



**Kentucky High School Athletic Association – Track & Field Site Inspection**  
**Paducah Tilghman High School – Paducah, Kentucky**  
 Site Inspection Requested by . . . . . Julian Tackett, Assistant Commissioner of KHSAA  
 Site Inspected by . . . . . Gordon D. Bocock - #4848 – KHSAA Track and Field Consultant

Date of Inspection: Wednesday – May 14, 2008

**Venue # 1 . . . . . Running Tracks**

Lanes (Number and Size) General overall condition and concerns with the running track	The Paducah Tilghman Running Track is a 400 Meter Oval with eight 42" lanes and the track is 28' wide. The inside edge of the running track has an extremely large area in what we call lane "0". No one is allowed to run in her as it is out of bounds, it is highly recommended that small cones be placed all the way around the track, 10' to 12" apart, to remind the athletes that this is out of bounds. The all weather surface has been in place for nine years and is in very good condition. The venue is listed to receive an upgrade with a new paint job this summer.
Starting Lines (Staggers)	1 – Turn Stagger . . . . . Green 2 – Turn Stagger . . . . . White 3 – Turn Stagger . . . . . Black 4 – Turn Stagger . . . . . Red Distance races . . . . . A waterfall line is available for the distance races if the one or two turn staggers are not used. It is pointed out that in Regional competition the 4 x 800 Meter Relay and the 800 Meter Dash use a 2 turn stagger while the 1600/3200 Meter Runs use a 1 turn stagger. It is recommended that the <b>alley starts and step up lines</b> for distance races be placed on the track when a new paint job is done.
Relay Exchange Zone Markings	The 4 x 100 Meter Relay - First Handoff is Yellow to Yellow, Second Handoff is Yellow to Yellow and Third Handoff is Yellow to Yellow. The 4 x 200 Meter Relay – First Handoff is Red to Red, Second Handoff is Red to Red and Third Handoff is Yellow to Yellow. (It is pointed out that the Fly Zones are properly marked and available if teams desire to use them) The 4 X 400 Meter Relay – The first handoff is Black to Black on the staggered pyramids while the second and third handoffs are Black to Black on the straight line of Black Pyramids. The 4 X 800 Meter Relay - All three handoffs are Black to Black on the straight line of Black Pyramids. It is pointed out that the National Federation Rule Book recommends using a blue color for the 3 turn stagger and the 4 x 400 and 4 x 800 exchange zones but black was probably used because of the light blue coloring of the all weather surface.
Break Lines	Green break lines are located at the head of the back stretch for a one turn stagger and at the head of the finish straight away for the 2 turn stagger.
Hurdles Color Markings Overall condition of hurdles	The hurdles were on the track and all but a couple appeared to be in good working order. The top bars on the hurdles were in good shape and still had plenty of color for good visibility for the athletes while in practice or competition. 100 Meter Hurdles . . . . . Yellow Marks indicate the placing of the girls high hurdles. 110 Meter Hurdles . . . . . Black Marks indicate the placing of the boys high hurdles – the Rule Book recommends blue but the blue color of the track is probably why the strippers used the black color. 300 Meter Hurdles . . . . . Red Marks indicate the placing of the boys and girls long hurdle race.
Starting Blocks (Number & Condition)	The starting blocks were in very good condition. New spikes were in place to help assure the blocks will be secure to the surface when used in sprint races. On some of the blocks the back "T" band and the front spike pad need to be tightened as they are starting to work loose. Loosing the set screws would separate the spike pads from the block support post.
Starting Line Safety	The way the Tilghman Stadium is structured has a track entrance located just to the right of the 100/110 starting area. <b>This area that leads to both the bleachers and the track needs to be roped or flagged off and a marshal place in this area for the entire meet.</b>
Finish Line Safety	Flagging at the finish area is a must and at least 2 marshals need to be in place to keep this area clear of people The bleachers empty in this area and coaches and or spectators will try to gather behind the bench that is not blocking this area. Flagging needs to be placed at least 5 feet behind this bench as officials will be using the bench and don't need the interference and the pyro system does not need the help of spectator interference. The finish area around the curve needs flagged off so that athletes finishing races do not veer right into the Shot Put throwing area.
Surrounding area (This could include bleachers, fencing, trees, limbs, etc.)	The bleachers on the front stretch are excellent for viewing the track and most of the field events. The ideal situation would be to keep all spectators and coaches in the bleachers. At no time during the competition should coaches be allowed in side the oval. The only time they may need to leave the bleachers is to go to the Coaching Box for the Pole Vault and it should be located outside the track on curve 2.

