



AAI McKinnon Shield #9 Auckland Pole Vault & Mile Championships

Saturday 2 March 2024
Go Media Mt Smart Stadium #2 Arena

FINAL PROGRAMME

TRACK				FIELD			
1:00pm	McKinnon Shield	200m Hurdles	Women & Men	Auckland Championships			
1:10pm	McKinnon Shield	300m Hurdles	Women	1:00pm	Pole Vault		Senior Men
1:20pm	McKinnon Shield	300m Hurdles	Men	Start Heights as per Technical Regulations			
1:30pm	McKinnon Shield	400m Hurdles	Men				
1:45pm	McKinnon Shield	60m	Women	1:00pm	McKinnon Shield	Hammer	Women & Men
1:50pm	McKinnon Shield	60m	Men				
2:05pm	McKinnon Shield	100m	Women	2:00pm	Pole Vault		Masters Women
2:15pm	McKinnon Shield	100m	Men	Start Heights as per Technical Regulations			
Auckland Championships							
2:30pm	Mile Run		Grade 10-11 Girls				
2:40pm	Mile Run		Grade 10-11 Boys				
2:50pm	Mile Run		Grade 12-14 Girls				
3:00pm	Mile Run		Grade 12-14 Boys				
3:10pm	Mile Run		WU18 - SW				
3:20pm	Mile Run		MU18 - SM	2:45pm	McKinnon Shield	Javelin	Women & Men
3:30pm	Mile Run		Masters				
Auckland Championships							
3:45pm	Mile Race Walk		Grade 10-14 U18+				
4:15pm	McKinnon Shield	400m	Women	4:00pm	Triple Jump	McKinnon Shield	Women & Men
4:25pm	McKinnon Shield	400m	Men				
4:45pm	McKinnon Shield Steeplechase	0.762m	Women and Men	Auckland Championships			
5:00pm	McKinnon Shield Steeplechase	0.838m	Men	4:30pm	Pole Vault		U18 Women
5:15pm	McKinnon Shield Steeplechase	0.914m	Men	Start Heights as per Technical Regulations			
				Senior Women			
* Pole Vault age grade groupings may change depending on entry numbers							

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