

U12 Athletes

As a new U12 athlete, you are required to use the 'Crouch Start' method of starting laned sprint events. You are also allowed to wear spiked running shoes.

To assist you to adapt to these changes we will be providing Crouch Start training on the following days:

- ⇒ ***Sunday September 21st***
- ⇒ ***Sunday September 28th***
- ⇒ ***Sunday October 12th***
- ⇒ ***Sunday October 19th***

Additional dates maybe added as required

This training will be provided at the Knox Park track, commencing at 9.00am, with each session being of approximately 1 hour duration.

See page 2 for advice on buying your first pair of 'spikes'

Buying Your First Spikes

Spikes Selection

- ensure a good comfortable fit
- allow approx. 1cm space in front of toes
- get a width & shape that suits your foot
- meets your budget
- shop later in the day (your feet swell & are larger)
- measure your feet when standing
- try on with the socks you will wear
- try on both feet



Adult spikes (no heel)



Junior spikes (heel recommended)



Children's spikes should have a heel. These types of spikes are known as middle distance spikes. Pure sprint spikes (with no heel) are ok for adults but not recommended for growing children who need more shock absorption and a built-in heel to avoid the occurrence of sore heels & knees.

These spikes are very versatile and can be used for several events - sprints, hurdles, jumps & middle distance. They usually last for one season.

The shoe should bend at the base of the toes, where the toes naturally bend, not further back towards the middle of the foot.

Conical spikes are best for jumps where the point gives good grip on wooden take-off boards. Christmas tree (or pyramid) spikes are best for track sprints. Always carry spare spikes in case some fall out and keep your spike tool in your spike carry bag.

The brand, model and colour are less important than a good fit. Don't buy shoes that are too large in the expectation that the feet will grow into them. Shoes should fit well immediately and shouldn't need a break in period.

Only wear spikes when required for training and competition on the proper surface. They aren't designed to be worn while walking around as you will rapidly blunt the spikes, damage floor surfaces and it's bad for posture.

