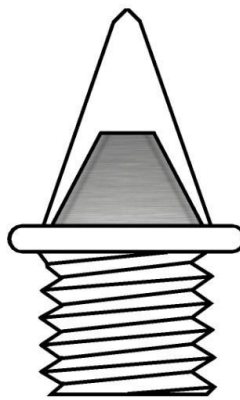


TERRY FOX ATHLETIC FACILITY TRACK & FIELD

REGULATIONS

SPIKES

- All spikes must be presented to be checked at the spike check table OR front desk at the Facility Administration Building. Athletes will not be allowed to compete without having their spikes tagged. Any athletes competing with non-tagged spikes will be disqualified.
- Acceptable spikes:
 - 1/4" pyramids / cones OR 7mm pyramids / cones – same size.



- Chalk is prohibited for any marking. The use of chalk by any athlete for marking will result in the athlete being disqualified.
- Water is the only permitted drink allowed on the track facility.