



**McKinnon Shield #2**  
**Auckland 3000m Championships**  
**+ Secondary Schools Competition #2**

Sunday 3rd November 2024

Mt Smart Stadium #2 Arena

**FINAL PROGRAMME**

TRACK			FIELD		
2:00pm	3000m Walk	Women and Men	2:00pm	High Jump	Women & Men
			2:00pm	Javelin	Women & Men
2:30pm	200m Hurdles	Women and Men			
2:40pm	300m Hurdles 0.762m	Women			
	300m Hurdles 0.762m	Men			
2:50pm	400m Hurdles	Women			
3:00pm	300m Hurdles 0.838m	Men			
3:15pm	100m	Women			
3:30pm	100m	Men			
3:45pm	800m	Women	3:30pm	Long Jump	Women
4:00pm	800m	Men	3:30pm	Hammer	Women & Men
4:30pm	200m	Women	4:30pm	Long Jump	Men
4:45pm	200m	Men	4:30pm	Weight Throw	Masters Women
					Masters Men
5:00pm	3000m Championships	WU14 - WU18			
5:15pm	3000m Championships	MU14 + MU16			
5:30pm	3000m Championships	MU18 - SM			
5:45pm	3000m Championships	MW + MM			

\*Age is at 31st December 2024

Masters Men & Women are age on day for the 3000m Championships

School athletes may compete in the 3000m championships but are not eligible for medals