

Track and Field

Site Inspection



Hazard High School – Hazard, Kentucky

Site Inspection by Gordon D. Bocoek, KHSAA Track and Field Consultant

Wednesday, May 7, 2004

Pole Vault

Landing Pad 19' 8" wide 20' 2" deep 16'5" back of box Runway 130'	There is not a Pole Vaulting Venue at Hazard High School. The school does not have the new equipment to meet the National Federation Requirements for safety. There is no runway in place for the pole vault.
Planting Box	There is no vaulting box..
Standards/Crossbar 13'8" – 14'8" Bar 14'10"	No standards or crossbar equipment.
Surrounding Area	The area in turn two inside the oval where the shot put is circle is currently located would be a great place to establish a pole vaulting venue.
Weigh In of Athletes	It is <u>highly</u> recommended that the Pole Vault Official have scales provided by the host school to weigh the Vaulters to assure that there weight is in compliance with what is listed on the vaulting pole.
Coaching Box	If Hazard were to get the equipment for the pole vault and were to host the Region a excellent place for a coaches box would be to set a set of portable bleachers inside the fence area on the football field. The fence would keep the coaches back from the athletes but at the safe time it would allow them to have communication with there athletes.
Pole Vault Venue	At the present time there is no Pole Vaulting Venue at the Hazard track. The infield area in curve two between the infield fence and the curve of the track would be the area to establish a vaulting venue. Moving the shot put (see shot put report) would leave the area free of any other field events and give the event some additional space that would be needed to keep the landing pads at least 12' away from the infield fence to assure safety in that area. Potential for a vaulting venue is very good.

High Jump

Landing Pit 16' by 8'	The current High Jump Venue is located inside the oval in the first curve. The school had some old high jump pads that at one time were probably a very good high jump landing pad. They have not be properly taken care of and would really need to be checked out to make sure that they still meet all the safety requirements of the National Federation. There were several
---------------------------------	--

	pads the coach was trying to dry and air out but no where did I see a common cover (and the coach did not know of one being around). The common cover is necessary to pull all the landing pads together to make them one large safe landing area. From the condition of the present pads it was obvious that a weather cover was not used to protect the equipment from the elements.
Standards/Crossbar 12' apart Bar - 12'	No standards or crossbars were present and no landing pads were in the area where the venue is located.
Surrounding Area	The area inside the first curve is also the location of the long and triple jump venue. No problems or safety concerns in this area if when the venues are renovated proper planning takes place.
High Jump Venue	The first thing needed in this area is to level the area to assure that all the athletes have a smooth level area to participate, weather it be practice or competition. The high jump apron is small for a high jump area and with it's shape it is really difficult to determine what it was originally designed for. Work needs to be done on the apron to make sure the footing of the athletes is safe. The present pads may be safe, but need to be checked for safety, but a common cover must be found to bring them together.

Long Jump and Triple Jump	
Landing Pit 9' by 15'	The Long and Triple Jump Venue is located inside the oval in the first turn of the track. It is impossible to measure the present pit, could not determine the beginning or ending of the length or width but it appears very small.
Take Off Marks 12' or 8' 32' or 28'	Any marks were very faded. Marks should be placed (as the rule book recommends) so that athletes of all levels of ability can safely make a safe landing in loose sand.
Rakes/Shovel Brooms	None present or no evidence that any had been used in the immediate past. Rakes, shovels and brooms should always be present for practice and meets to keep the pit level, the sand loose and the sand swept off the runways to assure a safe foot plant necessary for takeoff.
Sand Level	There is one sand pit and as mentioned above it is quite small. It has not been worked up for some time. I <u>highly recommend</u> that due to safety concerns in landing that no athletes be allowed to practice in this area until the pit has totally been prepared. In preparing the pit the sand needs to be loosened up deep, the edges of the pit all the way around should become visible and the loose sand depth be level with the edges of the pit and the runway. This is to assure a safe landing for all the athletes.
Surrounding Area	In remodeling this area there is plenty of room for the high jump, long jump and triple jump if planned properly.
Long Jump/ Triple Jump Venue	When looking to improve the long jump/triple jump area two pits need to be considered. I recommend the pits be 10' X 20' and that one be placed at each end of the current runway. The current runway needs to be longer and there is ample room to give more length to the runway and putting in two new jumping pits. The runway has great width at the present time and I recommend a double runway from pit to pit so that competitors can go in both directions and not have to share a runway. This would really speed up track meets to have two jumping pits and this area would accommodate both sand its and the high jump venue very nicely.

