

SELECTION OF THE 2024-2025 ALL LONG ISLAND CROSS-COUNTRY AND TRACK AND FIELD ATHLETES

Plainview, NY - Representatives from the **Nassau and Suffolk County Track Coaches Associations, NSCHSSA, and USATF Long Island** have come together to select the All Long Island athletes for the cross-country, indoor and outdoor track and field seasons. With over one-hundred years of combined experience, the committee analyzed, discussed, and debated performances from throughout the season, with emphasis placed on achievements at each of the season's championship meets.

For the cross-country season, 33 athletes in total were selected for 1st, 2nd, and 3rd team All Long Island honors. In regard to the track and field seasons, three athletes were selected for each running and field event, also to comprise the 1st, 2nd, and 3rd All Long Island Teams. The committee additionally awarded All Long Island selections to the relays run at our championship meets, as well as, exceptional performances from select relays that were contested during the season and at the National Championship Meets.

The 2024-2025 indoor and outdoor track and field seasons continued to show tremendous growth and success for the athletes of Long Island, with several individuals earning their place in history with performances entering high achieving marks on our All-Time List. The committee has selected **James Ciaccio (St. Anthony's)** and **Sophia McInnes (Bayport - Blue Point)** as the Most Outstanding Athletes of the Indoor Track and Field season, along with **Jordan Peck (North Babylon)** and **Jillian Scully (Miller Place)** as the Most Outstanding Athletes of the Outdoor Track and Field season.

During the indoor season, **James Ciaccio** showcased incredible range with high performing marks from 300m-800m. His personal bests during his campaign included 35.10 (300m), 48.29 (400m), 1:02.66 (500m), 1:19.29 (600m), and 1:52.94 (800m). Four of those performances (400m, 500m, 600m, 800m) were the fastest on the island this season, while his 600m effort earned him the runner-up position at the NY State Championship Meet. **Sophia McInnes** had a similar story to her indoor expedition showcasing exceptional range from 600m-3000m. Her personal bests on the season included 1:31.70 (600m), 2:08.58 (800m), 2:44.18 (1000m), 4:28.28 (1500m), 4:46.98 (Mile), and 9:37.01 (3000m). Likewise, four of her performances (600m, 800m, 1000m, 1600m) were best on the island, going along with her State and Federation Championship in the 1000m which was a Long Island All-Time record!

In the course of the outdoor season, **Jordan Peck** accomplished the rare feat of being the island's top hurdler in both disciplines, the 110m and 400m, earning State Titles in both. His 110m hurdle performance (14.04) is the 7th fastest time of the last 25 years on Long Island, while his 400m hurdle time (52.89) ranks 6th. **Jillian Scully**, on the other hand, had a season without an equal. Her launch of 184-2 in the discus was the best on Long Island by nearly 43-feet. It also established a new Long Island and New York State All-Time record and puts her in a tie at #8 All-Time in US High School History with Valarie Allman, who went on to become a two-time Olympic gold medalist in the event!

In the sprints, the track seasons saw two males capture athlete-of-the-season honors with **Kaiden White (Islip)** being selected for the indoor season and **Aidan Peterkin (Elmont)** for the outdoor season. **Breanne Barnett (Baldwin)** was the selection for both the indoor and outdoor seasons for the girls. White's performance of 33.89 in the 300m was the best performance this season on the island and earned him All-State and All-Federation honors. Peterkin's 47.41 was the high mark this season in the 400m and earned him the State Championship as well as a second title anchoring home Elmont's 3:14.91 4x400m relay to victory. In the combined track seasons, Barnett earned State Titles in the 200m (23.93), 300m (37.74), and 400m (55.41) along with assisting Baldwin to state titles in the 4x200m (indoors) and 4x100m (outdoors).

Within the distance running realm of the sport, **Jon Seyfert (Ward Melville)** and **James Ciaccio (Saint Anthony's)** are the recipients of the athlete-of-the-season awards for their discipline, while **Zariel Macchia (William Floyd)** and **Sophia McInnes (Bayport - Blue Point)** take the honors for the girls. Indoors Seyfert was the NY State Champion in the 1600m (4:15.68) along with stellar showings in the 1000m (2:30.38) and 3200m (9:22.94) on the season. Ciaccio was the NY State Champion outdoors for the 800m. His 1:49.64 was less than one-second off the Long Island All-Time mark (Brian McElroy's 1:49.2 from 1969). Macchia concluded her prolific high school career adding another indoor State and Federation title in the 3000m (9:21.73) and placed second at the Nike Indoor Nationals with a 4:40.75 mile. McInnes built off of her stellar indoor crusade with an outdoor State Championship in the 800m (2:06.14) and State and Federation Championship in the 1500m (4:22.46).

