# AV SHIELD

## 2016/17 Program of Events

| Program 1 AV Shield Events 2016/17 Men | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| **Men** | **D1** | **D2** | **40+** | **50+** | **60+** | **U20** | **U18** | **U16** | **U14** |
| 200m | X | X | X | **X** | **X** | X | X | X | X |
| 800m | X | X | X | **X** | **X** | X | X | X | X |
| 3000m (Rounds 1, 5, 7, 9) | | | | | | | X | X | X |
| 3000m (Rounds 3, 11) | X | X | X | **X** | **X** | X | X | X | X |
| 5000m (Round 1, 5, 7, 9) | X | X | X | **X** | **X** | X | | | |
| 200m Hurdles | | | | | | | | X | X |
| 300m Hurdles | | | | | **X** | | | | |
| 400m Hurdles | X | X | X | **X** | | X | X | | |
| 3000m Walk (Rounds 1, 3, 5, 7, 9, 11) | X | X | X | **X** | **X** | X | X | | |
| 1500m Walk (Rounds 1, 3, 5, 7, 9, 11) | | | | | | | | X | X |
| High Jump | X | X | X | **X** | **X** | X | X | X | X |
| Triple Jump | X | X | X | **X** | **X** | X | X | X | X |
| Shot Put (Discus for Bendigo & Ballarat) | X | X | X | **X** | **X** | X | X | X | X |
| Hammer | X | X | X | **X** | **X** | X | X | X | X |
| 4x200m Relay (Rounds 1, 3, 9) | X | X | X | | | X | X | X | X |
| 4x400m Relay (Rounds 5, 7 11) | X | X | X | | | X | X | X | X |

| Program 1 AV Shield Events 2016/17 Women | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| **Women** | **D1** | **D2** | **40+** | **50+** | **60+** | **U20** | **U18** | **U16** | **U14** |
| 200m | X | X | X | **X** | **X** | X | X | X | X |
| 800m | X | X | X | **X** | **X** | X | X | X | X |
| 3000m (Rounds 1, 5, 7, 9) | | | | | | | X | X | X |
| 3000m (Rounds 3, 11) | X | X | X | **X** | **X** | X | X | X | X |
| 5000m (Round 1, 5, 7, 9) | X | X | X | **X** | **X** | X | | | |
| 200m Hurdles | | | | | **X** | | | X | X |
| 300m Hurdles | | | | **X** | | | | | |
| 400m Hurdles | X | X | X | | | X | X | | |
| 3000m Walk (Rounds 1, 3, 5, 7, 9, 11) | X | X | X | **X** | **X** | X | X | | |
| 1500m Walk (Rounds 1, 3, 5, 7, 9, 11) | | | | | | | | X | X |
| High Jump | X | X | X | **X** | **X** | X | X | X | X |
| Triple Jump | X | X | X | **X** | **X** | X | X | X | X |
| Shot Put (Discus for Bendigo & Ballarat) | X | X | X | **X** | **X** | X | X | X | X |
| Hammer | X | X | X | **X** | **X** | X | X | X | X |
| 4x200m Relay (Rounds 1, 3, 9) | X | X | X | | | X | X | X | X |
| 4x400m Relay (Rounds 5, 7 11) | X | X | X | | | X | X | X | X |

| Program 2 AV Shield Events 2016/17 Men | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| **Men** | **D1** | **D2** | **40+** | **50+** | **60+** | **U20** | **U18** | **U16** | **U14** |
| 100m | X | X | X | **X** | **X** | X | X | X | X |
| 400m | X | X | X | **X** | **X** | X | X | X | X |
| 1500m | X | X | X | **X** | **X** | X | X | X | X |
| 3000m (Round 8 ZvZ) | X | X | X | **X** | **X** | X | X | X | X |
| 90m Hurdles | | | | | | | | | X |
| 100m Hurdles | | | | **X** | **X** | | | X | |
| 110m Hurdles | X | X | X | | | X | X | | |
| 2000m Steeple (Rounds 2, 4, 6, 10, 12, Final) | | | | | **X** | | X | X | X |
| 3000m Steeple (Rounds 2, 4, 6, 10, 12, Final) | X | X | X | **X** | | X | | | |
| 2000m Walk (Rounds 4, 8, 12, Final) | X | X | X | **X** | **X** | X | X | X | X |
| 3000m Walk (Round 2, 6, 10) | | | X | **X** | **X** | | | X | X |
| 5000m Walk (Rounds 2, 6, 10) | X | X | | | | X | X | | |
| Pole Vault | X | X | X | **X** | **X** | X | X | X | X |
| Long Jump | X | X | X | **X** | **X** | X | X | X | X |
| Discus (Shot Put for Bendigo & Ballarat) | X | X | X | **X** | **X** | X | X | X | X |
| Javelin | X | X | X | **X** | **X** | X | X | X | X |
| 4 x 100m Relay (Final) | X | X | X | | | X | X | X | X |
| 100m | X | X | X | **X** | **X** | X | X | X | X |

