



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

October

HAC Team Timed 400 Free Kick Test Set

Target Times #NEXTLegLevel

Prizes

		Club Athlete Rankings			TOP 3 Males Overall		TOP 3 Females Overall				
Rank	Athlete Name	Time (mm:ss)	Group	AGE					Premiere Gold	5:00-5:20	\$15 dollar GC
1	Pratyush Sengupta	6:26	HP	15	1-Pratyush Sengupta	1-Macy Hansen			Elite Silver	5:20-5:40	\$10 dollar GC
2	Macy Hansen	6:27	HP	13	2-Zachary Bell	2-Audrey Muscat-Baron			Performance Bronze	5:40-6:00	\$5 dollar GC
2	Zachary Bell	6:27	HP	14	3-Edward Gallardo	3-Danielle Li			MAX time 14:00		
3	Edward Gallardo	6:37	SP	13	15 + Male	15 + Female					
4	Audrey Muscat-Baron	6:38	HP	14	1-Pratyush Sengupta	1-Hannah Shantz					
5	Danielle Li	6:46	JP	13	2-James Guerreiro	2-Meghan Clark					
6	Layla Yousie	6:48	JP	12	3-Eli Faddoul	3-Ava Howie					
7	Hannah Shantz	6:55	HP	15	13-14	13-14					
8	Tessa Jenkins	6:47	HP	14	1-Zachary Bell	1-Macy Hansen					
9	Audrey Yates	7:06	SP	14	2-Edward Gallardo	2-Audrey Muscat-Baron					
10	Katherine Haslam	7:09	JP	13	3-Aarav Raghuvanshi	3-Danielle Li					
10	Dexter Jenkins	7:09	JP	12	11-12	11-12					
11	Eli Faddoul	7:11	HP	16	1-Dexter Jenkins	1-Layla Yousie					
12	Aarav Raghuvanshi	7:12	JP	14	2-Jack Howie	2-Pia Hansen					
13	Jack Howie	7:13	JP	11	3-Ryder Crosbie	3-Annabeth Boundris					
14	Alec Mallany	7:15	SP	13	10+Under	10+Under					
15	Coen Johnston	7:16	SP	14	1-Ethan Mcleod	1-Scarlett Varadi					
16	James Guerreiro	7:18	HP	16	2-Max Pereira	2-Malia McCrady					
16	Moirá Reyes	7:18	L3G	13	3-Anthony Kanani	3-Addison Bradley					
17	Pia Hansen	7:20	L3B	11							
18	Antonio Ornelas Silva	7:22	L3G	13							
19	Annabeth Boundris	7:23	L3B	12							
20	Armen Kaloustian	7:26	JD	16							
21	Marc Faddoul	7:28	HP	14							
22	Meghan Clark	7:32	JD	16							
23	Amy Meng	7:33	JP	13							
23	Vivian Gray	7:33	L3B	11							
23	Ryder Crosbie	7:33	L3B	12							
24	Ava Howie	7:34	SP	16							
24	Agustina Porco	7:34	L3B	12							
25	Ariana Condor	7:35	JD	15							
25	Alexander Galagoda	7:35	L3B	12							
26	Edin Robertson-Roper	7:37	L3B	12							
27	Josephine O'Donnel	7:40	JD	17							
28	Adiline Mrva-Geluch	7:41	SP	15							
29	Abigail Cake	7:44	HP	16							
30	Sophie Goar	7:48	SP	14							
31	Alexis Chandler	7:49	JD	16							
32	Scarlett Varadi	7:50	L2B	10							
32	Aiayna Dalumpines	7:50	L3G	15							
33	Sofia Sheinman Orenstrakh	7:51	L3G	15							
34	Jack Rollings	7:53	L3B	12							
34	Quinten Bell	7:53	L3B	12							
35	Keenan Kubas	8:02	L3B	12							
36	Paul Dolhai	8:04	SP	15							
36	Ilya Barrett	8:04	JP	13							
37	Emme Sueter	8:06	L2B	11							
38	Colby Chiasson	8:10	L3G	14							
39	Cailleigh Bell	8:13	L2G	11							
40	Violet Biksa	8:18	L2B	11							
41	Ella Metaxas	8:19	L2G	13							
42	Ronin Pushkarna	8:21	JP	13							
43	Malek Ali	8:22	JP	13							
44	Nicholas Kogut	8:26	L3G	14							
45	Holly Sullivan	8:27	L3G	14							
46	Abby Gaukroger	8:28	L3G	14							
47	Sophia Canchola Hernandez	8:29	AGD	16							
48	Dunsin Ogundipe	8:31	L3B	13							
48	Malia McCrady	8:31	L2B	10							
48	Dia Aramburo	8:31	L2G	13							
49	Eloise Kitney	8:32	L3B	11							
50	Alice Thomas	8:34	JD	15							
51	Emma Godal	8:36	JD	15							
51	Benjamin Burling	8:36	L2B	11							
52	Eloise Ziegler	8:40	L3B	12							
53	Abigael Stuyck	8:43	L2B	11							
54	James Lee	8:45	L2B	11							
55	Robert Ligori	8:48	JP	14							
56	Nyllah Krajewski	8:53	JD	15							
57	Elyse Lock	8:57	L3G	13							
58	Uwa Oziegbe	9:00	AGF	16							
58	Daphne Simm	9:00	L3B	12							
58	Henry Stadnyk	9:00	L1G	11							
59	Addison Bradley	9:01	L2B	10							
60	Giulliana Gillespie	9:03	L2G	13							
61	Violet Bird	9:07	L2G	13							
61	Abby Whitelaw	9:07	L2G	12							
62	Elenor Veri	9:08	L1G	10							
63	Ethan Thomas	9:13	L1G	11							
64	Henrik Marciano	9:15	AGD	13							
64	Thomas Guerreiro	9:15	L3G	14							
64	Kyra Smith	9:15	Gold A	9							
65	Nathan Dent	9:16	AGD	13							
65	Paiee Thomas	9:16	L2G	13							