Rounding out the athlete-of-the-season honors are a trio of throwers in **Jonathan Szymanski (Chamindade)**, **Kenneth Ramdayal (Herricks)**, and **Jillian Scully (Miller Place)**, along with jumper **Paige Fessler (Valley Stream North)**. Szymanski had the second-farthest throws on the island in the shot put (60-8 $\frac{1}{4}$) and weight throw (66-2 $\frac{3}{4}$), placing State Runner-Up in the shot indoors. Ramdayal was the top performer outdoors in the hammer throw (209-6), second best in the shot put (59-6 $\frac{3}{4}$), and sixth in the discus (168-9). Going along with her dominant outdoor season, Scully had the top shot put on the island by almost 12-feet during the winter season earning the individual State Championship and All-American status at the Nike Indoor Nationals. Fessler, only a sophomore, took home a pair of State Championships in the long jump (18-6 $\frac{1}{4}$) and high jump (5-9) before placing National Runner-Up at the New Balance Nationals with a 5-9 $\frac{3}{4}$ effort in the high.

In closing, the committee would like to congratulate our selections for the indoor and outdoor teams of the season. On the boys' side, the class of the winter season belonged to **Manhasset (Nassau)**, **Connetquot (Suffolk)** and **Saint Anthony's (NSCHSSA)**, while the girls' were led by **East Meadow (Nassau)**, **Sachem East (Suffolk)**, and **Saint Anthony's (NSCHSSA)**. For the outdoor boys' season, we recognize **Baldwin (Nassau)**, **Connetquot (Suffolk)**, and **Saint Anthony's (NSCHSSA)** and the girls' programs of **East Meadow (Nassau)**, **Longwood (Suffolk)**, and **Saint Anthony's (NSCHSSA)** as the pinnacle of our team performers.

The Long Island Track and Field Coaches Association would like to congratulate all these outstanding athletes on a memorable and successful indoor track and field campaign. Future All Long Island selections for cross-country and track and field will be made annually after the conclusion of each season.

The 2024 All Long Island Athletes for Cross-Country

Boys All Long Island - 1st Team	Girls All Long Island - 1st Team
Justin Albanese - Eastport South Manor Jake Albert - Lindenhurst Anthony Anatol - Ward Melville Liam Curley - Saint Anthony's Paul Fleck - Baldwin Dylan Manning - Commack Myles Monroe - Seaford Blake Sealy - Manhasset Hartley Semmes - Harborfields Jon Seyfert - Ward Melville George Thomatos - Farmingdale	Lexie Cole - Comsewogue Oliva Digaetano - Connetquot Sayla Fives - Harborfields Aislinn Frazer - Friends Academy Cali Gabrielson - Mount Sinai Maeve Going - Sacred Heart Academy Zaria Hall - East Meadow Fiona King - Northport Zariel Macchia - William Floyd Sophia McInnes - Bayport Blue Point Isabella Spagnoli - Great Neck South

Boys All Long Island - 2nd Team	Girls All Long Island - 2nd Team
Joseph Belford - Bay Shore Gavin DeVito - West Islip Trevor Green - Rocky Point Zachary Greene - Oyster Bay Nicolas Katsouslis - Manhasset Edward Lessing - Saint Anthony's Ryan McAlea - Garden City Gavin McGann - Syosset Andrew Senf - Ward Melville Matteo Somma - Valley Stream North Seamus Taylor - Northport	Elena Ciaccio - Saint Anthony's Chloe Connolly - North Shore Marianna Duffy - Sayville Kayla Forsch - Northport Anaya Hall - East Meadow Ella Masem - Bellport Ariana Sadrarhami - Syosset Lily Strebel - Westhampton Beach Jane Tucker - Northport Mia Wickard - Northport Elizabeth Wright - Ward Melville

