



17 July 2020

GLENHUNTLY ATHLETICS MEMBERSHIP EXPLAINED

Athletic Competitions

Athletics in Victoria can compete in a range of different competitions.

Athletics Victoria (AV) is the governing body for amateur athletics in Victoria and entry to all amateur meets is through their website.

Little Athletics Victoria (LAV) is the governing body for young athletes under the age of 16.

Victoria Athletics League (VAL) is the governing body for professional athletics in Victoria ("Pros"). VAL races are over handicapped distances and are separate to AV competitions.

Victorian Masters Association (VMA) is the governing body for master's athletes in Victoria. This is for athletes 30 and over.

Age Groups

AV competitions include age groups for males and females: U14, U16, U18, U20, Open, and 40+.

LAV has age groups for children from 6 to 16. There is therefore overlap in U14 and U16 with AV.

VAL caters for athletes 14 and over in handicapped racing.

VMA has age groups beginning at age 30 and are in 5 year groupings: 30-34, 35-39, 40-44, etc.

Competition Meets

Athletics Victoria runs the following competitions:

Winter XCR

A winter premiership competition (XCR) is conducted over 10 races, mainly on Saturday afternoons. There are 6 individual titles (3 cross country: 8km, 10km, and 12km) and (3 road races: 10km, 15km, and 21km) as well as 4 relay races (4 to 6km). The races for the junior age groups are over shorter distances from 2km to 8km.

The premiership competition is held in all age groups, U14 to Masters.

Summer Track and Field.

The summer track and field competition is referred to as the Shield Competition or more officially Athletics Victoria Shield League (AVSL) and is the main weekly athletics competition over summer. It runs for 12 rounds plus a premiership round. Meets are usually 4 to 5 hours long but you don't have to stay the whole time, you can just be there for your chosen events if you prefer.

Clubs are grouped into 5 divisions: Premier, 2, 3, 4, and 5; with 10 teams in each division. Glenhuntly is currently in Premier Division and were runners-up in the 2020 season.

The competition is run at 2 separate "zones" each week (called Blue/White zone and Red/Yellow zone). There are 2 alternative programs (Program 1 and 2) covering all of the events between them (with slight changes such as 3000m/5000m alternating). The programs alternate from week to week at each zone but the zones run the opposite program to each other (ie. when Blue/White zone is running Program 1, Red/Yellow zone will be running Program 2). This means that most events are available every round, albeit at different venues.

Blue/White zone is considered Glenhuntly's home zone, but athletes may compete at either zone and can even compete at both zones in a single day if they choose.

Shield competition moves from location to location each week. Blue/White zone meets are held at the following tracks: Duncan MacKinnon, Nunawading, Casey Fields (Cranbourne), Knox, Frankston, Lakeside (Albert Park), and Yarra Ranges (Mt. Evelyn).

Specialist Meets

Specialist meets are run mid-week, are shorter than Shield competition (2 to 3 hours) and focus on a narrower selection of events. The specialist meets are listed below. These are also entered via the AV members portal.

- High Velocity Club (HVC) – sprints, hurdles and long & triple jumps
- Victorian Milers Club (VMC) – middle and long distance (800m, 1500m, 3000m)
- Throwers – javelin, shot put, discus and hammer
- Rare Air – pole vault

Club Events

In addition, many club's conduct their own events, often with the assistance of AV. Examples are: Glenhuntly Classic, Box Hill Classic, Whitehorse Classic, Melbourne University, Zatopek 10000. So keep your eyes on the calendar on the AV website.

Registering with AV

In order to compete in AV competitions, including championships, you will need to purchase a “Base membership” package with AV and register with a Club (Glenhuntly). This is done on the AV Portal. There are 59 clubs.

Once you have registered with a club and AV, you are eligible to compete for the Club in competitions.

To do so, you will need to purchase either a competition package, or you can decide to pay as you go (ie. pay per meet).

- For the cross country (XCR) winter season, a “XCR Package” covers 6 individual (5 junior) winter events. There are also 4 winter relay events which members are eligible to enter where the Glenhuntly Club pays the entry fee. Alternatively, members may decide to enter the individual events separately.
- For the track and field (T&F) summer season, a “T&F Package” covers the Shield Premiership season of 13 rounds. There is also a relay championship which members are eligible for and is paid for by the Club. Alternatively, members may decide to enter the Shield on a weekly (by round) basis for a fee covering 4 events per round.
- If you decide that you would like to compete in both the winter and summer seasons, then there is a package which covers both seasons and which receives a \$50 discount. This is referred to as a “Max Package”.

Entering Competitions

Entry to all AV events (Shield, championships, specialist meets, club meets, etc) is done on the AV members portal (link below). You will first have to create an account by clicking “Create Account” at the top right of the screen.

<https://members.athsvic.org.au/SignIn>

Once you have an account you can buy your membership packages as mentioned in “Registering with AV” above.

Then, in order to compete at any of the rounds of Shield, a specialist meet or a club run meet you must log into your account and click the “Events” link. You then select the events that you want to compete in and your expected performance (which is used to grade you into a heat). Athletes may compete in as many events as they choose.

