



**Kentucky High School Athletic Association – Track & Field Site Inspection**  
**Whitley County High School, Williamsburg, 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: Thursday, March 30, 2006

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

Lanes (Number and Size) General overall condition and concerns with the running track	The Whitley County High School Track is a 400 Meter Track that is 28' wide with eight 42" lanes. It is a soft rubberized track and the running surface is still in pretty good shape even though it has been down for some time. The same can not be said for the track markings. The track needs re-stripped as soon as possible as many of the relay exchange zones are barley visible, the staggered starting lines are getting very faint but the biggest issue is the hurdles marks that are almost gone. Placing a hurdle in the wrong place could create an unsafe event. Some markings on the track are not there that should be used and the last painter did not use the National Federation color code for track markings (see below).
Starting Lines (Staggers)	The starting lines on the Whitley County Track do not have the proper color markings for all the starting lines. The 100 Meter and 110 Meter starting areas are in good condition and not showing signs of wear. The 200 and 300 Meter Starts are both in good condition. The biggest problems with all the staggered starting lines is the paint is past its prime and needs re-stripped. The National Federation has a recommended standardized color marking for tracks that can be found on pages 29 and 30 of the National Federation 2006 Track and Field Rule Book. It is <b>highly recommended</b> that the next stripper use this code. 1 – Turn Stagger . . . . . Green Lines (Correct)                      2 – Turn Stagger . . . . . Red Lines (Should be White) 3 – Turn Stagger . . . . . None (left off by last stripper) (Blue) 4 – Turn Stagger . . . . . Blue Lines (Should be Red) Distance races . . . . . One waterfall starting line is on the track and is properly marked. There is no step up line painted on the track and no alley starts are marked on the track. It is <b>recommended</b> that when the time comes for re-stripping the track that the step up line and alley starts with step up lines be put in place.
Relay Exchange Zone Markings	The relay exchange zones do not have the recommended colors on the track. When it is re-stripped it is <b>highly recommended</b> that the painter use the National Federation standardized color markings for relay exchange zones (see Rule Book page 30). Current markings are: The 4 x 100 Meter Relay is marked with the starting lines being the red lines (2 turn stagger) and the exchange zones being red to red in all three zones. The fly zones are also marked in red. The 4 x 200 Meter Relay is marked with the starting lines being the blue lines (4 turn stagger) and the exchange zones being Yellow to yellow at the first and second zone and red to red on the third exchange. The fly zones are in place and marked. The 4 X 400 Meter Relay is marked with the starting lines having to use a two turn stagger (red lines) since the correct 3 turn stagger and the first staggered exchange zones do not exist on the track as they should. Current exchange zone will have to be Red to Red on all three handoffs. The 4 X 800 Meter Relay is marked and the start can use either a waterfall start, a one turn stagger or a two turn stagger. All the handoffs are red to red.
Break Lines	A yellow break line is present at the head of the back stretch for a one turn stagger but it is not in place for a two turn stagger near the start of the 100 Meter Dash.
Hurdles Color Markings Overall condition of hurdles	Hurdle marks have the wrong color code. When it is re-stripped it is <b>highly recommended</b> that the painter use the National Federation standardized color markings for hurdles (see Rule Book page 30). Current markings are almost gone and could be completely gone very soon creating an unsafe event . . . especially in the 300 Meter Hurdles. Current track markings are: 100 Meter Hurdles . . . . . Red marks - faded 110 Meter Hurdles . . . . . Green marks - faded 300 Meter Hurdles . . . . . Blue – very, very faded Hurdles are old but in decent condition. Not enough hurdles are present to supply the full 80 quota needed to properly conduct an 100/110 Meter Hurdle race. Hurdles need to be <b>purchased or borrowed</b> to bring the total number of hurdles to 80 to host a Regional Track and Field Meet.
Starting Blocks (Number & Condition)	The host school is responsible for providing starting blocks for all 8 lanes in lanes races and they need to be in good working order. If 8 starting blocks are not available blocks will need to be <b>purchased or borrowed</b> to bring the total number of working blocks to 8.
Starting Line Safety	A crowd control fence goes down the front stretch in front of the bleacher and continues down the straight and around the curve past the 200 Meter Start. Starting line safety is great with this fence in place.
Finish Line Safety	Flagging will be necessary in this area since the crowd control does not go the entire length of the front stretch. This will be necessary to assure that spectators are kept back at a safe distance.
Surrounding area (This could include bleachers, fencing, trees, limbs, etc.)	Track is clear of all issues that could cause problems. Have some concerns with the current stripping and <b>highly recommend</b> the track getting new paint as soon as possible. Suggest that the company that put the track surface down be contacted and that a repair kit be obtained since a few small holes are starting to form and repair now could well add life to this surface. It is <b>recommended</b> that the edges of the track be sprayed and edged to assure that the Bermuda grass creeping onto the surface of the track and on the high jump aprons does not become a problem.

