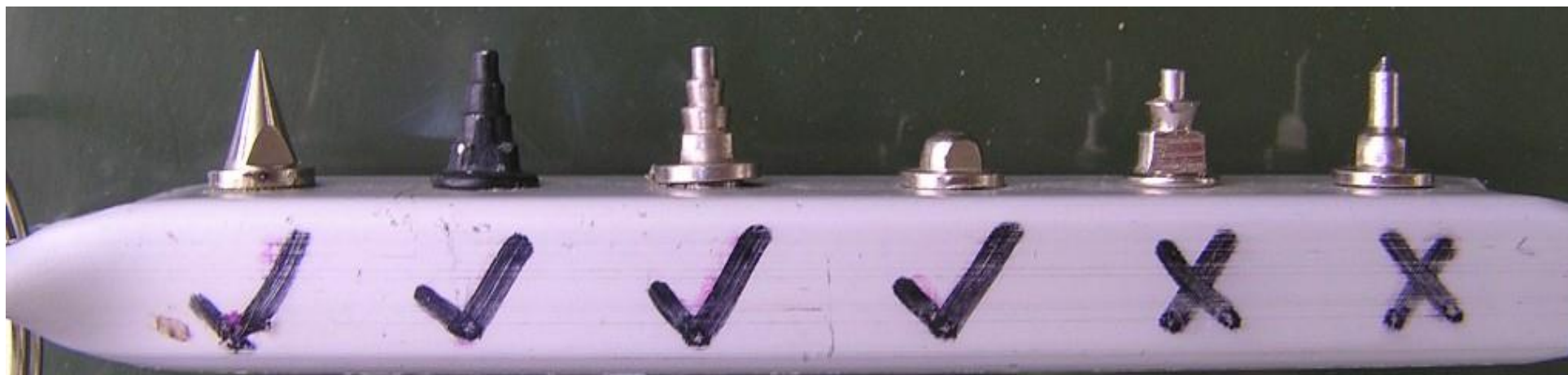


Footwear - Spikes



Conical

Pyramid

Blank

Tartan

Needle

PLEASE NOTE

Only the spikes ticked above are permitted to be worn.

Maximum Length of Spikes = **7mm**.

Specialist **Javelin & High Jump** footwear with heel spikes shall not exceed **9mm** and shall only be worn at these events.

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

Under 9–10: NO spikes allowed in ANY Event.

Under 11: May wear spikes in High Jump and Javelin **New 2016 - standing start**

Under 12–13: May wear spikes in all laned track, jumping and Javelin Events.

Under 14 & 15: May wear spikes in ALL Events except Shot Put, Discus and Race Walking.