

Instructional manual

Spikes Measuring Gauge



The spikes' diameter and length can be measured with the Mum- Sport spike gauge.

Extract from the IWR rule 143.4

Spikes' gauges

For competitions on the tartan track, the part of the spike which sticks out from the sole and heel must not be longer than 9mm; for high jump and javelin competitions no longer than 12mm. The spike has to be constituted as follows: a square gauge with an edge length of 4mm which has to fit at least half way on the spike. Start measuring from the tip (see illustration).

