

**310 Running Invitational 2**  
**Splits Available at <https://bit.ly/2020-310-invite-2>**  
**Humberview Secondary School - 2020-08-22**  
**Results**

**Event 1 Women 200 Meter Dash Open**  
**Top 16 Advance by Time**

Name	Year Team	Seed	Prelims	Wind	H#
<b>Preliminaries</b>					
1 Goudros, Izzy	03 Unattached Ontario	23.84	24.84q	1.1	7
2 Catton, Jillian	03 Brampton Track	24.17	25.04q	0.1	6
3 McKenzie, Nicole	03 Boost AC	25.50	25.45q	2.0	3
4 Tavernier, Zakiya	97 Extreme Velocity	24.97	25.56q	0.7	5
5 Williams, Jordanne	90 Unattached Ontario	25.20	25.62q	1.3	4
6 Shadd-Ceres, Trinity	06 Maximus Performance	26.02	25.86q	-0.9	1
7 Winters, Sa'mone	03 Boost AC	26.10	26.21q	-0.9	1
8 Weening, Abby	03 Peak Velocity	26.26	26.36q	-0.1	2
9 Rivard, Lexy	04 Central Ontario	26.60	26.44q	1.3	4
10 Nyarkoh, Priscilla	03 Extreme Velocity	26.97	26.64q	0.7	5
11 Wilson, Michaela	04 Unattached Ontario	27.65	27.10q	1.3	4
12 Lugirthanathan, Sahana	04 Eclipse Track	26.40	27.30q	2.0	3
13 Dundas, Stephanie	05 Durham Dragons	27.41	27.45q	1.1	7
14 Coates-Cameron, Kiana	05 Maximus Performance	28.20	27.54q	-0.9	1
15 Arnold, Keira	05 310 Running	27.55	27.64q	1.1	7
16 Osinuga, Semilore	04 Eclipse Track	27.00	27.67q	0.1	6
17 Cattana, Simone	04 Uni. Toronto TC	28.10	27.90	-0.1	2
18 Maraidas, Tatiana	03 Unattached Ontario	27.60	28.13	0.7	5
19 Cuffy, Nyla	05 Boost AC	27.80	28.26	2.0	3
20 Vangaalen, Imani	04 Kitch. Waterloo	27.56	28.54	0.1	6
21 Brennan, Kelly	97 Ottawa Lions T.F.C.	29.72	28.74	2.0	3
22 Mactavish, Heather	03 Peak Velocity	28.81	29.12	-0.1	2
23 Del Grande, Karla	53 Variety Village	30.05	29.19	0.7	5
24 Tichy, Maryn	07 310 Running	29.95	29.78	1.3	4
25 Hayhoe, Kelsey	03 Unattached Ontario	28.55	30.12	-0.9	1
26 Rands, Carylie	07 Saugeen Track	30.16	30.31	0.1	6
27 Gilmer, Hannah-Bella	05 310 Running	30.50	31.59	1.1	7

**Event 1 Women 200 Meter Dash Open**

Name	Year Team	Prelims	Finals	Wind	H#
<b>Finals</b>					
1 Goudros, Izzy	03 Unattached Ontario	24.84	24.56	-2.1	4
2 Catton, Jillian	03 Brampton Track	25.04	25.15	-2.1	4
3 Williams, Jordanne	90 Unattached Ontario	25.62	25.29	-1.1	3
4 Shadd-Ceres, Trinity	06 Maximus Performance	25.86	25.58	-1.1	3
5 Tavernier, Zakiya	97 Extreme Velocity	25.56	25.63	-2.1	4
6 Nyarkoh, Priscilla	03 Extreme Velocity	26.64	26.06	1.5	2
7 Rivard, Lexy	04 Central Ontario	26.44	26.11	1.5	2
8 Wilson, Michaela	04 Unattached Ontario	27.10	26.55	1.5	2
9 Dundas, Stephanie	05 Durham Dragons	27.45	27.01	0.7	1
10 Osinuga, Semilore	04 Eclipse Track	27.67	27.31	0.7	1
11 Arnold, Keira	05 310 Running	27.64	27.59	0.7	1
12 Coates-Cameron, Kiana	05 Maximus Performance	27.54	28.05	0.7	1

