*KHSAA Form TR123*
*Rev. 1/05*

# Track and Field

## Site Inspection

### Apollo High School – Owensboro, Kentucky

**Site Inspection Requested by . . . . . Julian Tackett – Assistant Commissioner KHSAA after consulting with Coach Bo Phelan at Track Clinic**
**Site Inspection by . . . . . Gordon Bocock #4848 – KHSAA Track and Field Consultant**

**DATE: April 7, 2005**

| Pole Vault | |
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| **Landing Pad**<br>**19' 8" wide**<br>**20' 2 deep**<br>**16'5 back of box**<br>**Runway 130'** | **The Pole Vault venue is located outside the oval near the start of the 200 meter dash. The pole vault landing pad measured 21 feet 6 inches wide and 26 feet deep which is larger than the National Federation requirements. The landing pads were properly put together and had a common cover that pulled the landing pads together for a very safe landing area for the vaulters. The site inspection was done on a wet day and the all weather cover was in place to protect the pads from the elements. The runway was 161 feet long and 3 fee wide. The runway was level with the surrounding grassy area and was more than adequate for the athletes approach. The runway is at present a good base to have a rubber surface added.** |
| **Planting Box** | **The planting box was placed in the ground at the proper angle and inserted in concrete. It was reported in the April 17, 2004 site inspection report that the area in front of the box was developing a crack where it meets the runway. This repair work was not done and as a result the area at the mouth of the box and the approach runway has some repair work that needs to be done immediately. It is highly recommended that this area be repaired immediately as it puts the vaulters in a position where they are could be uncertain with the plant and very possibly in an unsafe situation. A box collar was properly in place. The vaulting box could use a fresh coat of paint so that better visibility is assured for the vaulters.** |
| **Standards/Crossbar**<br>**13'8 – 14'8"**<br>**Bar 14'10"** | **The standard bases were in place and they were bolted securely to the concrete pad that supported the entire landing pad as well as the standards. The standard uprights and cross bars were not in place to be observed. The extenders were not present on site so it could not be determined if a safe starting height for both male and female competitions was being assured.** |
| **Surrounding Area** | **The concrete pad that is the base for the landing pad and equipment has some spots where the edges of the concrete are exposed form under the landing pads.**<br>**The track and field coach is aware of this and has assured that padding is placed all around the pit to cover the hard and un-yielding surfaces that protrude from under the landing pad.** |
| **Weigh In of Athletes** | **It is the responsibility of the host school to provide the equipment necessary for the event official and/or the meet officials to properly weigh the vaulters and assure that the weight specification on each pole are adhered to.** |
| **Coaching Box** | **If a large meet or a Regional Meet were being held there is plenty of area to the right or left of the venue for a coaching box to be marked off and flagged for the coaches to be able to observe all the necessary angles while still not being involved in the running of the event.** |

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| **Pole Vault Venue (General Notes)** | **It is obvious that some care and attention has been given to the pole vault venue. The pads are in good shape and the equipment not in use was put up to assure proper handling of the vault equipment. It is a safe vaulting venue and meet the requirements of the National Federation. The large gap between the vaulting box and the runway is the main issue keeping this from being a safe and sound vaulting venue. Placing a rubber surface on the runway with then make this an excellent vaulting venue.** |

| | **High Jump** |
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| **Landing Pit 16' by 8'** | **The pads being used for the high jump are the back three sections of an old pole vault pit and they measure 17 feet by 11 feet. The three sections are properly placed together and a common cover is in place to keep the sections pulled together to assure a safe landing. The high jump apron is in extremely bad condition and probably the only way to repair it would be to first patch all the cracks and then completely re-surface the area. If indeed resurfacing is in the picture the use of a rubber surface should very much be considered.** |
| **Standards/Crossbar 12' apart Bar – 12'** | **The standards and the crossbars were not available to be observed but it is pointed out that only high jump crossbars should be used at the high jump area.** |
| **Surrounding Area** | **The high jump apron and the area that the landing pads are sitting is very hard asphalt and all the hard an unyielding surfaces need to be covered daily for practice and/or competition. Directly behind the high jump landing pads is a two/three foot drop into a storm drain that that a metal grate that is jagged in some areas. This area needs some serious attention if the high jump venue is to remain in this particular area and it is highly recommended that no practice and/or competition ever be conducted without this storm drain being completely covered to assure the safety of an athlete that could fall off the pads into this area.** |
| **High Jump Venue General Notes** | **The crown and drainage coming off the football field has the apron with a downhill approach that is much larger than the majority of these athletes will have experienced. High Jump approaches should be relative flat with a slight incline for the proper draining. The approach at Apollo will have the athletes generating a speed faster than usual that will have the tendency to put the athletes landing closer to the back of the pit and increasing the possibility of the athletes going off the pit into the storm drain area. The Track and Football complex is blessed with a lot of area and it is recommended that the High Jump Venue be moved to an area that is altogether safer for the competing athletes. At present the equipment is fine but the apron may well cost move to repair than to remove and replace in a safer area. If moved a rubber surface should be considered as a takeoff surface.** |

| | **Long Jump and Triple Jump** |
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| **Landing Pit 9' by 15'** | **The Apollo track and field complex has two sand pits and they are designated as a Boys pit and a Girls pit. They are both 10 feet by 30 feet. Both have runways that are over 150 feet in length. Pit #1 (Boys) and Pit #2 (Girls) ….. the concrete edges of the landing pit are higher that the runway and could well be a major safety issue as the runway and the pit are to be constructed so that they are on the same level approach. In sports the runway at Pit #1 is much higher that the ground around it and in spots almost a foot drop off is detected on the 3 foot wide runway which is smaller in width than recommended. Pit #2 has a much better runway that is basically level with the ground but still only 3 feet wide.** |

