



## AAI McKinnon Shield #10

including Auckland Long Hurdles, Javelin, Hammer  
& Masters Weight Throw Championships

Saturday 14th March 2026

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		
2.00pm	200m Hurdles	Women and Men	2.00pm	Hammer*	Women & Men
	300m Hurdles	Women and Men	2.00pm	High Jump	Women & Men
	400m Hurdles	Women and Men	Auckland Championships		
3.00pm	100m	Women	3.00pm	Weight Throw*	Masters Women
	100m	Men			Masters Men
3.30pm	800m	Women	3.30pm	Long Jump	Women
	800m	Men	Auckland Championships		
4.00pm	200m	Women	4.00pm	Javelin*	Women
	200m	Men			
			4.30pm	Long Jump	Men
Auckland Championships			Auckland Championships		
4.30pm	3000m	Women	4.45pm	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 2026