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**Event 2 Men 200 Meter Dash Open**  
**Top 16 Advance by Time**

Name	Year Team	Seed	Prelims	Wind	H#
<b>Preliminaries</b>					
1 Barresi, Domenic	03 Hamilton Olympic	21.79	21.67q	-0.8	7
2 McClelland, Ryan	96 Uni. Toronto TC	22.00	21.87q	0.7	4
3 Jackson, Kejean	97 Unattached Ontario	21.95	22.33q	1.6	6
4 Teal, Carter	02 Thorold Elite	22.00	22.39q	1.5	5
5 Helman, Alex	93 Centro Scuola	22.50	22.66q	1.1	3
6 Caughy, Ryan	03 Saugeen Track	23.00	22.81q	1.1	3
7 Campbell, Travis	03 Hamilton Olympic	22.80	22.89q	1.2	1
8 Rookwood, Marqus	00 Hamilton Olympic	22.85	23.13q	1.5	2
9 Vandendriesschen, Lucas	01 London Legion	23.20	23.16q	1.6	6
10 Shaw, Daniel	97 Unattached Ontario	23.25	23.54q	-0.8	7
11 Jevremovic, Damien	03 Kitch. Waterloo	23.91	23.55q	1.6	6
12 Ellis, Micaiah	04 Central Ontario	23.05	23.56q	0.7	4
13 Di Florio, Alexander	01 Centro Scuola		24.01q	1.1	3
14 Brown, Jaylan	03 Mississauga T.F.C.	23.53	24.09q	-0.8	7
15 Hernandez, Amari	04 Maximus Performance	23.20	24.21q	1.5	5
16 Arseneau, Dryden	03 Eclipse Track	24.90	24.25q	1.2	1
17 Briones, Jason	00 Unattached Ontario	22.60	24.53	1.2	1
18 Hall, Nahshon	07 Unattached Ontario	24.58	24.72	1.1	3
19 Dri, Zach	04 Boost AC	24.50	24.77	0.7	4
20 Pipitone, Robert	96 York Region	24.75	24.82	1.5	2
21 Chen, Nelson	03 Kitch. Waterloo	25.00	24.83	1.2	1
22 Peterson, Theodore	98 Unattached Ontario	22.50	24.85	1.5	2
23 Jyrkama, Isaac	03 Kitch. Waterloo	26.88	25.33	1.5	5
24 Fujii, Yujiro	05 Kitch. Waterloo	26.50	25.70	1.5	2
25 Kowai, Luseni	04 Maximus Performance	24.20	26.17	1.5	5
26 Christensen, Andrew	98 Unattached Ontario	26.82	26.47	0.7	4
27 Aslani, Adrian Aria	96 Jamcan	28.60	27.07	1.6	6

**Event 2 Men 200 Meter Dash Open**

Name	Year Team	Prelims	Finals	Wind	H#
<b>Finals</b>					
1 Barresi, Domenic	03 Hamilton Olympic	21.67	21.71	-2.2	4
2 McClelland, Ryan	96 Uni. Toronto TC	21.87	21.90	-2.2	4
3 Jackson, Kejean	97 Unattached Ontario	22.33	22.44	-2.2	4
4 Teal, Carter	02 Thorold Elite	22.39	22.72	-2.2	4
5 Campbell, Travis	03 Hamilton Olympic	22.89	22.76	+0.0	3
6 Caughy, Ryan	03 Saugeen Track	22.81	23.17	+0.0	3
7 Hernandez, Amari	04 Maximus Performance	24.21	23.52	1.1	1
8 Brown, Jaylan	03 Mississauga T.F.C.	24.09	23.59	1.1	1
9 Shaw, Daniel	97 Unattached Ontario	23.54	23.67	-0.7	2
10 Di Florio, Alexander	01 Centro Scuola	24.01	23.81	1.1	1
11 Jevremovic, Damien	03 Kitch. Waterloo	23.55	23.92	-0.7	2
12 Briones, Jason	00 Unattached Ontario	24.53	24.61	+0.0	3
13 Arseneau, Dryden	03 Eclipse Track	24.25	24.65	1.1	1

