

2010-11 ILH Track and Field All Star Selections

BOYS

Performer of the Year

Jordan Thibodeau Kamehameha-Kapalama SR & Jeremy Tabuyo Saint Louis SO

Coach of the Year

Micah Pavich Punahou

100m Dash

Jeremy Tabuyo Saint Louis SO

Mike Zane Punahou SR

Tim Kamana Punahou JR

200m Dash

Mike Zane Punahou SR

Jeremy Tabuyo Saint Louis SO

Tim Kamana Punahou JR

400m Dash

Alec Geilfus Punahou SR

K.T. Tuumalo Punahou SR

Jeremy Tabuyo Saint Louis SO

800m Run

Jordan Thibodeau KS-Kapalama SR

Michael Chin Christian Academy SO

Joshua Freitas KS-Kapalama JR

1500m Run

Jordan Thibodeau KS-Kapalama SR

Nikolai Scharer Punahou SO

Borys Pleskacz Iolani SR

3000m Run

Justin Higa Iolani SR

Charles Akiona KS-Kapalama SO

Borys Pleskacz Iolani SR

100m Hurdles

Matt Feeley Punahou SR

Daniel Wagner Mid-Pacific Institute SR

Jon Woo Punahou SR

300m Hurdles

Matt Feeley Punahou SR

Duke Bukoski Saint Louis SR

Jon Woo Punahou SR

Shot Put

Lake Kaai KS-Kapalama SR

Kelii Vidal Damien SR

Isaac Savaiinaea Punahou SO

Discus

Paulay Asiata Saint Louis SR

Lake Kaai KS-Kapalama SR

Isaac Savaiinaea Punahou SO

Long Jump

Matt Parrish Punahou SR

Marcus Mariota Saint Louis SR

Micah Halemano KS-Kapalama SO

Triple Jump

Keanu Haina KS-Kapalama SR

Chase Tamashiro Punahou SR

Linus Liu Punahou FR

High Jump

Noa Yap KS-Kapalama SO

Charlton Tang KS-Kapalama SR

Pole Vault

Tony Genco Iolani SR

Colin Hong Punahou SR

Relays 4 x 100m

Saint Louis

Punahou

Kamehameha-Kapalama

4 x 400m

Punahou

Iolani

Kamehameha-Kapalama

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GIRLS

Performer of the Year

Raion Black Christian Academy SO

Coach of the Year

Duncan McDonald Punahou

100m Dash

Raion Black Christian Academy SO

Kayla Bryan Punahou SO

Kanoelani Yadao HBA SO

200m Dash

Raion Black Christian Academy SO

Kanoelani Yadao HBA SO

Kayla Bryan Punahou SO

400m Dash

Alexis Damo Sacred Hearts Academy JR

Lahaina Zoller Punahou SR

Kayla Kirk Sacred Hearts Academy JR

800m Run

Breanne Ball Iolani JR

Jessica Johnson KS-Kapalama SR

Elli Brady Punahou SO

1500m Run

Elli Brady Punahou SO

Heidi Nicholls HBA SR

Monica Wooley Punahou JR

3000m Run

Melissa Wong Punahou SO

Heidi Nicholls HBA SR

Noe Lum Punahou FR

100m Hurdles

Abriana Iolani SO

Amirah Majied IPA JR

Julia Brand Punahou SR

300m Hurdles

Julia Brand Punahou SR

Kanoelani Yadao HBA SO

Megan Herndon Punahou JR

Shot Put

Kaimilani Zablan KS-Kapalama SR

Hailey Maeda Punahou SR

Hannah Sherrill Le Jardin Academy JR

Discus

Hannah Sherrill Le Jardin Academy JR

Hailey Maeda Punahou SR

Kekahi Novikoff KS-Kapalama FR

Long Jump

Christine Tsai Punahou JR

Ashlee Asada Iolani JR

Kayla Kirk Sacred Hearts Academy JR

Triple Jump

Christine Tsai Punahou JR

Ashlee Asada Iolani JR

Kim Roy Iolani SR

High Jump

Savannah Marotte KS-Kapalama JR

Christine Tsai Punahou JR

Lauren Levenson HBA JR

Pole Vault

Danielle Cournoyer Iolani SR

Sydney Forsyth Punahou SO

Relays 4 x 100m

Punahou

Iolani

Sacred Hearts Academy

4 x 400m

Punahou

Iolani

Kamehameha-Kapalama