

SPIKES

Spikes can **ONLY** be worn in the Marshalling Area or in the Arena – **Nowhere else!**

Spikes **MUST** be removed before leaving the Arena.

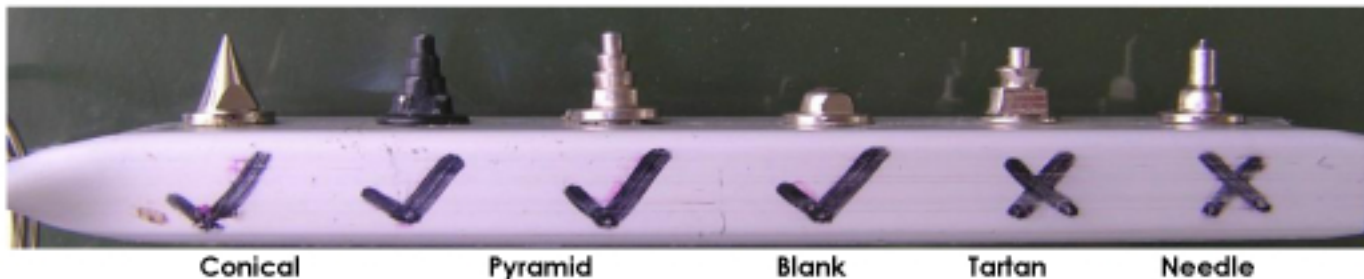
It is the responsibility of Arena Stewards and Team Managers to ensure that athletes are not wearing spikes outside the Marshalling Area or the Arena.

All Spike holes in each shoe **MUST** have a spike or blank fitted.

Only those spikes ticked below will be permitted to be worn.

Spare spikes, in packets, can be purchased from Communications at \$8 per packet.

Maximum Length of Spikes = 7mm.



- Under 9–11: NO Spikes allowed in ANY event.
- Under 12–13: May wear spikes in All Laned Track, Jumping and Javelin Events.
- Under 14–16: May wear spikes in ALL events except Shot Put, Discus and Race Walking.

STARTING BLOCKS

- May be used by U12 to U16's in all laned track events up to and including 400m.
- Blocks are compulsory for all U12 to U16's who are wearing spikes.
- All U12 to U15's must do a crouch start in all laned events up to and including 400m.