



## ATHLETICS NORTH QUEENSLAND FOOTWEAR POLICY

In accordance with the International Association of Athletic Federations (IAAF) rules athletes are permitted to compete with or without footwear, although it is a recommendation of Athletics North Queensland that appropriate footwear be worn in all events, particularly by juniors.

Spike lengths must be in accordance with the IAAF rules expect where venue managers have decreed that shorter spike lengths only are permitted in which cases the venue approved length shall apply. Spiked shoes are not permitted in the discus, shot put or hammer events or for track walking events.

Spike lengths at the Townsville Sports Reserve and Barlow Park are:

Track Events: Maximum 7mm  
High Jump and Javelin: Maximum 9mm  
Maximum diameter: 4mm  
Recommended style of spike: either Pyramid or Xmas Tree

Version	Created by	Approved by	Date	Review date
1.0	ANQ	J. Minehane Operations Manager	October 2014	October 2016