1-2-B: Pascack Valley

Coach of the Year:

John Murtaugh Pascack Valley

Second Team

Name	Grade	School
DJ Murphy	11	Ridgewood
Jackson Vogel	12	Northern Highlands
Trevor Kane	10	Ridgewood
Thomas Petrie	12	Don Bosco Prep
Aidan Morrow	10	Hasbrouck Heights
Joseph Capuzzo	12	Waldwick
Michael Pizzella	12	Pascack Valley
Ekuyami Conteh	12	Fort Lee
Jay Ramirez	12	Pascack Valley

Third Team

Name	Grade	School
Patrick Tallman	11	Park Ridge/Emerson
Ben Raser	11	Glen Rock
Thomas Rogers	12	Bergen Catholic
Dylan Guarquila	11	Hackensack
Ian Bajraktari	12	Ridgewood
Carter Monaco	11	Northern Highlands
Deniz Kalkandelen	12	Indian Hills
Frederik Liljegren	11	Northern Highlands
Aaron Ng	12	Pascack Valley