**310 Running Invitational 2**  
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**Event 3 Girls 13&U 800 Meter Run Open**

Name	Year Team	Seed	Finals	H#
1 Ruggeri, Gabriella	07 Etobicoke Track	2:24.00	2:26.15	4
2 Pratt, Kaley	08 Unattached Ontario	2:27.00	2:32.54	4
3 Denes, Julia	07 Peak Velocity	2:37.00	2:41.90	3
4 Gibb, Mckenna	07 310 Running	2:35.00	2:46.78	3
5 Twyne, Mckinnley	08 Eclipse Track	2:40.00	2:48.65	2
6 Latham, Olivia	08 Saugeen Track	2:40.73	2:51.16	2
7 Noga, Brianna	08 310 Running	2:45.00	2:57.52	2

**Event 3 Women 14-15 800 Meter Run Open**

Name	Year Team	Seed	Finals	H#
1 Dodds, Amelia	05 Monte Cristo	2:15.02	2:15.99	5
2 Rands, Claire	05 Saugeen Track	2:17.00	2:24.50	5
3 Wheeler, Grace	05 Saugeen Track	2:27.01	2:39.16	4
4 Samson, Rachel	05 310 Running	2:58.00	2:58.08	1
5 Elliott, Abigail	05 310 Running	2:55.00	3:04.60	1
6 Barker, Melina	06 310 Running	3:22.00	3:17.35	1

**Event 3 Women 16-17 800 Meter Run Open**

Name	Year Team	Seed	Finals	H#
1 Dodds, Olivia	04 Monte Cristo	2:15.01	2:16.95	5
2 Rivard, Lexy	04 Central Ontario	2:18.00	2:18.89	5

**Event 3 Women 20+ 800 Meter Run Open**

Name	Year Team	Seed	Finals	H#
1 Bush, Kayleigh	00 Athletics Niagara	2:30.00	2:36.80	3

**Event 4 Men 13&U 800 Meter Run Open**

Name	Year Team	Seed	Finals
1 Bouius, Eli	08 Saugeen Track	2:27.06	2:26.84
2 Wheeler, James	07 Saugeen Track	2:45.00	2:48.71

**Event 4 Men 14-15 800 Meter Run Open**

Name	Year Team	Seed	Finals	H#
1 Stone, Gavin	05 Thorold Elite	2:04.00	2:07.40	6
2 Jiang, David	06 Uni. Toronto TC	2:08.00	2:11.82	4
3 Adebajo, Tolu	06 Unattached Ontario	2:19.00	2:13.51	2
4 Bennett, Cameron	06 310 Running	2:13.00	2:13.98	3
5 LeBlanc, Sonny	05 Thorold Elite	2:16.00	2:16.20	3
6 Clarke, Devon	05 310 Running	2:17.00	2:24.46	2
7 Nobrega, Thomas	06 310 Running	2:26.00	2:26.14	1
8 McAuslan, Spencer	06 310 Running	2:25.00	2:26.59	2
9 Playfair, Aidan	06 Saugeen Track	2:30.00	2:35.66	1

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**Event 4 Men 16-17 800 Meter Run Open**

