



**McKinnon Shield Pre-season + Pentathlon
+ Auckland 10,000m Championships**

Saturday 11th October 2025

Mt Smart Stadium #2 Arena

DRAFT PROGRAM & TIMES

The programme is dependent on entry numbers

A final programme will be loaded to our website Friday evening

TRACK				FIELD			
3:00pm	Women	300m		2:00pm	Pentathlon Women	High Jump	
	Men	300m			Pentathlon Men	High Jump	
3:30pm	Pentathlon Women	80m Hurdles		2:00pm	Women	Long Jump	
	Pentathlon Men	80m Hurdles			Men	Long Jump	
	Pentathlon Women	100m Hurdles					
	Pentathlon Men	100m Hurdles		3:15pm	Women	Shot Put	
	Pentathlon Men	110m Hurdles			Men	Shot Put	
4:30pm	Women	60m		3:30pm	Women	High Jump	
	Men	60m			Men	High Jump	
4:45pm	Women	150m		4:15pm	Pentathlon Women	Shot Put	
	Men	150m			Pentathlon Men	Shot Put	
5:15pm	Women	1200m		5:00pm	Pentathlon Women	Long Jump	
	Men	1200m			Pentathlon Men	Long Jump	
6:00pm	Pentathlon Women	200m		5:30pm	Women	Discus	
	Pentathlon Men	200m			Men	Discus	
6:30pm	Auckland Championships	10,000m					
	Grades: U20+						

*Age is at 31st December 2025

10,000m Championships:

- Athletes competing in the U20, Senior Men or Senior Women grades, need to check shoes comply with World Athletics regulations [here](#).
 - Masters Men & Women are age on day for the Championships.
 - Athletes aged 30+ may choose to compete in Senior Men/Women or the appropriate 5-year masters grade.
- If choosing Senior Men/Women, please email competitions@athleticsauckland.co.nz to advise change of grade.