



McKinnon Shield #5

Saturday 2nd December 2023

Go Media Mt Smart Stadium #2 Arena

FINAL PROGRAMME

TRACK			FIELD		
3:00pm	110m Hurdles	Men	3:00pm	Pole Vault - start heights 3.60m and over	
3:10pm	100m Hurdles	Women and Men	3:00pm	Shot Put	Men
3:30pm	80m Hurdles	Women and Men	3:00pm	Discus	Women
4:00pm	60m	Women	4:00pm	Shot Put	Women
	60m	Men	4:00pm	Discus	Men
4:15pm	100m	Women	4:15pm	Pole Vault - start heights under 3.60m	
4:25pm	100m	Men			
4:40pm	1500m	Women			
4:50pm	1500m	Men			
5:20pm	400m	Women	5:30pm	Triple Jump	Women
5:35pm	400m	Men		Triple Jump	Men
6:00pm	Steeplechase 0.762m	Women and Men			
6:15pm	Steeplechase 0.838m	Men			

*Age is at 31st December 2023