

1/12/22

Athletics Nelson - Programme 2

5:15 Notices and Warm Up

5:30 200m Shot Put Discus Long Jump High Jump

5:50 Long Jump 1 Discus Shot Put 200m

6:10 60m Discus Long Jump High Jump Shot Put

6:30 Discus Shot Put Long Jump Long Jump Shot Put 800m

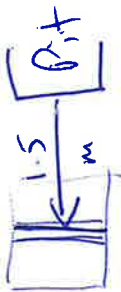
500g Discus

Recording Night Prog 2
Grade 5,6,7 G+B

INT 1 INT 2

	200m	LJ 1	LJ 2	LJ 3	60m	Discus 1	Discus 2	Discus 3
Addison Wincer	53.15	1.94	1.98	1.61	13.29	4.06	5.19	
Phoebe Mitchell	44.14	2.42	2.50	2.47	11.76	n/t	n/t	
David Page	6							
Luca Reynolds	52.50	1.68	1.15	1.25	12.97	4.55	2.84	
Luke Russell	52.34	1.44	1.45	1.26	15.37	3.38	n/t	
Piper Saena McFarland	48.41	2.26	2.18	2.02	12.59	1.95	n/t	
Raffaella Benson	50.00	1.57	1.82	1.61	13.74	3.2	n/t	
Mia Brunell	7	2.09	2.15	n/j		7.24	n/t	
Jayden Cederman	7							
Jack Dolan-Smith	61.01	1.63	1.44	1.78	14.57	n/t 3.76	5.5	
Hanna Gorrie	7							
Charlotte Lawlor	7							
Jackson McGrath	44.88	1.78	2.03	1.66	13.40	n/t	6.66	
Daniel Page	42.52	2.72	n/j	2.47	10.13	8.81	9.18	
Max Persson	39.92	3.03	3.17	n/j	11.47	7.98	10.44	
Kahn Reece	54.98	1.50	1.52	1.3	16.41	3.12	n/t	
Nixon Wessels	51.91	2.03	2.11	n/j	14.65	n/t	n/t	

✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓



1.5m to front of white board.

Recording Sheet

Grade 9 Girls

Date: 1/12/22

Athletics Nelson - Programme 2
 5/6/7 8 96 98 10 11 12 13+
 Notices and Warm Up
 5:15
 5:30 200m Shot Discus Long High
 Long Jump 1 Discus Shot Put Long High
 Jump 2 Put High Jump
 5:50
 6:10 60m Discus Long High Shot
 Discus Long Jump Put
 6:30 Discus Shot Put Long Jump
 800m

500g Discus

	200m	Discus 1	Discus 2	Discus 3	60m	LJ	LJ	LJ	LJ
Elowyn Brooke									
✓ Caitlin Dixon	36.87	9.8 M	9.69 9.69	7.28 7.28 M	8.78 10.11	2.95	3.34 3.34	3.06	
Isla Fifield									
Ava Lawlor									
✓ Indy Nicholls		6.72 M	6.21 M	6.56 M	12.43				
✓ Natalie Nish	40.10	11.03 11.03 M	7.52 7.52 M	8.15 M	10.79	3.20 3.20	3.07 3.07	2.98	
Vanessa Pokoati-Ramirez									
✓ Ria Richards	42.05	8.3 M	7.14 7.14 M	8.74 8.74 M	11.11	2.63	2.85 2.85	2.84	
✓ Frankie Webber	42.32	8.01 M	8.09 M	7.92 M	—	2.07	2.30		

could not add

Recording Sheet

Date: 11/2/22

Athletics Nelson - Programme 2

5:15 Notices and Warm Up
 5:30 200m
 5:50 Long Jump 1 Long Jump 2 Discus Shot Put
 6:10 60m Discus Long Jump High Jump Shot Put
 6:30 Discus Shot Put Long Jump 1 Long Jump 2 800m

Grade 10

2ky shot

	Shot 1	Shot 2	Shot 3	200m	Discus 1	Discus 2	Discus 3	800m
o Rachel Brown	3.07	3.64	3.80	37.64	-	-		3.10.79
o Dyllan Colville	4.51	4.14	-	39.25	7.12	7.56		3.31.29
Dylan Gornall								
Andre Grobler								
o Olivia Hill	5.17	5.25	5.54	43.17	10.72	11.97		-
o Kaja Honsel	4.46	4.83	4.43	37.33	8.26	-		3.54.64
o Leo Jeffree	5.39	5.82	5.62	38.66	13.76	13.01		3.46.94
o Jakob Kapitza	4.94	4.57	4.84	40.61	9.19	8.93		3.23.72
o Tessa Knight	3.81	3.93	3.30	41.31	6.44	7.45		3.33.94
Millie Lewers								
o Levi Mitchell	6.24	5.52	5.99	34.16	14.52	-		3.24.10
o Hemi Niblett	5.80	6.32	6.81	34.40	11.47	15.19		3.24.08
o Dylan Peake	4.72	4.66	4.95	38.95	11.32	-		3.43.40
o Zoe Templeton-Bernal	2.60	3.81	3.80	38.22	7.87	6.9		3.32.08
o Sophie Tyler	3.95	3.84	3.90	38.20	9.5	-		3.28.20
o Kate Jones	4.88	4.65	4.96	37.42	5.46	7.95		3.10.11
o Francesca Denny	3.48	3.55	3.19	34.02	7.78	-		3.29.91

