

310 Running Invitational 1
For Splits Visit: <https://bit.ly/2020-310-invite>
Humberview Secondary School - 2020-08-15
Results - Track

Event 1 Women 100 Meter Dash
Top 16 Advance by Time

Name	Year Team	Prelims	Wind	H#
Preliminaries				
1 Defreitas, Tameran	94 South Simcoe	12.15q	0.7	5
2 Goudros, Izzy	03 Unattached Ontario	12.22q	0.6	3
3 Catton, Jillian	03 Brampton Track	12.40q	0.7	4
4 Williams, Jordanne	90 Unattached Ontario	12.44q	1.4	2
5 Gilhula, Ashlynn	03 Sundown AC	12.75q	0.7	6
6 Thompson, Shadae	07 Durham Dragons	12.87q	0.6	3
7 Rivard, Lexy	04 Central Ontario	12.96q	0.7	5
8 Nyarkoh, Priscilla	03 Extreme Velocity	13.17q	0.7	6
9 Coates-Cameron, Kiana	05 Maximus Performance	13.24q	0.7	5
10 Arnold, Keira	05 310 Running	13.27q	0.7	4
11 Cornforth, Holly	07 South Simcoe	13.40q	0.7	4
12 Maraidas, Tatiana	05 Unattached Ontario	13.64q	0.6	3
13 Mayer, Amanda	04 Central Ontario	14.01q	0.7	6
14 Brennan, Kelly	97 Ottawa Lions T.F.C.	14.02q	1.4	2
15 Tichy, Maryn	07 310 Running	14.04q	1.4	2
16 Kongas, Maryn	06 Saugeen Track	14.07q	0.6	3
17 Phillip, Aleeta	01 Unattached Ontario	14.19	1.4	2
18 Medcalf, Sarah	03 Central Ontario	14.34	0.7	6
19 Rands, Carylie	07 Saugeen Track	14.41	0.7	4

Event 1 Women 100 Meter Dash

Name	Year Team	Finals	Wind	H#
Finals				
1 Defreitas, Tameran	94 South Simcoe	11.94	1.8	5
2 Goudros, Izzy	03 Unattached Ontario	12.02	1.8	5
3 Catton, Jillian	03 Brampton Track	12.31	1.8	5
4 Williams, Jordanne	90 Unattached Ontario	12.45	1.8	5
5 Gilhula, Ashlynn	03 Sundown AC	12.73	1.3	4
6 Thompson, Shadae	07 Durham Dragons	12.86	1.3	4
7 Rivard, Lexy	04 Central Ontario	13.02	1.3	4
8 Nyarkoh, Priscilla	03 Extreme Velocity	13.29	1.3	4
9 Arnold, Keira	05 310 Running	13.43	0.5	3
10 Maraidas, Tatiana	05 Unattached Ontario	13.46	0.5	3
11 Cornforth, Holly	07 South Simcoe	13.56	0.5	3
12 Tichy, Maryn	07 310 Running	14.22	0.5	3

Event 2 Men 100 Meter Dash
Top 16 Advance by Time

Name	Year Team	Prelims	Wind	H#
Preliminaries				
1 Barresi, Domenic	03 Hamilton Olympic	10.65q	2.5	6
2 Powell, Keysean	97 Extreme Velocity	10.78q	1.0	7



