



## Kentucky High School Athletic Association – Track & Field Site Inspection

**Elizabethtown High School**

**620 Mulberry Street - Elizabethtown, Kentucky 42701**

Site Inspection Requested by . . . . . Sarah Bridenbaugh, Assistant Commissioner of KHSAA

Site Inspected by . . . . . Gordon D. Bocock - #4848 – KHSAA Track and Field Consultant

Date of Inspection: Wednesday – December 16, 2015

Reason for Inspection: Elizabethtown High School is in line to Host the 2016 Class AA Region 2 Track and Field Championships and as required of all hosts an inspection must take place. The following schools are located in this Region . . . Adair County, Allen County-Scottsville, Bardstown, Breckinridge County, Edmonson County, Elizabethtown, Franklin-Simpson, Hart County, John Hardin, LaRue County, Marion County, Nelson County, South Warren, Taylor County, Thomas Nelson, Warren Central and Warren East.

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

Lanes (Number and Size) General overall condition and concerns with the running track	The Elizabethtown Stadium is a multi-purpose facility that is used by many sports. It is a venue that is very well situated for track and field competitions. The Track and Field Complex is a 400 Meter Oval with 8 lanes that are 42" wide. The track is a rubberized asphalt surface that is very good condition.
Starting Lines (Staggers)	The Elizabethtown track is marked as follows: 1 – Turn Stagger . . . . . Green 3 – Turn Stagger . . . . . Blue 2 – Turn Stagger . . . . . White 4 – Turn Stagger . . . . . Red Distance races . . . . . problems arise in the running of races, particularly distance races involving a large number of contestants, can be reduced and sometimes completely eliminated through the use of standardize color markings to denote alleys, starting lines, finish lines and exchange zones. The E-Town track has four two lane alleys marked for the distance races. It is recommended that with the next stripping that step up lines be added.
Relay Exchange Zone Markings	The 4 x 100 Meter Relay – All three handoffs are properly marked with yellow to yellow pyramids and the fly zones are properly marked. The 4 x 200 Meter Relay – The first two handoffs are properly marked with red to red pyramids and the fly zones are properly marked, the third handoff is properly marked with yellow to yellow pyramids and the fly zones are properly marked. The 4 X 400 Meter Relay – The first handoff is blue to blue pyramids on the stagger while the second and third handoffs are the blue to blue straight across the track. The 4 X 800 Meter Relay – All three handoffs use the blue to blue pyramids straight across the track.
Break Lines	The one and three turn break line is properly placed at the head of the backstretch.
Hurdles Color Markings Overall condition of hurdles	All of the hurdles were in storage out of the weather and they appeared to be in excellent shape. The hurdle marks on the track were properly marked and visible to assure the proper placing of the hurdles for each of the hurdle events. 100 Meter Hurdles . . . . . yellow marks 110 Meter Hurdles . . . . . blue marks 300 Meter Hurdles . . . . . red marks Hurdle carts were placed in the storage building and appeared to be in good condition.
Starting Blocks (Number & Condition)	All the starting blocks were placed on shelves in the storage building and those inspected were in good shape. It is recommended that before the season all the blocks be checked to assure that missing and/or worn spikes are replaced and to assure that the spike plates are secure to the base of the block. The number of blocks observed was more than enough for the eight lane track and a block cart was observed to transport the starting equipment.
Starting Line Safety	The area around all four starting area is free of any hazards and safe for competition.
Finish Line Safety	The area around the finish line is free of any hazards and safe for competition.
Surrounding area (This could include bleachers, fencing, trees, limbs, etc.)	The entire area is a good place for athletic competition.

### Location of Field Events

Elizabethtown Track and Field Complex

Main Bleachers

**Venue #2.** Pole Vault is located inside the oval in the first curve.

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

**Venue #4.** Long and Triple Jump venue is located outside the oval and outside the stadium near the start of the 300 hurdles.

