

Northland Athletics Track

Please follow these guidelines

- * No Smoking within this facility.
- * Motorcycles, bicycles, skateboards, skates and roller blades are not permitted.
- * Recreational walkers and joggers use lane 8 (450m).
- * Rugby players wearing sprigs must cross the track area via the matting provided.
- * Athletes use Christmas Tree or Cone spikes only (Running 6mm)
(Javelin, High Jump & Horizontal Jumps 9mm)
- * Sprints and hurdles training (other than 300/400 hurdles) to be confined to the back straight.
- * Resistance training on the back straight only.
- * Warming up in lane 1, 2 or 3 is not permitted.
- * Drills that have any scuffing action are not permitted on any of the track surfaces.

Authorised users only, trespassers will be prosecuted

For track and equipment bookings contact LJ Hooker Athletics Whangarei

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