The closing date for registration is usually the Wednesday at 11.59am (lunchtime) before the weekend’s competition but note that field events can fill up quickly so while they are run at multiple times throughout the afternoon (usually each hour on the hour), you are advised to get in quick to get into the time slot that you want.

The closing date for specialist and other meets is shown in the Entry screen.

Championships

While Little Athletics have regional championships (eg South Metropolitan Region) with the successful athletes advancing to the Little Athletics State championships, AV has a single championship, the Victorian Athletics State Championships which any athlete can enter without the need for qualifying standards. These are held over 2 weekends towards the end of the season with half of the events on each weekend (eg weekend 1 might have 100m, 400m, shot and javelin and weekend 2 might have 200m, 800m and discus, etc). For those who finish in medal placings or reach the qualifying standards set, there is an Australian Athletic Championship for Open and Under-Age.

There is also a separate State Relay Championship which includes relays over various distances for the age groups U14, U16, U18, U20, Open, Masters 40+ and Masters 50+.

A Country Championship is also available. It is aimed at country athletes but is open to anyone to enter.

A separate Victorian State Masters Championships are run in conjunction with the Victorian Master's Association (VMA). These are open to athletes 30 years old and over and are run in 5 year age group increments up to 100 years old (30-34, 35-39, 40-44, etc). The Australian Masters Association also hold a national Master's championship each year.

Event format

While Little Athletics competitors run in heats with athletes of the same age, in AV Shield competition and at specialist meets, graded heats based on the performance that the athlete inputs when registering (typically their seasons best). While young athletes might find it daunting to find themselves in a race with adults, all athletes in the race have been graded with similar performances, so the races should be close.

In contrast, the heats and finals of the Victorian Championships are run in age groups.

Team Scores

The performance achieved by each athlete is awarded points on a scale of 100 to 600 points. 600 points is rated as equivalent to the world record for the age group and scores over 500 points are considered elite.

In the AV Shield all members, juniors, open and masters, male and female, compete for the one team and their points added to get a single team score. There is no distinction between male and female, masters senior and juniors. ALL members belong to ONE team. Points earned by members are weighted for junior and masters, male and female.

As an example, an U16 girl earns 513 points for a time of 59.11 in the 400m while an Open male who runs 400m in 47.93 earns 501 points.

Glenhuntly Team Managers

Glenhuntly endeavors to have men's and women's team managers for juniors, open and masters age groups. That requires 6 team managers with one being the overall co-ordinator. The team managers are a good first point of contact if you have any questions or if you have a problem on the day of competition. Team managers also organize relay teams, organize teams for finals and communicate important information, etc. They will usually contact you via a group email. Please keep in regular contact with your team manager.

If an issue arises on the day of competition you can also ask any other Glenhuntly athlete or an AV official for assistance. You will find people who are involved in athletics are generally more than happy to help.

Duty (Club Help)

Duty requirements for AV competitions are less onerous than for Little Athletics but it is important that each athlete/parent completes their share so that the meets run smoothly. Duty requirements will be communicated to members via a separate communication. The Club has a mandated policy of Club Help.

AV rosters Clubs to provide helpers at Shield and Victorian Championships so the Club expects each athlete/family to assist on at least one occasion for about 3 hours. A sign up roster is distributed by the Club where members are asked to sign up to a suitable duty. If all members support this request then duties are not onerous and fairness is achieved.

On the Day of Competition

It is recommended that you arrive at Shield and other competitions at least 1 hour before your first event.

Go to the AV official's room and sign against your name on all the event sheets that you have entered. This must be done at least 30 minutes before the scheduled start time of each event. Championships will have their own rules which are advised by AV in the lead up to the championships. If you sign an event sheet but later need to withdraw because of injury, etc it is courtesy but not compulsory to report back to the AV officials room to scratch from the event. This ensures that all heats are full and people on field event wait lists get to compete.

The onus is on the athletes to make their way to the events that they want to compete in. This is different to Little Athletics where an age group manager would escort the athletes to each event.

Glenhuntly will have a banner and table at their home zone venue (Blue/White) but not at the Red/Yellow zone. Tea, coffee and biscuits are available at the Glenhuntly table so make sure that you come and have a chat with the other club members and parents.

Championships have additional special rules that are communicated by AV once you have entered these events.

Results

Results are usually available within an hour of each race on the Results Hub website. This is accessed via the AV website or go directly to the link below and select the relevant meet, event, etc:

<https://athsvic.resultshub.com.au/>

Coaching

Glenhuntly have experienced coaches for the following disciplines:

- Sprints, jumps, hurdles - Tuesday/Thursday/Sunday
- Middle and long distance - Monday/Wednesday/Saturday
- Throws – week nights (please contact us for the latest timetable)
- Pole vault - by arrangement
- High jump - Tuesday
- Walks - by arrangement

Some of our coaches charge a fee, so please ask before committing.

To find a coach please contact our Club President, Mick Ryan, who can direct you to the appropriate coach(es) for your favoured events on blue441@optusnet.com.au.