

## FOOTWEAR & SPIKES

Shoes must be worn by all athletes while competing in any QLAA sanctioned track and field competition. Any person seeking exemption from wearing shoes must support their application with a relevant medical certificate on the day of competition, before competing.

### SPIKES

- Athletes from U11 age group and upwards are able to wear spikes at Centre level, at the Centre Management discretion, in events run entirely in lanes, jumping events and javelin.
- Spikes must be no longer than 7mm (synthetic track)
- Spikes must be no longer than 9mm (synthetic field)
- Spikes must be no longer than 12mm (grass - track or field)
- Spiked shoes must not be worn in the stand or outer areas of the track.
- Spikes must be carried onto the track and to the field event areas and then removed on completion of the event. i.e. may only be worn from the commencement of an event and **MUST** be removed "immediately" at the finish of the event.
- Spiked shoes should be carried in a suitable bag at all times and stored safely when not in use.
- Any athlete not exercising care when using spikes may be disqualified from wearing them for the remainder of the meeting.



### TABLE OF USE

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
<b>Track</b>												
<i>Laned</i>	---	---	---	---	---	S∅S	S∅S	S∅S	S∅S	S∅S	S∅S	S∅S
<i>Unlaned</i>	---	---	---	---	---	SB	SB	S∅S	S∅S	S∅S	S∅S	S∅S
<i>Relays</i>	---	---	---	---	---	*SB	*SB	S∅S	S∅S	S∅S	S∅S	S∅S
<i>Walks</i>	---	---	---	---	---	SB	SB	SB	SB	SB	SB	SB
<i>Out of Stadia</i>	---	---	---	---	---	---	---	---	---	---	---	---
<b>Field</b>												
<i>HJ / LJ / TJ / Jav</i>	---	---	---	---	---	S∅S	S∅S	S∅S	S∅S	S∅S	S∅S	S∅S

Legend: S∅S Spike shoes with or without spikes

SB Spike shoes without spikes or with blanks

\* Athletes competing in U13 - U15 teams: Spike shoes with or without spikes