

## Lakeside Stadium Spikes Regulations

Maximum Length of Spikes = 7mm

Only spikes allowed are Conical and Pyramid ('Christmas Tree') – see below:



Conical

Pyramid

Blank

Tartan

Needle

No needle or pin spikes are to be worn.

If an athlete chooses to do a crouch start with spikes, they must use starting blocks.

Starting blocks will be provided by LAVic and may be used by the U12 to U15 athletes in all track events up to and including the 400 metres.