Kentucky High School Athletic Association – Track & Field Site Inspection

Western Hills High School – Frankfort, Kentucky

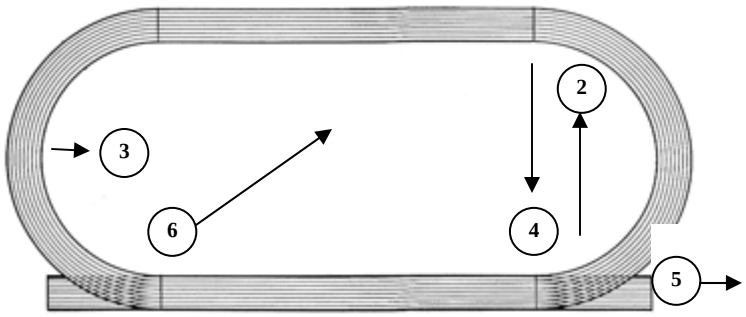
Site Inspection Requested by . . . . . Julian Tackett, Assistant Commissioner of KHSAA
Site Inspected by . . . . . Gordon D. Bocock - #4848 – KHSAA Track and Field Consultant

Date of Inspection: April 25, 2008

Venue # 1 . . . . . Running Tracks	
Lanes (Number and Size) General overall condition and concerns with the running track	The Western Hills High School Track and Field Complex was first inspected on March 29, 2005. The running surface has basically not changed except for the normal wear and seasonal climate conditions. It is 8 (42") lanes of rubber surface. It is a very good running surface that needs to be checked yearly. The normal lay of the land has a lot of hills and valleys and a lot of drainage flows on to the track. This needs to be checked at the start of each season to assure that the outside edges of the track are free of unusual deposits. Mud deposits on the track will lead to discoloration of the rubber surface and make for unsafe slick conditions.
Starting Lines (Staggers)	1 – Turn Stagger . . . . . Green 2 – Turn Stagger . . . . . White 3 – Turn Stagger . . . . Red 4 – Turn Stagger . . . . Blue Distance races . . . . .
Relay Exchange Zone Markings	The 4 x 100 Meter Relay - all handoffs in this relay are yellow to yellow and the proper fly zone is in place and indicated by a small yellow triangle. The 4 x 200 Meter – first two handoffs are red to red and the final handoff is yellow to yellow. Fly Zones are in place and properly marked. The 4 X 400 Meter Relay – first handoff is blue to blue and green to green on the next two handoffs. The 4 X 800 Meter Relay - all handoffs are green to green
Break Lines	A green break line is in place at the head of the back stretch for the 1 and 3 turn staggers. There is no break line for the 2 turn stagger.
Hurdles Color Markings Overall condition of hurdles	100 Meter Hurdles . . . . . yellow marks. 110 Meter Hurdles . . . . . blue marks. 300 Meter Hurdles . . . . . red marks. The hurdles appear to be in good shape and in good working order.
Starting Blocks (Number & Condition)	The starting blocks were not available for inspection at the time of this visit.
Starting Line Safety	The area from the bleachers past the start of the straightaway sprints need to be flagged off. It is pointed out that the flagging should not be on the track edge but back a few feet to assure the safety of both the athletes and spectators.
Finish Line Safety	The finish area is fine and constant attention must be given to keep athletes and/or spectators in the area from wandering toward the shot put venue.
Surrounding area (This could include bleachers, fencing, trees, limbs, etc.)	The only issues on the running track appear to be the location of the two throwing venues. Safety must be addressed in these two areas in both meets and practice.

Location of Field Events

Western Hills Track and Field Complex



Venue #2. Pole Vault is located inside the oval in the first turn with the landing pad located at the head of the back stretch..

Venue #3. High Jump is located inside the oval in the second turn.

Venue #4. Long and Triple Jump is located inside the oval in the first turn.

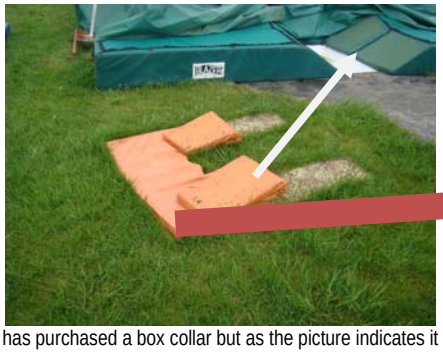
Venue #5. Shot Put is located outside the oval just past the common start and finish line.

