

Awards and Points Rules

WODONGA ATHLETICS CLUB INC.



October 2023

Contents

1. Standard Award and Points Rules	2
2. Age Champions Point Score.....	2
3. Multi-Event Champion:	3
4. Club Champions:	4
5. Throwing Champion:	4
6. Jumps Champion:	4
7. Distance Champion:	4
8. Veronica Foard Gift:	5
9. 60m Championship:	5
10. WAC Pentathlon	6
11. 10k Champion – Pearce Family Trophy	6
12. Don Chambers Club Person of the Year	6
13. Recognition Awards:	6
14. Life Member	7
15. Terminology	8
Age-Graded Tables & Combined Event Scoring.....	8
16. Bibliography	8

Awards and Points Rules

October 2023



1. Standard Award and Points Rules

1.1. **Purpose:** To avoid duplication.

1.2. **Rules:**

- 1.2.1. These 'Standard Award and Points Rules' apply to all awards and points calculations unless stated otherwise in a specific award rule.
- 1.2.2. Awards are available to financial club members only.
- 1.2.3. There are awards for females and for males.
- 1.2.4. To be eligible a competitor must have competed at a minimum of 8 weeks of scheduled Wodonga Athletics Club summer track and field competition.
- 1.2.5. Club uniform should be worn for championship events.
- 1.2.6. Only results from scheduled WAC track and field competition will be counted.
- 1.2.7. The club committee may provide rule clarification during the season.
- 1.2.8. The form of the award (trophy, medal, ribbon, certificate, number of places awarded, etc) is determined by the club committee each season.

2. Age Champions Point Score

2.1. **Purpose:** To acknowledge the all-round ability and consistent participation and achievement of athletes in each age group at club track and field competition.

2.2. **Rules:**

- 2.2.1. Standard Award and Points Rules above (1).
- 2.2.2. Scored for competitors of each age group, in each event: 4 points for 1st place, 3 points for 2nd, 2 points for 3rd and 1 point for any other place.
- 2.2.3. There is maximum number of points.
- 2.2.4. Excludes: Countries, Pentathlon, Gift, Relay Day, 10km.

Awards and Points Rules

October 2023

3. Multi-Event Champion:

3.1. **Purpose:** To recognise the best performing athletes at club events based on combined event scoring with adjustment for age variations, over a full season.

3.2. Rules:

3.2.1. Standard Award and Points Rules above (1).

3.2.2. Results are taken from seasons best performances at scheduled WAC track and field competition.

3.2.3. Excludes: Countries, Pentathlon, Gift, Relay Day, 10km.

3.2.4. Event list: 100m, 200m, 400m, 800m, 1500m, 3000m, High Jump, Long Jump, Triple Jump, Discus, Hammer, Javelin and Shot Put.

3.2.5. Eligible athletes must have a result for all 13 events.

3.2.6. All 13 events are scored.

3.2.7. First, each season best is age adjusted. Then, the combined event points are calculated.

3.2.8. The current World Masters Athletics age factors and combined event parameters for scoring combined events are to be used. WMA combined event parameters follow the format of IAAF.

3.2.9. Age adjustment and points calculation is applied as follows:

Athlete age	Masters adjustment
U14	Use 45
U16	Use 40
U18	Use 35
U20	Use 25
OPEN	Use 25
OPEN 35+	Use 35
40-44	Use 40
45-49	Use 45
50-54	Use 50
55-59	Use 55
60-64	Use 60
65-69	Use 65
70-74	Use 70

Sample - Female High Jump																				
43 year old female SB 1.27m (1) Age correction from WMA Table 1.0715 x 1.27m = 1.36m (2) Points from WMA HJ Table = 470		WMA Female Age Table <table><tr><th>Age</th><th>High Jump</th><th>Pole V</th></tr><tr><td>35</td><td>1.0205</td><td>1.00</td></tr><tr><td>40</td><td>1.0715</td><td>1.06</td></tr><tr><td>45</td><td>1.1255</td><td>1.13</td></tr><tr><td>50</td><td>1.1826</td><td>1.20</td></tr><tr><td>55</td><td>1.2430</td><td>1.28</td></tr></table>	Age	High Jump	Pole V	35	1.0205	1.00	40	1.0715	1.06	45	1.1255	1.13	50	1.1826	1.20	55	1.2430	1.28
Age	High Jump	Pole V																		
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55	1.2430	1.28																		
Step above (2) by WMA adjustment $a \times (\text{Performance} - b)^c$ High Jump $a=1.84523$ $b=75\text{cm}$ $c=1.348$ Performance = 136cm (age adjusted) Points (truncated) $(1.84523 \times (136-75)^{1.348})=470$		WMA Female High Jump Table <table><tr><td>1.39</td><td>502</td></tr><tr><td>1.38</td><td>491</td></tr><tr><td>1.37</td><td>481</td></tr><tr><td>1.36</td><td>470</td></tr><tr><td>1.35</td><td>460</td></tr><tr><td>1.34</td><td>449</td></tr></table>	1.39	502	1.38	491	1.37	481	1.36	470	1.35	460	1.34	449						
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1.34	449																			

