

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

## Lexington Christian High School

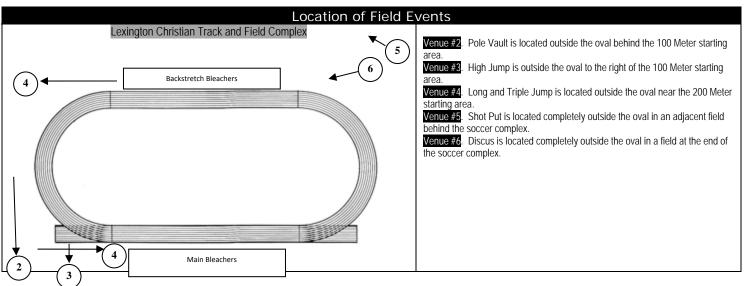
## 450 W. Reynolds Road – Lexington, Kentucky 40503

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: Monday - December 21, 2015

Reason for Inspection: Lexington Christian High School is in line to Host the 2016 Class A Region 5 Track and Field Championships and as required of all hosts an inspection must take place. The following schools are located in this Region . . . Augusta, Bracken County, Burgin, Carroll County, Danville, Eminence, Frankfort, Gallatin County, Kentucky School Deaf, Lexington Christian, Nicholas County, Owen County, Paris, Robertson County, Sayre, St. Patrick and Trimble County.

	Venue # 1 Running Tracks
Lanes (Number and Size)	The Lexington Christian Track and Field Complex is a 400 Meter Oval with 8 lanes that are 42" wide. The track has been upgraded from an asphalt
General overall condition and	running surface to a rubberized running surface. The facility is shared with the Football team and for the most part is free of issues that weather could
concerns with the running track	bring in. The one exception to this is in the second curve and around the pole venue where a number of very large trees have pine needles
	everywhere that will have to be monitored daily during the Track and Field Season. The running surface is in bery good condition with some cuts is
	spots that could be repaired now with a good repair kit that the supplier usually leaves with the school.
Starting Lines	The Lexington Christian track is marked as follows:
(Staggers)	1 – Turn Stagger Green 2 – Turn Stagger White
	3 – Turn Stagger Blue 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
	National Federation and the KHSAA highly recommend the use of the color schematic chart one page 28 in the High School Rule Book.  It is pointed out that small cones will be needed around both curves to mark and indicate that the large paved area inside of lane one is out of bounds.
Relay	The 4 x 100 Meter Relay – this relay is properly marked with the first handoff yellow to yellow, the second handoff yellow to yellow and the third handoff
Exchange Zone	is yellow to yellow. The fly zone is properly marked and properly placed at all three zones.
Markings	The 4 x 200 Meter Relay – this relay is properly marked with the first and second hand off red to red and the third hand off yellow to yellow. The fly
Warkings	zones is properly marked and properly placed at all three zones.
	The 4 X 400 Meter Relay – the first handoff uses the staggered blue lines while the second and third handoff used the blue to blue lines straight across
	the track.
	The 4 X 800 Meter Relay – all three handoffs use the blue to blue lines straight across the track.
Break Lines	The one turn break line is properly placed on the track at the head of the backstretch.
Hurdles	What few hurdles we could observe up close indicated that the majority of the hurdles are in good shape. It does appear that there are enough hurdles
Color Markings	to run 10 flights of the straightaway hurdles with 8 hurdles in each flight. A hurdle cart was observed to move the hurdles back and forth.
Overall condition of	100 Meter Hurdles Yellow
hurdles	110 Meter Hurdles Blue
	300 Meter Hurdles Red
Starting Blocks	A few of the starting blocks were observed and all need to be checked to replace spikes that are missing and to tighten spike plates that are loose. A
(Number & Condition)	block cart was observed to move the blocks back and forth.
Starting Line	With a 4' high chain length fence around the track the starting line safety at all four starting areas.
Safety	with a 4 might drain length tende around the track the starting line safety at an roun starting areas.
Finish Line	With a 4' high chain length fence around the track the finish area is secure and safe.
Safety	That a 1 mgh order longer longer around the track the limbil area is secure and suite.
Surrounding area	Only place of any concern is in curve 2 as well as in the Pole Vault and High Jump areas. Numerous large trees that have pine needles everywhere. It
(This could include bleachers,	will be a daily issue to assure that all the athletes have safe footing, especially in the field event venues where foot plant is a necessity.
fencing, trees, limbs, etc.)	