Venue #6. Discus is located inside the oval near the start of the 100 meters

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 20'6" deep and 20' wide and it was properly put together with a common pad that pulled the assembled pads into a very nice landing area for the athletes. The landing pads meet all the requirements of the National Federation. The vault runway did not receive the rubber surface that was placed on the running track and any athlete that does not run in the center of the runway could have a problem with footing and it greatly increases the opportunity of the athletes receiving a foot injury. It is **highly recommended** that the runway receive serious attention in the very near future.
Vaulting Box Zero Point Markings	The vaulting box is in good shape and has been properly placed in the ground. There is a box collar but it is not in the proper place and has not been for some time.
Runway 130'0"	The runway is 139 feet long and is 42 inches wide but not all the runway is safe for running on.
Standards / Crossbars 13'8" – 14'8" Bar – 14'10"	The standards appeared to be in good working order but they are not secured. Large nail (pegs) are in place and driven in the dirt but with only a little pressure they were easily coming out of the ground as pose a potential hazard for the athletes. The cross bars were not available to be observed on this visit. It was evident that a bungee cord was being used for practice and this is an activity that is not recommended by the National Federation.
Weigh in Athletes	It is pointed out that the host school is responsible to provide scales for the KHSAA Meet Official to weigh all the vaulters before each competition. It is highly recommended 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	There was no evidence of a coaching box ever being in place but it should not be a problem to have one in place if this facility was selected to be a future site for a Regional Track and Field competition.
Area surrounding the Pole Vault Venue	The area around the pole vault needs to be cleared of all unnecessary items that are not necessary for conducting a practice and/or meet.
Pole Vault Venue (General Notes)	Concrete bases need to be put in place under the vault standards. These concrete slabs need to be the size of the standard bases and level with the surface of the ground. The area between the standard bases should be level from base to base to assure that the standards and cross bars are always the same height on both sides of the landing pad. Any concrete edges that appear above the ground should have dirt filled around them. Once the concrete pads are in place the standards should be bolted into place in a manner that they can be easily removed at the end of the season and would pose no problem in the area for the fall sports that use this facility. The pole vault runway need some repair work and is in need of the same running surface as the running track.

Western Hill Pole Vault Area of Concern



Western Hills has purchased a box collar but as the picture indicates it has not been properly placed in a position to help protect the athletes in a vaulting attempt.

Pole Vault Standard Left Side of Pit

The ground in this are is not level and will cause the cross bar to be a different height on each side of the landing pad. Even thou pegs are in place the standards are not secure to the ground as the raised pegs in the right picture indicate.

Pole Vault Standard Right Side of Pit

It is highly recommended that ground on both sides of the landing pad, from standard to standard be level and that concrete pads, the sides of the standard base be put in place so the standards can be secured for the season and removed at the end of the season so they pose no concerns for fall sports teams.

Venue # 3 . . . . . High Jump	
HJ Landing Pad 16' x 8' Exposed Surfaces	The High Jump landing pad was 8' deep and 22' wide and the assembled pieces were properly put together and held in place by a common cover that made a very safe landing area. An all weather cover was in place and covered the pads to protect the pads from the elements.   National Federation Rule Book (Page 54 – Rule 7-4) . . . . . Hard and unyielding surfaces, such as but not limited to concrete, wood or asphalt, that extend out from geneath the sides and back of the high jump landing pad shall be padded with a minimun of 2-inch dense foam or other suitable material. Note: **It is recommended that any excess material such as asphalt or concrete that extends out from beneath the side or back of the landing pad be remove.** It is pointed out that the use of a bungee cord is not allowed in competition nor is it recommended in practice.
HJ Apron	The high jump apron does not have a rubber surface and appears to be very slick when wet. The hard surface is starting to show signs of wear in spots from the spiked shoes that are being worn. Apron has length and width that is sufficient for all runners to have a safe approach. Grass surfaces around the apron need to be kept mowed as those using a longer approach can have a smooth, safe transition from the grass to the pavement.

Standards / Crossbar 12' apart bar is 12' to 14'10"	The cross bars were not observed on this visit, but as mentioned a bungee cord was tied to both standards (see picture above). It is pointed out that bungee cords are not recommended by the National Federation or the KHSAA for use in the high jump or pole vault.
Area surrounding the HJ Venue	Since the discus is off to the right of the jumping area it is recommended that flagging be placed so that athletes coming out the back of the high jump pad will not wander into the throwing sector.
High Jump Venue (General Notes)	The high jump area is adequate when the hard and unyielding surfaces behind the pads are covered … even better if the hard and unyielding surface were removed. The area around the apron where the athletes approach needs to be addressed so that all the athletes have the same level approach and are assured of safe footing. The high jump apron is in need of the same running surface as the running track.

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

Landing Pit Take Off Marks LJ - (8' and 12') TJ – (28' and 32") And the Runway		There is only one sand pit at the Western Hills Track and Field complex and as the picture indicates it is bad shape. Clear defined edges of the pit should be visible at all times so the competing athletes can judge a safe landing. The National Federation recommends that a pit be 9' wide and 15' long, but in the current condition of this pit those dimensions can not be accurately obtained. The runway was neglected like the pole vault and high jump with no rubber on the running surface. With four events taking place at this venue the wear and tear was so much that a 100' rubber pad was placed over the old black top. The hard black top extends another 40'. As you can see from the picture the take off board needs to see fresh paint every year at the beginning of the season to make sure that visibility is not a problem.
Sand Pit Condition	Sand pit needs some serious attention as defined edges to the pit should be established. The sand in the pit should be level with the surrounding edges.	
Area around the Long and Triple Jump Pit(s)	The area around the pit needs to be level with the sand pit itself.	
Long and Triple Jump Venue (General Notes)	The sand pit needs work but it will not be a major project. The take off marks need to be visible at all times and not in the condition the picture shows. The runway needs the same running surface as the running track.	