Awards and Points Rules

October 2023

4. Club Champions:

- 4.1. **Purpose:** To acknowledge the all-round athletic ability, consistent participation and achievement of athletes at club events and beyond.
- 4.2. **Rules:**
 - 4.2.1. Standard Award and Points Rules above (1).
 - 4.2.2. There are 4 trophies available. One each for best male and female and one each for the runner up male and female.
 - 4.2.3. All weeks of an athlete's age champion points score will be counted.
 - 4.2.4. 2% of Multi-Event points. Not all events need a result.
 - 4.2.5. Points for external, Athletics Victoria sanctioned events, where representing WAC, are awarded as follows: Gold 4, Silver 3, Bronze 2 and participating 1. It is the athlete's responsibility to notify WAC and to provide suitable evidence.
 - 4.2.6. Ten (10) points for each centre record.

5. Throwing Champion:

- 5.1. **Purpose:** To acknowledge the best performing thrower.
- 5.2. **Rules:**
 - 5.2.1. Standard Award and Points Rules above (1).
 - 5.2.2. One award only.
 - 5.2.3. Follows scoring system of Club Champion
 - 5.2.4. Eligible events are: Discus, Hammer, Javelin, Shot Put.

6. Jumps Champion:

- 6.1. **Purpose:** To acknowledge the best performing jumper.
- 6.2. **Rules:**
 - 6.2.1. Standard Award and Points Rules above (1).
 - 6.2.2. One award only.
 - 6.2.3. Follows scoring system of Club Champion
 - 6.2.4. Eligible events are: High Jump, Long Jump, Pole Vault, Tripple Jump.

7. Distance Champion:

- 7.1. **Purpose:** To acknowledge the best performing distance runner.
- 7.2. **Rules:**
 - 7.2.1. Standard Award and Points Rules above (1).
 - 7.2.2. One award only.
 - 7.2.3. Follows scoring system of Club Champion
 - 7.2.4. Eligible events are: 1500m, 3000m, 5000m, Steeplechase.

Awards and Points Rules

October 2023

8. Veronica Foard Gift:

8.1. **Purpose:** A sprints award for the first finisher in the 100m gift event.

8.2. **Rules:**

8.2.1. Standard Award and Points Rules above (1).

8.2.2. One award only.

8.2.3. Athletes must be in club uniform.

8.2.4. Eligible athletes must have at least 4 eligible 100m results.

8.2.5. Handicaps:

8.2.5.1. Are based on eligible 100m results.

8.2.5.2. May be adjusted by the handicapper during the competition.

8.2.5.3. Are to be between 70m and 110m.

8.2.5.4. Repechage athletes get a 1m advantage for the final.

8.2.6. The handicapper is appointed by the club committee.

8.2.7. The handicapper is to decide on the number of athletes to progress at each stage based on the number of entrants.

8.2.8. Recommended format to be: heats, repechage, final.

8.2.9. Entry fee will be \$10.

8.2.10. Prize pool determined by the club committee. Winner takes all.

9. 60m Championship:

9.1. **Purpose:** A sprints award for the fastest runners over 60m including age adjustment.

9.2. **Rules:**

9.2.1. Standard Award and Points Rules above (1).

9.2.2. Athletes must be in club uniform.

9.2.3. This is run over 60m on a nominated date, final only.

9.2.4. Finishers times are adjusted by the current World Masters Athletics age factors.

9.2.5. Age adjustment is applied as follows:

Athlete age	Masters adjustment
U14	Use 45
U16	Use 40
U18	Use 35
U20	Use 25
OPEN	Use 25
OPEN 35+	Use 35
40-44	Use 40
45-49	Use 45
50-54	Use 50
55-59	Use 55
60-64	Use 60
65-69	Use 65
70-74	Use 70

Sample - Female																							
U16 female time of 10.39sec	WMA Female Age Table 2023																						
Age correction from WMA Table $0.9985 \times 10.39\text{sec} = 10.38\text{sec}$	<table><tr><th>Age</th><th>60m</th></tr><tr><td>35</td><td>1.0000</td></tr><tr><td>40</td><td>0.9985</td></tr><tr><td>45</td><td>0.9613</td></tr><tr><td>50</td><td>0.9259</td></tr><tr><td>55</td><td>0.8922</td></tr><tr><td>60</td><td>0.8603</td></tr><tr><td>65</td><td>0.8300</td></tr><tr><td>70</td><td>0.8014</td></tr><tr><td>75</td><td>0.7743</td></tr><tr><td>80</td><td>0.7477</td></tr></table>	Age	60m	35	1.0000	40	0.9985	45	0.9613	50	0.9259	55	0.8922	60	0.8603	65	0.8300	70	0.8014	75	0.7743	80	0.7477
Age	60m																						
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Awards and Points Rules

October 2023



10. WAC Pentathlon

10.1. **Purpose:** Award the winners of the WAC Pentathlon

10.2. **Rules:**

10.2.1. Standard Award and Points Rules above (1).

10.2.2. Athletes must be in club uniform.

10.2.3. The event takes place on a nominated date.

10.2.4. The events chosen by the club for this event are: Long Jump, Javelin, 200m, Discus, 800m (women) or 1500m (men). All events must have a valid result.

