

## UNIFORM:

All athletes are required to wear the centre uniform, with the exception of Tiny Tots. The uniform consist of

- T-Shirts* - Lime green collared T-shirt with The Gap logo
- Boys Shorts* - Black with green piping and insignia
- Girls Shorts* - Black runners/bike pants and insignia
- Tiny Tots* - Purchase of a lime green shirt is optional. Attach registration number to any T-shirt.

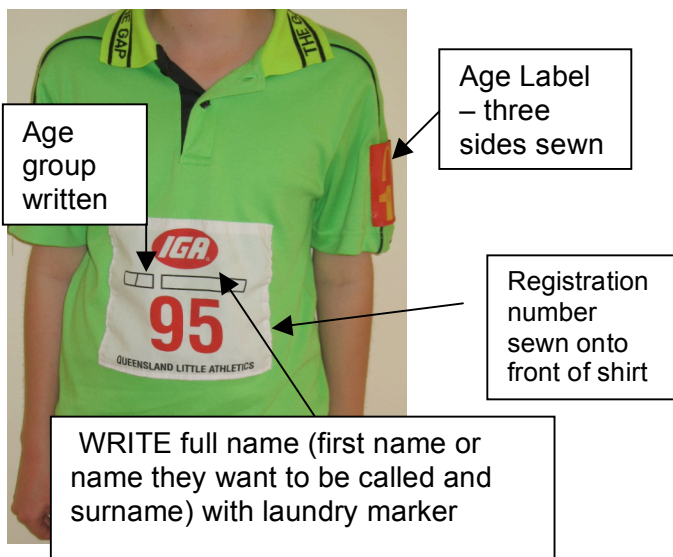
Black bike pants, without decorations, are permitted under the boys shorts.

This uniform **MUST** be worn at all QLAA & Regional meetings, otherwise athletes risk disqualification or not being allowed to participate. QLAA require that the uniform, registration number, IGA patch and age label be worn for safety, procedural and sponsorship requirements.

## Registration and Age Labels:

The cloth registration number is to be sewn onto the front of the t-shirt and the child's name printed in permanent ink in the space provided. The age label is to be sewn onto the left sleeve leaving an opening at the top – this forms a small pocket where the child can keep their performance tickets during meetings.

## How to wear the Uniform onto



The IGA patch is sewn onto the **right** sleeve



## Footwear

**For safety reasons, all children who compete must wear shoes at all**

**times.** For children competing at the State Athletics Facility, please note that the synthetic track can become very hot and is quite rough compared to grass tracks.

## Spikes

Athletes in age groups up to, and including Under 10 are NOT ALLOWED to wear spikes in any event. Spike shoes, without spike or blanks, that have rosettes around the spike area of the sole are not acceptable. Spikes may be worn:

Event	U6 to U10	U11 & U12	U13 to U17
Laned events	No	Yes	Yes
Unlaned events	No	Blanks OK	Yes
Racewalking	No	Blanks OK	Blanks OK
Javelin	No	Yes	Yes
Jumps	No	Yes	Yes
Spikes must not be longer than		Synthetic track	7mm
		Synthetic Field	9 mm
		Grass track or field	12 mm
Spiked shoes must be carried to the event, NOT WORN, and are to be removed immediately following the completion of the event			
Spiked shoe must not be worn at any other time			
Spiked shoes must be carried in a suitable bag at all times and stored safely when not in use			
Any athlete not exercising care when using spikes may be disqualified from wearing them			

## Sun Safe

The Centre adopts a Sun Safe policy. Hats, sunglasses and sunscreen should be worn at all times during daytime events. Note that two-piece running costumes cannot be worn. The full policy is available in the Canteen.

## Night Meets

Please note that it is advised to bring insect repellent to the night meets.

## Lost Property

Every year we are left with a considerable quantity of shoes, hats, waterbottles, etc. Please mark all removable items of clothing and own equipment with name so that they can find their owner every week.