



McKinnon Shield #8

+ Auckland Championship Long Hurdles, 2000m/3000m Race Walk, Javelin, Hammer & Masters Weight Throw

Saturday 18th January 2025

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		
Auckland Championships			Auckland Championships		
10:00am	200m Hurdles	Women and Men	10:00am	Hammer*	Women & Men
	300m Hurdles	Women and Men	10:00am	High Jump	Women & Men
	400m Hurdles	Women and Men			
11:00am	100m	Women	Auckland Championships		
	100m	Men	11:00am	Weight Throw*	Masters Women
					Masters Men
11:30am	800m	Women	11:30am	Long Jump	Women
	800m	Men			
12:00pm	200m	Women	Auckland Championships		
	200m	Men	12:00pm	Javelin*	Women
	Auckland Championships		12:30pm	Long Jump	Men
12:30pm	2000m/3000m Walk	Women and Men			
			Auckland Championships		
1:00pm	3000m	Women	12:45pm	Javelin*	Men
	3000m	Men			
			* U14 & U16: 3 attempts - top 8 get 1 more		
			All other grades: 3 attempts - top 8 get 3 more		

*Age is at 31st December 2025