

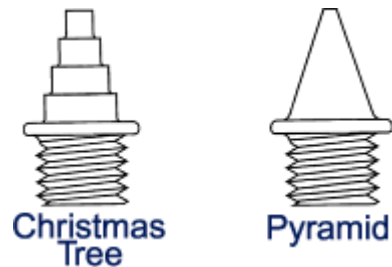
Information relating to use of spikes at the Athletics Challenge Stadium :

2nd December 2009 – email from WALA

We have made an executive decision regarding the spikes to restrict track spikes to ceramic only. Please see details below.

**Spikes**

The only spikes permitted for use on the track are the **ceramic** Christmas Tree and Pyramid shape variety as pictured below, both with flat tops. **Steel spikes are not permitted.** Track spikes must not exceed 7mm. Field spikes must not exceed 9mm *except for* javelin & high jump which must not exceed 12mm, but may be ceramic or steel. Blanks are permitted.



Blanks are OK as they do not protrude into the track. We are selling the ceramic spikes here at reception for \$8 for a pack of 14.

Regards

**Hannah**

HANNAH TEBBUTT  
Executive Officer  
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