

## SPIKE RECOMMENDATIONS FOR SUPER X AND MONDOTRACK

Both Mondo's Super X and Mondotrack surfacing products can be used with track spikes. **THE MONDO SURFACE SPECIFIED MUST MEET A MINIMUM THICKNESS OF 3/8 IN. (10MM) FOR USE OF TRACK SPIKES.**

While Mondo's Super X and Mondotrack products can be used with track spikes, it is understood that spike use will play a role on the track's wear patterns, and will be more prominent in high stress areas and/or with time and use. The "Best Practices" suggested herein are provided to help ensure optimal performance and results under these conditions.

NCAA, IAAF and USATF regulations notwithstanding, Mondo believes that the length and shape of spikes allowed should be controlled as part of good facility management.

### SPIKE TYPES

There are three main types of spikes: Pyramid, Needle (Pin) and Compression Tier (Christmas Tree). **THE PYRAMID AND COMPRESSION TIER SPIKES ARE PERMITTED FOR USE WITH SUPER X AND MONDOTRACK RUBBER SURFACES, BUT NEEDLE SPIKES SHOULD BE AVOIDED.**



 **Pyramid Spikes**



 **Compression Spikes**



 **Needle Spikes**

Pyramid spikes are surely the most common type of spikes found these days. As you can see above, they are cone shaped with a wider base that narrows down to a point. They are constructed for traction, as they penetrate the track material upon contact.

While Compression Tier spikes (Christmas Tree) are still somewhat conical in shape, they vary from the pyramid spikes due to their tiered construction and flat tip. They were designed to compress the track rather than to penetrate it. They work well with rubber tracks, as they use the track's memory (resiliency) for greater energy return to the athlete after compression.

Needle spikes have a narrower body and a much sharper point that will consequently encourage wear and/or damage, and as such are NOT RECOMMENDED for use on Mondo surfaces.

### SPIKE SPECIFICATIONS

Spike lengths vary from 1/8 in. (3.2mm) to 1/2 in. (12.7mm). **FOR USE WITH SUPER X AND MONDOTRACK SURFACES, SPIKE LENGTH IS NOT TO EXCEED 1/4 IN. (6.4MM).**

Mondo recommends the use of ultra-lite ceramic track spikes, as manufactured by Omni-Lite (<http://www.omni-lite.com/sports.php>). The use of these spikes enhances safety and performance for the athletes, all the while minimizing long term abuse to the track.

#### OTHER HELPFUL TIPS

The use of lane gates will help reduce wear and tear on the inner lanes of the track oval.

The use of protective mats during training sessions will help reduce wear and tear on runways.

#### IAAF

Refer to pages 14 and 15 for IAAF Rule 143 notes, extracted from the 13th edition of The Referee.

**Refer to "SPIKE SPECIFICATIONS" for maximum spike length allowed on Mondo Tracks, as IAAF rule 143 section 4 "DIMENSIONS OF SPIKES" may differ from Mondo recommendations.**

## CLOTHING

1. N/A

## SHOES

2. Athletes may compete barefoot or with footwear on one or both feet. The purpose of shoes for competition is to give protection and stability to the feet and a firm grip on the ground. Such shoes, however, must not be constructed so as to give an athlete any unfair additional assistance, including by the incorporation of any technology which will give the wearer any unfair advantage. A shoe strap over the instep is permitted. All types of competition shoes must be approved by IAAF.

## NUMBER OF SPIKES

3. The sole and heel of the shoes shall be so constructed as to provide for the use of up to 11 spikes. Any number of spikes up to 11 may be used but the number of spike positions shall not exceed 11.

## DIMENSIONS OF SPIKES

4. That part of each spike which projects from the sole or the heel shall not exceed 9mm except in the High Jump and Javelin Throw, where it shall not exceed 12mm. The spike must be so constructed that it will, at least for the half of its length closest to the tip, fit through a square sided 4mm gauge.

## THE SOLE AND THE HEEL

5. The sole and/or heel may have grooves, ridges, indentations or protuberances, provided these features are constructed of the same or similar material to the basic sole itself. In the High Jump and Long Jump, the sole shall have a maximum thickness of 13mm and the heel in High Jump shall have a maximum thickness of 19mm. In all other events the sole and/or heel may be of any thickness.

*Note: The thickness of the sole and heel shall be measured as the distance between the inside top side and the outside under side, including the above-mentioned features and including any kind or form of loose inner sole.*

## INSERTS AND ADDITIONS TO THE SHOE

6. Athletes may not use any appliance, either inside or outside the shoe, which will have the effect of increasing the thickness of the sole above the permitted maximum, or which can give the wearer any advantage which he would not obtain from the type of shoe described in the previous paragraphs.

## ATHLETE BIBS

7. N/A

## DISCLAIMER

Mondo will not accept any liability whatsoever for use of spikes that are outside of recommended length and construction, any misuse of spikes by individuals, or any poorly constructed footwear causing permanent damage to the track surface, thus affecting its performance and durability.

Consult IAAF's Track and Fields Facilities Manual (2008 Edition) section 3.1.2.1 Durability, for notes on areas of the track that may be subject to a higher risk of damage: " Mechanical damage would mainly take the form of loss of texture from the surface layer, together with cutting from the athletes' spiked footwear. Obviously these effects would be most apparent in the heavily used areas such as the inside two lanes of the track, the end of the Javelin runways, the High Jump and the Pole Vault take off points...Not only do the longer spikes permitted for the High Jump and Javelin Throw, penetrate deeper into the surface, but the degree of damage which they inflict on the surface is that much greater." **Consult the reverse side of this bulletin for Mondo recommendations on spike length and construction.**

**NOTICE: Before using, user shall determine the suitability of the product for its intended use and user alone assumes all risks and liability whatsoever in connection therewith. Our liability is expressly limited to replacement of defective goods. Any claims shall be deemed waived unless made in writing to use within thirty (30) days from date it was or reasonably should have been discovered.**

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