Venue #5 . . . . . Shot Put

Circle – Concrete Pad	The pictures above give a pretty good indication of the shot put venue. Even those the area is greatly improved since the last site inspection this area is still very rough. As the picture indicates the circle and the sector are not plum . . . . the circle is the correct size, the toe board is improperly placed and no back half indicators or placed on the concrete slab. As the pictures shows the concrete slab is not level.
Sector and Cage	The sector markings were put down for the 40 degree sector when they sector should now be 34.92 degrees. The sector or marking area is 100 percent better than it was at the first inspection. No cage is required at this time, but since this venue is in a highly traveled area thought might well be given to putting one in place.
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	The venue is just past the common start and finish line and flagging may well be needed to be a warning to wandering athletes and spectators that they are approaching a throwing area. With the way the total area is tilted to the right causes the concern of how safe the circle would be on wet days as the water drains and stands in this area.

Shot Put Venue (General Notes)	Even though the shot put area has received a lot of attention it is still not a good throwing area. The concrete circle should be level, and the toe board should be moved that the center of the toe board is directly down the center of the sector. Care should be given to marking the proper 34.92 degree sector so the athletes in this event will know there boundary lines. Concerned with the area on wet days.

Venue #6 . . . . . Discus Throw	
Circle – Concrete Pad	 The concrete slab is 10' x 10' and is in good condition. The metal ring is almost invisible, as the picture above indicates. The ring needs to have the rust removed and a fresh coat of paint. The back half indicators are not present on the concrete slab.
Sector and Cage	The sectors lines were incorrect as they were at a 40 degree sector when they are now at a 34.92 degree sector. The cage is not properly in place. The front poles of a cage are to be within 5' of the sector lines.
Weight in of Implements	It is pointed out that the host school is responsible to provide scales for the KHSAA Meet Official to weigh all the throwing implements before each competition. It is highly recommended 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	As the picture shows a stake and rope it is evident that this area has been roped off and it should continue to be roped in practice and in meets.
Discus Venue (General Notes)	To correct the correct placement of the cage that, when standing in the circle, the left front pole remain in the same spot. The left sector line then be placed on the ground 4' to 5' from the edge of that pole. The right sector line should then be placed at the 34.92 degree sector and then the right front pole be moved in so that it is 4' to 5' from the sector line. This will move the center of the discus landing sector more to the center of the field and have the right side out of rounds further away from the running track.

Meet Management		
Seating and Spectator Control	Seating is more than adequate for a track and field competition. Some crowd control needs to be put in place at both ends of the bleachers to assure that the spectators are safe at all times form the competing athletes as well as throwing implements. Steps to and from the bleachers should be controlled by Track Marshals to assure that no one wanders out to the track during a competition. All track events can be viewed very well from the bleachers and every effort to keep spectators in this area should be put in place to assure the safety of all.	
Public Address and Press Box	Was not able to observe the public address but if it is adequate for the football season it will be adequate for the track season. Press box is more than adequate for track and field competition.	
Meet Management in regard to Running Events	The current coaching staff enjoys putting on track and field competition and every indication is they know how to run a track and field meet. The running area is more than adequate and ready to host any type of running competition that the KHSAA offers.	
Meet Management	Sometimes Meet Management is put in a bad way with Field Event Venues. Every field event venue has some safety concerns that need addressed	

in regard to Field Events	before these venues could be approved for consideration for a future Regional site. • High Jump – hard and unyielding surfaces to the sides and back of the pit. • Long/Triple Jump – defined boundaries of the sand pit • Pole Vault – runway is bad and may need the same type of rubber pad as the long jump, standards leveled and secured • Shot put - circle level and straight in regard to the sector • Discus – cage properly in place and center of the sector moved more to the left.
Regional Meet Site In your opinion would you recommend this facility to be considered as a Regional Track and Field Meet Site?	The toughest fix is the shot put. It really needs to be moved to another location but the school is land locked in the immediate area so working with what you have will be the answer. Leveling the concrete and then the toe board moved so the center is centered with the center of the throwing. sector. Thought needs to be given to some type of drainage in the area to keep the water from flowing across the concrete slab..The other four field event sites are much easier fixes and will help in the overall safety of the athletes as well as cutting the liability issues involved with running a track and field competition. When these safety issues in the field event areas have been addressed it is recommended that the school notify the KHSAA so one of there consultants can drop by and see if all the National Federation and KHSAA safety issues have been addressed.

Respectively submitted,

Gordon D. Bocock

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