



AAI McKinnon Shield #7 Auckland Sprint Hurdles & Steeplechase Championships

Saturday 20th January 2024
Douglas Track & Field, Trusts Stadium, Henderson

FINAL PROGRAMME

TRACK				FIELD			
Auckland Championships (timed finals)				1:00pm	McKinnon Shield	Javelin	Men
1:15pm	110m Hurdles	1.067m	Senior Men				
	110m Hurdles	0.991m	U20 Men				
	110m Hurdles	0.914m	U18 Men				
1:30pm	100m Hurdles	0.838m	Senior Women				
	100m Hurdles	0.838m	U20 Women				
	100m Hurdles	0.838m	U16 Men				
1:45pm	100m Hurdles	0.762m	U18 Women	1:45pm	McKinnon Shield	Javelin	Women
1:50pm	80m Hurdles	0.762m	U16 Women				
1:55pm	80m Hurdles	0.762m	U14 Men				
	80m Hurdles	0.686m	U14 Women				
2:15pm	McKinnon Shield	60m	Women				
2:20pm	McKinnon Shield	60m	Men				
2:40pm	McKinnon Shield	100m	Women	2:45pm	McKinnon Shield	Shot Put	Men
2:50pm	McKinnon Shield	100m	Men				
3:15pm	McKinnon Shield	1500m	Women				
3:25pm	McKinnon Shield	1500m	Men				
3:45pm	McKinnon Shield	400m	Women	3:45pm	McKinnon Shield	Shot Put	Women
3:55pm	McKinnon Shield	400m	Men				
Auckland Championships (finals)				4:00pm	McKinnon Shield	Triple Jump	Women and Men
4:10pm	2000m Steeplechase	0.762m	U14 Women				
	2000m Steeplechase	0.762m	U16 Women				
	2000m Steeplechase	0.762m	U18 Women				
	3000m Steeplechase	0.762m	U20 Women				
	3000m Steeplechase	0.762m	Senior Women				
	2000m Steeplechase	0.762m	U14 Men				
	2000m Steeplechase	0.762m	U16 Men				
4:25pm	2000m Steeplechase	0.838m	U18 Men				
4:40pm	3000m Steeplechase	0.914m	U20 Men				
	3000m Steeplechase	0.914m	Senior Men				

*minimum age to compete: 12 years as at 31st December 2024