



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

**FINAL PROGRAMME**

TRACK				FIELD			
3:00pm	Women	300m		2:00pm	Pentathlon Women		High Jump
3:10pm	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
4:35pm	Men	60m			Men		High Jump
4:45pm	Women	150m		4:15pm	Pentathlon Women		Shot Put
5:55pm	Men	150m			Pentathlon Men		Shot Put
5:15pm	Women	1200m		5:00pm	Pentathlon Women		Long Jump
5:30pm	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.