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3	Small, Almond	03	Unattached Ontario	10.97q	0.8	5	
4	Fraser, Brayden	01	Extreme Velocity	11.10q	1.9	2	
5	Jackson, Kejean	97	Unattached Ontario	11.15q	0.8	3	
6	Miller, Jordan	99	Jamcan Int.	11.23q	0.8	4	
7	Shaw, Daniel	97	Unattached Ontario	11.25q	1.9	2	
8	Fraser, Jayden	01	Extreme Velocity	11.27q	2.1	1	
9	Vandendriesschen, Lucas	01	London Legion	11.36q	1.0	7	
10	Caughy, Ryan	03	Saugeen Track	11.37q	2.5	6	
11	Teal, Carter	02	Thorold Elite	11.49q	2.1	1	
12	Jevremovic, Damien	03	Kitch. Waterloo	11.55q	0.8	4	
13	Gillham, Andrew	02	Burlington Track	11.62q	0.8	5	
14	Hinsperger, Aiden	03	Saugeen Track	11.64q	0.8	3	
15	Dommasch, Noah	02	Brantford T.F.C.	11.77q	0.8	4	
16	Kilgour, Luke	02	South Simcoe	11.80q	1.0	7	
17	Waldmann, Noah	03	Saugeen Track	11.89	0.8	5	11.881
18	Pipitone, Robert	96	York Region	11.89	0.8	3	11.883
19	Chen, Nelson	03	Kitch. Waterloo	11.91	2.1	1	
20	Gallichan, Aaron	04	Burlington Track	11.96	1.9	2	
21	Raposo, Nuno	01	South Simcoe	12.03	0.8	5	
22	Warburton, Christopher	65	Variety Village	12.09	1.9	2	
23	Willson, William	06	London Legion	12.15	0.8	4	
24	Hernandez, Amari	04	Maximus Performance	12.20	2.1	1	
25	Hall, Nahshon	07	Unattached Ontario	12.33	0.8	3	
26	Taunu, Tony	01	Unattached Ontario	12.51	2.5	6	
27	Miller, Leroy	68	Jamcan Int.	13.09	2.5	6	
28	Miller, Liam	06	Burlington Track	13.29	1.0	7	

Event 2 Men 100 Meter Dash

Name	Year	Team	Finals	Wind	H#		
Finals							
1	Powell, Keysean	97	Extreme Velocity	10.49	3.0	4	
2	Barresi, Domenic	03	Hamilton Olympic	10.52	3.0	4	
3	Small, Almond	03	Unattached Ontario	10.76	3.0	4	
4	Jackson, Kejean	97	Unattached Ontario	10.91	2.2	3	
5	Fraser, Brayden	01	Extreme Velocity	10.93	3.0	4	
6	Vandendriesschen, Lucas	01	London Legion	11.05	3.4	2	
7	Fraser, Jayden	01	Extreme Velocity	11.16	2.2	3	11.151
8	Miller, Jordan	99	Jamcan Int.	11.16	2.2	3	11.152
9	Shaw, Daniel	97	Unattached Ontario	11.30	2.2	3	
10	Caughy, Ryan	03	Saugeen Track	11.35	3.4	2	
11	Teal, Carter	02	Thorold Elite	11.40	3.4	2	
12	Jevremovic, Damien	03	Kitch. Waterloo	11.58	3.4	2	
13	Gillham, Andrew	02	Burlington Track	11.59	1.6	1	
14	Dommasch, Noah	02	Brantford T.F.C.	11.75	1.6	1	



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Event 3 Girls 12-13 400 Meter Dash

Name	Year Team	Finals	H#
1 Rands, Carylie	07 Saugeen Track	1:10.66	2

Event 3 Women 14-15 400 Meter Dash

Name	Year Team	Finals	H#
1 Dodds, Amelia	05 Monte Cristo	1:01.29	6
2 Riley, Elle	05 Durham Dragons	1:01.80	5
3 Dundas, Stephanie	05 Durham Dragons	1:03.24	4
4 Jelaca, Katie	05 310 Running	1:05.81	4
5 Kongas, Maryn	06 Saugeen Track	1:07.15	3

Event 3 Women 16-17 400 Meter Dash

Name	Year Team	Finals	H#
1 Draves, Kathryn	03 South Simcoe	57.71	5
2 Rivard, Lexy	04 Central Ontario	58.77	5
3 McKenzie, Nicole	03 Boost Athletics	58.99	7
4 Ivanov, Alena	03 London Legion	59.22	7
5 Knelsen, Hallee	03 St Thomas Legion	59.91	7
6 Dodds, Olivia	04 Monte Cristo	59.96	5
7 Wilson, Michaela	04 Unattached Ontario	1:00.63	7
8 Maurice, Aysia	04 310 Running	1:02.19	6
9 Miller, Quinn	03 Bolton Pole Vault	1:02.68	4
10 Burt, Anna	04 South Simcoe	1:03.62	4
11 Rodrigues, Sierra	04 310 Running	1:04.37	6
12 Nyarkoh, Priscilla	03 Extreme Velocity	1:04.67	3
13 Vangaalen, Imani	04 Kitch. Waterloo	1:05.11	3
14 Wadge, Kate	04 South Simcoe	1:05.61	2
15 Mayer, Amanda	04 Central Ontario	1:08.23	3

