

5/6/7 8 9C 9B 10 11 12 13+  
 5:15 Notices and Warm Up  
 5:30 80m Long Jump High Jump Shot Put Discus  
 5:50 Shot Put Discus Shot Put High Jump 100m  
 6:10 100m Shot Put High Jump Shot Put Discus Long Jump  
 6:30 Long Jump 1 Jump 2 High Jump Discus 400m

# Recording Night Prog 21 8/12/22

## Grade 5,6,7 G+B

all 1KJ

	80m	SP1	SP2	SP3	100m	LJ1	LJ2	LJ3
Addison Wincer	5 18.54	3.28	2.50	3.32	23.53	2m	1.93	1.84
Phoebe Mitchell	6 16.38	2.90	2.89	2.88	21.90	2.21	2.46	2.39
David Page	6							
Luca Reynolds	6 16.67	2.52	<del>2.51</del> 2.76	2.76	22.18	1.79	1.49	1.30
Luke Russell	6 19.78	2.76	2.31	<del>2.24</del> 2.24	x	1.83	1.51	1.65
Piper Saena McFarland	6							
Raffaella Benson	7							
Mia Brunell	7 x	3.50	2.60	2.85	x	2.20	2.25	2.02
Jayden Cederman	7							
Jack Dolan-Smith	7 21.78	3.15	3.14	3.05	27.82	1.50	1.66	1.83
Hanna Gorrie	7							
Charlotte Lawlor	7							
Jackson McGrath	7							
Daniel Page	7							
Max Persson	7							
Kahn Reece	7 19.27	2.61	2.64	2.37	25.40			
Nixon Wessels	7 16.04	3.89	4.45	4.14	20.31	2.0	2.05	2.08

6 15.14 4.41 4.12. 4.61 19.05 2.38 2.47. 2.39  
 7 18.53 4.70 3.73 4.53. 24.56 x 2.11 2.05  
 Ryan Bidlake  
 Nixon Wincer







# Recording Sheet

Date: 8/12/22

5/67 8 96 98 10 11 12 13+

5:15 Notices and Warm Up

5:30 80m High Jump Shot Put High Jump

5:50 Shot Put Discus Shot Put High Jump 100m

6:10 100m Shot Put Discus Shot Put High Jump

6:30 Long Jump 1 High Jump Discus 400m

## Grade 10

Can go higher or lower if required.

	LJ1	LJ2	LJ3	100m	HJ	HJ <sup>1.00</sup>	HJ <sup>1.05</sup>	HJ <sup>1.10</sup>	HJ	400m
Rachel Brown	2.60	2.83	2.90	16.85	x+x					1:24.60
Dyllan Colville										
Dylan Gornall										
Andre Grobler										
Olivia Hill	3.13	2.77	2.9	17.06	x0	0	x+			1:51.78
Kaja Honsel	3.1	2.87	3.4	16.13	x0	0	x+			1:28.11
Leo Jeffree	3.2	3.47	3.40	17.84	x0	x+				1:35.70
Jakob Kapitza	2.92	2.77	No Jump	18.44	x0	0	x+			1:30.68
Tessa Knight	2.55	2.56	2.82	17.55	x+x					1:43.30
Millie Lewers										
Levi Mitchell	4.10	3.97	3.95	15.35	0 <sup>0.95</sup>	0	0	x		1:25.41
Hemi Niblett	3.92	3.70	3.55	15.55	0 <sup>0.95</sup>	0	0	0		1:20.51
Dylan Peake										
Zoe Templeton-Bernal	2.73	2.9	2.85	16.64	x0	x+				1:35.76
Sophie Tyler	3.7	3.29	3.27	17.87	x					1:33.54

Kate Jones 3.16 3.15 3.23 16.43 x0 x+

1:29.56

# Results Sheet

Date: 8/12/22

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

5:15 Notices and Warm Up

5:30 80m

High Jump  
Shot Put  
Discus

5:50 Shot Put  
Discus  
High Jump

6:10 100m

High Jump  
Shot Put  
Discus  
Long Jump

6:30 Long Jump 1  
Long Jump 2  
High Jump  
Discus

## Grade 11

← can go higher if req'd.

	HJ	HJ	HJ	HJ	HJ	HJ	HJ	100m	SP1	SP2	SP3	400m
Theo	1:05m	1:10	1:15	1:20	1:25							
Chloe												
Callum												
Tahlia												
Liam									6.75			
Isaac								15.15	6.84	6.56	6.71	1:22.16
Aida												
Felicity								15.66	5.80	5.30	5.00	1:22.80
Zara												
Ludvig												
Shānti								15.25	4.93	5.36	5.22	
Sally												
Maximus												
Alānna								16:70	4.30	4.36	4.30	1:35:00
Scout								16:65	4.04	5.74	5.59	1:26:50
Olive												
Nāleah								13:85	5.85	6.24	5.98	1:27:14

boys 3kg, girls 3kg.

16:36 5.55 6.94 6.30 1:35:32

16:49 3.76 4.07 3.77

Suphin XXX

Janeen (quest) 9500 XX

# Results Sheet

Date: 8/12/22

Shot put

5/6/77 8 96 98 10 11 12 13+

5:15 Notices and Warm Up

5:30 80m Long Jump High Jump Shot Put Discus

5:50 Shot Put Discus Shot Put High Jump 100m 1

6:10 High Jump Shot Put Discus Long Jump

6:30 Long Jump 1 High Jump 2 Discus 400m

## Grade 12

3 kg boys + girls.

	SP 2kg	SP 3kg*	SP 3kg*	100m	DISCUS	DISCUS	DISCUS	400m
Brianna Ching								
Abigail <del>Coltman</del>			4.79*					
Ana Floares	7.63	<del>7.49</del>	6.19*		15:14	10:35	11:70	1:15.69
Theo Haussman	6-12	5.40*	5.60*	16:05	13:18	n/t	1:23.17	
Gracie Knight	5.05	4.77*	4.77*		19:65	n/t	10:02	
Joshua <del>Lewers</del>								
Nina McIntosh	7.16	5.85*	5.80*		14:79	13:54	13:93	18:12.26
Sophie Mitchell	5.35	4.88*	4.55*		15:38	n/t	7:31	1:15.10
Mahaki Niblett	5.66	5.16*	4.38*	14:67	14:38		13:31	1:12.45
Frystan <del>Peake</del>								
Emma Robinson	7.51	5.98*	5.99*		14:97	18:33	16:60	1:11.39
Mark Tappenden	5.97	5.13*	5.20*	14:96	17:25	n/t	1:17	

Handwritten notes and checkmarks at the top of the page.

