

REGION & STATE UNIFORM GUIDELINES

APPROVED CENTRE TOP

Your approved Centre top must be worn at Region & State events. Club tops won't be accepted.

LOGOS

No unapproved branding or logos larger than 40mm x 40mm.

Approved Centre logos are accepted.

Coles Logo

LAVic Logo



60mm



40mm



UNDERGARMENTS

Black, white or approved colour t-shirts and long sleeves may be worn **under** the approved Centre top.

Black, beige or approved colour leggings or bike shorts may be worn **under** the approved Centre shorts.

Undergarments must be plain and not have any logos.



LEGGINGS by themselves

Leggings or tights **MAY BE** worn by themselves , **BUT MUST** be the same colour of the approved Centre bottoms.

For Cross Country season **ONLY** they may be black.

Leggings must be plain and not have any logos.

Approved Centre logos are accepted.

Shorts with pockets are not permitted.

Logos larger than
40mm x 40mm are
not acceptable.



Exceptions

In **Race Walking** events, shorts must stop above the knee.

For Cross Country events black leggings may be worn instead of the approved Centre colour.

CHAMPIONSHIP FOOTWEAR GUIDELINES

Footwear is compulsory for ALL athletes in ALL events.

Footwear with blades or cleats made of hard plastic will not be acceptable.

Spikes are permitted for certain age groups and events as per the below chart.

Age Groups	Track Events	Field Events	Relays	Cross-Country	Road Relays
U9, U10	No spike shoes allowed	No spike shoes allowed	No spike shoes allowed	No spike shoes allowed	No spike shoes allowed
U11, U12	All events run entirely in lanes	All jump events & Javelin	All events	No spike shoes allowed	No spike shoes allowed
U13, U14 U15, U16	All events except Race Walks	All jump events & Javelin	All events	No spike shoes allowed	No spike shoes allowed

SPIKE LENGTH AND SHAPE

Spikes must not exceed 7mm for Track events.

High jump, Long Jump, Triple Jump and Javelin specialist footwear which must not exceed 9mm.

The venue will determine which shape of spike is permitted.

**Most venues
(including Lakeside
Stadium) don't
allow needle spikes.
Pictured right.**

