

2022 UCC 1st Team All-Conference – BOYS

	Watchung	Mountain	Valley
100M	Ramsey Lafond – Union	Muwaffaq Parkman – Hillside	Aidan Ford – AL Johnson
200M	Greg McQueen – Elizabeth	Kerdel Moses – Linden	Samuel Joseph – Roselle Catholic
400M	Joel Nathan – Union	Kyle Savino – Gov. Livingston	Jalynn Battle – Roselle Park
800M	Myles Plummer – Union Catholic	Hayden Singer – New Providence	Declan Kelly – Oratory Prep
1600M	Fabian Herrera – Elizabeth	Colin Riley – Dayton	Ciaran Bowler – Oratory Prep
3200M	Lucas Reguinho – Elizabeth	Sam Beck – Cranford	Tommy Hunt – Oratory Prep
110HH	Nick Givan – Union Catholic	Marcus Shillingford – Cranford	Anthony Flowers – Brearley
400IH	Kenny Agwu – Scotch Plains	Daniel Jakubowski-Lewis – Roselle	Samir Cherry – Plainfield
4 x 400M	Union Catholic Atexide, Cooper, Plummer & McCoy	Linden Dorvil, Smith, Gyan & Hanna	Oratory Prep Tuite, Vail, Hunt & Bowler
Shot Put	Mahkal Winston – Union	Emmanuel Okoro – Linden	Chris Anderson – Roselle Park
Discus	Robert Lerner – Scotch Plains	Pablo Montanez – Linden	Brandon Brown – AL Johnson
Javelin	Daniel Muse – Elizabeth	Daniel Berkow – Gov. Livingston	Ryan Miklas – Brearley
Long Jump	Noah Cooper – Union Catholic	Rabae Smith – Linden	Justin Llizo – Roselle Park
Triple Jump	Cameron Campbell – Union Catholic	Steeve Dorvil – Linden	Diamani Etienne – Roselle Park
High Jump	David Kema – Union	Brice Facey – Gov. Livingston	Jason Eduaord – Roselle Catholic
Pole Vault	Max Owens – Westfield	Van Lawler – New Providence	
Honorable Mention	Al-Qamar Rojas – Union Catholic Marcus McCoy – Union Catholic Ryan Sula – Summit Daniel Cortese – Westfield Mason Marino – Westfield Paul Cerro – Westfield Wendell Cadet – Elizabeth Emerson McKindra – Union Catholic Micah Lawson – Rahway Jonathan Scalia – Westfield Justin Agyare – Elizabeth Ryan Cichocki – Union Catholic Alex Saldana – Union Catholic Matthew Nazaire – Union Charles Garretson – Westfield Owen Paul – Westfield Tommy Rodriguez – Scotch Plains Matteo Pentlicky – Scotch Plains	Dejhan Lee – Linden Matthew Macauley – New Providence Mathew Ihemesie – Hillside Isiah Gibson – Linden Ben Fossella – Cranford Krystian Kornacki – New Providence John Attebury – Cranford Zaimir Hawk – Hillside Declan Quigley – Cranford Elijah Kiboma – Hillside Christopher Marinko – Gov. Livingston Matthew Ware – Dayton Michael Cofield – Hillside	Aidan Murphy – Oratory Prep Justin Colon – Roselle Park Jared Foy – Roselle Park Stephen Tuite – Oratory Prep Eduardo Vidal-Lopez – Plainfield Seamus Vail – Oratory Prep Sean Kessock – AL Johnson Clive Duffour – Roselle Catholic Terrence Hilton Jr. – Brearley Kanye Brown – Plainfield Jermaine Hart – Roselle Park

2022 UCC 1st Team All-Conference – GIRLS

	Watchung	Mountain	Valley
100M	Julia Jackson – Scotch Plains	Christiana Nwachuku – Kent Place	Skyy Fletcher – Hillside
200M	Sierra Latonnel – Union	Janet Pearce – Oak Knoll	Nora Kissi – Hillside
400M	Cynthia Boakye – Elizabeth	Anaya Jennings – Rahway	Carmelle Alexis – Hillside
800M	Jenai Berry – Scotch Plains	Samantha Richter – Gov. Livingston	Ellesus Idemudia – Hillside
1600M	Kaleigh Gunsiorowski – Union Catholic	Lillian Murphy – Oak Knoll	Madison Dias – Brearley
3200M	Peyton Hollis – Union Catholic	Lindsay Hausman – Kent Place	Samantha Dias – Brearley
100HH	Taylor Cox – Union Catholic	Nyjae Shipley – Rahway	Maraya Watson – Brearley
400IH	Asydiah Pray-Brown – Union Cath	Isabella Alvarez-Gomez – Cranford	Jessica Uzor – Linden
4 x 400M	Union Catholic Keith, Gunsiorowski, Pray-Brown & Giblson	Oak Knoll Spoor, Pearce, McCann & McManus	Hillside Kissi, Idemudia, Alexis & Brown
Shot Put	Adison Marshall – Westfield	Comfort Adesina – Rahway	Emma Howlett – Roselle Catholic
Discus	Jada Mia Puryear – Union Catholic	Kalina Kornacki – New Providence	Kennedy Vaughn – Roselle
Javelin	Mackenzie Virgil – Scotch Plains	Isabella DeStefano – Cranford	Catherine Goger – Brearley
Long Jump	Shalom Adzakro – Elizabeth	Zoe Hamilton – Cranford	Celine-Jada Brown – Plainfield
Triple Jump	Alexandra Bonn – Union Catholic	Natasha Grandov – New Providence	Lauryn Brown – Hillside
High Jump	Ashley DeFrancesco – Scotch Plains	Sophia Mirto – Dayton	Sarah Scepkowski – AL Johnson
Pole Vault	Daniela Peralta – Union Catholic	Sabrina Boyle – New Providence	Inoha Bendezu – Brearley
Honorable Mention	Grace Kennedy – Scotch Plains Danielle Most – Scotch Plains Lara Cota – Summit Cassidy Kidd – Union Ajanae Thompson – Union Catholic Katherine Palmer – Westfield Anastia Rengifo – Union Catholic Leyila Fadael – Union Ivanna Sanchez – Elizabeth Juliet Pitta – Westfield Maameyaa Nyinah – Union Catholic Maddie Chen – Summit Sakiyyah Brooks – Elizabeth Maisha Valme – Elizabeth	Megan McCann – Oak Knoll Miranda Lorschach – Kent Place Addison McGoey – Kent Place Danya Spoor – Oak Knoll Ariel Hsu – Cranford Makiya Thornton – Dayton Rose Deeb – Cranford Sarah McManus – Oak Knoll Claudia Reines – Dayton Sarah Lynn Previlon – Rahway Kristen Fries – Cranford Sofia Espaillat – New Providence Olivia – O’Malley – Oak Knoll Heidi Pearce – Oak Knoll I	Shamauri Jones – Linden Luiza Lima – Brearley Juliana Ballesteros – Brearley Yarislelda Garcia – Roselle Park Melissa Mitjans – Al Johnson Jasmine McKay – Roselle Catholic Shealyn Zawacki – AL Johnson