

## **2009-2010 INTERSCHOLASTIC LEAGUE OF HONOLULU CHAMPIONS**

### **AIR RIFLERY**

Boys Varsity – Saint Louis  
Boys Junior Varsity - Kamehameha-Kapalama  
Girls Varsity – Sacred Hearts Academy  
Girls Junior Varsity – Sacred Hearts Academy

### **BASEBALL**

Varsity – Saint Louis  
Junior Varsity – Kamehameha-Kapalama  
Intermediate – Iolani “Black”

### **BASKETBALL**

Boys Varsity I – Iolani  
Boys Varsity IAA - Punahou  
Boys Varsity II – University High  
Boys Junior Varsity I – Punahou  
Boys Junior Varsity II – Punahou  
Boys Intermediate I – Kamehameha-Kapalama  
Boys Intermediate II – Punahou  
Boys Intermediate III – Le Jardin Academy  
Girls Varsity I – Punahou  
Girls Varsity IAA – Punahou  
Girls Varsity II – Sacred Hearts Academy  
Girls Junior Varsity I – Kamehameha-Kapalama “White”  
Girls Junior Varsity II – Hanalani  
Girls Intermediate I – Kamehameha-Kapalama  
Girls Intermediate II – Maryknoll  
Girls Intermediate III – Hawaiian Mission Academy

### **BOWLING**

Boys Varsity I – Damien Memorial School  
Boys Varsity II – Hawaii Baptist Academy  
Boys Junior Varsity I – Punahou  
Boys Junior Varsity II – Hawaii Baptist Academy  
Girls Varsity I – Punahou  
Girls Varsity II – Maryknoll  
Girls Junior Varsity I – Punahou  
Girls Junior Varsity II – University High

### **CANOE PADDLING**

Boys Varsity I – Kamehameha-Kapalama  
Boys Varsity II – Punahou  
Boys Junior Varsity I – Kamehameha-Kapalama  
Boys Junior Varsity II – Kamehameha-Kapalama  
Girls Varsity I – Kamehameha-Kapalama  
Girls Varsity II – Pac Five  
Girls Junior Varsity I – Kamehameha-Kapalama  
Girls Junior Varsity II – Pac Five  
Mixed Varsity – Kamehameha-Kapalama

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### **CHEERLEADING**

Varsity – Kamehameha-Kapalama

Junior Varsity – Punahou

### **CROSS COUNTRY**

Boys Varsity – Kamehameha-Kapalama

Boys Junior Varsity – Kamehameha-Kapalama

Boys Intermediate – Iolani

Girls Varsity – Punahou

Girls Junior Varsity – Punahou

Girls Intermediate – Kamehameha-Kapalama

### **FOOTBALL**

Varsity I – Kamehameha-Kapalama

Varsity II – Iolani

Junior Varsity – Kamehameha-Kapalama, Punahou, Saint Louis

Intermediate – Iolani

### **GOLF**

Boys Varsity – Punahou

Boys Junior Varsity – Punahou

Boys Intermediate – Punahou

Girls Varsity I – Punahou

Girls Varsity II – Iolani

Girls Intermediate – Iolani

### **JUDO**

Boys Varsity – Pac Five

Girls Varsity – Punahou

Intermediate - Punahou

### **KAYAKING**

Boys Varsity – Le Jardin Academy

Boys Junior Varsity – Le Jardin Academy

Girls Varsity – Kamehameha-Kapalama

Girls Junior Varsity – Punahou

### **PRECISION RIFLERY**

Varsity – Punahou

Junior Varsity – Punahou

### **SAILING**

Varsity I – Punahou

Varsity II – Kamehameha-Kapalama

Junior Varsity – Punahou

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### **SOCCER**

Boys Varsity – Mid-Pacific Institute  
Boys Varsity I – Punahou  
Boys Junior Varsity – Punahou “Gold”  
Boys Intermediate – Iolani “Black”  
Girls Varsity I – Punahou  
Girls Varsity II – Pac Five  
Girls Junior Varsity – Iolani  
Girls Intermediate I – Kamehameha-Kapalama “Blue”  
Girls Intermediate II - Pac West

### **SOFTBALL**

Varsity – Mid-Pacific Institute  
Junior Varsity – Kamehameha-Kapalama  
Intermediate – Kamehameha-Kapalama

### **SWIMMING**

Boys Varsity – Punahou  
Boys Junior Varsity – Kamehameha-Kapalama  
Boys Intermediate – Kamehameha-Kapalama  
Girls Varsity – Punahou  
Girls Junior Varsity – Iolani  
Girls Intermediate – Iolani

### **TENNIS**

Boys Varsity I – Punahou  
Boys Varsity II – Mid-Pacific Institute  
Boys Junior Varsity I – Punahou  
Boys Junior Varsity II – Mid-Pacific Institute  
Boys Intermediate I – Punahou  
Boys Intermediate II – Mid-Pacific Institute  
Girls Varsity I – Punahou  
Girls Varsity II – Hawaii Baptist Academy  
Girls Junior Varsity I – Punahou  
Girls Junior Varsity II – Hawaii Baptist Academy  
Girls Intermediate I – Iolani  
Girls Intermediate II – Hawaii Baptist Academy

### **TRACK & FIELD**

Boys Varsity – Kamehameha-Kapalama  
Boys Junior Varsity – Kamehameha-Kapalama  
Boys Intermediate – Kamehameha-Kapalama  
Girls Varsity – Punahou  
Girls Junior Varsity – Punahou  
Girls Intermediate – Iolani

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### **VOLLEYBALL**

Boys Varsity I – Punahou  
Boys Varsity II – Hawaii Baptist Academy  
Boys Junior Varsity – Punahou “Blue”  
Boys Intermediate I – Punahou “Blue”  
Boys Intermediate II - Hanalani  
Girls Varsity I – Punahou  
Girls Varsity II – Hawaii Baptist Academy  
Girls Junior Varsity I – Kamehameha-Kapalama “Blue”  
Girls Junior Varsity II – University High  
Girls Intermediate I – Kamehameha-Kapalama “Blue”  
Girls Intermediate II – Sacred Hearts Academy

### **WATER POLO**

Boys Varsity I – Punahou  
Boys Varsity II – Punahou  
Boys Intermediate I - Punahou  
Girls Varsity I – Punahou  
Girls Varsity II – Punahou  
Girls Intermediate – Punahou

### **WRESTLING**

Boys Varsity – Punahou  
Boys Junior Varsity – Punahou  
Boys Intermediate – Punahou  
Girls Varsity - Kamehameha-Kapalama