

# Mackay Athletics Club Uniform

The club uniform is a caprice blue, gold and black sublimated sun-safe polo shirt with black shorts, skins or bike pants and must finish above the knee and preferably be unbranded.

The polo-shirt is available in a large range of sizes and can only be purchased from the Club.

Black bucket hats with the Mackay Athletics Club logo on them in sizes S/M or L/XL and can also be purchased from the club.

## Senior Athletes (12 year group and above)

An option for male and female senior athletes is a singlet top in the club colours (caprice (blue), gold and black singlet top). Females also have the option of a crop top in the club colours. Both singlet and crop top are available for purchase through the club. It is a club requirement that a polo or sleeved shirt be worn over singlet's and crop tops **in-between events** as a sun safe measure.

## IMPORTANT

It is important to note that all ANQ sanctioned events (Championships and Carnivals) require the club uniform to be worn. Disqualification can be the result if this is not adhered to. The only exception is the ANQ Student Games which requires the representing Schools Sports Uniform to be worn.

## SHOES:

Closed in shoes are compulsory when competing in all events; this reduces the risk of injury. Most age groups may wear sneakers or waffles and can be purchased from most Sports Shops. Football shoes cannot be worn.

Spike shoes may be worn in age groups 10 and above. 10-12 years are only permitted to wear spikes in laned events only (i.e. the athlete must not cross over into another lane), jumps and javelin. Years 13 and over may wear spikes in laned and unlaned events, jumps and javelin.

Spike shoes **MUST BE CARRIED** to all events and be **REMOVED BEFORE LEAVING** the event area. These are important safety issues as spikes can cause serious injuries.

The maximum spike size can vary on different surfaces, events and venues. Always find out what the Shoe Policy is for other venues if participating in events.



	5-9	10	11	12	13+	Max Spike Size Grass Area M.A.C.	Max Spike Size Townsville Synthetic Area
Laned Track Events	x	✓	✓	✓	✓	12mm	7mm
Unlaned Track Events	x	x	x	x	✓	12mm	7mm
Long Jump	x	✓	✓	✓	✓	12mm	7mm
Triple Jump	N/A	N/A	N/A	✓	✓	12mm	7mm
High Jump	x	✓	✓	✓	✓	12mm	9mm
Javelin	N/A	N/A	N/A	✓	✓	12mm	9mm
Shot Put	x	x	x	x	x	x	x
Discus	x	x	x	x	x	x	x