



**McKinnon Shield #2**  
**Auckland 3000m Championships**  
**+ Secondary Schools Competition #2**

Sunday 5th November 2023

Go Media Mt Smart Stadium #2 Arena

**FINAL PROGRAMME**

TRACK			FIELD		
2:00pm	2000m/3000m Walk	Women and Men	2:00pm	High Jump	Women & Men
			2:00pm	Javelin	Women & Men
2:30pm	200m Hurdles	Women and Men			
2:45pm	300m Hurdles	Women			
2:50pm	300m Hurdles	Men			
3:00pm	100m	Women			
3:10pm	100m	Men			
3:25pm	800m	Women	3:25pm	Long Jump	Women
3:40pm	800m	Men			
4:00pm	200m	Women	4:00pm	Hammer	Women & Men
4:15pm	200m	Men			
			4:25pm	Long Jump	Men
4:30pm	3000m Championships	WU14 - WU20			
4:45pm	3000m Championships	MU14 - MU18	4:45pm	Weight Throw	Masters Women
5:00pm	3000m Championships	MU20 + SM			Masters Men
5:15pm	3000m Championships	MW + MM			

\*Age is at 31st December 2023

Masters Men & Women are age on day for the 3000m Championships