



# AV SHIELD

2018/19

## Program of Events

As at 26.09.2018



## AV SHIELD – 2018/19 Program of Events as at 26.09.18

Program 1 AV Shield Events 2018/19 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 2,3,4,5,6,7,8,9,10,11)	X	X	X	X	X	X	X	X	X
*5000m (Rounds 2,4,7,10,12)	X	X	X	X	X	X			
200m Hurdles (Rounds 1,2,5,6,7,8,11,12)								X	X
300m Hurdles (Rounds 1,2,5,6,7,8,11,12)					X				
400m Hurdles (Rounds 1,2,5,6,7,8,11,12)	X	X	X	X		X	X		
90m Hurdles (Rounds 3,4,9,10)									X
100m Hurdles (Rounds 3,4,9,10)				X	X			X	
110m Hurdles (Rounds 3,4,9,10)	X	X	X			X	X		
2000m Steeplechase (Round 1)					X		X	X	X
3000m Steeplechase (Round 1)	X	X	X	X		X			
1500m Walk (Rounds 2,3,6,7,9,12)								X	X
2000m Walk (Rounds 1,4,5,10)	X	X	X	X	X	X	X	X	X
3000m Walk (Rounds 2,3,6,7,9,12)	X	X	X	X	X	X	X		
5000m Walk (Rounds 1,4,5,10)	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 1,3,5,6,7,8,10,11,12)	X	X	X	X	X	X	X	X	X
Hammer	X	X	X	X	X	X	X	X	X
4x100m Relay (Rounds 3,6,8)	X	X	X			X	X	X	X
4x200m Relay (Rounds 10)	X	X	X			X	X	X	X
4x400m Relay (Rounds 4,5,9,12)	X	X	X			X	X	X	X

\*3k/5k Rounds 2,4,7,10 will be 5km for Open, U20, 40+, 50+, 60+ Men and Women. These will be scoring events.



## AV SHIELD – 2018/19 Program of Events as at 26.09.18

Program 1 AV Shield Events 2018/19 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 2,3,4,5,6,7,8,9,10,11)	X	X	X	X	X	X	X	X	X
*5000m (Rounds 2,4,7,10,12)	X	X	X	X	X	X			
200m Hurdles (Rounds 1,2,5,6,7,8,11,12)								X	X
300m Hurdles (Rounds 1,2,5,6,7,8,11,12)				X	X				
400m Hurdles (Rounds 1,2,5,6,7,8,11,12)	X	X	X			X	X		
80m Hurdles (Rounds 3,4,9,10)									X
90m Hurdles (Rounds 3,4,9,10)				X	X			X	
100m Hurdles (Rounds 3,4,9,10)	X	X	X			X	X		
2000m Steeplechase (Round 1)			X	X	X		X	X	X
3000m Steeplechase (Round 1)	X	X				X			
1500m Walk (Rounds 2,3,6,7,9,12)								X	X
2000m Walk (Rounds 1,4,5,10)	X	X	X	X	X	X	X	X	X
3000m Walk (Rounds 2,3,6,7,9,12)	X	X	X	X	X	X	X		
5000m Walk (Rounds 1,4,5,10)	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 1,3,5,6,7,8,10,11,12)	X	X	X	X	X	X	X	X	X
Hammer	X	X	X	X	X	X	X	X	X
4x100m Relay (Rounds 3,6,8)	X	X	X			X	X	X	X
4x200m Relay (Rounds 10)	X	X	X			X	X	X	X
4x400m Relay (Rounds 4,5,9,12)	X	X	X			X	X	X	X

\*3k/5k Rounds 2,4,7,10 will be 5km for Open, U20, 40+, 50+, 60+ Men and Women. These will be scoring events.



## AV SHIELD – 2018/19 Program of Events as at 26.09.18

Program 2 AV Shield Events 2018/19 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
5000m (Round 7)	X	X	X	X	X	X			
90m Hurdles (Rounds 1,2,5,6,7,8,11,12)									X
100m Hurdles (Rounds 1,2,5,6,7,8,11,12)				X	X			X	
110m Hurdles (Rounds 1,2,5,6,7,8,11,12)	X	X	X			X	X		
200m Hurdles (Rounds 3,4,9,10)								X	X
300m Hurdles (Rounds 3,4,9,10)					X				
400m Hurdles (Rounds 3,4,9,10)	X	X	X	X		X	X		
2000m Steeple (Rounds 2,3,5,9,11,12)					X		X	X	X
3000m Steeple (Rounds 2,3,5,9,11,12)	X	X	X	X		X			
1500m Walk (Rounds 2,3,6,7,8,12)								X	X
2000m Walk (Rounds 1,4,5,10)	X	X	X	X	X	X	X	X	X
3000m Walk (Rounds 2,3,6,7,8,12)	X	X	X	X	X	X	X		
5000m Walk (Rounds 1,4,5,10)	X	X				X	X		
Pole Vault (Rounds 1,3,6,8,10,11,12)	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
4x100m Relay (Rounds 3,6,10)	X	X	X			X	X	X	X
4x200m Relay (Rounds 4,5,8,9,12)	X	X	X			X	X	X	X
4x400m Relay (Round 11)	X	X	X			X	X	X	X



