



# Brianna TIRADO

**45,86m** 13-02-2021 Hamilton

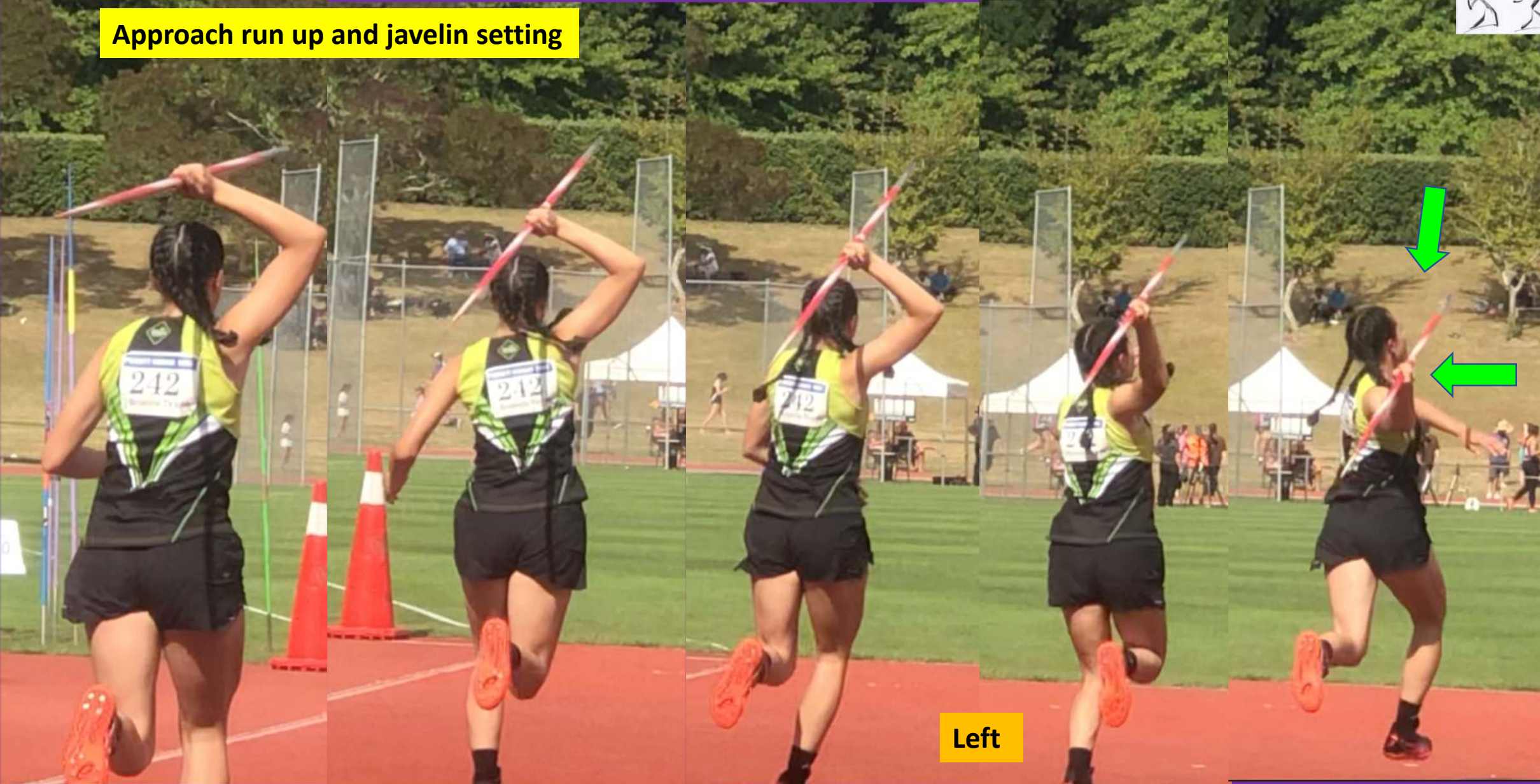
Screenshot



# Brianna TIRADO 45,86m 13-02-2021 Hamilton



Approach run up and javelin setting



Left



# Brianna TIRADO 45,86m 13-02-2021 Hamilton

Going into the HOP

Impulse of the HOP

Right

Left

Right

Left



# Brianna TIRADO 45,86m 13-02-2021 Hamilton

THE HOP AND BLOCK

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Left

Right

Left

# JAVELIN PROGRESSION

## 500g

27,01m 02-02-2019 Auckland  
28,93m 30-03-2019 Auckland  
29,46m 06-04-2019 Tauranga  
32,58m 28-09-2019 Nth Shore  
35,25m 26-10-2019 Auckland  
36,07m 09-11-2019 Pakuranga  
37,31m 22-02-2020 Nth Shore  
39,69m 17-10-2020 Nth Shore  
42,38m 07-11-2020 Nth Shore  
42,94m 05-12-2020 Nth Shore  
**43,00m** 18-12-2020 Nth Shore

## 600g

29,71m 20-12-2019 Nth Shore  
35,69m 22-02-2020 Nth Shore  
36,84m 17-10-2020 Nth Shore  
42,01m 18-12-2020 Nth Shore  
**45,86m** 13-02-2021 Hamilton

# PALMARES

## 2020

2<sup>nd</sup> NZL schools champs Tauranga  
2<sup>nd</sup> NZL U18 champs Christchurch  
4<sup>th</sup> NZL U20 champs Christchurch

## 2019

7<sup>th</sup> NZL schools champs Tauranga  
3<sup>rd</sup> NZL U18 champs Wellington

# Brianna TIRADO

Birth 03-08-2004 16 1/2 years

North Harbour Bays

Coach : Didier POPPE