Boys All Long Island - 3rd Team	Girls All Long Island - 3rd Team
Luis Cruz - Syosset Tyler Deciantis - Oceanside Lukas Derasmo - Port Washington Christian Duggal - Southampton Ian Frazer - Wantagh Brian Guiheen - Chaminade Spencer Lee - Shoreham Wading River Regan MacPherson - Saint Anthony's Owen Stachlik - Wantagh Colin Veit - Port Jefferson	Fayola Allison - South Side Elizabeth Butruch - Sayville Ashley Carillo - Port Washington Olivia Czoch - Saint Anthony's Christina Duffy - Sayville Rin Furukawa - Syosset Julia Glenz - Long Beach Sloane Hinke - Elwood / John Glenn Joanna Kenny - North Shore Linda Lin - Syosset

Paul Zorn - Eastport South Manor	Elle Riches - Sacred Heart Kaitlyn Stibritz - Calhoun
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Boys Teams of the Year	Girls Teams of the Year
<u>Nassau</u> - Manhasset High School <u>Suffolk</u> - Ward Melville High School <u>NSCHSGAA</u> - Saint Anthony's High School	<u>Nassau</u> - Syosset High School <u>Suffolk</u> - Northport High School <u>NSCHSGAA</u> - Saint Anthony's High School

The 2024-2025 Boys All Long Island Athletes for Indoor Track & Field

Event	1st Team	2nd Team	3rd Team
55 Meter Dash	Damion Gordon Jr. Kellenberg	Joglanio Alcindor Ward Melville	Apollo Simmons Westbury
300 Meter Dash	Kaiden White Islip	Aidan Peterkin Elmont	Davin Lin John Glenn
600 Meters	James Ciaccio St. Anthony's	Donald McDonough Garden City	Michael Huebner Shoreham-Wading River
1000 Meters	Ryan Boldi Manhasset	Nicolas Katsoulis Manhasset	Gavin DeVito West Islip
1600 Meters	Jon Seyfert Ward Melville	Justin Albanese Eastport South Manor	Myles Munro Seaford
3200 Meters	Jake Albert Lindenhurst	Ian Frazer Wantagh	Anthony Anatol Ward Melville
55 Meter Hurdles	Jordan Peck North Babylon	Matthew DeCicco Hewlett	Brandon Thweatt Baldwin
High Jump	Longan Jung North Babylon	Jacob Kim Herricks	Shamir Lisbon St. John the Baptist
Long Jump	Garfield Geddes Longwood	Jeremiah Davis Connetquot	Leyton Mangiamele Shoreham-Wading River
Triple Jump	Khadin Muhammad West Babylon	Emerson Atkin Commack	Molenson Jnmary Uniondale
Pole Vault	Jonah Kim Syosset	Zachary Davidson Roslyn	Luca Cioffi Walt Whitman
Shot Put	Jonathan Szymanski Chaminade	Tyler Zahra Mount Sinai	Joseph Quinn St. John the Baptist

Weight Throw	Kenneth Ramdayal Herricks	Ethan Kautman Plainview	Julian Vitucci St. John the Baptist
4x200m Relay	Elmont	Kellenberg	Connetquot
4x400m Relay	Garden City	Half Hollow Hills West	Longwood
4x800m Relay	Manhasset	Syosset	Commack
Distance Medley	Manhasset	Ward Melville	Northport
Sprint Medley	Northport	Bellport	Kellenberg
4xMile Relay	Ward Melville	-----	-----

Athletes of the Year:	Teams of the Year:
Overall - James Ciaccio (St. Anthony's) Sprints - Kaiden White (Islip) Distance - Jon Seyfert (Ward Melville) Field - Jonathan Szymanski (Chaminade)	Nassau - Manhasset Suffolk - Connetquot NSCHSSA - Saint Anthony's

