



2010

Victorian Masters
Track & Field Championships

Saturday 20 & Sunday 21 March 2010
Hagenauer's Reserve, Box Hill



2010

Victorian Masters Track & Field Championships



Conditions of Entry

The 2010 Victorian Masters Track & Field Championships will be conducted according to the rules of the IAAF, Athletics Australia, Athletics Victoria and Victorian Masters.

ALL Athletics Victoria and Victorian Masters registered athletes are eligible to compete in ALL events. Athletes will be issued with a number that identifies their age group and gender.

Please complete the entry form to enter the Victorian Masters Track & Field Championships (photocopied forms will be accepted). Signed entry forms must have all the details filled in correctly or they will be returned.

Any event must have at least one entry received prior to entry close for that championship event to be timetabled.

ENTRY FEE: \$10.00 per event
(4th, 8th, 12th events free etc)
Entries close: 5pm, THURSDAY 4 MARCH 2010
Late entry fee: \$20.00 per event
Late entries close: 5pm, FRIDAY 12 MARCH 2010

Entries sent by mail must be postmarked prior to the closing date. Closing dates will be strictly enforced and late entries will be charged accordingly. **Late entries will be accepted only if there is room in the event. No extra heats or rounds will be scheduled to accommodate entries taken after the close of entries.** Late entries MAY be taken up to 5pm, Friday 12 March 2010.

Modification of IAAF Rules for WMA Athletes

AGE On first day of competition.

START RULES Masters athletes are not required to use starting blocks and do not need to start from a crouched position or have both hands in contact with track.

In any race, athletes who are charged with a false start, as determined by the chief starter, shall be warned. Athletes who are charged with a second false start in the same race shall be disqualified.

Two or more age groups, men and women, may compete together provided there are separate results for each group.

When expected performance times have been submitted by entrants for laned events then the following lane draw is used; fastest in lane 4, second fastest in lane 5, third fastest in lane 3, next best in lane 6, then lane 2, then lane 7, then lane 1 and then lane 8.

THROWS Two hands must be used to throw the hammer and weight.

Entry fees are non-refundable. A partial refund will be issued to those athletes unable to compete (due to sickness or injury) that can provide Athletics Victoria with a medical certificate. There is a \$10 administration fee charged for every refund.

PAYMENT DETAILS Credit Card: Mastercard & Visa Only
Cheque or Money Order: made payable to Athletics Victoria
Cash: on delivery of entry form to the Athletics Victoria office

CONFIRMATION OF ENTRY and a finalised timetable will be sent to athletes seven days prior to the Championships. Please contact the Athletics Victoria office: info@athsvic.org.au or (03) 9428 8195 should you not receive confirmation.

A DRAFT TIMETABLE and list of events to be contested can be viewed at www.athsvic.org.au

PRIVACY POLICY The Information Privacy Act 2000 requires Athletics Victoria to inform you that, in the conduct of Athletics Victoria meets, photographs may be taken of participants and results compiled to record athlete participation, celebrate athlete success and achievement and to promote Athletics Victoria and events conducted by Athletics Victoria. We limit the use and disclosure of any personal information to the purpose of participating in Athletics Victoria events. By accepting the invitation to participate in events under the auspices of Athletics Victoria, you undertake to abide by the Athletics Victoria Privacy Policy.

POLE VAULT & HIGH JUMP Both feet must be off the ground during the vault or jump. Masters' competitors are allowed to touch the landing area before clearing the bar but may not use the landing area to any advantage as determined by the Field Judge.

When a high jump or pole vault competition includes competitors in different age groups and there is only one competitor left in an age group, that competitor shall have the right to have the height of the bar raised in terms of applicable IAAF rules, even though other competitors in other age groups may still be competing. Such competitors must continue in the normal progression and may not jump at these special heights.

HURDLES Competitors in hurdling events must hurdle with a continuous motion thus ensuring that both feet are off the ground for at least an instant.

BIB NUMBERS Only one number is required to be worn by competitors in the throws, the high jump and pole vault.