**Venue #5.** Shot Put is located outside the oval adjacent to the Long/Triple Jump,

**Venue #6.** Discus is located inside the oval near the start of the 100 meter dash.

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

New PV Landing Pad 19'8" wide 20'2" deep 16'5" back of box	The overall size of the pole vault landing system shall be a minimum of 19-08" wide and 20'02" deep. The front section of the landing system "The Front Buns" shall be a minimum of 16'-5". At the time of this inspection the pit was not in place to observe the overall size and placement of the landing pit and to determine if it was properly put together. The pit was observed in the storage building and all the pieces are there to assure that when properly put together with the common cover that a safe landing
Vaulting Box  Zero Point Markings	The front edge of the vaulting box <b>shall</b> not extend above the grade of the runway surface. It is recommended that the planting box be of a color contrasting to the color of the runway. A painted line from standard to standard shall be painted on the ground under the landing system to clearly indicate where the zero point marking is located. Everything was in place for a good and safe pole plant.
Runway 130'0"	The recommended length of the runway is a minimum of 130 feet. Where conditions permit is should be 147'06". The runway should be 42" wide. The vault runway was in excellent condition to allow a safe approach that was more than the recommended length.
Standards / Crossbars 13'8" – 14'8" Bar – 14'10"	The normal cross bar shall be 14'10" in length . . . Effective January 1, 2013 the crossbar shall be circular. Square with beveled edges or triangular crossbars shall no longer be legal. Cross bars were observed in the storage building.
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	For the Regional Meet a coaching box must be established and an area flagged off. It is recommended that ONLY authorized PCSCB certified coaches with a badge or wrist band to identify them be allowed in the coaching box.
Area surrounding the Pole Vault Venue	Rule 7-5-9 . . . . Hard or unyielding surfaces, such as but not limited to concrete, metal, wood or asphalt around the landing pad or between the planting box and the landing system, <b>shall</b> be padded or cushioned with a minimum of 2 inches of dense foam or other suitable material(s). A box collar must be in place. 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 removed. The area around the pole vault landing pad is the rubber surface found on the track. Even though it is rubber it is considered hard and un-yielding and it needs to be covered.
Pole Vault Venue (General Notes)	The pole vault venue is located inside the first curve and at times the event may have to be temporarily halted as the starter could have visual problems on the races with long staggers.

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

HJ Landing Pad 16' x 8'	The landing pad shall not be less than 16'00" wide and 8'00" deep. The pad thickness should be at least 24". When the landing system is made up of two or more sections they shall be attached and a common cover be in place to assure a safe landing surface for the athletes. At the time of this inspection the pit was not in place to observe the overall size and placement of the landing pit and to determine if it was properly put together. The pit was observed in the storage building and all the pieces are there to assure that when properly put together with the common cover that a safe landing
HJ Apron	The high jump apron was more than adequate for the high jump competition. It has the same excellent surface as the running track to assure that competitors have the save equal opportunity for the approach from the right or the left.
Standards / Crossbar 12' apart bar is 12' to 14'10"	Effective January 1, 2013 the crossbar shall be circular. Square with beveled edges or triangular crossbars shall no longer be legal. Cross bars were observed in the storage building.
Area surrounding the HJ Venue	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. 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 removed.
High Jump Venue (General Notes)	The High Jump venue is in excellent shape and will provide safe competition for all the athlete involved.

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

Landing Pit Take Off Marks LJ - (8' and 12') TJ – (28' and 32')	The sand pit meets all the safety requirement in regard to length and width and the take-off boards are placed at the recommended distances for both the Long Jump and Triple Jump.
Runway	The runway should have a minimum length of 130 feet and where conditions permit it should be 147 feet 6 inches from the main long jump foul line. The runway should be between 42 inches and 48 inches wide. The length of runway exceeds the recommended length and width. When a wooden or synthetic material is used as the takeoff board it should be 8 to 24 inches wide and be the width of the runway. On hard surface runways, a painted foul line of contrasting color to the runway may be used. Take-off boards are in place and meet the recommended width.
Sand Pit Condition	The landing pit shall be filled with sand or other soft material to a depth that will ensure a safe landing. <b>The surface shall have the same elevation as that of the takeoff board.</b> The sand level should always be level with the edges of the landing pit. The landing pit shall have a minimum width of 9 feet and minimum length of 15 feet. The sand pit meets all the recommended safety requirements in regard to length and width. Continued effort is needed to assure that the sand stays loose for a safe landing for all the athletes participating in the long and triple jump.
Area around the Long and Triple Jump Pit(s)	There are some major safety concerns with the location of the sand pit and runway. The long/triple jump venue is located way to close to the shot put venue. There are some concerns with throwers using the glide style of putting but there are major concerns with those using the new spin technique in putting. No cage is required by the National Federation but if the shot put venues remains in its current location a cage and protective fencing should be put in place to assure the safety of athletes, spectators and officials in this area.
Long and Triple Jump Venue (General Notes)	The LJ/TJ venue itself is fine but with the throwing venue so close the school has a liable situation. Recommend re-locating the shot put venue to the large area below its current location

