



AAI McKinnon Shield #10

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

Saturday 14th March 2026

Mt Smart Stadium #2 Arena

FINAL PROGRAMME

TRACK			FIELD		
Auckland Championships			Auckland Championships		
2.00pm	200m Hurdles	WU14 MU14	2.00pm	Hammer*	Women & Men
2.05pm	300m Hurdles	WU16 WU18			
2.10pm	300m Hurdles	MU16	2.00pm	High Jump	Women & Men
2.20pm	400m Hurdles	WU20 MM50			
2.30pm	300m Hurdles	MU18			
2.45pm	400m Hurdles	MU20 SM			
			Auckland Championships		
3.15pm	100m	Women	3.10pm	Weight Throw	Masters Women
3.35pm	100m	Men			Masters Men
3.45pm	800m	Women	3.30pm	Long Jump	Women
4.05pm	800m	Men			
			Auckland Championships		
4.15pm	200m	Women	4.00pm	Javelin*	Women
4.30pm	200m	Men			
4.45pm	3000m	Women	4.45pm	Long Jump	Men
5.00pm	3000m	Men			
			Auckland Championships		
5.15pm	2000m	Women	5.00pm	Javelin*	Men
5.25pm	2000m	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