	Venue #2 Pole Vault
New PV Landing Pad	The National Federation and KHSAA Policy state that the overall size of the pole vault landing system shall be a minimum of 19-08" wide and 20'02"
19'8" wide	deep. The landing surface measured beyond the back of the standard bases, shall be a minimum of 19 feet, 8 inches wide. The dimension of the
20'2" deep	landing surface is back of the vaulting box to the back of the landing system shall be 16 feet 5 inches deep. The material in the system shall be high
16'5" back of box	enough and of a composition that will decelerate the landing. When the landing system is made up of two or more sections, the landing surface shall
	include a common cover or pad extending over all the section binding them into one safe landing area.
	The pit was not in place at the time of this inspection but it was observed in a storage area and it appears that all the pads are available to put together
	a safe landing area.
Vaulting Box	The front edge of the vaulting box shall 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. Beginning in 2014 all pole vault venues will be required to have the new box collar.
Zero Point Markings	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.
	The vaulting box at the Lexington Christian complex is in good shape and properly placed and secured in concrete. The vaulting box currently meeting all the safety requirements of the National Federation and the KHSAA.
	Point zero is marked on the landing area under the landing pads to assure that the standards are placed properly at point zero for all the competing
	athletes.
Runway	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.
130′0″	The current runway is 140' long and has the proper width. The running surface is in very good condition, with the exception of the pine needles that are
	everywhere in this area. Runway and vaulting equipment will need inspected each day to remove the needles from the area.
Standards / Crossbars	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
13'8" – 14'8"	crossbars shall no longer be legal.
Bar – 14'10"	All the vaulting standards and cross bars were stored in the storage building and appear to be in excellent condition.
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 <u>highly recommended</u> 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	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
Venue	planting box and the landing system, shall 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.
	This concrete pad that the landing system will sit upon is 20 feet by 20 feet which is probably a little larger than the landing pad. For the concrete that
51.77.117	is exposed from under the landing system is what needs to be padded.
Pole Vault Venue	Without out the landing pad in place it is hard to make a true evaluation of the venue, but it does appear to be a very good venue that will be an
(General Notes)	excellent place for pole vaulting. It is in a very poor location for the people in the main bleachers to observe. It is recommended that a set of portable
	bleachers be placed on the sidewalk between the fence and the storage building for the parents of pole vaulters and high jumpers. Sufficient
	measuring tapes, brooms, cups to clean box, scales and other equipment deemed necessary for the proper management of this event

	Venue # 3 High Jump
HJ Landing Pad	The National Federation and KHSAA Policy state that the landing pad shall not be less than 16'00" wide and 8'00" deep. The pad thickness
16' x 8'	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.
	The pit was not in place at the time of this inspection but it was observed in a storage area and it appears that all the pads are available to
	put together a safe landing area.
HJ Apron	The High Jump apron is 100 feet by 50 feet and in excellent condition. It is suggested that from time to time you move the landing pad so
	that the takeoff area does not become one place that is worn out. It will make the apron be more productive for years.
Standards / Crossbar	All the high jump standards and cross bars were stored in the storage building and appear to be in excellent condition. It is highly
12' apart	recommended that extra cross-bars be available as they sometimes break during competition.
bar is 12' to 14'10"	
Area surrounding the	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
HJ Venue	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. At this venue it all depends where they place the landing pad is placed if extra padding will be needed.
High Jump Venue	Without out the landing pad in place it is hard to make a true evaluation of the venue, but it does appear to be a very good venue that will be
(General Notes)	an excellent place for high jumping. It is in a very poor location for the people in the main bleachers to observe. It is recommended that a set
	of portable bleachers be placed on the sidewalk between the fence and the storage building for the parents of pole vaulters and high
	jumpers. Sufficient measuring tapes, rakes and other equipment deemed necessary for the proper management of this event.

	Venue # 4 Long and Triple Jump
Landing Pit	At the present time there is one sand pit and it is located on the backstretch of the track outside the oval near the start of the 200 Meter Dash.
Take Off Marks	The dimensions of the sand pit exceed the recommendations of the National Federation and the KHSAA and will be an excellent land area
LJ - (8' and 12')	when it is fluffed up when the season starts.
TJ – (28' and 32")	The wooden take off boards need replaced and painted a bright contrasting color. All tape marks put down from time to time need to be
	removed each day at practice and after each competition to keep the runway and surrounding area in a neat appearance. It is recommended that you us the board placements at the distances recommended by the National Federation and the KHSAA.
	A second pit is to be put in before the start of the 2016 Track and Field Season and it would be in the grassy area with the runway parallel with that of the 100 Meter Dash. It will be an excellent place for spectators to watch the competition. It should be a twin to the LJ/TJ venue that is already in place.
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 current runway is in excellent condition but had two many marks on the run that cause confusion for the athletes.
	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.

