

Athletes are required to wear suitable footwear for their events, abiding by the following spike shoe regulations:

AGE	SPIKE SHOE GUIDELINES
U6-10	Athletes <u>must not</u> wear spike shoes <u>for any event</u> .
U 11-12	Athletes <u>may wear</u> spike shoes for <u>events run entirely in lanes</u> and for <u>long jump, triple jump, high jump and javelin</u> .
U 13-U17	Athletes <u>may wear</u> spike shoes for <u>all track events except walks</u> and for <u>long jump, triple jump, high jump and javelin</u> .