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Victorian Masters Track & Field Championships

Saturday 20 & Sunday 21 March
Hagenauer's Reserve, Box Hill

Barwon Street, Box Hill (Melway Ref: 33 J11)



Event Code: 10VTF0VE
TAX INVOICE (ABN 47 382 664 821)

Complete & return this entry form to Athletics Victoria by the closing date.

Family Name	<input type="text"/>	Given Name	<input type="text"/>	
Address	<input type="text"/>	Suburb	<input type="text"/>	
		Postcode	<input type="text"/>	
Phone	<input type="text"/>	Mobile	<input type="text"/>	
Email	<input type="text"/>			
Gender	<input type="checkbox"/> Male <input type="checkbox"/> Female	AGE GROUPS (age taken as at 20 March '10)	OFFICE USE ONLY PAYMENT DETAILS	
Date of Birth	<input type="text"/> DD / <input type="text"/> MM / <input type="text"/> YYYY			30-34 50-54 70-74 90+
Age Group	<input type="text"/>			35-39 55-59 75-79
				40-44 60-64 80-84
		45-49 65-69 85-89		
State	<input type="checkbox"/> Vic <input type="checkbox"/> Other	<input type="text"/> Please indicate in which State or Territory you are registered		
AV Club	<input type="text"/>	Bib Number	<input type="text"/>	
VMA Venue	<input type="text"/>			

Age Group	Event(s) Entered	Best Performance (since 01 January 2009)	Entry Fee
eg. U/14	100m	performance date venue	\$ 10.00
<input type="text"/>	<input type="text"/>	<input type="text"/>	\$ 10.00
<input type="text"/>	<input type="text"/>	<input type="text"/>	\$ 10.00
<input type="text"/>	<input type="text"/>	<input type="text"/>	4th event free!

I have read the attached conditions of entry and details concerning the Victorian Masters Track & Field Championships. I understand these conditions and agree to abide by the decisions of Athletics Victoria, Victorian Masters and its Officials.

Total (GST inclusive)

\$

Entries must be received with **full payment**

Signature of Athlete

Date DD / MM / YYYY

CREDIT CARD PAYMENT (MASTERCARD & VISA ONLY):

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Cardholder Name				Cardholder Signature				Expiry Date MM / YY	

Fax, mail or deliver entries with payment to:

ATHLETICS VICTORIA
OLYMPIC PARK, OLYMPIC BLVD,
MELBOURNE VIC 3004
FAX: (03) 9427 9183

Entries close 4 March 2010 (late entries close 12 March 2010)



Event	Women					
	30-34	35-39	40-44	45-49	50-54	55-59
60m	✓	✓	✓	✓	✓	✓
100m	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓
400m	✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓	✓	✓
1500m	✓	✓	✓	✓	✓	✓
5000m	✓	✓	✓	✓	✓	✓
Sprint Hurdles	100m (84.0cm)	100m (84.0cm)	80m (76.2cm)	80m (76.2cm)	80m (76.2cm)	80m (76.2cm)
Long Hurdles	400m (76.2cm)	400m (76.2cm)	400m (76.2cm)	400m (76.2cm)	300m (76.2cm)	300m (76.2cm)
Steeple	2000m (76.2cm)	2000m (76.2cm)	2000m (76.2cm)	2000m (76.2cm)	2000m (76.2cm)	2000m (76.2cm)
Walks	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m
Pole Vault	✓	✓	✓	✓	✓	✓
High Jump	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓
Triple Jump	✓	✓	✓	✓	✓	✓
Shot Put	4kg	4kg	4kg	4kg	3kg	3kg
Discus	1kg	1kg	1kg	1kg	1kg	1kg
Javelin	600gm	600gm	600gm	600gm	500gm	500gm
Hammer	4kg	4kg	4kg	4kg	3kg	3kg
Weight Throw	9.08kg	9.08kg	9.08kg	9.08kg	7.26kg	7.26kg

