

SITA RUNNING SHOE GUIDE

To promote fairness from school to school, and athlete to athlete, SITA since its inception has banned any form of track spike as a legal running shoe. This guide shows acceptable and illegal running shoes that can be used.

Legal running sole



Typical running shoe



Typical running flat

Flat sole with no protruding spike or spikettes (molded or removable)

Illegal running sole



Removable spiked sole with metal spikes and wrench.

Molded rubber spikes

Removable spikes



Molded spiked sole