**Location of Field Events**

**Venue #2.** Pole Vault is located outside the oval near the start of the 200 Meter Dash with the runway going the same direction as the backstretch runners.

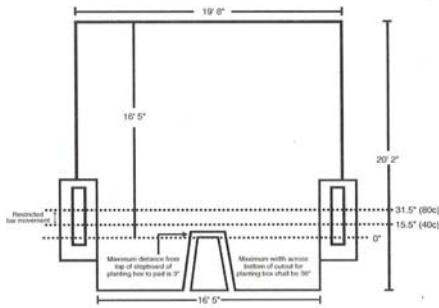
**Venue #3.** High Jump is located inside the oval at both ends of the track as there are two different aprons of basically the same size in place.

**Venue #4.** Long and Triple Jump is located outside the oval on the first turn of the track with the sand pit near the beginning of the backstretch.

**Venue #5.** Shot Put is located in a field behind the softball fields to the left of the front stretch of the track.

**Venue #6.** Discus is located in a field behind the softball fields to the left of the front stretch of the track.

## Venue #2 . . . . Pole Vault



### . . . . Pole Vault Landing Pad . . . .

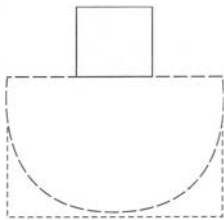
Width of Pole Vault Pad: 21'  
 Depth of Pole Vault Pad: 20'  
 Depth from the back of box: 16'5"  
 Common Cover: Yes  
 Weather Cover: Yes

Comments:

New PV Landing Pad 19'8" wide 20'2" deep 16'5" back of box	The landing pad at Whitley County Pole Vault venue is new and meets all the size requirements and is in compliance with the National Federation Safety Requirements. The pads are properly put together and are pulled together with a common cover that is providing a safe landing for the athletes. A weather cover is in place to protect the equipment from the elements. It is pointed out that the area around the pads has a grassy area that will not need to be covered with protective padding.
Vaulting Box  Zero Point Markings	The vaulting box is properly placed in the ground and is level with the running surface to assure a safe pole plant. It is <b>highly recommended</b> that the vaulting box be painted a bright white to assure better vision for the approaching athlete. It is <b>highly recommended</b> that the zero point be painted on the concrete pad that would extend from the top of the planting box to the standards on both side to assure that the zero point on the standards be exact with the zero point on the vaulting box.
Runway 130'0"	The runway is 137' in length and is 5' wide. It is an excellent runway but it is made of concrete. Current plans call for a rubberized paint be added to the concrete. It is <b>recommended</b> that a rubber mat be purchased to put on the runway to assure the safety and proper approach and a good foot plant that is necessary in vaulting. Other schools have used the rubber matting that is sometimes used in weight rooms as it makes a very good runway.
Standards / Crossbars 13'8" - 14'8" Bar - 14'10"	The standards were not in place at this time and they have not been used in some time. The bases for the standards are at the site but they have yet to be secured to the concrete. Zero point was discussed with the Whitley County Track Coach for the proper placement of the standards. Crossbars were not observed but it was stated that two new crossbars had been purchased. Extenders are available for lower heights.
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	A safe area for a coaching box was discussed with the Whitley County Track Coach and it would allow the coaches to be at a safe location to allow them to observe all the aspects of a vaulters approach, clearance and landing.
Area surrounding the Pole Vault Venue	Area around the pole vault is all grass and a very safe area.
Pole Vault Venue (General Notes)	Once the surface of the concrete runway is addressed with a cover that will allow safe and sure footing in all kinds of weather, the standards have been secured to the concrete pad and the vaulting box has been painted this vaulting venue will be a very good place for practice and competition.

