



**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

FINAL PROGRAMME

TRACK			FIELD		
Auckland Championships			Auckland Championships		
10:00am	200m Hurdles	Women and Men	9:30am	Hammer*	Women
10:15am	300m Hurdles	Women	9:30am	High Jump	Women & Men
	300m Hurdles	Masters Men 75	Auckland Championships		
10:30am	300m Hurdles	Men	10:15am	Hammer*	Men
10:40am	400m Hurdles	Women	10:45am	Long Jump*	Women
10:50am	400m Hurdles	Men	Auckland Championships		
11:10am	100m	Women	11:15am	Weight Throw*	Masters Women
11:25am	100m	Men			Masters Men
11:45am	800m	Women	12:00pm	Long Jump*	Men
12:00pm	800m	Men	Auckland Championships		
12:20pm	200m	Women	12:15pm	Javelin*	Women
12:40pm	200m	Men	Auckland Championships		
Auckland Championships			1:15pm	Javelin*	Men
1:00pm	2000m/3000m Walk	Women and Men	* Due to time restrictions all grades will have 4 attempts		
1:30pm	3000m	Women			
1:40pm	3000m	Men			

*Age is at 31st December 2025