Sand Pit	The landing pit shall be filled with sand or other soft material to a depth that will ensure a safe landing. The surface shall have the same
Condition	elevation as that of the takeoff board. 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. Some sand may need to be added to the current pit but it can't be determined until a
	tiller is placed in the pit and the sand loosened and fluffed up.
Area around the Long and Triple Jump	The current sand pit appears to be clear of all the pine needles that are ever present around the second curve. Spectators should be required
Pit(s)	to stay in the back stretch bleachers for these jumping events at this venue.
	The new pit that is to be in place this spring will have excellent viewing for spectators for the Main Bleacher.
Long and Triple Jump	The pit currently in place is in excellent condition. The only issue is the excessive marks on the run way only the marks recommended in the
Venue	rule book should be left permanent on the runway. Any tape marks put down should be removed at the end of practice or competition each
(General Notes)	day. Every effort should be made to make sure the sand pit and the runway for the new pit are identical. Sufficient measuring tapes, rakes,
	brooms and other equipment deemed necessary for proper management of this event.

	Venue #5 Shot Put
Circle – Concrete Pad	A concrete surface with a 1 millimeter roughness is recommended. A 7' circle, sunken with drainage, raised metal ring properly
Toe Board	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 41/2 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 as well as on the front edges of the concrete slab.
Sector	A 34.92 degree sector shall be marked on the ground for both practice and competitions. Sector lines should be placed on top of the
	toe board as well as on the front edges of the concrete slab.
	The throwing sector is a grassy area that would be much better served and safer for athletes and officials with a sector cleaned out of
	grassy material and replaced with a #2 rock dust material.
Cage	At the present time a cage is not required for the Shot Put Venue, however it is pointed out that with the new spin technique being used
	with beginning throwers many school are stepping up the safety issues at this venue by putting a shot put cage in place before it
	becomes mandated. Recommend that this is looked into for the future throwers in the Lexington area.
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 <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	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. This is strongly recommended.
Shot Put	Concrete slab needs manicured by trimming the edges and keeping the throwing surface clean. Circle needs to be repainted not only
Venue	with 7' circle but with back half indicators and the proper 34.92 degree sector marks placed on the front edge of the concrete slab and
(General Notes)	on the top of the toe board.
	Sufficient measuring tapes, brooms scales or other equipment deemed necessary for the properly management of this event.

	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. The proper 34.92 degree sector should be marked and places on the front edge of the concrete slab.
Cage	The discus cage at the venue is being mistreated. Left out in the weather the year round shortens the life of the net and cuts down the safety it provides. At the time of this inspection is was not properly installed. Looking at the National Federation Rule Book on Page 82 gives the proper way to install to assure that all the National Federations and KHSAA Policies regarding safety are in place.
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	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. Since athletes and spectators going to either of the throws events have to come into contact with the discus throwing sector it is highly recommended that this flagging become a must for practice and competition.
Discus Venue (General Notes)	Concrete slab needs manicured by trimming the edges and keeping the throwing surface clean. Circle needs to be repainted not only with 8'2 ½" circle and with back half indicators and the proper 34.92 degree sector marks placed on the front edge of the concrete slab.  The cage need immediate attention to make sure it is in compliance with all the National Federation and KHSAA Safety Policies.  Flagging of the shot and discus area is an absolute must for this venue.  Sufficient measuring tapes, brooms scales or other equipment deemed necessary for the properly management of this event.

