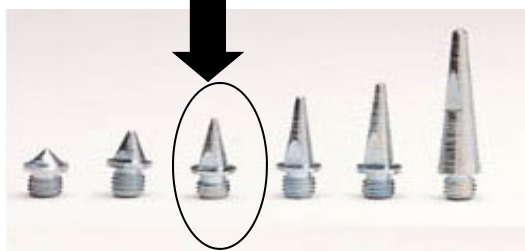


# Legal Spike Length for IESA State Meet

There has been an increased problem with illegal spikes being worn to the IESA State Track and Field Meet. Please make sure that your participants are only wearing 1/4" pyramid style spikes. A visual example has been provided below. The image is NOT to scale. This is to be used for reference and can be provided to parents.

**Legal**



**Needle Style Illegal**

**XMAS  
TREE**

**BLANK**



**XMas Tree Style Illegal**