2023 Nike Girls All Region Teams

First Team	Second Team	Third Team
Sophia McInnes - Bayport-Blue Point - 2nd Cali Gabrielson - Mount Sinai - 7th	Paige Sheiffele - Mount Sinai - 10th Mia Wickard - Northport - 13th	

2023 Nike Boys All Region Teams

First Team	Second Team	Third Team
Jake Gogarty - Bay Shore - 2nd	Hartley Semmes - Harborfields - 13th	Jake Albert - Lindenhurst - 19th

Runners receive all region honors by finishing in the top 21 at the Nike Cross Country Regional Meet. Runners in red qualified for the Nike Cross Country National Meet as an individual.