



"LEG DOMINANT WORK"- Dave Durden
"Kicking is the FIFTH Stroke"-Bob Bowman

November

HAC Team Timed 400 Free Kick Test Set

Target Times #NEXTLegLevel

Prizes

					TOP 3 Males Overall		TOP 3 Females Overall				
Club Athlete Rankings											
Rank	Athlete Name	Time (mm:ss)	Group	AGE					Premiere Gold	5:00-5:20	\$15 dollar GC
1	Macy Hansen	6:08 (PB)	HP	13	1-Pratyush Sengupta	1-Macy Hansen			Elite Silver	5:20-5:40	\$10 dollar GC
2	Pratyush Sengupta	6:09 (PB)	HP	15	2-Zachary Bell	2-Danielle Li			Performance Bronze	5:40-6:00	\$5 dollar GC
3	Zachary Bell	6:11 (PB)	HP	14	3-Cameron Crosbie	3-Layla Yousie			MAX time 14:00		
4	Danielle Li	6:36 (PB)	JP	13	15 + Male		15 + Female				
5	Layla Yousie	6:38 (PB)	JP	12	1-Pratyush Sengupta	1-Audrey Muscat-baron					
6	Katherine Haslam	6:49 (PB)	JP	13	2-	2-Ava Howie					
6	Cameron Crosbie	6:49	HP	14	3-Eli Faddoul	3-Ariana Condor					
6	Brooke Williams	6:49	HP	14	13-14		13-14				
7	Audrey Yates	6:51(PB)	SP	14	1-Zachary Bell	1-Macy Hansen					
8	Marc Faddoul	6:54 (PB)	HP	14	2-Cameron Crosbie	2-Danielle Li					
9	Pia Hansen	6:55 (PB)	L3B	11	3-Marc Faddoul	3-Katherine Haslam					
10	Audrey Muscat-Baron	7:00	HP	15	11-12		11-12				
10	Annabeth Boundris	7:00 (PB)	L3B	12	1-Dexter Jenkins	1-Layla Yousie					
11	Tessa Jenkins	7:03	HP	14	2-Quinten Bell	2-Pia Hansen					
12	Angelena Porco	7:04	HP	14	3-Jack Howie	3-Annabeth Boundris					
12	Eli Faddoul	7:04 (PB)	HP	16	10+Under		10+Under				
13	Aarav Raghuvanshi	7:05 (PB)	JP	14	1-Grayson Mansouri	1-Malia McCrady					
14	Armen Kaloustian	7:07 (PB)	JD	16	2-Anthony Kanani	2-Addison Bradley					
15	Ava Howie	7:09 (PB)	SP	16	3-Eoin Kitney	3-Scarlett Varadi					
16	Dexter Jenkins	7:11 (PB)	JP	12							
16	Emily Mawdsley	7:11	HP	14							
17	Alec Mallany	7:15	SP	13							
17	Quinten Bell	7:15 (PB)	L3B	12							
18	Coen Johnston	7:16	SP	14							
19	Jack Howie	7:17	JP	11							
20	Ariana Condor	7:18 (PB)	JD	15							
20	James Guerreiro	7:18	HP	16							
21	Vivian Gray	7:19 (PB)	L3B	11							
21	Agustina Porco	7:19 (PB)	L3B	12							
21	Alexander Galagoda	7:19 (PB)	L3B	12							
22	Amy Meng	7:21 (PB)	JP	13							
23	Edin Robertson-Roper	7:24 (PB)	L3B	12							
23	Maira Reyes	7:24	L3G	13							
24	Alexis Chandler	7:26 (PB)	JD	16							
25	Ilya Barrett	7:31 (PB)	JP	13							
25	Violet Biksa	7:31 (PB)	L2B	11							
26	Aiayna Dalumpines	7:36 (PB)	L3G	15							
26	Antonio Ornelas Silva	7:36	L3G	13							
27	Sophie Goar	7:38(PB)	SP	14							
27	Ellie Bender	7:38 (PB)	L3G	13							
28	Ryder Crosbie	7:41	L3B	12							
28	Malek Ali	7:41 (PB)	JP	13							
29	Abigail Cake	7:44	HP	16							
30	Sofia Sheinman Orenstrakh	7:49 (PB)	L3G	15							
31	Colby Chiasson	7:54(PB)	L3G	14							
32	Piper Grobb	7:56	L3G	14							
33	Benjamin Burling	7:57 (PB)	L2B	11							
34	Emme Sueter	8:02 (PB)	L2B	11							
35	Dunsin Ogundipe	8:04 (PB)	L3B	13							
36	Alice Thomas	8:07 (PB)	JD	15							
36	Nicholas Kogut	8:07(PB)	L3G	14							
37	Malia McCrady	8:14 (PB)	L2B	10							
38	Piers Allington	8:11	HP	14							
38	Jack Rollings	8:11	L3B	12							
39	Abby Gaukroger	8:13(PB)	L3G	14							
40	Juliet Hickey	8:15	L2G	13							
41	Thea Hird	8:17	L3G	13							
42	Ella Metaxas	8:19	L2G	13							
43	Addison Bradley	8:24 (PB)	L2B	10							
44	Ronin Pushkarna	8:27	JP	13							
45	Abigail Chan	8:29 (PB)	L1G	11							
46	Henrik Marciano	8:30 (PB)	AGD	13							
47	Henry Stadnyk	8:31 (PB)	L1G	11							
47	Yara Faddoul	8:31 (PB)	L2B	11							
47	Grace Blanchard	8:31 (PB)	L3G	13							
48	Paul Dolhai	8:32	SP	15							
48	Eloise Ziegler	8:32 (PB)	L3B	12							
49	Dia Aramburo	8:33	L2G	13							
50	Leia Filo	8:34 (PB)	L2B	11							
51	Robert Ligori	8:38 (PB)	JP	14							
52	Abby Whitelaw	8:39 (PB)	L2G	12							
53	Holden Clappa	8:40 (PB)	JP	13							
54	Nyllah Krajewski	8:43 (PB)	JD	15							
55	Holly Sullivan	8:46	L3G	14							
56	Daphne Simm	8:48	L3B	12							
57	Olivia Mawdsley	8:49	L3B	11							
58	Nihal Basani	8:54 (PB)	AGD	12							
59	Violet Bird	8:55 (PB)	L2G	13							
59	Danica Pfau	8:55 (PB)	AGD	12							
60	Paige Thomas	8:58(PB)	L2G	13							
61	Scarlett Varadi	8:59	L2B	10							
61	James Lee	8:59	L2B	11							
61	Viggo Constanzo	8:59	L3G	14							
61	Brielle Burgess	8:59	L3G	13							
61	Nathan Dent	8:59 (PB)	AGD	13							
62	Callum Butler	9:06 (PB)	L2G	12							

