

LAQ Spikes Specification

Age Group	Laned	Unlaned	Relays			Field	
			H/Jumps	V/Jumps	Jav		
U6-U10							
U11	SϑS		Ir*	SϑS	SϑS	SϑS	
U12	SϑS		Ir*	SϑS	SϑS	SϑS	
U13	SϑS	SϑS	SϑS	SϑS	SϑS	SϑS	
U14	SϑS	SϑS	SϑS	SϑS	SϑS	SϑS	
U15	SϑS	SϑS	SϑS	SϑS	SϑS	SϑS	
U16-U17	SϑS	SϑS	SϑS	SϑS	SϑS	SϑS	

Key:

- SϑS – Spike Shoes with spikes
- Ir – Athletes competing in Laned Relays
- * – Athletes competing in U13-U17 Relay Teams

On synthetic track: spikes must be no longer than 7mm. On synthetic field: spikes must be no longer than 9mm. On grass track or field: spikes must be no longer than 12mm. Spiked shoes must not be worn in the stand or outer areas of the track. Spikes must be carried onto the track and to the field event areas and then removed on completion of the event. i.e. may only be worn from the commencement of an event and MUST be removed "immediately" at the finish of the event.



Some tracks will have restrictions on the type of spikes that are permitted. e.g. needle spikes are not permitted on most tracks including SAF and QSAC