The 2024-2025 Girls All Long Island Athletes for Indoor Track & Field

Event	1st Team	2nd Team	3rd Team
55 Meter Dash	Sariah Doresca Baldwin	Alexa Jacobs Port Jefferson	Esmia Thomas Roosevelt
300 Meter Dash	Breanne Barnett Baldwin	Nicea Jones Malverne	Amelia DeJoie St. Anthony's
600 Meters	Zaria Hall East Meadow	Sarafina Scavo Sachem East	Kyra Lekanides Garden City
1000 Meters	Sophia McInnes Bayport-Blue Point	Ella Masem Bellport	Lily Strebel Westhampton Beach
1500 Meters	Maggie McCormick Bay Shore	Cali Gabrielson Mount Sinai	Lexie Cole Comsewogue
3000 Meters	Zariel Macchia William Floyd	Joanna Kenney North Shore	Aislinn Frazer Friends Academy
55 Meter Hurdles	Rayshelle Brown Smithtown East	Madison Guerrero St. John the Baptist	Kaitlyn Korzonkiewicz Saint Anthony's
1500m Walk	Gianna Mauri Sachem East	Samantha Benson Tyler	Julianna Wottawa Sachem East

		Port Washington	
High Jump	Nyla Branche Roosevelt	Kayleanne Campbell Riverhead	Sophia Deja Comsewogue
Long Jump	Nevaeh Pedraza Bellport	Bella Galeas Sachem East	Rachel Budke Hauppauge
Triple Jump	Isabella Lucas Port Washington	Angel Omokeni Freeport	Riley Moylan Oceanside
Pole Vault	Kathryn Simonetti East Islip	Ava Almeida Rocky Point	Suki Dong Half Hollow Hills West
Shot Put	Jillian Scully Miller Place	Essence Wright Connetquot	Delia Miles Saint Anthony's
Weight Throw	Natalia Taylor Sacred Heart	Katelyn Coffey East Meadow	Dana Wauchope Calhoun
4x200m Relay	Baldwin	Saint Anthony's	Islip
4x400m Relay	Sachem East	Saint Anthony's	East Islip
4x800m Relay	Massapequa	Northport	East Meadow
Distance Medley	Sachem East	North Shore	Connetquot
Sprint Medley	Sachem East	William Floyd	Deer Park
4xMile Relay	Northport	Bay Shore	-----

Athletes of the Year:	Teams of the Year:
Overall - Sophia McInnes (Bayport Blue Pt.) Sprints - Breanne Barnett (Baldwin) Distance - Zariel Macchia (William Floyd) Field - Jillian Scully (Miller Place)	Nassau - East Meadow Suffolk - Sachem East NSCHSSA - Saint Anthony's

The 2025 Boys All Long Island Athletes for Outdoor Track & Field

Event	1st Team	2nd Team	3rd Team
100 Meters	Davin Li John Glenn	Davin Palmore Southampton	Thomas Small Floral Park
200 Meters	Raymond Kreamer Bellport	Kaiden White Islip	Leroy Barrett Roosevelt

400 Meters	Aiden Peterkin Elmont	Josiah Price West Babylon	Terrell Jeffrey Hauppauge
800 Meters	James Ciaccio Saint Anthony's	Donald McDonough Garden City	Michael Huebner Shoreham-Wading River
1600 Meters	Jon Seyfert Ward Melville	Justin Albanese Eastport-South Manor	Ian Frazer Wantagh
3200 Meters	Gavin McGann Syosset	Paul Fleck Baldwin	Blake Sealy Manhasset
110m Hurdles	Matthew DeCicco Hewlett	Brandon Thweatt Baldwin	Nigel Harris Copiague
400m Hurdles	Jordan Peck North Babylon	Kaden Reid Longwood	Titan Elysee Huntington
3000m Steeple Chase	Myles Munro Seaford	Braeden Jackelow Manhasset	Michael Ramos Cody Middle Country
High Jump	Jaiden Campbell Eastport-South Manor	Logan Jung Shoreham-Wading River	Cooper Mott Friends Academy
Long Jump	Jeremiah Davis Connetquot	Garfiend Geddes Longwood	Leyton Mangiamele Shoreham-Wading River
Triple Jump	Khadin Muhammad West Babylon	Tristan Blake Harborfields	Molenson Jnmary Uniondale
Pole Vault	Zachary Davidson Roslyn	Jonah Kim Syosset	Michael Muoio Valley Stream North
Shot Put	Kenneth Ramdayal Herricks	Jonathan Szymanski Chaminade	Tyler Zahra Mount Sinai
Discus Throw	Josiah Patterson Islip	Justin Keogier Walt Whitman	Anthony Pisciotta Commack
Pentathlon	Fernando Padilla Connetquot	Eric Heinz Huntington	Devin Woodard Connetquot
Hammer Throw	Julian Vitucci St. John the Baptist	Justin Lee Syosset	Jacob Lee Jericho
4x100m Relay	Connetquot	West Babylon	Copiague
4x400m Relay	Elmont	Half Hollow Hills West	Garden City
4x800m Relay	Manhasset	Syosset	Northport