## Venue # 3 . . . . High Jump

### . . . . High Jump Pad and Apron . . . .



Width of High Jump Pad: 20'  
 Depth of the High Jump Pad: 8'  
 Common Cover: Yes  
 Weather Cover: Yes  
 Apron Length: 100'  
 Apron Width: 50'

Comments: Whitley County has two high jump aprons that are of equal size and the competition could be held at either location.

HJ Landing Pad 16' x 8'  Exposed Surfaces	The landing pad at Whitley County High Jump venue meets all the size requirements and is in compliance with the National Federation Safety Requirements. The pads are properly put together and are pulled together with a common cover that is providing a safe landing for the athletes. A weather cover is in place to protect the equipment from the elements. It is pointed out that the area behind the high jump pads has some hard an unyielding surface exposed <b>Rule 7-4-4: Hard and unyielding surfaces, such as but not limited to concrete, wood or asphalt, that extend out from beneath the sides and back of the high jump landing pad shall be padded with a minimum of 2-inch dense foam or other suitable material.</b> It is further pointed out that at the front edge of the landing pads has some concrete pads exposed. If this exposed surface could be removed it would avoid any extra padding that would be needed for practice and or competition.
HJ Apron	Whitley County is the first place where I have seen two separate high jump areas with two full apron that are 100' x 50'. Either site would be fine for competition.
Standards / Crossbar 12' apart bar is 12' to 14'10"	The standards are one year old and in good working order and the Whitley County Track Coach informed that 2 new crossbars were ready for use this season.
Area surrounding the HJ Venue	Either of the high jump sites are in safe areas and would allow for a great jumping venue.
High Jump Venue (General Notes)	The biggest problems with the high jump areas at either end of the track is the exposed surfaces around the sides and back of the landing pads. If this could be removed it would make for a great jumping area if not removed it is <b>highly recommended</b> that no practice or competition be allowed until the hard exposed surfaces be covered.

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

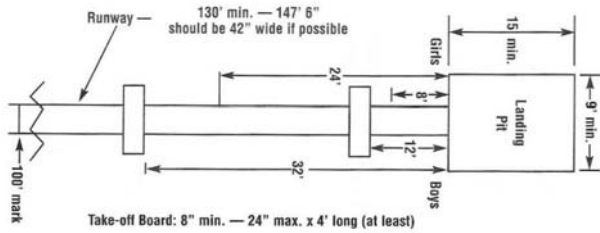
### . . . . Long and Triple Jump Pits . . . .

Number of Sand Pits: One

Length of Pit: #1 - 29' #2 \_\_\_\_\_  
 Width of Pit: #1 - 10' #2 \_\_\_\_\_  
 Length of Runway: #1 - 136' #2 \_\_\_\_\_

LJ Take off Marks: #1 - one mark at 3'  
 TJ Take off Marks: #1 - 20', 24' and 30'

Comments:

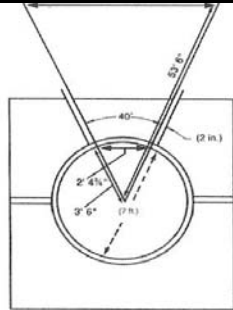
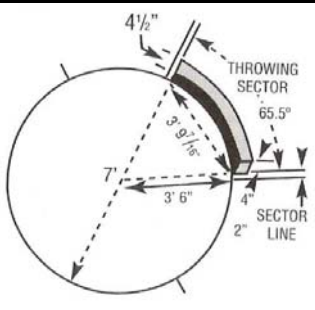


