

<b>2022-23 ILH BOYS CROSS COUNTRY ALL STARS</b>
---

<b>RUNNER OF THE YEAR</b>		
---------------------------	--	--

NAME	GRADE	TEAM
Keane Palmer	11	<b>IOL</b>

<b>COACH OF THE YEAR</b>	
--------------------------	--

NAME	TEAM
Jack Kuo	<b>IOL</b>

<b>FIRST TEAM</b>		
-------------------	--	--

NAME	GRADE	TEAM
Jeddison Miller	11	<b>HAN</b>
Cole Young	12	<b>IOL</b>
Cole Kaneshiro	11	<b>IOL</b>
Devin Pang	11	<b>IOL</b>
Spencer Lyau	10	<b>IOL</b>
Nicholas Pugliese	12	<b>PUN</b>
Benjamin Brown	11	<b>PUN</b>

<b>SECOND TEAM</b>		
--------------------	--	--

NAME	GRADE	TEAM
Ian Washburn	11	<b>CA</b>
Jared Crestetto	10	<b>HBA</b>
Dylan Djou	10	<b>HBA</b>
Codey Chun	9	<b>HBA</b>
Nicolas Moses	9	<b>IOL</b>
Aspen-Shay Kane	12	<b>KSK</b>
Hekili Kamalani	11	<b>KSK</b>