



TAMWORTH
ATHLETICS
CENTRE

TRACK RULES

- RESPECT THE FACILITY AND OTHER USERS AT ALL TIMES
- WEAR APPROVED CLEAN FOOTWEAR AT ALL TIMES, NO BARE FEET ON THE TRACK
- KEEP THE TRACK CLEAN AT ALL TIMES, NO CHEWING GUM
- USE STARTING BLOCKS PROVIDED FOR SPRINT EVENTS
- DO NOT TRAIN ON LANES 1 AND 2
- USE BACK STRAIGHT FOR SQUAD SPRINT TRAINING
- PLEASE REMOVE RUN-UP MARKERS AND TAPE AFTER USE
- VEHICLES PROHIBITED UNLESS AUTHORISED BY COUNCIL
- NO SMOKING

SPIKE RULES

- MUST BE 'DOME' OR 'PYRAMID' OR 'XMASTREE' STYLE
- 'NEEDLE' AND 'PIN' SPIKES PROHIBITED
- 7MM MAX FOR RUNNING EVENTS
- 9MM MAX FOR JUMPING AND THROWING EVENTS