

SPIKE RULES AT THE WA ATHLETICS STADIUM FOR W.A. LITTLE ATHLETICS STATE EVENTS

To maximise performance & prevent damage to the mondo surface, athletes must not use sharp spikes that will penetrate the surface. The only spikes permitted for use on the track are of the Christmas tree and Pyramid shape variety as pictured.

Track spikes must not exceed 7mm

(Track competitors **MUST NOT** put their spike shoes on in the marshalling area, they are to put them on at the start line and then remove at the finish.)

Field spikes must not exceed 9mm *except for javelin* & high jump which must not exceed 12mm

(Field competitors **MUST NOT** put their spike shoes on in the marshalling area, they are to carry them and put them on at site and then remove them before leaving the site.)

