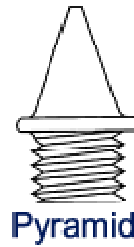




# Spike Usage

50m - 400m	3mm, 5mm or 7mm Christmas Tree
800m - 1,500m	7mm Pyramid or Christmas Tree
3,000m - 10,000m	5mm Pyramid
Pole Vault	5mm or 7mm Pyramid or Christmas Tree
Javelin	5mm or 7mm Pyramid or Christmas Tree
High Jump	5mm or 7mm Pyramid or Christmas Tree
Long Jump	5mm or 7mm Pyramid or Christmas Tree
Triple Jump	5mm or 7mm Pyramid or Christmas Tree



# Important Customer Notice

## Spike Usage at Morton Stadium

**Incorrect spike usage causes serious irreparable damage to the track**

**Misuse will be taken very seriously**

Pyramid/Cone & Christmas Tree Spikes are acceptable

Needle spikes are not permitted

No spikes greater than 7mm are permitted

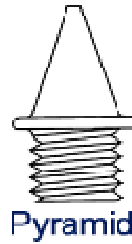
Cross country spikes are not permitted

Ceramic spikes are preferable to steel

Mondo recommended brand is  
Omni-lite spikes

# Suitable spikes on sale at reception

## Spikes on Sale at Reception



**Christmas Tree 3mm, 5mm, 7mm**

**Cone/Pyramid 5mm, 7mm**

**€5 for a set for both running shoes or  
.50c each spike**