

## **Summary of Scoring Rule Changes for 2017/18**

### **1. Scoring Anywhere (almost)**

An athlete can score individual points at almost any sanctioned Shield meet across the state – that's the two Metro venues, and the three country venues. This applies to Metro and Country athletes.

But the exceptions are:

- Metro Pole Vaulters are limited where they can compete – only where the zone of their club is assigned for pole vault each round.
- Clubs of Blue, Red, White and Yellow can only score relay points when there is a relay programmed at a Metro venue.

So a team can accumulate points across multiple venues, but the number of scoring athletes per event is as per the rules (12.7.1).

### **2. Number of Division 1 Women scoring in Track**

This has been increased to 5 (from 4), while it's still 2 in the field.

### **3. Midweek competitions**

Walks and Pole Vault will sometimes be held mid-week. These will score points for the round the competitions are associated with. The usual restrictions apply on Pole Vault for scoring.

### **4. 40+ athletes competing in Open Age competition**

Athletes who are 40+, 50+ and 60+ will now use the designated over-age specifications in all events in all age groups, and will have performance adjustments applied. If an athlete insists on using the Open specifications, let AV know.

### **5. Scoring Tables**

These have been reviewed and a few tweaks applied. Where scoring was lower than expected, the standards have been eased. Where scoring was higher than expected, the standards have been tightened. Otherwise, everything is the same. An updated scoreBuddy will reflect this on the AV web-site.

### **6. Zone v Zone**

It will be a virtual competition every round. It will be a contest between the 4 metro zones, and a combined team of Country zones. Ladder points awarded each round will be 6, 4, 3, 2, 1. The team on top of the ladder at the end of the season wins the Alan Glover Shield.

Due to Country zones only having an Open Division 2, the scoring for Open will be one age group with the same number of scoring athletes as the other age groups (Rule 12.8).

### **7. Relay eligibility for the Final**

In addition to being eligible for a particular grade with an individual event of that grade, any athlete who has competed at least once in that grade's relay, is eligible as well.

### **And a reminder of what stays the same (in case you forgot)**

#### **8. Women in Men's teams**

The maximum number of women in any men's team is three (3) per grade

#### **9. Competing in an event only once**

An athlete can only compete in a given event, or similar events, once per round. (rule 9.1.6)

#### **10. Athletes competing up an age group.**

If athlete competes up an age group, by default they continue to use their "birthdate" age group specifications. E.g. and U14 athlete competing in U16 will still use all the specifications (weight / height / distance) of the U14s. If you want to use the higher specifications, let AV know.