**Location of Field Events**

Paducah Tilghman Track and Field Complex

**Venue #2:** Pole Vault is located inside the oval in the second curve. The Coaching Box (CB) should be placed outside the oval on the curve of the track and marked off so that the coaches can not wander at will.

**Venue #3:** High Jump is located inside the oval in the first curve.

**Venue #4:** Long and Triple Jump pits are located outside the oval on the back stretch of the track near the start of the 300 hurdles.

**Venue #5:** Shot Put is located outside the oval at the end of the finish straight away.

**Venue #6:** Discus is located completely outside the stadium and across the parking lot in an empty field.

### Venue # 2 . . . . Pole Vault

New PV Landing Pad 19'8" wide 20'2" deep 16'5" back of box	The pole vault landing pad is properly put together and a common cover is in place that pulls all the pads together for a very safe landing area. A weather cover is in place to protect the investment from the elements. The pad meets all the safety requirements of the National Federation. The standard pads were not in place but were beside the pit. Pallets were under the pit but were well back and not protruding.
Vaulting Box	Excellent vaulting box that was properly placed in the ground and secure. A box collar was in place and properly placed around the box.
Zero Point Markings	Zero point was painted on the ground and ran the width of the pit.
Runway 130'0"	135' runway that was 4' wide and in excellent shape.
Standards / Crossbars 13'8" - 14'8" Bar - 14'10"	Brand new standards were properly secured to the ground and zero point was in the proper place. The extenders were in very bad shape and it was recommended that they be replaced before the Regional Meet. Cross Bars were not visible at the venue but brand new ones were observed being delivered in the School Office.
Weigh in Athletes	It is pointed out that the <b>host school is responsible</b> to provide scales for the KHSAA Meet Official to weigh all the vaulters before each competition. It is <b>highly recommended</b> that each coach weigh his or her vaulters weekly to assure that they are legal for the vaulting poles that they are using.
Coaching Box	The diagram and Pole Vault locations chart above indicate where the coaching box should be located.
Area surrounding the Pole Vault Venue	The areas around the pole vault is safe for practice and competition but attention needs to be given to what appears to be a sink hole directly behind the vaulting pads.
Pole Vault Venue (General Notes)	Probably the best field event venue at the Tilghman Track Complex.

### Venue # 3 . . . . High Jump

HJ Landing Pad 16' x 8'	The high jump venue needs some work before the Regional Meet. At the time of this inspection an old pole vault landing pad was being used. The problem with the landing pad is that it was not properly put together and only two of the three pads that make up the pit were in place at the venue. After some looking the third pad was located under the bleachers. When the three pads are put together properly and the common cover is attached properly the old pole vault pad will be a very nice high jump landing area. <b>The current sit up is totally unsafe and the staff and school are very much in a liable situation if not corrected. Highly recommended that no practice or competition be allowed at this venue until the pads are properly put together and the common cover is in place.</b>
Exposed Surfaces	
HJ Apron	Excellent high jump apron 50' x 100' that is more than adequate for a safe approach for all the participating athlete.
Standards / Crossbar 12' apart bar is 12' to 14'10"	Standards were in good condition and the area where they will be placed is in good condition. Cross Bars were not visible at the venue but brand new ones were observed being delivered in the School Office.
Area surrounding the HJ Venue	High jump is the only venue in this area. The Performance Indicator boards are in bad shape and either need to be replaced or moved farther away from the venue to assure safety.
High Jump Venue (General Notes)	When the pads are properly put together the landing pads will be more than adequate for high jumping.

### Venue # 4 . . . . Long and Triple Jump

Landing Pit Take Off Marks LJ - (8' and 12') TJ - (28' and 32') And the Runway	The Tilghman Track Complex has two very nice long/triple jump venues but they do need some attention as the to bring them back to a first rate jumping venue. New wooden take off boards were observed in the School Office and they are to be put in place by the Regional Meet. It was pointed out that the current boards are about ¼" below the surface of the runway. The new boards are to be level with the runway and may require some wood or metal sheaves in the board box to list the boards up to the proper level. The take off boards distances are properly marked at the recommended distances and the runways on the pits are 150' in length.
Sand Pit Condition	Both sand pits are currently in bad condition and it was pointed out that the sand levels in the 28' x 10' pits need to be level with the concrete edges throughout the entire pit and not just at the front landing area. The concrete edges are covered in one of the pits and this is totally unsafe and puts the staff and the school in a liable situation.
Area around the Long and Triple Jump Pit(s)	Flagging will need to be in place between the runways to help assure that the runways are not cross when an athlete is in an approach.
Long and Triple Jump Venue (General Notes)	Once the new boards are properly placed and the sand pits are brought back to life there will be two excellent jumping venues.