Event 3 Women 20+ 400 Meter Dash

Name	Year Team	Finals	H#
1 Tavernier, Zakiya	97 Extreme Velocity	59.39	6
2 Del Grande, Karla	53 Variety Village	1:08.72	2

Event 4 Men 14-15 400 Meter Dash

Name	Year Team	Finals	H#
1 Stone, Gavin	05 Thorold Elite	54.51	3
2 Miller, Liam	06 Burlington Track	59.73	1
3 Clarke, Devon	05 310 Running	59.99	1



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Event 4 Men 16-17 400 Meter Dash

Name	Year	Team	Finals	H#
1 Ellis, Micaiah	04	Central Ontario	51.69	5
2 Waldmann, Noah	03	Saugeen Track	51.71	5
3 Hinsperger, Aiden	03	Saugeen Track	52.68	4
4 Caughy, Ryan	03	Saugeen Track	52.84	5
5 Reader, Daniel	03	Hamilton Olympic	53.02	6
6 Derlis, Taylor	03	South Simcoe	53.03	4
7 Basson, Mason	04	St Thomas Legion	53.13	3
8 Gallichan, Aaron	04	Burlington Track	53.15	3
9 Hernandez, Amari	04	Maximus Performance	53.36	4
10 Nicolle, Carter	03	South Simcoe	53.49	4
11 Voss, Tom	04	Monte Cristo	54.45	2
12 Woodland, Emmett	04	South Simcoe	54.54	3
13 Moore, Vincent	04	St Thomas Legion	54.71	2
14 Thomas, Sam	03	Sundown AC	56.77	1
15 Pelletier, Connor	04	Thorold Elite	56.90	2
16 McGrath, Jonathan	03	Kitch. Waterloo	59.13	1

Event 4 Men 18-19 400 Meter Dash

Name	Year	Team	Finals	H#
1 Teal, Carter	02	Thorold Elite	50.14	6
2 Danson, Sebastian	01	Monarch AC	51.53	6
3 Legaspi, Nicholas	02	Burlington Track	53.60	5

Event 4 Men 20+ 400 Meter Dash

Name	Year	Team	Finals	H#
1 McClelland, Ryan	96	Uni. Toronto TC	48.66	6
2 Shaw, Daniel	97	Unattached Ontario	53.75	2

Event 5 Girls 12-13 1200 Meter Run

Name	Year	Team	Finals	H#
1 Ruggeri, Gabriella	07	Etobicoke Track	3:58.72	3
2 Pratt, Kaley	08	Unattached Ontario	4:14.86	2
3 Gibb, Mckenna	07	310 Running	4:17.04	3
4 Latham, Olivia	08	Saugeen Track	4:31.25	2
5 Lovshin, Brianna	08	Toronto Olympic	4:36.91	1
6 Noga, Brianna	08	310 Running	4:39.80	1
7 Johnson, Sadie	08	310 Running	4:51.99	1



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Event 5 Women 14-15 1200 Meter Run

Name	Year Team	Finals	H#
1 Dodds, Amelia	05 Monte Cristo	3:52.63	4
2 Quanz, Brooklyn	05 Saugeen Track	3:54.47	4
3 Jaklova, Anna	05 Unattached Ontario	3:57.48	4
4 Di Giovanni, Alesandra	05 310 Running	4:00.26	4
5 Molloy, Emma	05 Boardwalk RC	4:08.78	3
6 Wheeler, Grace	05 Saugeen Track	4:21.82	3
7 Gilmer, Hannah-Bella	05 310 Running	4:41.89	2
8 Elliott, Abigail	05 310 Running	4:42.11	2
9 McAuslan, Madeline	06 310 Running	5:19.39	1

