

2019-20 ILH GIRLS CROSS COUNTRY ALL STARS**RUNNER OF THE YEAR**

| NAME | GRADE | TEAM |
|----------------|-------|------------|
| Malia Dickhens | 10 | PUN |

COACH OF THE YEAR

| NAME | TEAM |
|---------------|------------|
| Derek Coryell | HBA |

FIRST TEAM

| NAME | GRADE | TEAM |
|----------------------|-------|------------|
| Kacie Kwan | 12 | HBA |
| Mari Monico | 11 | HBA |
| Johanna Seng | 11 | HBA |
| Ashley Kodama | 9 | HBA |
| Aya Margraf | 12 | IOL |
| Lauren Saunders | 10 | PUN |
| Sasha Iizuka-Sheeley | 9 | PUN |

SECOND TEAM

| NAME | GRADE | TEAM |
|--------------------------|-------|------------|
| Lindsey Jaeger | 11 | HBA |
| Lindsay Sasaki | 11 | HBA |
| Caley Chun | 9 | HBA |
| Aya Lewis | 10 | LJA |
| Kristina (Tessa) Domingo | 11 | MS |
| Kayla Almeida | 12 | PUN |
| Isabella Ford | 9 | PUN |

2019-20 ILH BOYS CROSS COUNTRY ALL STARS**RUNNER OF THE YEAR**

| NAME | GRADE | TEAM |
|-------------|-------|------------|
| Adam Harder | 12 | HAN |

COACH OF THE YEAR

| NAME | TEAM |
|------------------|------------|
| Duncan Macdonald | PUN |

FIRST TEAM

| NAME | GRADE | TEAM |
|-------------------|-------|------------|
| Connor Malinger | 10 | HBA |
| Joshua Lerner | 11 | IOL |
| William Ho | 11 | KSK |
| Parker Wagnild | 10 | MPI |
| Cade Lehl | 12 | PUN |
| Cooper Baines | 11 | PUN |
| Nicholas Pugliese | 9 | PUN |

SECOND TEAM

| NAME | GRADE | TEAM |
|------------------|-------|------------|
| Ethan Aimoto | 11 | HBA |
| Christian Kuwaye | 11 | HBA |
| Kanalu Monaco | 12 | IOL |
| Michael Shiinoki | 11 | IOL |
| Kanoa Jacang | 11 | KSK |
| Jordan Furuta | 10 | PUN |
| Caden Lombard | 10 | PUN |