



**McKinnon Shield Pre-season + Pentathlon
+ Auckland 10,000m Championships
Saturday 14th October 2023
Go Media Mt Smart Stadium #2 Arena**

DRAFT PROGRAMME

**The programme is dependent on entry numbers
A final programme will be loaded to our website Friday evening**

| TRACK | | | | FIELD | | | |
|--------|------------------------|-------|--------------|--------|------------|---------------|--------------|
| 3:00pm | | Women | 300m | 2:00pm | Pentathlon | Women | High Jump |
| | | Men | 300m | | Pentathlon | Men | High Jump |
| 3:30pm | Pentathlon | Women | 80m Hurdles | 3:30pm | | Women | High Jump |
| | Pentathlon | Men | 80m Hurdles | | | Men | High Jump |
| 3:45pm | Pentathlon | Women | 100m Hurdles | | | | |
| | Pentathlon | Men | 100m Hurdles | | | | |
| 4:00pm | Pentathlon | Men | 110m Hurdles | | | | |
| | | | | 4:30pm | Pentathlon | Women | Shot Put |
| 4:30pm | | Women | 60m | | Pentathlon | Men | Shot Put |
| | | Men | 60m | | | | |
| 4:45pm | | Women | 150m | 4:45pm | | Women | Hammer |
| | | Men | 150m | | | Men | Hammer |
| 5:15pm | | Women | 1200m | 5:15pm | Pentathlon | Women | Long Jump |
| | | Men | 1200m | | Pentathlon | Men | Long Jump |
| 6:00pm | Pentathlon | Women | 200m | 5:45pm | | Masters Women | Weight Throw |
| | Pentathlon | Men | 200m | | | Masters Men | Weight Throw |
| 6:30pm | Auckland Championships | | 10,000m | | | | |
| | Grades: U20+ | | | | | | |

*Age is at 31st December 2023

Masters Men & Women are age on day for the 10,000m Championships