Shot Put

Circle	The Shot Put Venue is located inside the oval in the second curve of the track. It is a very old circle and the toe board that was once secured to the concrete has been ripped loose and the broken bolts are still in the holes. The toe board is gone.
Sector and Markings 40* or 60 *	No sector lines of any kind have been down for some time. I highly recommend using sector lines even if just for practice. It helps teach the young athletes the proper boundary lines so they can develop themselves to throw more safely.
Surrounding Area	At present there are no other field events in this area.
Weight Implements	It is <u>highly</u> recommended that the Shot Put Officials be provided with the necessary equipment, provided by the host school, to properly weight the throwing implements and the a marking material to indicate proper weight.
Shot Put Venue	At the present time the shot put is set up to throw in a way that shot puts could very easily land or roll onto the track where other athletes are doing running events. As I toured the campus with the Track Coach I suggested a location on the second level with the practice football field for the discus venue to be placed and after thinking about it the Shot Put venue could well be moved to this area. It would have the two throwing events in a safe area away from the other track and field events and the two events would not be so far apart when many of the athletes are the same in each event. It would be a very nice and safe throwing venue overlooking the entire track complex. I recommend a 10' x 10' concrete slab with a circle painted on the concrete and the toe board secured to the slab in the position described in the National Federation Rule Book. I do recommend putting a cage with the shot put as this will be added to the National Rules in a year or two and it would be easier to do and probably cheaper to do the Shot and Discus cage together.

Discus Throw	
Cage	At the present time there is no Discus Venue at Hazard. I toured the campus with the Track Coach and gave him a recommendation as to the best and safest place to put a throwing venue.
Circle	None.
Sector and Markings 40 * 2'9.75"	None.
Surrounding Area	If a venue is placed in the area of the practice football field a tremendous throwing venue could be established.
Weigh Implements	It is highly recommended that the Discus Officials be provided with the necessary equipment, provided by the host school to properly weigh the throwing implements and the marking material to indicate proper weight.
Discus Venue	The Track Coach at Hazard was very interested in putting in a complete Discus Venue. I highly recommend the area above and overlooking the first turn of the track and at the practice football field for a discus and shot put venue. The area could probably be finished at very little cost with donations and such. It would provide a very safe area for both the throwing events. I recommend a 12' x 12' concrete slab with a circle painted on the slab. When looking at a cage the National Federation Rule Book needs to used to get the right specks to meet the national requirements for safety.