Texas Medley	West Babylon	Middle Country	Roosevelt
Sprint Medley	Hauppauge	Bellport	Garden City
Distance Medley	Manhasset	-----	-----
4xMile Relay	Chaminade	Manhasset	Riverhead
Mixed 4x400m	Massapequa	Freeport	Division Avenue

Athletes of the Year:	Teams of the Year:
Overall - Jordan Peck (North Babylon) Sprints - Aidan Peterkin (Elmont) Distance - James Ciaccio (Saint Anthony's) Field - Kenneth Ramdayal (Herricks)	Nassau - Baldwin Suffolk - Connetquot NSCHSSA - Saint Anthony's

The 2025 Girls All Long Island Athletes for Outdoor Track & Field

Event	1st Team	2nd Team	3rd Team
100 Meters	Sariah Doresca Baldwin	Madison Duffy Northport	Kelys Walker Baldwin
200 Meters	Breanne Barnett Baldwin	Alexa Jacobs Port Jefferson	Jahzara Emili Baldwin
400 Meters	Nicea Jones Malverne	Kyra Lekanides Garden City	Emma Villalta Massapequa
800 Meters	Zaria Hall East Meadow	Sarafina Scavo Sachem East	Aislinn Frazer Friends Academy
1500 Meters	Sophia McInnes Bayport-Blue Point	Maggie McCormick Bay Shore	Maeve Going Sacred Heart
3000 Meters	Zariel Macchia William Floyd	Cali Gabrielson Mount Sinai	Joanna Kenney North Shore
100m Hurdles	Victoria Paris Longwood	Gabriella Asare Brentwood	Rayshelle Brown Smithtown East
400m Hurdles	Kelly Hughes Mount Sinai	Bella Geleas Sachem East	Addison Vice Oceanside

2000m Steeple Chase	Isabella Spagnoli Great Neck South	Chelsea Cornelia Deer Park	Sarah Williams Middle Country
1500m Walk	Gianna Mauri Sachem East	Julianna Wottawa Sachem East	Samantha Benson Tyler Port Washington
High Jump	Paige Fessler Valley Stream North	Kate Voelker Manhasset	Kayleanne Campbell Riverhead
Long Jump	Neveah Pedraza Bellport	Angel Omokeni Freeport	Rachel Budke Hauppauge
Triple Jump	Zoe Jackson Longwood	Riley Moylan Oceanside	Elizabeth James Huntington
Pole Vault	Suki Dong Half Hollow Hills West	Kenzie Albano Commack	Kathryn Simonetti East Islip
Shot Put	Imani Smith Longwood	Jenae Caldwell-Sims Sachem North	Essence Wright Connetquot
Discus Throw	Jillian Scully Miller Place	Asha Pensa Johnson Hampton Bays	Dana Wauchope Calhoun
Pentathlon	Isabella Lucas Port Washington	Sophia Deja Comsewogue	Jadyn Hsu Bethpage
Hammer Throw	Natalia Taylor Sacred Heart	Julia Elmoraly Syosset	Valentina DeVivo Plainview
4x100m Relay	Baldwin	Northport	Saint Anthony's
4x400m Relay	Sachem East	Uniondale	Mount Sinai
4x800m Relay	East Meadow	Northport	Cold Spring Harbor
Texas Medley	Roosevelt	Deer Park	Uniondale
Swedish Medley	Uniondale	Brentwood	Deer Park
Sprint Medley	Deer Park	Uniondale	East Meadow
Distance Medley	East Meadow	Northport	Connetquot
Shuttle Hurdle	North Babylon	Hewlett	Massapequa
4xMile Relay	Northport	Sayville	Connetquot
Mixed 4x400m	Massapequa	Freeport	Division Avenue

Athletes of the Year:	Teams of the Year:
Overall - Jillian Scully (Miller Place) Sprints - Breanne Barnett (Baldwin) Distance - Sophia McInnes (Bayport-Blue Pt) Field - Paige Fessler (Valley Stream North)	Nassau - East Meadow Suffolk - Longwood NSCHSSA - Saint Anthony's