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2010 All-PacWest Women's Cross Country Team

<i>Runner of the Year</i>	<i>Frida Aspnaes</i>	<i>Hawai'i Pacific</i>
<i>Newcomer of the Year</i>	<i>Frida Aspnaes</i>	<i>Hawai'i Pacific</i>
<i>Freshman of the Year</i>	<i>Chanda Romney</i>	<i>BYU-Hawaii</i>
<i>Coach of the Year</i>	<i>Norman Kaluhiokalani*</i>	<i>BYU-Hawaii</i>

<u>First Team[^]</u>	<u>School</u>	<u>Yr.</u>	<u>Ht.</u>	<u>Hometown/High School</u>
1. Frida Aspnaes	Hawai'i Pacific	Jr.	5-3	Norrkoping, Sweden
2. Lacey (Johnson) Krout# (08A/09A)	BYU-Hawaii	Jr.	5-3	Preston, ID/Preston
3. Kim Kuhnert (09B)	Hawai'i Pacific	So.	5-8	Leverkussen, Germany
4. Katherine Buxton (08B/09A)	BYU-Hawaii	Jr.	5-4	Gettysburg, PA/Gettysburg
5. Chanda Romney	BYU-Hawaii	Fr.	5-3	Forks, WA/Port Angeles
6. Amanda Wilson	BYU-Hawaii	So.	5-4	Clayton, WA/Riverside
7. Lacey Kurtz (09A)	BYU-Hawaii	So.	5-6	Milford, OH/Milford

<u>Second Team^{^^}</u>	<u>School</u>	<u>Yr.</u>	<u>Ht.</u>	<u>Hometown/High School</u>
8. Cassandra Schumacher	Academy of Art	Jr.	5-5	Sweet Home, OR/Sweet Home
9. Heather Brown	BYU-Hawaii	So.	5-7	Provo, UT/Timpview
10. Kirsta Andrew (08A/09B)	Hawai'i Hilo	Jr.	5-1	Garden Grove, CA/Orange Lutheran
11. Ashlie Salas-Selem	Chaminade	Sr.	5-6	Kapolei, HI/Kapolei
12. Kaylene Peric	Hawai'i Hilo	Gr.	5-3	Midland, MI/Dow
13. Kelsey Elder	BYU-Hawaii	So.	5-0	Lancaster, CA/Quartz Hill
14. Shannon Whener	Chaminade	Fr.	5-8	Maui, HI/Maui

08A - 2008 All-PacWest 1st Team
09B - 2009 All-PacWest 2nd Team

08B - 2008 All-PacWest 2nd Team

09A - 2009 All-PacWest First Team
**2008 & 2009 Coach of the Year*

- 2008 Freshman of the Year & 2009 Runner of the Year

^1-7 at the PacWest Championship are 1st Team

^^8-14 are All-PacWest 2nd Team

Newcomer of the Year

- top finisher in the PacWest Championship race
- must be in first year of competition in the PacWest
- may NOT be a freshman or red-shirt freshman

Freshman of the Year

- top finisher in the PacWest Championship race
- must be a freshman or red-shirt freshman