Landing Pit Take Off Marks LJ - (8' and 12') TJ - (28' and 32') And the Runway	The sand pit is bigger than the National Federation recommendations at 16' x 11'. The runways are 136' in length and is 4' wide and is in a concrete surface. It was pointed out that a rubberized type of paint would be placed on the runway. It is <b>recommended</b> that rubber mats like those used in a weight room place or a roll out rubber mat be considered as a much safer runway as it will assure the proper footing necessary in the foot plant as the athlete leaves the take off board. The only take off mark for the Long Jump is down at 3' and it is <b>recommended</b> that a mark be put down at 10' that would have the athletes landing closer to the center of the pit instead of past center.
Sand Pit Condition	The sand pit is in good shape but caution need to be given as the sand packs down quick and it will need to be tilled quite often to keep the sand loose and safe for daily landing in the pit at both practice and or competition. Brooms need to be present as the sand is building up on the runway and makes it much the footing very difficult, especially for athletes not wearing spikes.
Area around the Long and Triple Jump Pit(s)	The area around the long and triple jump pit is safe and will allow for a good competition area.
Long and Triple Jump Venue (General Notes)	The long and triple jump venue will be a good jumping venue once the issues with the concrete surface are addressed. Have serious concerns about the rubberized paint as it is doubtful it would hold up to the wearing of spikes and they are very much necessary with the strong foot plant that takes place in these events. <b>Recommend</b> looking at the weight room mats or the roll out rubber plant. It is <b>recommended</b> that a second sand pit be considered sometime in the future as this will greatly assist Meet Management in running off the four field events one pit.

## Venue #5 . . . . Shot Put

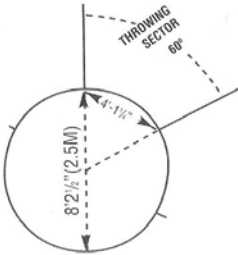
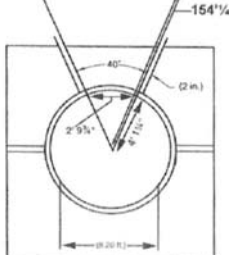
### New Sector . . . . 34.92

Step # 1 . . . From the center of the 7-foot Shot Put circle, measure one of the outer boundary lines 20 meters and make a Mark #1 on the sector line.  
 Step # 2 . . . Measure 12 meters (.6 of the 20 Meter boundary line) from Mark #1 toward the other boundary line and make Mark #2.  
 Step # 3 . . . From the center of the Shot Put circle, measure 20 Meters out the 2<sup>nd</sup> boundary line and align this 20 Meter measurement with Mark #2 and the center of the circle and you will have your 34.92 sector.



Circle - Concrete Pad	The shot put pad is 10' x 10' and holds a 7' circle. The toe board is new and is properly secured to the concrete slab. The white circle needs to be re-painted as it is very faint. It is recommended that the outside portion of the concrete slab be painted in the school colors so that the back half of the circle is indicated.
Sector and Cage	On the last visit the shot put sector had some strong issues and they have turned this into a very good sector with the boundary boards. Sand is not a real good substance for the 12 pound ball to land in as (especially when dry) it will cause an explosion on landing the will leave a bigger hole and not give a true accurate measurement. Would recommend using a crushed limestone that will stay firm but will allow an accurate mark that is easily leveled after each throw. No sector lines were in place but it was pointed out that a 34.92 degree sector would be needed to host a Regional Meet. Directions for putting down the 34.92 sector can be found above. There is plenty of room to place a cage if it does become a requirement.
Weight in of Implements	It is pointed out that the <b>host school is responsible</b> to provide scales for the KHSAA Meet Official to weigh all the throwing implements before each competition. It is <b>highly recommended</b> 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 shot put sector is in a very safe area for throwing and will be a tremendous throwing venue once a couple minor issues are addressed.
Shot Put Venue (General Notes)	The shot put venue is a much better venue than at the last inspection and it will be even better with crushed limestone in the sector that will make measurements much better, will make footing much better for officials and will keep the athletes from carrying so much sand onto the throwing pad. A broom should become part of the necessary equipment to help keep the sand off the concrete as it will increase the opportunity for injury. Painting the outside of the circle and the actual circle will add the color necessary to make the venue stand out.