Name	Year Team	Seed	Finals	H#
1 Ellis, Micaiah	04 Central Ontario	1:55.00	1:59.17	7
2 Bouius, Tristan	04 Saugeen Track	2:01.00	2:06.69	7
3 Voss, Tom	04 Monte Cristo	2:07.11	2:07.22	5
4 Pelletier, Connor	04 Thorold Elite	2:07.83	2:10.27	4
5 O'Connell, Jack	04 Toronto West	2:10.00	2:11.28	4
6 Milton, Markus	04 310 Running	2:15.00	2:12.71	3
7 Zamparo, Julian	03 Toronto West	2:07.00	2:13.52	5
8 Regis, Jalen	04 Unattached Ontario	2:15.00	2:17.80	3
9 McGrath, Jonathan	03 Kitch. Waterloo	2:10.78	2:18.61	4
10 Steffler, Carter	03 Kitch. Waterloo	2:05.19	2:27.9h	6

**Event 4 Men 18-19 800 Meter Run Open**

Name	Year Team	Seed	Finals	H#
1 Di Florio, Alexander	01 Centro Scuola	2:00.00	2:06.18	7

**Event 4 Men 20+ 800 Meter Run Open**

Name	Year Team	Seed	Finals	H#
1 Birch, Patrick	88 Unattached Ontario	2:01.00	2:03.60	6
2 Dyck, Jim	65 Toronto Harriers	2:04.80	2:04.20	6
3 Osland, Paul	64 Uni. Toronto TC	2:06.00	2:14.46	5
4 Brecher, Jay	74 Uni. Toronto TC	2:06.50	2:14.64	5
5 Byrne, Louis	71 Toronto Olympic	2:20.00	2:27.73	2

**Event 5 Girls 13&U 2000 Meter Run U16**

Name	Year Team	Seed	Finals
1 Lovshin, Brianna	08 Toronto Olympic	7:45.00	8:06.74
2 Johnson, Sadie	08 310 Running	8:37.00	9:08.61

**Event 5 Women 14-15 2000 Meter Run U16**

Name	Year Team	Seed	Finals	H#
1 Keller, Florina	05 Hamilton Olympic	6:59.00	7:12.02	2
2 Molloy, Emma	05 Boardwalk RC	7:05.00	7:22.48	2
3 Watson, Sarah	05 Burlington T.F.C	7:10.19	7:27.64	2
4 McAuslan, Madeline	06 310 Running	9:26.00	9:10.82	1

**Event 6 Men 14-15 2000 Meter Run U16**

Name	Year Team	Seed	Finals
1 Unger, Erik	05 Unattached Ontario	5:55.00	5:57.59
2 Keller, Benjamin	05 Hamilton Olympic	6:24.00	6:18.38
3 Bauman, Liam	05 310 Running	6:29.00	6:19.87
4 Kleinsmith, Matthew	06 Thorold Elite	6:20.00	6:20.97

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**Event 7 Women 14-15 3000 Meter Run Open**

Name	Year Team	Seed	Finals	H#
1 Quanz, Brooklyn	05 Saugeen Track	10:40.00	11:09.91	2
2 Lovshin, Muriel	06 Toronto Olympic	10:35.00	11:53.14	2

**Event 7 Women 16-17 3000 Meter Run Open**

Name	Year Team	Seed	Finals	H#
1 Thomas, Chloe	03 Hamilton Olympic	9:55.00	10:16.03	3
2 Keeler, Jady	03 South Simcoe	9:57.00	10:21.48	3
3 Rodriguez, Catherine	03 310 Running	10:45.00	10:44.15	2
4 Rodrigues, Sierra	04 310 Running	10:30.00	11:01.63	2
5 Strain, Molly	03 Peterborough	10:24.29	11:33.77	3
6 Medcalf, Sarah	03 Central Ontario	11:00.00	11:45.98	1
7 Wood, Sophy	03 Peterborough	11:43.56	12:50.80	1
8 Mayer, Amanda	04 Central Ontario	11:37.50	13:01.62	1
-- Bryce, Emily	03 Saugeen Track	9:50.00	DNF	3