Event 6 Men 12-13 1200 Meter Run

Name	Year Team	Finals
1 Wheeler, James	07 Saugeen Track	4:25.24

Event 6 Men 14-15 1200 Meter Run

Name	Year Team	Finals	H#
1 Bauman, Liam	05 310 Running	3:37.65	2
2 Bennett, Cameron	06 310 Running	3:38.27	2
3 McAuslan, Spencer	06 310 Running	3:59.49	1
4 Nobrega, Thomas	06 310 Running	4:02.01	2
5 Dampier, Adam	06 Burlington Track	4:15.74	1
6 Belanger, Luke	06 Saugeen Track	4:16.08	1

Event 7 Women 14-15 1500 Meter Run

Name	Year Team	Finals	H#
1 Rands, Claire	05 Saugeen Track	5:00.02	2

Event 7 Women 16-17 1500 Meter Run

Name	Year Team	Finals	H#
1 Thomas, Chloe	03 Hamilton Olympic	4:39.94	3
2 Morariu, Ana	03 Saugeen Track	4:57.01	2
3 Young, Laine	04 Sundown AC	5:02.71	1
4 Dodds, Olivia	04 Monte Cristo	5:04.71	2
5 McBride, Lily	04 Burlington Track	5:05.75	1
6 Medcalf, Sarah	03 Central Ontario	5:20.44	3



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Event 7 Women 18-19 1500 Meter Run

Name	Year Team	Finals
1 Overholt, Kayla	02 Burlington Track	5:24.67

Event 7 Women 20+ 1500 Meter Run

Name	Year Team	Finals	H#
1 Huggins, Dallyssa	98 Unattached Ontario	5:14.21	3

Event 8 Men 14-15 1500 Meter Run

Name	Year Team	Finals	H#
1 Unger, Erik	05 Unattached Ontario	4:14.39	6
2 Rashid-Cocker, Ethan	05 Uni. Toronto TC	4:25.93	6
3 Jiang, David	06 Uni. Toronto TC	4:26.33	6
4 Parkes, Owen	05 Burlington Track	4:39.38	2
5 Cooke-Bithrey, Landyn	06 Burlington Track	5:13.21	1
6 Adebajo, Tolu	06 Unattached Ontario	5:14.19	2

Event 8 Men 16-17 1500 Meter Run

Name	Year Team	Finals	H#
1 Ferri, Dylan	04 Burlington Track	4:08.18	6
2 Belanger, Ethan	03 Burlington Track	4:20.77	5
3 Lehto, Jack	04 Burlington Track	4:21.41	4
4 Kleinsmith, Adam	04 Thorold Elite	4:21.49	4
5 Moore, Vincent	04 St Thomas Legion	4:32.90	4
6 Voss, Tom	04 Monte Cristo	4:35.98	4
7 Milton, Markus	04 310 Running	4:39.80	2
8 Cole, Justin	03 St Thomas Legion	4:42.87	3
9 Rende, Francesco	04 Toronto West	4:53.17	2
10 Steffler, Carter	03 Kitch. Waterloo	5:30.53	5

Event 8 Men 18-19 1500 Meter Run

Name	Year Team	Finals	H#
1 Ferri, Ryan	02 Burlington Track	4:33.27	5

Event 8 Men 20+ 1500 Meter Run

Name	Year Team	Finals	H#
1 Osland, Paul	64 Uni. Toronto TC	4:31.15	3
2 McGill, Robert	76 Unattached Ontario	4:32.13	3
3 Brecher, Jay	74 Uni. Toronto TC	4:44.66	5
4 Mathews, Michael	88 310 Running	5:08.05	1



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....Event 8 Men 20+ 1500 Meter Run

5	Byrne, Louis	71 Toronto Olympic	5:37.59	1
--	Rayner, Simon	64 Uni. Toronto TC	DNF	3

Event 9 Women 16-17 5000 Meter Run

Name	Year Team	Finals
1 Keeler, Jadyne	03 South Simcoe	17:56.04
2 Rodriguez, Catherine	03 310 Running	19:07.11

