

RULES AND REGULATIONS

Athletes who are competing in the 2008/9 SMR Relays are required to abide to the following:

Uniform

All athletes are required to wear the Casey uniform. This uniform consists of a <your centres uniform description>. No Corporate Logo's must be visible.

A plain white T-shirt is allowed to be worn under the singlet.

Footwear

Footwear must be either runners or track shoes (running in bare feet, socks without shoes are not permitted). Tracksuits or over clothing may be worn up to the start of the event, but may not be worn during a race (unless the weather is poor).

If you have any queries regarding the above requirements please contact the Team Manager listed in the Contacts section prior to competition day or the event.

Spikes

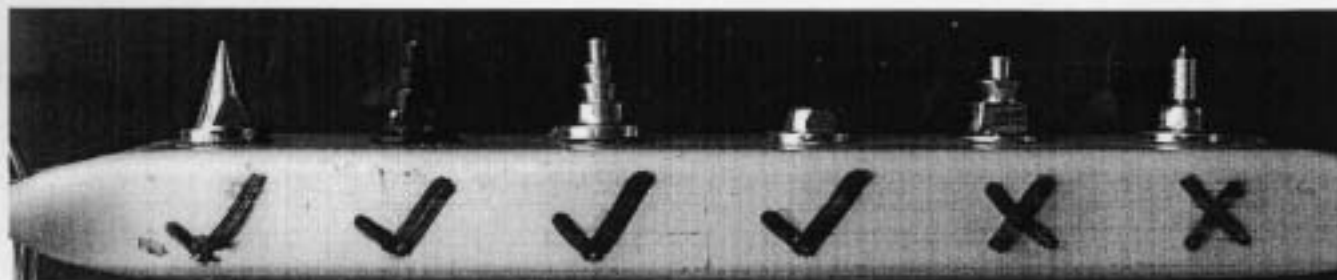
Spikes can ONLY be worn in the Marshalling Area or in the Arena – Nowhere else!! Spikes MUST be removed before leaving the Arena.

It is the responsibility of Arena Stewards and Team Managers to ensure that athletes are not wearing spikes outside the Marshalling Area or the Arena

All Spike holes in each shoe MUST have a spike or blank fitted.

Only those spikes ticked below will be permitted to be worn.

Maximum Length of Spikes = 7mm.



Conical

Pyramid

Blank

???

Needle

- Under 9–11: NO Spikes allowed in ANY event.
- Under 12–14: May wear spikes in All Laned Track, Jumping and Javelin Events.
- Under 15: May wear spikes in ALL events except Shot Put, Discus and Race Walking.