**Event 7 Women 20+ 3000 Meter Run Open**

Name	Year Team	Seed	Finals
1 Catton, Nancy	67 Physi-Kult	11:45.00	12:13.46

**Event 8 Men 14-15 3000 Meter Run Open**

Name	Year Team	Seed	Finals
1 Parkes, Owen	05 Burlington T.F.C	10:03.01	9:57.22

**Event 8 Men 16-17 3000 Meter Run Open**

Name	Year Team	Seed	Finals	H#
1 Belanger, Ethan	03 Burlington T.F.C	9:07.21	9:14.01	4
2 Jelaca, Justin	03 Toronto West	8:50.00	9:26.14	4
3 Webb, Tynan	03 South Simcoe	9:32.00	9:48.82	3
4 Sahai, Rishab	03 Eclipse Track	9:40.00	10:08.70	2
5 Rende, Francesco	04 Toronto West	10:15.00	10:30.78	1
6 Kleinsmith, Adam	04 Thorold Elite	9:35.00	10:36.47	3

**Event 8 Men 18-19 3000 Meter Run Open**

Name	Year Team	Seed	Finals	H#
1 Young, Talman	02 Guelph Elite Track	8:45.00	9:06.23	4

**Event 8 Men 20+ 3000 Meter Run Open**

Name	Year Team	Seed	Finals	H#
1 Loeppky, Rodney	69 Physi-Kult	9:38.00	9:44.48	2
2 Rayner, Simon	64 Uni. Toronto TC	9:35.00	10:11.41	3

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**....Event 8 Men 20+ 3000 Meter Run Open**

3 Mathews, Michael	88 310 Running	11:00.00	10:58.66	1
-- McGill, Robert	76 Unattached Ontario	9:36.00	DNF	2

**Event 9 Girls 13&U 200 Meter Hurdles 0.762m U16**

Name	Year Team	Seed	Finals	Wind
1 Gibb, Mckenna	07 310 Running	37.00	34.89	-0.4
2 Tichy, Maryn	07 310 Running	38.99	38.24	-0.4

**Event 9 Women 14-15 200 Meter Hurdles 0.762m U16**

Name	Year Team	Seed	Finals	Wind
1 Jelaca, Katie	05 310 Running	31.00	31.62	-0.4

**Event 11 Women 14-15 300 Meter Hurdles Open**

Name	Year Team	Seed	Finals	
1 Riley, Elle	05 Durham Dragons	48.83	49.42	0.762m

**Event 11 Women 20+ 300 Meter Hurdles Open**

Name	Year Team	Seed	Finals	
1 Del Grande, Karla	53 Variety Village	58.00	56.02	0.686m

**Event 13 Women 16-17 400 Meter Hurdles 0.762m Open**

Name	Year Team	Seed	Finals	H#
1 Miller, Quinn	03 Bolton Pole Vault	1:08.00	1:08.17	2
2 Maurice, Aysia	04 310 Running	1:08.00	1:08.37	2
3 Hogarth, Calli	04 Peak Velocity	1:06.00	1:15.73	2

**Event 13 Women 18-19 400 Meter Hurdles 0.762m Open**

Name	Year Team	Seed	Finals	
1 Sun, Sophie	02 Etobicoke Track	1:11.00	1:13.21	
2 Maurice, Alexys	02 310 Running	1:12.00	1:18.60	
-- White, Madelyn	02 310 Running	1:12.00	DNF	

**Event 14 Men 16-17 400 Meter Hurdles 0.840m Open**

Name	Year Team	Seed	Finals	
1 King, Ryder	04 Etobicoke Track	57.24	57.19	

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**Event 15 Men 1600 Meter Run Exhibition Open**

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Name	Year	Team	Seed	Finals
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1 Mancini, Derren	01	Unattached Ontario		5:31.13