



## AAI McKinnon Shield #7 Auckland Sprint Hurdles & Steeplechase Championships

Saturday 11th January 2025  
Mt Smart Stadium #2 Arena

### DRAFT PROGRAMME

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

TRACK				FIELD			
Auckland Championships		(timed finals)					
2:00pm	110m Hurdles	1.067m	Senior Men	2:00pm	McKinnon Shield	Pole Vault - Group A	
	110m Hurdles	0.991m	U20 Men	2:00pm	McKinnon Shield	Shot Put	Men
	110m Hurdles	0.991m	MM30-49	2:00pm	McKinnon Shield	Discus	Women
	110m Hurdles	0.914m	U18 Men				
2:15pm	100m Hurdles	0.914m	MM50-59				
2:30pm	100m Hurdles	0.838m	Senior Women				
	100m Hurdles	0.838m	U20 Women				
	100m Hurdles	0.838m	U16 Men				
	100m Hurdles	0.838m	MM60-69				
	100m Hurdles	0.838m	MW30-39				
2:50pm	100m Hurdles	0.762m	U18 Women				
	80m Hurdles	0.762m	U16 Women				
	80m Hurdles	0.762m	U14 Men				
	80m Hurdles	0.762m	MM70-79				
	80m Hurdles	0.762m	MW50-59				
	80m Hurdles	0.762m	MW40-49				
3:15pm	80m Hurdles	0.686m	U14 Women				
	80m Hurdles	0.686m	MM80+				
	80m Hurdles	0.686m	MW60+				
3:30pm	McKinnon Shield	60m	Women Men	3:30pm	McKinnon Shield	Pole Vault - Group B <small>(lowest start heights)</small>	
4:00pm	McKinnon Shield	100m	Women Men	3:30pm	McKinnon Shield	Shot Put	Women
				3:30pm	McKinnon Shield	Discus	Men
4:30pm	McKinnon Shield	1500m	Women Men	4:30pm	McKinnon Shield	Triple Jump	Women
						Triple Jump	Men
5:00pm	Millie Sampson Mile <small>followed by presentation</small>		U23 Women				
5:15pm	John Walker Mile <small>followed by presentation</small>		U20 Men				
5:30pm	McKinnon Shield	400m	Women Men				
Auckland Championships		(finals)					
5:45pm	2000m Steeplechase	0.762m	U14 Women				
	2000m Steeplechase	0.762m	U16 Women				
	2000m Steeplechase	0.762m	U18 Women				
	2000m Steeplechase	0.762m	MW				
	3000m Steeplechase	0.762m	U20 Women				
	3000m Steeplechase	0.762m	Senior Women				
	2000m Steeplechase	0.762m	U14 Men				
	2000m Steeplechase	0.762m	U16 Men				
	2000m Steeplechase	0.762m	MM60+				
	2000m Steeplechase	0.838m	U18 Men				
	3000m Steeplechase	0.914m	MM30-59				
	3000m Steeplechase	0.914m	U20 Men				
	3000m Steeplechase	0.914m	Senior Men				

\*minimum age to compete: 12 years as at 31st December 2025