



AAI McKinnon Shield #7 Auckland Sprint Hurdles & Steeplechase Championships

Saturday 11th January 2025
Mt Smart Stadium #2 Arena

FINAL PROGRAMME

| 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 | 0.914m | U18 Men | 2:00pm | McKinnon Shield | Discus | Women |
| 2:15pm | 100m Hurdles | 0.838m | Senior Women | | | | |
| 2:30pm | 100m Hurdles | 0.762m | U18 Women | | | | |
| 2:45pm | 80m Hurdles | 0.762m | U16 Women | | | | |
| | 80m Hurdles | 0.762m | U14 Men | | | | |
| 3:00pm | 80m Hurdles | 0.762m | MW40-49 | | | | |
| | 80m Hurdles | 0.762m | MM70-79 | | | | |
| 3:10pm | 80m Hurdles | 0.686m | U14 Women | | | | |
| | | | | | | | |
| 3:30pm | McKinnon Shield | 60m | Women | 3:30pm | McKinnon Shield | Pole Vault - Group B (lowest start heights) | |
| 3:40pm | McKinnon Shield | 60m | Men | 3:30pm | McKinnon Shield | Shot Put | Women |
| 4:00pm | McKinnon Shield | 100m | Women | 3:30pm | McKinnon Shield | Discus | Men |
| 4:10pm | McKinnon Shield | 100m | Men | | | | |
| | | | | | | | |
| 4:30pm | McKinnon Shield | 1500m | Women | 4:30pm | McKinnon Shield | Triple Jump | Women |
| 4:45pm | McKinnon Shield | 1500m | Men | | | Triple Jump | Men |
| | | | | | | | |
| 5:00pm | Millie Sampson Mile | | U23 Women | | | | |
| | followed by presentation | | | | | | |
| 5:15pm | John Walker Mile | | U20 Men | | | | |
| | followed by presentation | | | | | | |
| | | | | | | | |
| 5:30pm | McKinnon Shield | 400m | Women | | | | |
| 5:40pm | McKinnon Shield | 400m | Men | | | | |
| | | | | | | | |
| Auckland Championships (finals) | | | | | | | |
| 6:00pm | 2000m Steeplechase | 0.762m | U14 Women | | | | |
| | 2000m Steeplechase | 0.762m | U18 Women | | | | |
| | 3000m Steeplechase | 0.762m | U20 Women | | | | |
| | 3000m Steeplechase | 0.762m | Senior Women | | | | |
| | 2000m Steeplechase | 0.762m | U14 Men | | | | |
| 6:15pm | 2000m Steeplechase | 0.838m | U18 Men | | | | |
| 6:30pm | 3000m Steeplechase | 0.914m | Senior Men | | | | |

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