

Mackay Athletics Club

Uniform

The Mackay Athletics Club uniform is one of the most popular uniforms of any club around. It is bright, modern and appealing. We sell uniforms but stock is limited and orders will be taken if required.

Junior Athletes (up to and including 12 Years):

The club uniform is a Blue, Gold and Black sun-safe polo shirt with Black shorts or bike pants. The only requirements being that the shorts have no logo's (eg: NIKE) and are above the knee.

The polo-shirt can only be purchased from the Club.

Black bucket hats with the Mackay Athletics Club logo on them can also be purchased from the club.

Senior Athletes

Female – Black bike pants or shorts of their choice with a caprice (blue), gold and black polo shirt, singlet top or crop top (self ordered as no stock held).

Male – Black shorts of their choice and caprice (blue), gold and black singlet or polo shirt.



It is recommended that Polo Shirts be worn over singlets and crop tops as a sun safe measure.

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.

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