## 2017/18 Shield Scoring Tables

| MEN      |             |        |         |         |         |         |         |         |
|----------|-------------|--------|---------|---------|---------|---------|---------|---------|
| Distance | Discipline  | Spec   | 600     | 500     | 400     | 300     | 200     | 100     |
| 100      | Run         |        | 9.59    | 10.80   | 11.79   | 12.38   | 13.16   | 18.00   |
| 200      | Run         |        | 19.19   | 21.60   | 23.86   | 25.11   | 27.01   | 38.00   |
| 400      | Run         |        | 43.18   | 49.00   | 53.36   | 56.57   | 61.75   | 90.00   |
| 800      | Run         |        | 01:40.9 | 01:54.0 | 02:07.7 | 02:15.7 | 02:30.1 | 03:35.0 |
| 1500     | Run         |        | 03:26.0 | 03:55.0 | 04:19.4 | 04:37.2 | 05:02.0 | 06:40.0 |
| 3000     | Run         |        | 07:20.7 | 08:42.0 | 09:37.2 | 10:23.7 | 11:16.2 | 15:00.0 |
| 5000     | Run         |        | 12:37.4 | 15:05.0 | 16:24.1 | 17:21.5 | 18:38.7 | 26:00.0 |
| 1500     | Walk        |        | 05:12.0 | 06:15.0 | 07:35.4 | 09:04.5 | 10:58.4 | 14:00.0 |
| 2000     | Walk        |        | 07:04.3 | 08:20.0 | 09:34.2 | 11:42.9 | 14:01.5 | 17:45.0 |
| 3000     | Walk        |        | 10:47.1 | 13:00.0 | 14:41.1 | 17:19.5 | 21:56.7 | 25:25.0 |
| 5000     | Walk        |        | 18:05.5 | 21:40.0 | 24:54.9 | 29:12.3 | 32:30.3 | 38:00.0 |
| 90       | Hurdles     | 76cm   | 9.89    | 11.86   | 12.80   | 14.40   | 16.52   | 21.00   |
| 100      | Hurdles     | 91cm   | 11.29   | 13.54   | 14.61   | 16.43   | 18.85   | 23.00   |
| 100      | Hurdles     | 84cm   | 11.17   | 13.40   | 14.45   | 16.26   | 18.65   | 23.00   |
| 110      | Hurdles     | 106cm  | 12.80   | 15.35   | 16.56   | 18.63   | 21.37   | 26.00   |
| 110      | Hurdles     | 99cm   | 12.63   | 15.14   | 16.88   | 18.38   | 21.08   | 26.00   |
| 110      | Hurdles     | 91cm   | 12.45   | 14.93   | 16.11   | 18.12   | 20.79   | 26.00   |
| 200      | Hurdles     | 76cm   | 20.88   | 25.00   | 27.49   | 30.05   | 34.35   | 46.88   |
| 300      | Hurdles     | 76cm   | 33.46   | 40.06   | 44.05   | 48.15   | 55.04   | 75.11   |
| 400      | Hurdles     | 91cm   | 46.78   | 56.00   | 61.58   | 67.32   | 76.95   | 105.00  |
| 400      | Hurdles     | 84cm   | 46.43   | 55.58   | 61.12   | 66.82   | 76.38   | 104.21  |
| 2000     | Steeple     | 91cm   | 05:10.7 | 06:07.8 | 07:07.9 | 07:39.9 | 08:56.5 | 11:17.4 |
| 2000     | Steeple     | 76cm   | 05:14.0 | 06:04.2 | 07:03.8 | 07:35.5 | 08:51.4 | 11:10.9 |
| 3000     | Steeple     | 91cm   | 07:53.6 | 09:35.0 | 11:03.3 | 11:52.8 | 13:51.6 | 17:45.0 |
|          | Long Jump   |        | 8.95    | 6.95    | 5.68    | 5.04    | 4.49    | 2.65    |
|          | Triple Jump |        | 18.29   | 14.30   | 11.96   | 10.82   | 9.57    | 6.00    |
|          | High Jump   |        | 2.45    | 2.00    | 1.68    | 1.53    | 1.38    | 1.10    |
|          | Pole Vault  |        | 6.16    | 4.95    | 3.62    | 2.98    | 2.42    | 1.75    |
|          | Shot Put    | 7.26kg | 23.12   | 15.00   | 9.79    | 8.24    | 6.70    | 3.00    |
|          | Shot Put    | 6kg    | 25.43   | 16.50   | 10.76   | 9.06    | 7.36    | 3.30    |
|          | Shot Put    | 5kg    | 27.86   | 18.07   | 11.79   | 9.93    | 8.07    | 3.61    |
|          | Shot Put    | 4kg    | 31.15   | 20.21   | 13.18   | 11.10   | 9.02    | 4.04    |
|          | Shot Put    | 3kg    | 35.97   | 23.33   | 15.22   | 12.82   | 10.41   | 4.67    |
|          | Hammer      | 7.26kg | 86.74   | 55.00   | 24.80   | 18.94   | 15.54   | 15.00   |
|          | Hammer      | 6kg    | 95.41   | 60.50   | 27.28   | 20.84   | 17.09   | 15.00   |
|          | Hammer      | 5kg    | 104.52  | 66.27   | 29.89   | 22.83   | 18.73   | 15.00   |
|          | Hammer      | 4kg    | 116.86  | 74.10   | 33.42   | 25.52   | 20.94   | 15.00   |
|          | Hammer      | 3kg    | 134.94  | 85.56   | 38.59   | 29.47   | 24.17   | 15.00   |
|          | Discus      | 2kg    | 74.08   | 40.00   | 28.44   | 21.00   | 17.04   | 7.50    |
|          | Discus      | 1.75kg | 79.19   | 42.76   | 30.41   | 22.45   | 18.22   | 8.02    |
|          | Discus      | 1.5kg  | 85.54   | 46.19   | 32.84   | 24.25   | 19.68   | 8.66    |
|          | Discus      | 1kg    | 104.76  | 56.57   | 40.23   | 29.70   | 24.10   | 10.61   |
|          | Javelin     | 800g   | 98.48   | 55.00   | 35.28   | 27.24   | 19.62   | 7.00    |
|          | Javelin     | 700g   | 105.28  | 58.80   | 37.71   | 29.12   | 20.98   | 7.48    |
|          | Javelin     | 600g   | 113.71  | 63.51   | 40.73   | 31.46   | 22.66   | 8.08    |
| 4x100m   | Relay       |        | 36.84   | 43.60   | 46.15   | 49.50   | 53.30   | 65.00   |
| 4x200m   | Relay       |        | 01:18.6 | 01:33.0 | 01:38.0 | 01:44.9 | 01:56.8 | 02:14.0 |
| 4x400m   | Relay       |        | 02:54.3 | 03:29.0 | 03:43.5 | 03:56.9 | 04:25.0 | 05:10.0 |

