

McKinnon Shield #4 + Secondary Schools Competition #4 Saturday 18th November 2023 Go Media Mt Smart Stadium #2 Arena

FINAL PROGRAMME

TRACK			FIELD	
200m Hurdles	Women and Men	2:00pm	High Jump 1.50m & over	Women & Men
300m Hurdles	Women and MM	2:00pm	High Jump under 1.50m	Women & Men
300m Hurdles	Men	2:00pm	Javelin	Women & Men
400m Hurdles	Women			
100m	Women	3:00pm	Hammer	Women & Men
100m	Men			
800m	Women			
800m	Men	4:00pm	Long Jump	Women
		4:00pm	Long Jump	Men
200m	Women	4:10pm	Weight Throw	Masters Women
200m	Men			Masters Men
2000m/3000m Walk	Women and Men			
3000m	Women			
3000m	Men			
	200m Hurdles 300m Hurdles 300m Hurdles 400m Hurdles 100m 100m 300m 200m 200m 200m/3000m Walk 3000m	200m HurdlesWomen and Men300m HurdlesMen300m HurdlesWomen400m HurdlesWomen100mWomen100mWomen800mWomen800mWomen200mWomen200m/3000m WalkWomen and Men3000mWomen	200m HurdlesWomen and Men Women and MM2:00pm300m HurdlesMen Women2:00pm400m HurdlesWomen2:00pm100mWomen Men3:00pm100mWomen Men4:00pm800mMen4:00pm200mWomen Men4:00pm200mWomen Men4:10pm200m/3000m WalkWomen and Men4:10pm3000mWomen Men4:10pm	200m HurdlesWomen and Men Women and MM Men2:00pmHigh Jump 1.50m & over 2:00pm300m HurdlesMen2:00pmHigh Jump under 1.50m 2:00pmJavelin400m HurdlesWomen3:00pmHammer100mWomen3:00pmHammer100mMen4:00pmLong Jump800mMen4:00pmLong Jump200mWomen4:10pmWeight Throw200m/3000m WalkWomen and Men4:10pmWeight Throw3000mWomen and Men4:10pmMeight Throw

*Age is at 31st December 2023