63	Giulliana Gillespie	9:07	L2G	13
64	Avery Klose-Rizzuto	9:10	L2G	12
65	Jocelyn Kubas	9:11 (PB)	L2B	10
66	Ethan Thomas	9:12 (PB)	L1G	11
67	Henry Ragona	9:13 (PB)	L2G	13
68	Thomas Guerreiro	9:17	L3G	14
69	Sophia Pugliese	9:18 (PB)	L1B	9
70	Grayson Mansouri	9:23 (PB)	L2B	10
71	Saanvi Rai	9:27 (PB)	L1G	11
71	Anthony Kanani	9:27 (PB)	L2B	10
72	Elyse Lock	9:32	L3G	13
73	Eoin Kitney	9:38	L2B	9
74	Sam Burleigh-Guillory	9:39	AGD	12
75	Gabe Burleigh-Guillory	9:41	AGD	15
76	Caleb Oziegbe	9:45 (PB)	L1G	11
77	Ophelia Harrington	9:48 (PB)	L1G	10
78	Leonardo Espinoza	9:50 (PB)	L1G	11
79	Avery Cooper	9:54	JD	16
80	Eason Lin	9:55 (PB)	AGD	13
80	Max Pereira	9:55 (PB)	L1G	10
81	Jospeh Tittarelli	9:58 (PB)	L1B	9
82	Caleigh Price	10:01	AGD	13
83	Ethan Flear	10:09	AGD	12
84	Adam Dent	10:19 (PB)	L1G	11
85	Olivia Bandiera	10:30 (PB)	L1B	10
85	Liam Avram	10:30 (PB)	L1B	9
86	Maria Gamova	10:45 (PB)	L1B	9
87	Chloe Kim	11:02 (PB)	L1B	8
88	Sophia Robertson	11:08 (PB)	L1B	9
89	Nathan Gough	11:17 (PB)	L1B	10
90	Lucy Jopko	11:20	AGD	13
91	Alice Morrison	11:21 (PB)	L1G	11
92	Alex Bending	11:28 (PB)	AGD	13
93	Liska Andree Wiebe	11:33	L1G	11
94	Lincoln Bartello	11:34	L1G	10
95	Oliver Morrison	12:05	AGD	12
96	Wes Lavallee	12:30	L1B	10
97	Quinn Heidebrecht	14:00	AGD	13