Event	Women					
	60-64	65-69	70-74	75-79	80-84	85-89 / 90+
60m	✓	✓	✓	✓	✓	✓
100m	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓
400m	✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓	✓	✓
1500m	✓	✓	✓	✓	✓	✓
5000m	✓	✓	✓	✓	✓	✓
Sprint Hurdles	80m (68.6cm)	80m (68.6cm)	60m (68.6cm)	60m (68.6cm)	60m (68.6cm)	60m (68.6cm)
Long Hurdles	200m (68.6cm)	200m (60.0cm)	200m (60.0cm)	200m (60.0cm)	200m (60.0cm)	200m (60.0cm)
Steeple	2000m (76.2cm)	2000m (76.2cm)	2000m (76.2cm)	2000m (76.2cm)	2000m (76.2cm)	2000m (76.2cm)
Walks	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m
Pole Vault	✓	✓	✓	✓	✓	✓
High Jump	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓
Triple Jump	✓	✓	✓	✓	✓	✓
Shot Put	3kg	3kg	3kg	2kg	2kg	2kg
Discus	1kg	1kg	1kg	0.75kg	0.75kg	0.75kg
Javelin	400gm	400gm	400gm	400gm	400gm	400gm
Hammer	3kg	3kg	3kg	2kg	2kg	2kg
Weight Throw	5.45kg	5.45kg	5.45kg	4kg	4kg	4kg

Event	Men					
	30-34	35-39	40-44	45-49	50-54	55-59
60m	✓	✓	✓	✓	✓	✓
100m	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓
400m	✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓	✓	✓
1500m	✓	✓	✓	✓	✓	✓
5000m	✓	✓	✓	✓	✓	✓
Sprint Hurdles	110m (99.1cm)	110m (99.1cm)	110m (99.1cm)	110m (99.1cm)	100m (91.4cm)	100m (91.4cm)
Long Hurdles	400m (91.4cm)	400m (91.4cm)	400m (91.4cm)	400m (91.4cm)	400m (84.0cm)	400m (84.0cm)
Steeple	3000m (91.4cm)	3000m (91.4cm)	3000m (91.4cm)	3000m (91.4cm)	3000m (91.4cm)	3000m (91.4cm)
Walks	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m
Pole Vault	✓	✓	✓	✓	✓	✓
High Jump	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓
Triple Jump	✓	✓	✓	✓	✓	✓
Shot Put	7.26kg	7.26kg	7.26kg	7.26kg	6kg	6kg
Discus	2kg	2kg	2kg	2kg	1.5kg	1.5kg
Javelin	800gm	800gm	800gm	800gm	700gm	700gm
Hammer	7.26kg	7.26kg	7.26kg	7.26kg	6kg	6kg
Weight Throw	15.88kg	15.88kg	15.88kg	15.88kg	11.34kg	11.34kg

Event	Men					
	60-64	65-69	70-74	75-79	80-84	85-89 / 90+
60m	✓	✓	✓	✓	✓	✓
100m	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓
400m	✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓	✓	✓
1500m	✓	✓	✓	✓	✓	✓
5000m	✓	✓	✓	✓	✓	✓
Sprint Hurdles	100m (84.0cm)	100m (84.0cm)	80m (76.2cm)	80m (76.2cm)	80m (68.6cm)	60m (68.6cm)
Long Hurdles	300m (76.2cm)	300m (76.2cm)	300m (68.6cm)	300m (68.6cm)	300m (68.6cm)	300m (68.6cm)
Steeple	2000m (76.2cm)	2000m (76.2cm)	2000m (76.2cm)	2000m (76.2cm)	2000m (76.2cm)	2000m (76.2cm)
Walks	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m
Pole Vault	✓	✓	✓	✓	✓	✓
High Jump	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓
Triple Jump	✓	✓	✓	✓	✓	✓
Shot Put	5kg	5kg	4kg	4kg	3kg	3kg
Discus	1kg	1kg	1kg	1kg	1kg	1kg
Javelin	600gm	600gm	500gm	500gm	400gm	400gm
Hammer	5kg	5kg	4kg	4kg	3kg	3kg
Weight Throw	9.08kg	9.08kg	7.26kg	7.26kg	5.45kg	5.45kg