| Program 2 AV Shield Events 2016/17 Women | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| **Women** | **D1** | **D2** | **40+** | **50+** | **60+** | **U20** | **U18** | **U16** | **U14** |
| 100m | X | X | X | **X** | **X** | X | X | X | X |
| 400m | X | X | X | **X** | **X** | X | X | X | X |
| 1500m | X | X | X | **X** | **X** | X | X | X | X |
| 3000m (Round 8 ZvZ) | X | X | X | **X** | **X** | X | X | X | X |
| 80m Hurdles | | | **X** | **X** | **X** | | | | X |
| 90m Hurdles | | | | | | | | X | |
| 100m Hurdles | X | X | | | | X | X | | |
| 2000m Steeple (Rounds 2, 4, 6, 10, 12, Final) | | | X | **X** | **X** | | X | X | X |
| 3000m Steeple (Rounds 2, 4, 6, 10, 12, Final) | X | X | | | | X | | | |
| 2000m Walk (Rounds 4, 8, 12, Final) | X | X | X | **X** | **X** | X | X | X | X |
| 3000m Walk (Round 2, 6, 10) | | | X | **X** | **X** | | | X | X |
| 5000m Walk (Rounds 2, 6, 10) | X | X | | | | X | X | | |
| Pole Vault | X | X | X | **X** | **X** | X | X | X | X |
| Long Jump | X | X | X | **X** | **X** | X | X | X | X |
| Discus (Shot Put for Bendigo & Ballarat) | X | X | X | **X** | **X** | X | X | X | X |
| Javelin | X | X | X | **X** | **X** | X | X | X | X |
| 4 x 100m Relay (Final) | X | X | X | | | X | X | X | X |

## Equipment Specifications – Women's Events

| | |
|---|---|
| Women Div 1 & 2 | 100m Hurdles / 10 flights 84.0cm (yellow markings)<br>400m Hurdles / 10 flights 76.2cm (green markings)<br>3000m Steeplechase 76.2cm<br>Shot Put 4.0kg<br>Discus 1.0kg<br>Javelin 600g<br>Hammer 4.0kg |
| Women 60+ | 80m Hurdles / 9 flights 76.2cm (black markings)<br>200m Hurdles / 7 flights 76.2cm (green markings)<br>2000m Steeplechase 76.2cm<br>Shot Put 3.0kg<br>Discus 1.0kg<br>Javelin 500g<br>Hammer 3.0kg |
| Women 50+ | 80m Hurdles / 9 flights 76.2cm (black markings)<br>300m Hurdles / 7 flights 76.2cm (green markings)<br>2000m Steeplechase 76.2cm<br>Shot Put 3.0kg<br>Discus 1.0kg<br>Javelin 500g<br>Hammer 3.0kg |
| Women 40+ | 80m Hurdles / 9 flights 76.2cm (black markings)<br>400m Hurdles / 10 flights 76.2cm (green markings)<br>2000m Steeplechase 76.2cm<br>Shot Put 4.0kg<br>Discus 1.0kg<br>Javelin 600g<br>Hammer 4.0kg |
| Women Under 20 | 100m Hurdles / 10 flights 84.0cm (yellow markings)<br>400m Hurdles / 10 flights 76.2cm (green markings)<br>3000m Steeplechase 76.2cm<br>Shot Put 4.0kg<br>Discus 1.0kg<br>Javelin 600g<br>Hammer 4.0kg |
| Women Under 18 | 100m Hurdles / 10 flights 76.2cm (yellow markings)<br>400m Hurdles / 10 flights 76.2cm (green markings)<br>2000m Steeplechase 76.2cm<br>Shot Put 3.0kg<br>Discus 1.0kg<br>Javelin 500g<br>Hammer 3.0kg |
| Women Under 16 | 90m Hurdles / 9 flights 76.2cm (white markings)<br>200 Hurdles / 10 flights 76.2cm (purple markings)<br>2000m Steeplechase 76.2cm<br>Shot Put 3.0kg<br>Discus 1.0kg<br>Javelin 500g<br>Hammer 3.0kg |
| Women Under 14 | 80m Hurdles / 9 flights 76.2cm (black markings)<br>200m Hurdles / 10 flights 76.2cm (purple markings)<br>2000m Steeplechase 76.2cm<br>Shot Put 3.0kg<br>Discus 1.0kg<br>Javelin 400g<br>Hammer 3.0kg |

