



AV SHIELD

2017/18

Program of Events



AV SHIELD – 2017/18 RULEBOOK

Program 1 AV Shield Events 2017/18 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, 2, 4, 6, 7, 10, 12)	X	X	X	X	X	X	X	X	X
5000m (Rounds 3, 5, 8, 11)	X	X	X	X	X	X			
200m Hurdles (Rounds 1,2,3,5,6,7,8,11,12)								X	X
300m Hurdles (Rounds 1,2,3,5,6,7,8,11,12)					X				
400m Hurdles (Rounds 1,2,3,5,6,7,8,11,12)	X	X	X	X		X	X		
90m Hurdles (Rounds 4,9,10)									X
100m Hurdles (Rounds 4,9,10)				X	X			X	
110m Hurdles (Rounds 4,9,10)	X	X	X			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	X	X	X	X	X	X	X	X	X
Pole Vault (Rounds 1, 2, 5, 6, 8, 9, 11, 12)	X	X	X	X	X	X	X	X	X
Javelin (Round 11 only)	X	X	X	X	X	X	X	X	X
Hammer (Rounds 1,2,3,5,6,7,9,10,11,12)	X	X	X	X	X	X	X	X	X
4 x 100m Relay (Rounds 2,10)	X	X	X			X	X	X	X
4x200m Relay (Rounds 4,8)	X	X	X			X	X	X	X
4x400m Relay (Rounds 6,12)	X	X	X			X	X	X	X

***Important Information:**

For AV Shield rounds 2 and 6, Pole Vault for Blue and White zone athletes will be held at Box Hill on the Thursday 12th October and Thursday 23rd November.

For AV Shield rounds 8, Pole Vault for Yellow and Red zone athletes will be held at Melbourne University on the Thursday 7th December.



AV SHIELD – 2017/18 RULEBOOK

Program 1 AV Shield Events 2017/18 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, 2, 4, 6, 7, 10, 12)	X	X	X	X	X	X	X	X	X
5000m (Rounds 3, 5, 8, 11)	X	X	X	X	X	X			
200m Hurdles (Rounds 1,2,3,5,6,7,8,11,12)					X			X	X
300m Hurdles (Rounds 1,2,3,5,6,7,8,11,12)				X					
400m Hurdles (Rounds 1,2,3,5,6,7,8,11,12)	X	X	X			X	X		
90m Hurdles (Rounds 4,9,10)									X
100m Hurdles (Rounds 4,9,10)				X	X			X	
110m Hurdles (Rounds 4,9,10)	X	X	X			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	X	X	X	X	X	X	X	X	X
Pole Vault (Rounds 1, 2, 5, 6, 8, 9, 11, 12)	X	X	X	X	X	X	X	X	X
Hammer (Rounds 1,2,3,5,6,7,9,10,11,12)	X	X	X	X	X	X	X	X	X
Javelin (Round 11 only)	X	X	X	X	X	X	X	X	X
4 x 100m Relay (Rounds 2,10)	X	X	X			X	X	X	X
4x200m Relay (Rounds 4,8)	X	X	X			X	X	X	X
4x400m Relay (Rounds 6,12)	X	X	X			X	X	X	X

***Important Information:**

For AV Shield rounds 2 and 6, Pole Vault for Blue and White zone athletes will be held at Box Hill on the Thursday 12th October and Thursday 23rd November.

For AV Shield rounds 8, Pole Vault for Yellow and Red zone athletes will be held at Melbourne University on the Thursday 7th December.



AV SHIELD – 2017/18 RULEBOOK

Program 2 AV Shield Events 2017/18 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 (All rounds excluding round 11)	X	X	X	X	X	X	X	X	X
90m Hurdles (Rounds 1,3,5,6,7,8,11)									X
100m Hurdles (Rounds 1,3,5,6,7,8,11)				X	X			X	
110m Hurdles (Rounds 1,3,5,6,7,8,11)	X	X	X			X	X		
2000m Steeple (Rounds 2,4,6,8,10,12)					X		X	X	X
3000m Steeple (Rounds 2,4,6,8,10,12)	X	X	X	X		X			
1500m Walk (Rounds 1,3,5,7,9,11,Final)									
2000m Walk (Rounds 6,8)	X	X	X	X	X	X	X	X	X
3000m Walk (Rounds 1,2,3,5,7,9,10,11,Final)			X	X	X			X	X
5000m Walk (Rounds 2,6,8,10,12)	X	X				X	X		
Pole Vault (Rounds 1, 2, 5, 6, 8, 9, 11, 12)	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

*Important Information:

For AV Shield rounds 2 and 10, The VRWC will be operating a 3000m and 5000m walk at Clifton Hill which will be valid for AV Shield points. On AV Shield round 12, the VRWC will offer a 5000m walk which again will be valid for AV Shield points. There will be no pre-entry online offered for these events. Athletes wishing to compete should arrive at the venue before 6.30pm to register.

For AV Shield rounds 2 and 6, Pole Vault for Blue and White zone athletes will be held at Box Hill on the Thursday 12th October and Thursday 23rd November.

For AV Shield rounds 8, Pole Vault for Yellow and Red zone athletes will be held at Melbourne University on the Thursday 7th December.



AV SHIELD – 2017/18 RULEBOOK

Program 2 AV Shield Events 2017/18 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 (All rounds excluding round 11)	X	X	X	X	X	X	X	X	X
80m Hurdles (Rounds 1,3,5,6,7,8,11)			X	X	X				X
90m Hurdles (Rounds 1,3,5,6,7,8,11)								X	
100m Hurdles (Rounds 1,3,5,6,7,8,11)	X	X				X	X		
2000m Steeple (Rounds 2, 4, 6, 8, 10, 12)			X	X	X		X	X	X
3000m Steeple (Rounds 2, 4, 6, 8, 10, 12)	X	X				X			
1500m Walk (Rounds 1,3,5,7,9,11,Final)									
2000m Walk (Rounds 6,8)	X	X	X	X	X	X	X	X	X
3000m Walk (Rounds 1,2,3,5,7,9,10,11,Final)			X	X	X			X	X
5000m Walk (Rounds 2,6,8,10,12)	X	X				X	X		
Pole Vault (Rounds 1, 2, 5, 6, 8, 9, 11, 12)	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

*Important Information:

For AV Shield rounds 2 and 10, The VRWC will be operating a 3000m and 5000m walk at Clifton Hill which will be valid for AV Shield points. On AV Shield round 12, the VRWC will offer a 5000m walk which again will be valid for AV Shield points. There will be no pre-entry online offered for these events. Athletes wishing to compete should arrive at the venue before 6.30pm to register.

For AV Shield rounds 2 and 6, Pole Vault for Blue and White zone athletes will be held at Box Hill on the Thursday 12th October and Thursday 23rd November.

For AV Shield rounds 8, Pole Vault for Yellow and Red zone athletes will be held at Melbourne University on the Thursday 7th December.



AV SHIELD – 2017/18 RULEBOOK

Equipment Specifications – Women’s Events

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



AV SHIELD – 2017/18 RULEBOOK

Equipment Specifications – Men’s Events

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



AV SHIELD – 2017/18 RULEBOOK

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