**Venue #6 . . . . . Discus Throw**

 <p align="center"><b>Old Sector</b></p>	 <p align="center"><b>40 Degree Sector</b></p>	<p align="center"><b>New Sector . . . . . 34.92</b></p> <p>Step #1 . . . From the center of the 8 foot 2 ½” circle, measure one of the outer boundary lines 60 meters and make a Mark #1 on the sector line.</p> <p>Step # 2 . . . Measure 26 meters (.6 of the 60 Meter boundary line) from Mark #1 toward the other boundary line and make Mark #2.</p> <p>Step #3 . . .From the center of the Discus circle, measure 60 Meters out the 2<sup>nd</sup> boundary line and align this 60 Meter measurement with Mark #2 and the center of the circle and you will have your 34.92 sector.</p>
<p>Circle – Concrete Pad</p>	<p>The concrete pad is 10' X 10' and holds a 8'2.5" circle. The white circle needs to be re-painted as it is very faint. It is recommended that the outside portion of the concrete slab be painted in the school colors so that the back half of the circle is indicated.</p>	
<p>Sector and Cage</p>	<p>The current sector lines on the ground are not properly set for the 34.92 degree sector. The directions setting the 34.92 degree sector are listed above. The front poles of the discus cage are not set properly for a 34.92 degree sector therefore the National Federation Safety standards are not being met. It is recommended that no practice and/or competition be allowed at this venue until the cage meets the Safety Standards.. The sector length is 178' which will meet the needs of every athlete in this area. If a truly gifted athlete were to come along some concerns with the outfield fence could be an issue.</p>	
<p>Weight in of Implements</p>	<p>It is pointed out that the <b>host school is responsible</b> to provide scales for the KHSAA Meet Official to weigh all the throwing implements before each competition. It is <b>highly recommended</b> 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.</p>	
<p>Surrounding Area</p>	<p>It is <b>highly recommended</b> that the sand directly around the discus pad be removed and replaced with fill dirt and sowed in grass. The sand is covering the concrete pad making it very slick and every time an athlete walks through the sand onto the pad they are carrying more sand particles onto the pad making the footing unsure at best. A broom needs to be at the current venue at all times.</p>	
<p>Discus Venue (General Notes)</p>	<p>Once the cage has the front poles placed within 5' of the 34.92 degree sector lines and the sand causing footing concerns is corrected this will be an excellent throwing venue.</p>	

**Meet Management**

<p>Seating and Spectator Control</p>	<p>The bleachers on the front stretch are small in seating capacity but they are adequate for a track and field meet. Very few bleachers are located on the backstretch. Some flagging would be needed near the finish line to assure spectator control but a fence and sidewalk all the way past the 100 Meters and around the 2<sup>nd</sup> curve past the 200 Meter Start is excellent crowd control.</p>	
<p>Public Address and Press Box</p>	<p>There is a very small press box as the venue also houses the Middle School Football Field. No public address was observed on this particular visit. There is electric near the finish line if the press box were not used.</p>	
<p>Meet Management in regard to Running Events</p>	<p>Officials at this site inspection no meet was observed. Officials at future meets at this facility would judge the meet management skills in regard to running events.</p>	
<p>Meet Management in regard to Field Events</p>	<p>Officials at this site inspection no meet was observed. Officials at future meets at this facility would judge the meet management skills in regard to running events.</p>	
<p><b>Regional Meet Site</b> In your opinion would you recommend this facility to be considered as a Regional Track and Field Meet Site?</p>	<p>In one year Whitley County has made tremendous improvements to the track and field complex. At the time of the last visit 4 field event areas were actually not safe for competition. The school has addressed basically all of the major issues and corrected them and they are to be commended. It is very obvious that the school is going out of its way to get this facility ready to host the Regional Meet but a few little things need to be addressed to make this a very good high school track and field complex and to have it ready to host this year's Regional Meet.</p> <p>The track <b>very much</b> needs re-stripped as many of the marks are almost completely gone. This paint job will be like frosting on a cake and will make it look like a first class facility. Do not recommend that the same stripper be used as before as they did not follow the National Federation Standard Color Code and they actually left of marks that need to be in place.</p> <p>The issues with the pole vault and long/triple jump runways need to be addressed. The rubberized paint is very questionable although it would be much cheaper. That surface would be suspect in good weather but heave rain does indeed bring about questions of footing as well as to how it would hold up to the spiked shoes that track athletes wear. The discus cage must be in place to meet the National Federation Safety Standards for a 34.92 degree sector.</p> <p>Other little issues with the sand on the concrete circles in the shot and discus and the hard and unyielding surfaces in the high jump as well as the vault standards being secured to the ground.</p> <p>If these issues can not be corrected at this time I suggest that Whitley County check into using the facility at Cumberland College for this year's Regional Meet.</p>	

Respectively submitted,

*Gordon D. Bocock*

Gordon D. Bocock, #4848  
KHSAA Track and Field Consultant