Venue #5 . . . . . Shot Put	
Circle – Concrete Pad	A 12' x 12" concrete pad is in place with a sunken circle. The biggest problem with sunken circles is keeping water out of them and this one was totally full of water. Water standing on a concrete surface quite often causes a slick surface for the athletes to glide or spin across. Attempts should be put in place to put drainage in the shot circle to help avoid the water standing.
Sector and Cage	The toe board was in place but the right edge is no longer secure and the board needs to be reattached to the concrete pad. It is pointed out that the inside edge of the toe board must be inline with the inside edge of the sunken circle. The proper 34.92 sector is being used but the sector lines need to be placed on top of the toe board.
Weight in of Implements	It is pointed out that the <u>host school is responsible</u> to provide scales for the KHSAA Meet Official to weigh all the throwing implements before each competition. It is <u>highly recommended</u> that each coach weigh his or her athletes implements weekly to assure that they are legal and that no alterations have been made to the implements.
Surrounding Area	Flagging must be put in place to help keep spectators from wandering into the throwing sector and to assure that athletes that finish races do not wander into the throwing area.
Shot Put Venue (General Notes)	Recommend painting the concrete slab in the school colors. The back half indicators are in place. Some work after the season could have the throwing sector for the shot in much better condition and will make it an excellent throwing venue once the drainage is put in place to be able to keep the sunken circle dry.

Venue #6 . . . . . Discus Throw	
Circle – Concrete Pad	A 10' x 10' concrete slab with a metal ring attached to form the proper size throwing circle.
Sector and Cage	The proper 34.92 throwing sectors are in place and the cage has a new net that is properly placed on the poles. The two front poles are outside the 5' distances they are allowed from the sector lines. Both front poles need to be moved in 1' to ring them into compliance with National Federation Rules.
Weight in of Implements	It is pointed out that the <u>host school is responsible</u> to provide scales for the KHSAA Meet Official to weigh all the throwing implements before each competition. It is <u>highly recommended</u> that each coach weigh his or her athletes implements weekly to assure that they are legal and that no alterations have been made to the implements.
Surrounding Area	Flagging must be put in place to keep spectators back from the throwing venue.
Discus Venue (General Notes)	Recommend painting the concrete slab in the school colors. The back half indicators are in place. Once the front poles are moved in to the proper distance from the sector lines it will be a safe throwing area.

Meet Management	
Seating and Spectator Control	The absolute best situations for a track and field meet at Paducah is to put all the non-participants in the bleachers and keep them there. The viewing of a track meet will be excellent from the main bleachers.
Public Address and Press Box	Public Address was not in use at the time of this inspection to evaluate. The press box appeared to be excellent for a track and field competition.
Meet Management in regard to Running Events	There is years of experience in the Paducah area with people that know the sport of track and field. Getting these people out to the big meets is very important to make a Regional Meet a success. Flagging at the start area and the finish area will be needed at the Regional Meet.
Meet Management in regard to Field Events	Some flagging will be needed in the throwing areas and the long/triple jump area
<div style="background-color: black; color: white; padding: 5px; display: inline-block;"><b>Regional Meet Site</b></div> In your opinion would you recommend this facility to be considered as a Regional Track and Field Meet Site?	The Paducah Tilghman Track Complex just needs a little face life to bring it back to a top notch facility . . . The high jump pads need to be properly put together and the common cover put in place. The new take off boards need to be placed on both runways in the long/triple jump The sand pits need to be tilled and loosened up and leveled with the concrete edges. Discus cage front poles need to be move in 1' Shot Put toe board needs to be re-fastened to the concrete pad. Nothing is major and in a short period of time these situations can and should be corrected. <b>Digital pictures of the improvements should be sent to the KHSAA by Wednesday of the Regional Meet.</b>

Respectively submitted,

*Gordon D. Bocoock*

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