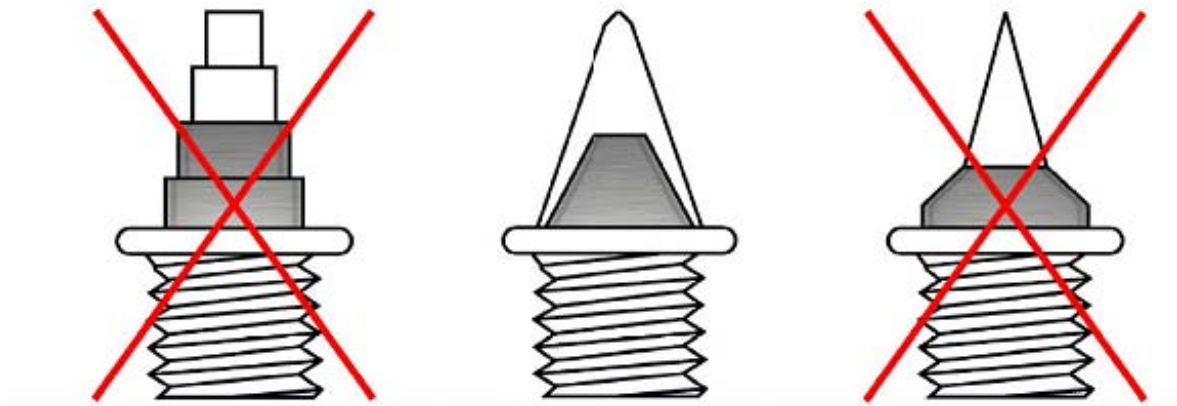


LAURENTIAN COMMUNITY TRACK

NOTICE ON TRACK SPIKES:

Spike length for both track and field events (LJ and TJ) is limited to **6mm**. All spikes should be pyramid or cone shaped. No "tree" or "pin" type spikes will be allowed. This rule will be strictly enforced at all times, including both practice and competitions.



Tree - NO

Pyramid or
Cone- YES

Pin - NO