

UNIFORM AND SHOE POLICY

UNIFORM - ALL ATHLETES

We love it when our members have a unified look, but we do not enforce club uniform tops be worn at normal club competition days. Though for any local, regional, or state carnival or championships where you are representing the club, then the uniform is **strongly recommended. Please ensure you have read and comply to the entry and participation conditions for events.**

The club uniform is available in a large range of sizes and is a sublimated sun-safe polo shirt worn with black shorts, skins or bike pants and must finish above the knee and preferably be unbranded. Black bucket hats in sizes S/M or L/XL are also available.

SENIOR ATHLETES (12 year group and above)

An option for male and female senior athletes is a singlet top in the club colours. 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.

UNIFORM TOPS AND HATS ARE AVAILABLE TO PURCHASE FROM THE CLUB WEBSITE AND COLLECTION ON THE NEXT CLUB EVENT

SHOES

Closed in shoes are compulsory when competing in all events; this reduces the risk of injury. Most age groups may wear joggers 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 track 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 track 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.

MACKAY AQUATIC & RECREATION COMPLEX ONLY ALLOW PYRAMID OR CHRISTMAS TREE TYPE SPIKES (BLUNT TIPS). TARTAN, PIN / NEEDLE SPIKES CANNOT BE USED. REPLACEMENT SPIKES CAN BE PURCHASED FROM THE COMPLEX



Front



Front



Front



	4-9	10	11	12	13+	Max Spike Size Synthetic Surface
Laned Track Events	×	✓	✓	✓	✓	7mm
Unlaned Track Events	×	×	×	×	✓	7mm
Long Jump	×	✓	✓	✓	✓	7mm
Triple Jump	N/A	N/A	N/A	✓	✓	7mm
High Jump	×	✓	✓	✓	✓	9mm
Javelin	N/A	N/A	N/A	✓	✓	9mm
Shot Put / Discus / Hammer	×	×	×	×	×	×