# AV SHIELD – 2016/17 RULEBOOK

| Equipment Specifications – Men's Events | | | |
|---|---|---|---|
| Men Div 1 & 2 | 110m Hurdles / 10 flights 106.7cm (blue markings)<br>400m Hurdles / 10 flights 91.4cm (green markings)<br>3000m Steeplechase 91.4cm<br>Shot Put 7.26kg<br>Discus 2.0kg<br>Javelin 800g<br>Hammer 7.26kg | Men Under 20 | 110m Hurdles / 10 flights 99.1cm (blue markings)<br>400m Hurdles 10 flights 91.4cm (green markings)<br>3000m Steeplechase 91.4cm<br>Shot Put 6.0kg<br>Discus 1.75kg<br>Javelin 800g<br>Hammer 6.0kg |
| Men 60+ | 100m Hurdles / 10 flights 84.0cm (yellow markings)<br>300m Hurdles / 7 flights 76.2cm (green markings)<br>2000m Steeplechase 76.2cm<br>Shot Put 5.0kg<br>Discus 1.0kg<br>Javelin 600g<br>Hammer 5.0kg | Men Under 18 | 110m Hurdles / 10 flights 91.4cm (blue markings)<br>400m Hurdles / 10 flights 84.0cm (green markings)<br>2000m Steeplechase 91.4cm<br>Shot Put 5.0kg<br>Discus 1.5kg<br>Javelin 700g<br>Hammer 5.0kg |
| Men 50+ | 100m Hurdles / 10 flights 91.4cm (yellow markings)<br>400m Hurdles / 10 flights 84.0cm (green markings)<br>3000m Steeplechase 91.4cm<br>Shot Put 6.0kg<br>Discus 1.5kg<br>Javelin 700g<br>Hammer 6.0kg | Men Under 16 | 100m Hurdles / 10 flights 84.0cm (yellow markings)<br>200m Hurdles / 10 flights 76.2cm (purple markings)<br>2000m Steeplechase 76.2cm<br>Shot Put 4.0kg<br>Discus 1.0kg<br>Javelin 700g<br>Hammer 4.0kg |
| Men 40+ | 110m Hurdles / 10 flights 99.1cm (blue markings)<br>400m Hurdles 10 flights 91.4cm (green markings)<br>3000m Steeplechase 91.4cm<br>Shot Put 7.26kg<br>Discus 2kg<br>Javelin 800g<br>Hammer 7.26kg | Men Under 14 | 90m Hurdles / 9 flights 76.2cm (white markings)<br>200m Hurdles / 10 flights 76.2cm (purple markings)<br>2000m Steeplechase 76.2cm<br>Shot Put 3.0kg<br>Discus 1.0kg<br>Javelin 600g<br>Hammer 3.0kg |

| Divisions of Competition | | |
|---|---|---|
| **Age Groups** | **Metropolitan Zones** | **Country Zones** |
| Men Open: | Division 1 | n/a |
| Men Open: | Division 2 | Division 2 |
| Men: | 40+ | 40+ |
| Men: | Under 14 | Under 14 |
| Men: | Under 16 | Under 16 |
| Men: | Under 18 | Under 18 |
| Men: | Under 20 | Under 20 |
| Women Open: | Division 1 | n/a |
| Women Open: | Division 2 | Division 2 |
| Women: | 40+ | 40+ |
| Women: | Under 14 | Under 14 |
| Women: | Under 16 | Under 16 |
| Women: | Under 18 | Under 18 |
| Women | Under 20 | Under 20 |