

WHAT'S THE DEAL WITH TRACK SPIKES?

While racing/competing in track and field, most athletes will wear competition spikes which are different than their normal running or training tennis shoes. These provide a more “grippy” feel to the track surface when running and give a competitive advantage when it comes to speed and traction vs. a flat tennis shoe.

For Minnesota high school track and field, the standard legal size for pyramid spikes is $\frac{1}{4}$ **inch**. This is the universal limit for almost all MN high school track surfaces. The Minnesota State High School League (MSHSL) has put this regulation in place to prevent damage to synthetic track surfaces.

Only **Pyramid** spikes are allowed. “Needle” (too sharp) or “Christmas Tree” (too blunt/wide) spikes are prohibited because they can tear or compress the track material. Meet officials will often use a metal gauge at the check-in area to verify spike length. If your spikes are too long or not the approved shape, you will be required to change them before you can compete.

Pro-Tips for MN High School Athletes

- **Carry spares:** Keep a bag of fresh $\frac{1}{4}$ -inch pyramid spikes and a spike wrench in your bag. Spikes wear down quickly on asphalt-based tracks and lose their effectiveness.
- **Consider specific spikes for your event:** For events like throwing, jumping, and distance running, you can find competition shoes that are geared for those events.
- **Cross Country spikes vs. Track spikes:** If you are using your cross-country spikes for track season, be careful — cross-country shoes often come with $\frac{3}{8}$ -inch or $\frac{1}{2}$ -inch spikes for mud and grass, which are illegal on a synthetic track.

Where Can I Buy the Right Track Spikes?

There are many shoe stores in the Twin Cities, as well as online, that sell competition track spikes. Some recommendations are:

- [TC Running Company](#) – Burnsville location. They give a 15% discount to all athletes (including their parents) on shoes and apparel.
- [Scheels](#) – Eden Prairie location or online.
- [Dick's Sporting Goods](#) – Burnsville location or online.
- [Nike.com](#) – shop online to find sales and curated selections for the current season.

