

Uniform

Kingsway Competitions

Club shirt (Ballajura, Greenwood, Landsdale, Wanneroo or Woodvale)
Plain navy shorts or Kingsway branded shorts
Age group tag
Registration bib

State Events

U6 to U8's - Club shirt
U9 to U17's - Centre shirt (green Kingsway singlet)
Kingsway branded shorts (mandatory)
Age group tag
Registration bib

Registration bib & age tag

These will be provided to you by your Club Registrar once all fees have been paid.

Wear the age group tag on your left

The registration bib may need to be moved from one shirt to another, so we do not recommend sewing the bib directly onto the shirt.

Instead you can protect the edges of the bib by sewing them over or using non sewing webbing tape (available from Spotlight etc).

The bib can then be secured to your shirt by safety pins (one in each corner).

Keep the bib as it may be needed next year.



Tiny Tots

- Tiny Tot Club shirt (will be provided on your first day)
- Comfortable shorts or skirt etc
- Comfortable shoes (sneakers or sandals etc, please no thongs or flip flops)
- Hat

Shoes & Spikes

Shoes are compulsory in all events.

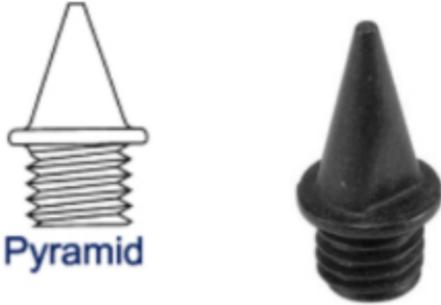
The wearing of spikes is optional for athletes in the U11 to U17 age groups.

Before an athlete is permitted to wear spikes at any competition, they must first apply to their Club for permission. The athlete must be able to show they understand that spikes can pose a safety risk to others and agree to conditions that keep everyone safe.

U11 - U12's may wear spike shoes for;
Track events run entirely in lanes
Long Jump, Triple Jump, High Jump and Javelin

U13 - U17's may wear spike shoes for;
As above plus all track events with the exception of walks

Spike lengths are as follows;
Synthetic track - 7mm maximum
Synthetic Long/Triple/High or Javelin - 9mm maximum
Grass Track / Long/ Triple / High or Javelin - 12mm maximum

 Christmas Tree	 Pyramid	 Needle
Approved	Approved	NOT Permitted