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| **Take Off Marks**<br>**12' or 8'**<br>**32' or 28'** | **The take off distances in both Pit #1 and Pit #2 are adequate as far as distance but the painted lines and/or board were in bad need of a fresh coat of paint. Both the pits have take off boards that can be removed and care must be given each year, especially to the metal strips that hold these boards in place. In spots the metal bands are becoming jagged and a wrong step by and athlete could cause a serious foot injury. More care needs to be given by someone when mowing takes place to protect the runways and metal strips. The long jump take off board on Pit #2 is much higher than the runway and could be a major problem. In lifting the takeoff board it appeared that the thick boards currently being used could be replaced with a thinner board that would bring the take off board back level with the runway. Crack are appearing on both Pit #1 and Pit #2 on both sides of the take off boards. As in the pole vault these cracks can be repaired quite easily and it is highly recommended to assure a safe foot plant for all the athletes involved.** |
| **Rakes/Shovel**<br>**Brooms** | **None were seen nor was there much evidence that they had been used much.** |
| **Sand Level** | **The sand level in both pits left a little to be desired. Both pits have been neglected since neither of the pits have been tilled and totally loosened up this track season. Pit #1 has been loosened a little in the first part of the landing area the others portions of the pit have been totally neglected. Pit #2 gave the appearance that it had not been worked up at all this year. Immediate attention needs to the sand and once the total pits have been tilled and raked level the sand level should be level with the concrete sides all around the sand pits.** |
| **Surrounding Area** | **At Pit #1 some construction has taken place immediately in front of the pit and although grass has been planted it is extremely muddy and athletes leaving the front of the pit with any speed could have some footing problems. At Pit #2 a tree is growing to close to the landing area and its branches are extended out two to three feet into the pit. It is highly recommended that this tree be removed immediately for the safety of the athletes and the officials working the event.** |
| **Long Jump/**<br>**Triple Jump**<br>**Venue** | **Pit #1 needs to have the runway built up to the same level as the pit edges. The immediate area beside the runways should be built up and slopped off so if an athletes that had to abort an attempted jump could step off the runway with out it becoming a drop off for them. The take off boards are in bad need of paint. The take off board at Pit #2 should receive immediate attention and become level with the runway. The cracks on both sides of the take offs boards need to be repaired so assure proper footing for all the athletes. The hard asphalt runways should be considered for a rubber covering in the near future.** |

| **Shot Put** | |
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| **Circle** | **The circle is the proper 7 foot however the toe board is not set properly so that the inside edge of the toe board is lined up with the inside edge of the circle. The circle is set up on an oversize old concrete slab that has plenty of room for the circle and toe board to be set properly.** |
| **Sector and Markings**<br>**40*** | **Sector lines were not in place to be observed. It is pointed out that the new KHSAA policy has the 40 degree sector in place now and that the 60 degree sector is no longer used.** |

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| **Surrounding Area** | **The shot put venue is located in a grassy area outside the oval in the first turn of the track. It is in a safe area for the throwing to take place. It is recommended that flagging be placed at the end of the finish straightaway so that all around would be alerted to a throwing area.** |
| **Weight Implements** | **It is pointed out that it is the responsibility of the host school to provide the necessary equipment for the event official and/or the meet official to properly weigh and mark the implements that will be thrown by the athletes.** |
| **Shot Put Venue** | **The shot put circle is not an official venue until the inside edge of the toe board is inline with the inside edge of the throwing circle. Once the toe board is in the proper place the shot put venue will be in compliance. To make the area look a little sharper it is recommended that the outside edges of the throwing circle be painted with the school's blue color and that the white circle can be repainted as well as painting the toe board.** |

| **Discus Throw** | |
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| **Cage** | **The size and construction of the discus cage meets the requirements of the National Federation for safety. The front poles of the throwing cage appear to be within the 5 feet range, but the sector lines were not in place to observe correctly. The netting on the cage needs to be firmly secured to all the poles on the cage with support ties to help cut down the possibility of the poorly thrown discus from going through the holes that are currently present.** |
| **Circle** | **The circle is a raised metal rim, which has been painted white. The metal rim is secure in spots however it is not firmly secured all around and in some places is bent and could cause an athlete to trip. If the rim can not be straightened and repaired it should be removed and a circle painted on the concrete pad. The concrete slab is large but has a crack going through the circle.** |
| **Sector and markings 40 degrees** | **Sector lines were not present on this particular day. The discus venue is located outside the oval and outside the immediate stadium in a connecting area adjacent to the school building. The discus sector is not a level playing field as the area to the list is very much uphill while the right side is flat where an accurate measurement can be taken. The entire area drains toward the discus circle which can cause problems for the athletes coming into the circle. Muddy conditions could well cause a wet and muddy circle causing footing problems involved with the spinning technique used in the discus.** |
| **Surrounding area** | **With the fencing that is in place the only problem with the area can be on wet days where large puddles have a tendency to form in front of the circle.** |
| **Weigh implements** | **It is highly recommended that the Discus Official be provided with the necessary equipment, proved by the host school to properly weigh the throwing implements and the marking material to indicate proper weight.** |