66	Henry Ragona	9:18	L2G	13
67	Caleigh Price	9:19	AGD	13
68	Yara Faddoul	9:25	L2B	11
69	Saanvi Rai	9:30	L1G	11
70	Holden Clappa	9:31	JP	13
71	Abigail Chan	9:38	L1G	11
72	Avery Cooper	9:40	JD	16
72	Ophelia Harrington	9:40	L1G	10
73	Jocelyn Kubas	9:43	L2B	10
74	Mohammed Hussen	9:50	AGF	12
75	Ethan Mcleod	9:55	Gold A	9
76	Callum Butler	9:57	L2G	12
77	Ethan Flear	10:06	AGD	12
77	Clay Taylor	10:06	AGD	13
78	Nihal Basani	10:08	AGD	12
79	Max Pereira	10:10	L1G	10
80	Mateo Martinez Santiago	10:12	AGF	13
81	Alyssa Yu	10:13	AGF	13
82	Leia Filo	10:16	L2B	11
83	Adam Dent	10:20	L1G	11
84	Maele Maas	10:29	Gold B	12
85	John Chen	10:31	Gold B	11
86	Kate Beyers	10:34	L1G	11
87	Chloe Pottier	10:39	Gold B	11
88	Anthony Kanani	10:42	L2B	10
89	Danica Pfau	10:51	AGD	12
90	Naomi Reid	10:53	Gold B	12
91	Caleb Oziegbe	10:54	L1G	11
92	Eoin Kitney	10:57	L2B	9
92	Gracie Crockett	10:57	Gold B	12
93	Andi Leupen	10:59	AGF	13
94	Grayson Mansouri	11:00	L2B	10
94	Leonardo Espinoza	11:00	L1G	11
94	Liska Andree Wiebe	11:00	L1G	11
95	Saoirse Gottschlich	11:02	Gold A	9
96	Youssef Aly	11:03	AGF	14
97	Kristina D'Alesio	11:04	Gold B	10
98	Evelyn Knox	11:06	AGF	14
99	Sophia Pugliese	11:07	L1B	9
99	Eason Lin	11:07	AGD	13
99	Harper Telford	11:07	Gold A	9
100	Lincoln Bartello	11:09	L1G	10
101	Lucy Jopko	11:13	AGD	13
101	Harly Mollison	11:13	Gold A	8
102	Quinn Bassendale	11:17	Gold A	9
103	Morgan Stuyck	11:18	Gold A	7
104	Evelyn Biksa	11:21	Gold A	8
105	Olivia Bandiera	11:22	L1B	10
106	Chloe Kim	11:26	L1B	8
107	Julie Duda	11:28	Gold B	10
108	Maria Gamova	11:31	L1B	9
108	Jospeh Tittarelli	11:31	L1B	9
109	Chase Allman	11:36	Gold B	12
110	Naomi Weaver	11:39	L1B	8
111	Gabriel Mueller	11:42	Gold A	9
112	Maeve Locke	11:44	Gold B	11
113	Annie McFadgen	11:50	Gold A	8
113	Matias Pineda	11:50	Gold B	12
114	Adelaide Baker	11:54	Gold A	9
115	Oliver Morrison	11:59	AGD	12
116	Alice Morrison	12:08	L1G	11
117	Wes Lavallee	12:15	L1B	10
118	Jasper Graydon	12:16	AGF	13
119	Nathan Gough	12:22	L1B	10
120	Hailey Robinson	12:23	Gold B	11
121	Sophia Robertson	12:36	L1B	9
124	Jayden Xu	12:39	Gold B	10
125	Karys Johnson	12:43	AGF	13
126	Liam Avram	12:49	L1B	9
127	Ada Greenwood	12:55	Gold B	10
128	Johny McFadgen	12:59	Gold A	11
129	Maya Filo	13:03	Gold A	9
130	Samir Assaf	13:13	Gold B	11
131	Raymond Gillespie	13:29	AGF	13
132	Eleanor Sueter	14:00	Gold A	9
132	David Vega	14:00	AGF	15
132	Quinn Heidebrecht	14:00	AGD	13