## AV SHIELD – 2018/19 Program of Events as at 26.09.18

Program 2 AV Shield Events 2018/19 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
5000m (Round 7)	X	X	X	X	X	X			
80m Hurdles (Rounds 1,2,5,6,7,8,11,12)			X	X	X				X
90m Hurdles (Rounds 1,2,5,6,7,8,11,12)								X	
100m Hurdles (Rounds 1,2,5,6,7,8,11,12)	X	X				X	X		
200m Hurdles (Rounds 3,4,9,10)								X	X
300m Hurdles (Rounds 3,4,9,10)				X	X				
400m Hurdles (Rounds 3,4,9,10)	X	X	X			X	X		
2000m Steeple (Rounds 2,3,5,9,11,12)			X	X	X		X	X	X
3000m Steeple (Rounds 2,3,5,9,11,12)	X	X				X			
1500m Walk (Rounds 2,3,6,7,8,12)								X	X
2000m Walk (Rounds 1,4,5,10)	X	X	X	X	X	X	X	X	X
3000m Walk (Rounds 2,3,6,7,8,12)	X	X	X	X	X	X	X		
5000m Walk (Rounds 1,4,5,10)	X	X				X	X		
Pole Vault (Rounds 1,3,6,8,10,11,12)	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
4x100m Relay (Rounds 3,6,10)	X	X	X			X	X	X	X
4x200m Relay (Rounds 4,5,8,9,12)	X	X	X			X	X	X	X
4x400m Relay (Round 11)	X	X	X			X	X	X	X



## AV SHIELD – 2018/19 Program of Events as at 26.09.18

### Equipment Specifications – Women’s Events

<p><b>Women Div 1 &amp; 2</b> 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><b>Women Under 20</b> 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><b>Women 60+</b> 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><b>Women Under 18</b> 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><b>Women 50+</b> 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><b>Women Under 16</b> 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><b>Women 40+</b> 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><b>Women Under 14</b> 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 – 2018/19 Program of Events as at 26.09.18

### Equipment Specifications – Men's Events

<p><b>Men Div 1 &amp; 2</b></p> <ul style="list-style-type: none"> <li>110m Hurdles / 10 flights 106.7cm (blue markings)</li> <li>400m Hurdles / 10 flights 91.4cm (green markings)</li> <li>3000m Steeplechase 91.4cm</li> <li>Shot Put 7.26kg</li> <li>Discus 2.0kg</li> <li>Javelin 800g</li> <li>Hammer 7.26kg</li> </ul>	<p><b>Men Under 20</b></p> <ul style="list-style-type: none"> <li>110m Hurdles / 10 flights 99.1cm (blue markings)</li> <li>400m Hurdles 10 flights 91.4cm (green markings)</li> <li>3000m Steeplechase 91.4cm</li> <li>Shot Put 6.0kg</li> <li>Discus 1.75kg</li> <li>Javelin 800g</li> <li>Hammer 6.0kg</li> </ul>
<p><b>Men 60+</b></p> <ul style="list-style-type: none"> <li>100m Hurdles / 10 flights 84.0cm (yellow markings)</li> <li>300m Hurdles / 7 flights 76.2cm (green markings)</li> <li>2000m Steeplechase 76.2cm</li> <li>Shot Put 5.0kg</li> <li>Discus 1.0kg</li> <li>Javelin 600g</li> <li>Hammer 5.0kg</li> </ul>	<p><b>Men Under 18</b></p> <ul style="list-style-type: none"> <li>110m Hurdles / 10 flights 91.4cm (blue markings)</li> <li>400m Hurdles / 10 flights 84.0cm (green markings)</li> <li>2000m Steeplechase 91.4cm</li> <li>Shot Put 5.0kg</li> <li>Discus 1.5kg</li> <li>Javelin 700g</li> <li>Hammer 5.0kg</li> </ul>
<p><b>Men 50+</b></p> <ul style="list-style-type: none"> <li>100m Hurdles / 10 flights 91.4cm (yellow markings)</li> <li>400m Hurdles / 10 flights 84.0cm (green markings)</li> <li>3000m Steeplechase 91.4cm</li> <li>Shot Put 6.0kg</li> <li>Discus 1.5kg</li> <li>Javelin 700g</li> <li>Hammer 6.0kg</li> </ul>	<p><b>Men Under 16</b></p> <ul style="list-style-type: none"> <li>100m Hurdles / 10 flights 84.0cm (yellow markings)</li> <li>200m Hurdles / 10 flights 76.2cm (purple markings)</li> <li>2000m Steeplechase 76.2cm</li> <li>Shot Put 4.0kg</li> <li>Discus 1.0kg</li> <li>Javelin 700g</li> <li>Hammer 4.0kg</li> </ul>
<p><b>Men 40+</b></p> <ul style="list-style-type: none"> <li>110m Hurdles / 10 flights 99.1cm (blue markings)</li> <li>400m Hurdles 10 flights 91.4cm (green markings)</li> <li>3000m Steeplechase 91.4cm</li> <li>Shot Put 7.26kg</li> <li>Discus 2kg</li> <li>Javelin 800g</li> <li>Hammer 7.26kg</li> </ul>	<p><b>Men Under 14</b></p> <ul style="list-style-type: none"> <li>90m Hurdles / 9 flights 76.2cm (white markings)</li> <li>200m Hurdles / 10 flights 76.2cm (purple markings)</li> <li>2000m Steeplechase 76.2cm</li> <li>Shot Put 3.0kg</li> <li>Discus 1.0kg</li> <li>Javelin 600g</li> <li>Hammer 3.0kg</li> </ul>



## AV SHIELD – 2018/19 Program of Events as at 26.09.18

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