## 2017/18 Shield Scoring Tables

### WOMEN

| Distance | Discipline  | Spec | 600     | 500     | 400     | 300     | 200     | 100     |
|----------|-------------|------|---------|---------|---------|---------|---------|---------|
| 100      | Run         |      | 10.49   | 12.20   | 13.38   | 13.99   | 14.97   | 20.50   |
| 200      | Run         |      | 21.34   | 24.45   | 27.65   | 29.25   | 31.33   | 42.00   |
| 400      | Run         |      | 47.60   | 55.50   | 62.27   | 66.62   | 73.14   | 102.00  |
| 800      | Run         |      | 01:53.3 | 02:13.0 | 02:27.0 | 02:40.2 | 02:58.1 | 04:14.0 |
| 1500     | Run         |      | 03:50.0 | 04:30.0 | 05:02.6 | 05:30.3 | 06:01.4 | 08:46.0 |
| 3000     | Run         |      | 08:06.1 | 09:50.0 | 11:00.2 | 11:42.9 | 12:52.2 | 17:30.0 |
| 5000     | Run         |      | 14:11.2 | 17:35.0 | 18:58.5 | 20:55.3 | 22:21.5 | 28:35.0 |
| 1500     | Walk        |      | 05:47.0 | 06:30.0 | 07:35.4 | 08:54.6 | 11:03.3 | 14:10.0 |
| 2000     | Walk        |      | 07:52.0 | 09:05.0 | 10:48.5 | 12:00.7 | 14:49.0 | 18:35.0 |
| 3000     | Walk        |      | 11:41.0 | 14:00.0 | 16:44.9 | 18:58.5 | 22:06.6 | 25:50.0 |
| 5000     | Walk        |      | 20:02.6 | 25:30.0 | 29:12.3 | 31:30.9 | 35:28.5 | 39:10.0 |
| 80       | Hurdles     | 76cm | 9.65    | 11.61   | 12.51   | 13.96   | 15.31   | 20.54   |
| 90       | Hurdles     | 76cm | 10.87   | 13.08   | 14.10   | 15.73   | 17.24   | 23.14   |
| 100      | Hurdles     | 84cm | 12.21   | 14.70   | 15.84   | 17.67   | 19.37   | 26.00   |
| 100      | Hurdles     | 76cm | 12.09   | 14.55   | 15.68   | 17.49   | 19.18   | 25.74   |
| 200      | Hurdles     | 76cm | 22.96   | 27.63   | 31.27   | 33.22   | 37.15   | 46.93   |
| 300      | Hurdles     | 76cm | 38.83   | 46.74   | 52.89   | 56.18   | 62.83   | 79.38   |
| 400      | Hurdles     | 76cm | 52.34   | 63.00   | 71.30   | 75.74   | 84.69   | 107.00  |
| 2000     | Steeple     | 76cm | 06:03.4 | 07:15.0 | 07:55.3 | 08:38.5 | 10:34.6 | 12:26.8 |
| 3000     | Steeple     | 76cm | 08:58.8 | 11:20.0 | 12:37.4 | 13:28.8 | 16:30.0 | 19:40.0 |
|          | Long Jump   |      | 7.52    | 5.60    | 4.65    | 4.12    | 3.58    | 2.30    |
|          | Triple Jump |      | 15.50   | 12.05   | 9.87    | 8.85    | 7.99    | 5.50    |
|          | High Jump   |      | 2.09    | 1.70    | 1.46    | 1.36    | 1.25    | 1.05    |
|          | Pole Vault  |      | 5.06    | 3.40    | 3.15    | 2.50    | 2.12    | 1.60    |
|          | Shot Put    | 4kg  | 22.63   | 12.00   | 8.16    | 6.71    | 5.64    | 3.20    |
|          | Shot Put    | 3kg  | 26.13   | 13.86   | 9.42    | 7.75    | 6.51    | 3.70    |
|          | Hammer      | 4kg  | 81.08   | 50.00   | 24.49   | 19.97   | 15.30   | 10.00   |
|          | Hammer      | 3kg  | 93.62   | 57.74   | 28.27   | 23.06   | 17.66   | 10.00   |
|          | Discus      | 1kg  | 76.80   | 43.00   | 24.38   | 19.38   | 14.90   | 7.85    |
|          | Javelin     | 600g | 72.28   | 40.00   | 22.85   | 16.34   | 12.10   | 6.35    |
|          | Javelin     | 500g | 79.18   | 43.82   | 25.03   | 17.90   | 13.25   | 6.96    |
|          | Javelin     | 400g | 88.52   | 48.99   | 27.99   | 20.01   | 14.81   | 7.78    |
| 4x100m   | Relay       |      | 40.82   | 49.50   | 53.16   | 55.85   | 58.70   | 75.00   |
| 4x200m   | Relay       |      | 01:27.5 | 01:48.0 | 01:55.8 | 01:57.7 | 02:05.7 | 02:35.0 |
| 4x400m   | Relay       |      | 03:15.2 | 04:06.0 | 04:25.3 | 04:38.7 | 04:57.0 | 05:40.0 |