10.2.5. No age adjustment is applied.

10.2.6. Points are calculated for each event based on the current World Masters Athletics combined event parameters. WMA combined event parameters follow the format of IAAF. The winners have the highest total points score.

11. 10k Champion – Pearce Family Trophy

11.1. **Purpose:** Winners of the WAC track 10km event.

11.2. **Rules:**

11.2.1. Standard Award and Points Rules above (1).

11.2.2. Athletes must be in club uniform.

11.2.3. The event takes place on a nominated date.

11.2.4. The winners have the fastest time over 10km.

12. Don Chambers Club Person of the Year

12.1. **Purpose:** To acknowledge the outstanding contribution of an individual to the club over the current season.

12.2. **Rules:**

12.2.1. Standard Award and Points Rules above (1).

12.2.2. One award only per year.

12.2.3. It is based on the personal effort of an individual towards the betterment of the club.

12.2.4. A person who is WAC community minded, involved in club activities, an inspiration to others to better themselves, friendly and approachable, a great encouragement to others and have a sound knowledge of athletics as a sport.

12.2.5. It is also judged on performance over the season, which can include personal bests.

12.2.6. Voted weekly by each committee member present at a scheduled WAC track and field competition.

12.2.7. An eligible committee member will provide three names and rank them 3, 2, 1.

12.2.8. The person with the greatest total points at the end of the season will be the recipient of the award.

13. Recognition Awards:

13.1. **Purpose:** To acknowledge members contributions, performances, or achievements over a season.

13.2. **Rules:**

13.2.1. Standard Award and Points Rules above (1).

13.2.2. These are optional awards at committee discretion.

Awards and Points Rules

October 2023

13.2.3. Sample categories:

13.2.3.1. Most improved - Greatest improvement based on number of season best performances.

13.2.3.2. Coach's awards – Nominated by a club coach and is based on an athlete's performance over the season. This can include personal bests, training and involvement in club activities.

14. Life Member

14.1. **Purpose:** An honour bestowed on individual club members whose exceptional, loyal and outstanding service and contribution has provided a measurable benefit to the club over an extended period of time. It should be recognised as the highest recognition that can be awarded to a member in acknowledgement of exceptional service and contribution; it should retain its prestige and not be awarded easily.

14.2. Eligibility:

14.2.1. Any current member may be considered for Life Membership.

14.2.2. Nominees for Life Membership must have a minimum of 15 years of continuous membership and have made significant contributions to the club.

14.3. Process:

14.3.1. Nominations for Life Membership can be made by any current club member in good standing.

14.3.2. Nominations, with supporting information, are to be submitted in writing (digital) to the committee.

14.3.3. The committee is to treat nominations in strict confidence.

14.3.4. The committee will review and vote on all nominations with at least a 75% majority required to carry a vote.

14.4. Criteria for Selection: (under review)

14.4.1. Nominees should have demonstrated exceptional commitment, dedication, and service to the club.

14.4.2. Contributions may include but are not limited to coaching, volunteering, leadership, or other significant roles within the club.

14.4.3. Nominees should have positively impacted the club's growth, reputation, and overall success.

14.5. Benefits of Life Membership: (under review)

14.5.1. Name placed on the Life Membership board and receive a certificate.

14.5.2. Reduced annual membership fee.

14.5.3. They will be recognized and honoured at club events and in club communications.

Awards and Points Rules

October 2023

15. Terminology

Age-Graded Tables & Combined Event Scoring

See (Oceania Masters Athletics, 2023) and (World Masters Association, 2023)

Age-Standard

Smoothed approximation of world-best performances in one year age increments. These have been calculated for each event.

Age-Factor

Open competition standard (World Record) *divided by* Age-Standard

These have been calculated for each age group and event.

Equivalent-Open-Performance

Athlete result *multiplied by* Age-Factor

An athlete's result in any masters age group is converted to the equivalent open performance by multiplying the result by the correct Age-Factor.

Age graded tables

These tabulate all the Age-Factors for each event and age.

Updated annually by various organisations.

Combined event scoring

IAAF methodology

Running and hurdling events: $\text{Points} = a \times (b - \text{Performance})^c$

Throwing and jumping events: $\text{Points} = a \times (\text{Performance} - b)^c$

Must be truncated to the nearest integer.

16. Bibliography

Oceania Masters Athletics. (2023, April 12). *Age-Graded Tables & Combined Event Scoring*. Retrieved from Oceania Masters Athletics: <https://www.oceaniamastersathletics.org/age-graded-tables-combined-event-scoring/>

World Masters Association. (2023). *WMA AGE FACTORS AND PARAMETERS FOR SCORING COMBINED EVENTS AND ONE YEAR AGE FACTORS*. Retrieved from <https://world-masters-athletics.org/wp-content/uploads/2022/09/WMA-2023-Age-Factors.pdf>