

# NEW REGGIE LEWIS TRACK – RULES ON SPIKES

The Reggie Lewis Track has been resurfaced. MONDO (the track manufacturer) strongly recommended that athletes only be allowed to use 1/4” pyramid spikes or 1/4” Christmas tree spikes on the new surface. Therefore, effective immediately, all athletes competing or practicing at the Reggie Lewis Track **must** wear 1/4” pyramid spikes or 1/4” Christmas tree spikes.

The M.S.T.C.A. is asking for assistance in notifying the coaches and athletes of this new policy. Spikes WILL BE checked prior to competitions at Reggie, and if the athletes do not have the proper spikes, they will not be allowed to compete. Remember, 1/4” pyramid or 1/4” Christmas tree spikes are the only spikes allowed on the new Reggie Lewis track.

Please help us preserve the track and keep the surface in the best condition possible.