Running Track	
Lanes Number & Size General overall Conditions and concerns	The Hazard High School Track and Field Complex is an old 440 Yard Track. It has not been converted to meters since the track has not been stripped for a track meet "ever". Stripes on the track are like the sector lines in throwing events. It teaches the athletes the boundary lines of the various events they might be doing on the oval. It shows them the starting lines so that they can learn how to gear there bodies to go a particular distance. Five 4" striped lines has been put on the track "some" time ago and they are very worn and faded. The current track would be a very good base for a rubber surface to be applied. After looking at the width of the existing track and the available space up to the light poles I feel there is room to put in a very nice rubber track with 8 - 42" lanes. If necessary it could even drop down to 8 - 36" lanes and either getting the hurdles special ordered or adjusted by a shop class.
Stagger Colors:	1 Turn - 3 Turn - 2 Turn - 4 Turn - There are no staggers on the track to indicate the start of any race or finish.
Relay Colors:	4 X 100 - 4 X 200 - 4 X 400 - There are no relay markings on the track for the athletes to begin to know where the boundary lines of zones are. The host school is to provide the necessary flags for the officials to properly officiate the exchange zones.
Break Lines	There are no break lines. It is recommended in the Regional Meet to use the same break line for the 800 Meters as they do in the state meet, with a line a the head of the front stretch. On the Pulaski track it would be the 100 Meter Starting Line.
Hurdle Colors Overall condition of the hurdles	100 Girls - 110 Boys - 300 Hurdles - There are no hurdles markings on the track. There are only a few practice hurdles (4 Or 5) at the facility.
Starting Blocks Number and condition Block Cart	No starting blocks were observed. If they have blocks they would be very hard to use them properly since the running track is so hard the spikes required to hold the blocks secure to the track would not be able to have any grip at all.
Starting Line Safety	With no marks on the track it is really difficult to know the exact locations of starting lines. Some flagging may be needed for crowd control.
Finish Line Safety	The finish area would probably need some flagging since a concession area is very close to the track in the area of the finish.
Surrounding Areas (This could include	In a area that I think should be of paramount concern, is the safety situations related to the bleachers at the football/track

bleachers, fencing, tree limbs, etc.	<p>complex. I <u>recommend</u> that this situation be referred to the Kentucky Department of Education, Department of Facilities and Grounds for immediate consultation related to the safety aspects of the seating.</p> <p>The fencing around the football field would be an added touch to the track but could well need a gate area the finish to usher the athletes off the track quickly and safely, especially on relays.</p> <p>There</p>
PA / Press Box	Did not look at this area.

<p>Officials Overall view of this Track and Field Complex</p>	<p>The Hazard High School Track and Field Complex has the potential to be a showplace. The school has done tremendous work carving a school and athletic fields out of a mountain. It appears that finishing this complex is maybe the final piece of a puzzle The concrete on the gymnasium has a nice hardwood floor added to help allow the Hazard athletes to better themselves on a level playing field, the nice grassy football field showed that work has been put in to give these athletes a place to play on a level playing field with other teams. Baseball and Softball have very nice facilities that are looking at special grass surfaces and other developments. The Track and Field Complex is the one area where the entire athletic program can benefit from the rubber surface. All athletes to be successful in their chosen sport have to be able to move and running is a great big part of movement. The entire community could benefit from a rubber track and walking programs could be set up for people of all ages.</p> <p>A new track and field complex with renovated field events and a well marked rubber 8 lane track could have the school and community proud to host major meets on the best 8 lane track in the mountains. The mountain setting for a Friday night track meet could have major community participation as every team in the mountains would want the opportunity to participate on such a facility.</p>
--	--

<p>Regional Meet Site (In your opinion would you recommend this facility be considered as a Regional Meet Site.</p> <p>If No what would they need to do to bring this facility into compliance.</p>	<p>No</p> <p>I truly believe that the potential is there to have a fantastic track and field facility at Hazard High School. At the present time I can not recommend the Regional Track & Field Meet be held at Hazard High School until several issues are addressed and another site inspection takes place.</p> <p>The running track must have markings, both lane lines and start/finish lines. All relay zones must be clearly visible and all hurdles marking must be in place. Shot and Discus venues need to be moved to assure the safety issues that are required in this area. Long Jump and Triple Jump venue must receive the necessary attention to make sure the landing area is safe of athletes of all levels of ability. The High Jump and Pole Vault issues must be addressed if Hazard wants to remain in the rotation to host the Regional Track and Field meet.</p> <p>The potential is there for the best facility in the Mountains and the young track athletes have long waited for a fitting facility to</p>
--	--

develop there talents to the highest level possible.

Respectively submitted,

**Gordon D. Bocoek,
KHSAA Track & Field Consultant**