



**McKinnon Shield Pre-season + Pentathlon**  
**+ Auckland 10,000m Championships**  
**Saturday 12th October 2024**  
**Go Media Mt Smart Stadium #2 Arena**

**DRAFT PROGRAMME**

**The programme is dependent on entry numbers**  
**A final programme will be loaded to our website Friday evening**

TRACK				FIELD			
3:00pm		Women	300m	2:00pm	Pentathlon	Women	High Jump
		Men	300m		Pentathlon	Men	High Jump
3:30pm	Pentathlon	Women	80m Hurdles	2:00pm		Women	Long Jump
	Pentathlon	Men	80m Hurdles			Men	Long Jump
	Pentathlon	Women	100m Hurdles				
	Pentathlon	Men	100m Hurdles	3:15pm		Women	Shot Put
	Pentathlon	Men	110m Hurdles			Men	Shot Put
4:30pm		Women	60m	3:30pm		Women	High Jump
		Men	60m			Men	High Jump
4:45pm		Women	150m	4:15pm	Pentathlon	Women	Shot Put
		Men	150m		Pentathlon	Men	Shot Put
5:15pm		Women	1200m	5:00pm	Pentathlon	Women	Long Jump
		Men	1200m		Pentathlon	Men	Long Jump
6:00pm	Pentathlon	Women	200m	5:30pm		Women	Discus
	Pentathlon	Men	200m			Men	Discus
6:30pm	Auckland Championships		10,000m				
	Grades: U20+						

\*Age is at 31st December 2024

**10,000m Championships:**

- Athletes competing in the U20, Senior Men or Senior Women grades, need to check shoes comply with World Athletics regulations [here](#).
- Masters Men & Women are age on day for the Championships.
- Athletes aged 30+ may choose to compete in Senior Men/Women or the appropriate 5-year masters grade. If choosing Senior Men/Women, please email [competitions@athleticsauckland.co.nz](mailto:competitions@athleticsauckland.co.nz) to advise change of grade.