



**McKinnon Shield #3  
+ Secondary Schools Competition #3**

Sunday 10th November 2024

Douglas Track & Field, Trusts Stadium, Henderson

**FINAL PROGRAMME**

TRACK			FIELD		
1:00pm	110m Hurdles	Men	1:00pm	Pole Vault - Group A	
1:10pm	100m Hurdles 0.838m	Men	1:00pm	Shot Put	Men
1:20pm	100m Hurdles 0.762m	Women	1:00pm	Discus	Women
1:25pm	80m Hurdles 0.762m	Women and Men			
1:35pm	80m Hurdles 0.686m	Women			
1:45pm	60m	Women			
2:00pm	60m	Men			
2:25pm	100m	Women			
2:45pm	100m	Men	2:30pm	Pole Vault - Group B (lowest start heights)	
3:10pm	1500m	Women	2:45pm	Shot Put	Women
3:25pm	1500m	Men	2:45pm	Discus	Men
4:00pm	400m	Women	3:30pm	Triple Jump	Women
4:15pm	400m	Men		Triple Jump	Men
4:30pm	Steeplechase 0.762m	Women and Men			
4:45pm	Steeplechase 0.838m	Men			
5:00pm	Steeplechase 0.914m	Men			

\*Age is at 31st December 2024