### Venue #5 . . . . . Shot Put

Circle – Concrete Pad Toe Board	A concrete surface with a 1 millimeter roughness is recommended. A 7' circle, sunken with drainage, raised metal ring properly secured or a 2" painted line. Back half indicators should be permanently marked on the concrete slab. The toe board shall be 4 feet in length along the inside of the surface, 4 inches in height and 4 1/2 inches in width and it shall be firmly fixed into a non-movable position. Sector lines should be placed on top of the toe board.
Sector	A 34.92 degree sector shall be marked on the ground for both practice and competitions.
Cage	The cage meets all the safety requirements of the National Federation and KHSAA. It is secured by large heavy sand bags.
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	It is highly recommended that all throwing areas be cordoned off, roped, fenced, or with flags placed well outside the sector lines to minimize the risk of injury for spectators, athletes and/or officials. Shot Put and Jump Sand Pit and runway are entirely too close together and we do not recommend that the jumps and shot put be conducted at the same time as this is now a high risk area.
Shot Put Venue (General Notes)	It is highly recommended that the shot put venue be moved to the field directly below the current location. A very good throws area could be developed at a minimal cost that would be much safer for all involved.

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

Circle – Concrete Pad	A concrete surface with a 1 millimeter roughness is recommended. A 8'21/2" circle, sunken with drainage, raised metal ring properly secured or a 2" painted line. Back half indicators should be permanently marked on the concrete slab.
Sector	A 34.92 degree sector shall be marked on the ground for both practice and competitions.
Cage	The cage that is in place that meets all the safety requirements. It is not secured to the ground with the poles inset into sleeves but has large sand bags that are placed to limit mobility of the cage.
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	With the location of the discus near the start of all the straightaway races as well as being reachable for all races with right handed throwers it is recommended that the venue be moved. The safest place inside the oval is near the start of the 200 meters.
Discus Venue (General Notes)	It is highly recommended that the discus venue be moved to the field directly below the current location. A very good throws area could be developed at a minimal cost that would be much safer for all involved.

### Meet Management

Seating and Spectator Control	The Elizabethtown Track and Field Complex is a facility that would be excellent for a Track and Field Competition. Seating is excellent and crown control is in place that would make things easy for a safe Track and Field competition. See above for some safety concerns in regard to the Shot Put, Discus and Long/Triple venues.
Public Address and Press Box	More than adequate.
Meet Management in regard to Running Events	Excellent facility for all the running event competitions.
Meet Management in regard to Field Events	Have some major concerns with safety issues with the Shot Put and Long/Triple Jump Venues. With this in mind if the meet is to be held at Elizabethtown High School the shot put completion would need to be offered at another time or location to assure the safety of all involved with the two field event venues.
Meet Management Equipment	Hy-Tek Meet Management: The Track and Field Coach at Elizabethtown is a veteran Track man and is not new to putting on track and field competitions. Fully Automatic Timing: It is available in the area. Backup timing equipment: Sprint 8 Timing Official or volunteer base in place: A number of schools in the area combine to work together so a very good volunteer base be in place.
<b>Regional Meet Site</b> In your opinion would you recommend this facility to be considered as a Regional Track and Field Meet Site?	With the safety issues involved with the Shot Put Venue and the LJ/TJ Venue as well as some concerns with the Discus it is recommended that Elizabethtown work with North Hardin and do a joint effort at putting on the meet. If it stays at Elizabethtown an altered time schedule will need to take place to assure safety in the three field events mentioned above. If the events stays at Elizabethtown High School digital pictures must be sent to the inspector ( <a href="mailto:coachbo@twc.com">coachbo@twc.com</a> ) that show that the safety issues have been addressed and at the time a KHSAA officials will be sent to the site for final approval

Respectively submitted,

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KHSAA Track and Field Consultant