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| **Discus Throw Venue** | **The discus venue needs some work to eliminate the puddles and muddy area that form directly in front of the circle on wet days. The netting needs to be fastened properly to the poles. Water stands in the circle on wet days and this needs to receive some attention to keep the area as dry as possible. It is recommended that the outside portion of the circle be painted in the schools blue color and that the white metal rim be repaired and repainted or a white painted line replace the metal rim.** |

| **Running Track** | |
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| **Lanes<br>Number & Size<br>General overall<br>Conditions and concerns** | **The Apollo Track complex has 8 lanes that are 40 inches wide. The track very hard asphalt and in general need of repairing several cracks that are appearing all around the track. It is noted that some repair is beginning to take place on a number of cracks but it appears that a lot more work will be needed in the immediate future.** |
| **Stagger Colors:** | **The one turn stagger is painted green. The two turn stagger is painted white. The three turn stagger is painted blue. The four turn stagger is painted red.<br><br>Waterfall starting line is in place.** |
| **Relay Colors:** | **4 x 100 Relay . . . . . yellow to yellow all the way.<br>4 x 200 Relay . . . . . red / red / yellow<br>4 x 400 Relay . . . . . green / blue / blue<br>4 x 800 Relay . . . . . blue to blue all the way.** |
| **Break Lines** | **None present.** |
| **Hurdle Colors<br><br>Overall condition of the hurdles** | **100 Meter High Hurdles . . . . . yellow<br>110 Meter High Hurdles . . . . . Blue (almost gone)<br>300 Meter Hurdles . . . . . Red<br><br>The hurdles appear to be in good condition; however the hurdle boards are in need of being painted so that clear visibility is present as the athletes approach each barrier.** |
| **Starting Blocks<br>Number and condition<br><br>Block Cart** | **Starting blocks were not present to be observed ... it is noted that the track is extremely hard and that blocks using spikes instead of pegs will have a very hard time staying secured to the ground if proper starting technique is used.** |
| **Starting Line<br>Safety** | **With the fencing in place the starting line safety is in excellent condition.** |

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| **Finish Line Safety** | **With the fencing in place between the bleachers and the track the finish line safety is very much in place.** |
| **Surrounding Areas (This could include bleachers, fencing, tree limbs, etc.** | **Excellent bleachers on both sides of the track. A major liability situation may be present with the storage shelter located on the outside of the oval near the head of the backstretch. A portable carport with mower equipment, rollers, old carpet, etc. is located where young people could well gather in foul weather conditions and the risk of injury would be very much prevalent. Suggest moving this area to the fenced area between the ball field and the long jump area where it would not be in the immediate competition area. Some of the drains areas may be the cause of some of the cracking on the track especially one near the start of the 100 Meter Dash.** |
| **PA / Press Box** | **The press box appears to be more than adequate for a track meet. If the Public Address is suitable for football games it should be more than adequate for a track and field meet.** |

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| **Officials Overall view of this Track and Field Complex** | **Each of the field event venues needs to have some areas addressed as mentioned above. The high jump venue is the biggest concern and consideration should be given to moving this venue. The long jump and triple jump areas need to have the cracks prepared on both sides of the take off boards while the take off board at Pit #2 needs to be lowered so that it is level with the runway. The runways in the long jump and triple jump should be level with landing pits concrete edges. The pole vault is an issue with the crack forming between the vaulting box and the runway. The toe board in the shot put is not in the proper place making it an illegal throwing venue.** |
| **Regional Meet Site**<br>**(In your opinion would you recommend this facility be considered as a Regional Meet Site.**<br><br>**If No what would they need to do to bring this facility into compliance.** | **It would be great for the athletes at Apollo High School to have an all-weather rubber surface on the running track and in the field event areas. Some of the cracking issues with the track have been addressed and this may be an even bigger issue in the future is not addressed. Although the running track has some faults the major issues lie with the field events venues. With all of the field event venues needing some immediate attention it is recommended that Apollo High School be placed a step back in the Regional Track and Field Meet Site Rotation and that they not be considered this year for a Regional Meet. It is recommended that the track and field complex at Apollo High School be revisited again in 2006 to determine if the field event safety issues have been properly addressed.** |

**Respectively submitted,**

**Please complete the Site Inspection Form**
**and e-mail to coachbo@charter.net and jtackett@khsaa.org**