

Peel Districts Little Athletics Centre

CENTRE UNIFORMS

- Our top is royal blue, black and white singlet with our logo on the back.
- This must be worn with black bottoms.
- Black bottoms must finish 5cm above the knee. Cycle pants, if worn must be in the approved colours and design, or completely black and must finish 5cm above the knee. Compression pants completely black (including stitching) with 7cm x 5cm logo are allowed but must end at least 5cm above the knee.
- Centre uniforms **must be worn** at every weekly competition. Registration numbers are to be pinned to the front of the top with age tag on top left hand side. **Peel Districts Little Athletics Centre uniform must be worn as directed by Little Athletics WA and PDLAC.**
- White t-shirts are permitted under singlets for sun protection.
- New uniform tops can only be ordered through Peel Districts Little Athletics Centre.



ATHLETES NUMBERS

- These are part of the athlete's uniform and **MUST** be worn to all athletics meetings and Little Athletics WA run events and must be clearly visible.
- If you require replacement registration numbers, fees may apply.

SHOE POLICY

- Little Athletics WA's safety standards for the wearing of spiked shoes will apply.
- Shoes must be worn when competing on the synthetic surfaces such as at Perth Athletics Stadium.
- At centre level, the policy on the **wearing of shoes is compulsory for all events**. Shoes do not necessarily have to be a special running shoe, any sports shoe will suffice.

CODE OF SAFETY FOR THE WEARING OF SPIKE SHOES

- Spiked shoes must carry Christmas tree spikes with a length of 7mm for track events and 9mm for jumps.
- Spiked shoes should be put on **prior to the start of a race**, only at the starting end of that event.
- In the case of field events the shoes are to be put on at that event.
- At the completion of the event, spiked shoes **must be immediately be removed and carried soles together** before the athlete leaves the track or site in order to prevent injury.
- Any athlete who **does not** exercise care in using spikes may be disqualified from the wearing of spiked shoes for the remainder of the meeting or even permanently, as well as having his or her performances ruled invalid.

U6-U10 AGE GROUP

Competitors in the U6-U10 age groups MAY NOT wear spiked shoes or shoes capable of taking spikes.

U11-U12 AGE GROUP

The U11-U12 age group may wear spiked shoes in events run entirely in lanes as well as long jump, triple jump, high jump and javelin.

U13-U17 AGE GROUP

Spiked shoes may be worn by U13 and upwards in all of the events (except walks).