

APPENDIX NO 18.4.2 LANE STICKER & SPIKE CHECK SUPERVISOR

Lane Stickers

The lane sticker supervisor gives each short distance (hurdles, 100m, 200m, 400m and the last runner in the relay) competitor a sticker with their appropriate lane number according to his or her allocated lane. It is essential that athletes wear the hip lane stickers to help with the identification of athletes for judging by the Stickers will be numbered from 1 to 12 indicating appropriate lanes.

Hurdles and 100m competitors will require lane stickers for lanes 4 or 5 to 12.

A, B, C, D, E, F, G, H & I Division carnivals: 8-9 stickers per event depending on the number of participating schools per division

200m and 400m will require lane stickers for lanes 1 to 8 or 9.

A, B, C, D, E, F, G, H & I Division carnivals: 8-9 stickers per event depending on the number of participating schools per division

The final runners in the relay will require lane stickers for lanes 1 to 8 or 9.

A, B, C, D, E, F, G, H & I Division carnivals: 8-9 stickers per event depending on the number of participating schools per division

Ensure there are sufficient numbers of stickers for each race.

Do not let the students help themselves, as you will find there will not be enough stickers.

Ensure that the number is stuck on at the extreme right side of the competitors' shorts/shirt/bloomers.

Advise students to place the sticker backing in the bin provided. Advise students to place the sticky numbers in the bin at the trackside recorder immediately on completing the event.

Spike Check

In addition to the role of Lane Sticker Supervisor the official is also required to do checks on the spikes being worn by each athlete to ensure that they conform to the State Athletics Stadium track regulations as listed below. Any student that does not have the correct spikes is to be given the opportunity to change their spikes to the correct type, but events will not be held up to wait for competitors to change their spikes. All competitors MUST wear shoes, bare feet is not permitted.

Athletes must NOT use 'sharp' needle point spikes (as per images below) that will penetrate the surface. The ONLY spikes PERMITTED for use on the track are of the **Christmas Tree & Pyramid/Cone** shape variety as pictured below. The material of which the spike is made e.g. ceramic or metal is irrelevant & as such will not be monitored.

The spikes must conform to the below rules;

- Track spikes must not exceed 7mm and must be Christmas Tree, Pyramid/Cone shaped. Sharp needle point spikes are not allowed
- Field spikes must not exceed 9mm *except for*
- Javelin & High Jump which must not exceed 12mm

Appendix 18.4.2 cont...