No 800m
 800m add
 800m add

750g
 Discus

could not
 add



Results Sheet

Date: 1/12/22

Athletics Nelson - Programme 2

5:15 5/6/7 8 96 98 10 11 12 13+
 Notices and Warm Up
 5:30 200m Shot Put
 5:50 Long Jump 1 Long Jump 2 Discus Shot Put
 6:10 60m Discus Long Jump High Jump
 6:30 Discus Shot Put Long Jump High Jump
 800m

750g
 Discus

Grade 11

	Discus 1	Discus 2	Discus 3	200m	LJ 1	LJ 2	LJ 3	800m
Theo	12.93							
Chloe								
Callum	12.93	13.15	12.54	30.55	N/S	3.52	3.36	
Tahlia								
Liam								
Isaac					3.48	3.96	3.90	314.18
Aida	N/T	8.17	7.96	30.83	3.29	N/S	3.23	329.22
Felicity	6.9	8.01	9.0	34.26	3.46	3.29	3.48	301.12
Zara								
Ludvig								
Shanti	6.83	8.09	7.71	33.46	3.48	3.51	3.56	256.40
Sally	N/T	N/T	9.44	31.12	3.40	3.26	3.13	257.22
Maximus Rule								
Alanna Sim	10.76	N/T	N/T	28.49	3.12	3.10	N/S	329.54
Scout Teen	N/T	N/T	7.31	29.67	3.43	3.43	3.07	317.33
Olive Wilson	7.8	N/T	3.44	41.27	2.65	2.62	2.58	326.28
Nakak Tamou-gibert	9.66	10.82	9.44	32.62	4.26	4.23	4.23	328.55

girl or boy?

can't read

Results Sheet Date: 11/2/22

Athletics Nelson - Programme 2

5/6/7 8 9 96 98 10 11 12 13+

5:15 Notices and Warm Up

5:30 200m Shot Put Discus Long Jump X High Jump

5:50 Long Jump 1 Discus Shot Put 200m X

6:10 60m Discus Long Jump High Jump Shot Put

6:30 Discus Shot Put Long Jump 800m X

Grade 12

N6 med.

	LJ1	LJ2	LJ3	200m	HJ1 <small>20 etz.</small>	HJ2	HJ3	HJ4	HJ5	HJ6	800m
Brianna Ching	/	/	2,79	/	Ht: 110 000	Ht 115	Ht: 120	Ht: 125	Ht: 130	Ht: 135	3:16:13
Abigail Colman	3,54	3,78	3,86	30,83	✓	0 ✓	—	—	—	—	—
Ana Floares	3,56	3,59	3,38	32,06	0 ✓	✓	0 —	—	—	—	—
Theo Haussman	3,10	3,36	3,10	37,46	000	—	—	—	—	—	3:33:34
Gracie Knight	/	/	2,23	/	000	—	—	—	—	—	—
Joshua Lewers	/	/	/	/	/	/	/	/	/	/	/
Nina McIntosh	/	/	/	/	/	/	/	/	/	/	/
Sophie Mitchell	3,79	3,73	3,64	39,60	✓	000	—	—	—	—	2:57:93
Mahaki Niblett	/	3,85	3,43	31,46	✓	✓	000	—	—	—	3:54:41
Trystan Peake	3,76	3,63	3,65	34,05	✓	0 ✓	00 ✓	✓	0	—	2:57:18
Emma Robinson	3,90	3,73	3,60	30,98	✓	0 ✓	0 ✓	0 ✓	0	—	—
Mark Tappenden	/	/	/	31,15	✓	✓	✓	00 ✓	0	—	3:54:41

Results Sheet Date: 1/12/22

Athletics Nelson - Programme 2

5/6/7 8 9G 9B 10 11 12 13+

5:15 Notices and Warm Up

5:30 200m Shot Put

5:50 Long Jump 1 Discus Shot Put Long Jump 2

6:10 60m Discus Long Jump High Jump Shot Put

6:30 Discus Shot Put LONG JUMP LONG JUMP 800m

3kg - Girls Shot.

Boys - 13 4kg.

Boys - 14 5kg.

Grade 13 + 14

if athlete wants to start below 120 - that's ok - won't be many of them. →

	HJ1	HJ2	HJ3	HJ4	HJ5	200m	Shot 1	Shot 2	Shot 3	800m
	Ht: 120	Ht: 125	Ht: 130	Ht: 135	Ht: 140		Shot 1 3kg - white	Shot 2 except boys (4kg)	Shot 3 red.	
13 Arwen	110									
13 Marlin										
13 Bella										
13 Lylah										
13 Joshua										
13 Oran										
13 Alyssa										
14 Ellie										
14 Samara										
14 Maia										
14 Molly										

148. 151
✓ ✓