	Meet Management
Lexington Christian Stadium	The Lexington Christian Stadium is a venue that is very well situated for a Track and Field Competition. Excellent seating and viewing for all the
(Seating, Lighting, Public Rest	running events while some arrangements may be necessary for Meet Management to assure save viewing of some of the field events (throws, high
Rooms, Concessions, Crowd	jump and pole vault). The stadium is also used for Friday night Football games so the lighting is more than adequate for the running events but with
Control, etc.)	the field events all located outside the oval in the corners of the stadium night time field events could well be an issue if there is a late starting time
	for the meet. Public Restrooms and Concession stands are more than adequate and the crowd control is excellent as long as the Host School has
	marshals working the gates that provide entrance to the competition area. Major area of crowd control should be placed on people moving back and forth across and around the discus venue and this is area where a possible safety issue is observed.
Dublic Address and	
Public Address and	The public address and press box are more than adequate for a track and field competition.
Press Box	
Meet Management	The major concern with Meet Management at Lexington Christian is the lack of experience is putting on track and field competitions. Home meets
in regard to	have been very few in the past and with this being the first step in a possible KHSAA State Track and Field Individual and/or team championships
Running Events	the KHSAA has to have high expectations for the school. The KHSAA will provide two Referees for the Meet as well as a Starter. It is KHSAA
	Policy that the host school must own the Hy-Tek Computer Program in order to be considered as a host school. The school will be responsible to
	provide the Hy-Tek Operator. The host school will be responsible to provide full automatic timing and have it in place.

in regard to Field Events  Meet Management Recommendations  Meet Management Recommendations  These are suggestions that we feel will help your meet run smoothly	Meet Management	With the field event venues in place and approved through a KHSAA inspection it is then the responsibility of the host school to provide the
Meet Management Recommendations  These are suggestions that we feel will help your meet run smoothly  These are suggestions that we feel will help your meet run smoothly  * Double check your Hy-Tek programs now to make sure you have the version that the KHSAA required for each Regional Meet.  * If your school has purchased a Fully Automatic Timing System make sure that it is working property. Make sure that the person you are expecting to work this equipment at your Regional Meet is available and book them now. If you do not own the FAT timing system contact someone now and get them and their equipment booked for your meet.  * Each Regional Meet will need a number of volunteers to run the meet. Your Athletic Director will be the one responsible for the normal running of a competition gate workers, concession stands, custodial, security, etc. You Meet Director will be responsible for obtaining the necessary people to run of the various competitions the sport offers.  A starter is provided by the KHSAA but it is recommended that the host school provide a re-call starter.  Every Regional Meet should have a minimum of 4 Umpires on the track for all running event and it is preferred that 8 umpires be in place.  Shot plut/Discus should have a minimum of 4 people to work the event.  Long and Triple Jumps should have a minimum of 3 people to work the event.  Delve Vault should have a minimum of 3 people to work the event.  Pole Vault should have a minimum of 3 people to work the event.  Pole Vault should have a minimum of 3 people to work the event.  Pole Vault should have a minimum of 4 people to work the event.  Pole Vault should have a minimum of 4 people to work the event.  Pole Vault should have a minimum of 4 people to work the event.  Pole Vault should have a minimum of 4 people to work the event.  Pole Vault should have a minimum of 4 people to work the event.  Pole Vault should have a minimum of 4 people to work the event.  Pole Vault should have a minimum of 4 people to work the event.  Pole	in regard to	necessary equipment to properly run each of the field event venues. The host school is responsible to provide the necessary volunteers to run off
Meet Management Recommendations  These are suggestions that we feel will help your meet run smoothly  Double check your Hy-Tek programs now to make sure you have the version that the KHSAA required for each Regional Meet.  If your school has purchased a Fully Automatic Timing System make sure that it is working property. Make sure that the person you are expecting to work this equipment at your Regional Meet in equipment booked for your meet.  Each Regional Meet will need a number of volunteers to run the meet. Your Athletic Director will be the one responsible for the normal running of a competition gate workers, concession stands, custodial, security, etc. You Meet Director will be responsible for obtaining the necessary people to run of the various competitions the sport offers.  A starter is provided by the KHSAA but it is recommended that the host school provide a re-call starter.  Every Regional Meet should have a minimum of 4 people to work the event.  Shot Put/Discus should have a minimum of 4 people to work the event.  High Jumps should have a minimum of 5 people to work the event.  Pole Vault should have a minimum of 5 people to work the event.  Pole Vault should have a minimum of 5 people to work the event.  Pole Vault should have a minimum of 5 people to work the event.  Pole Vault should have a minimum of 5 people to work the event.  Pole Vault should have a minimum of 5 people to work the event.  Pole Vault should have a minimum of 5 people to work the event.  Pole Vault should have a minimum of 5 people to work the event.  Pole Vault should have a minimum of 6 people to work the event.  Pole Vault should have a minimum of 7 people to work the event.  Pole Vault should have a minimum of 8 people to work the event.  Pole Vault should have a minimum of 9 people to work the event.  Pole Vault should have a minimum of 9 people to work the event.  Pole Vault should have a minimum of 9 people to work the event.  Pole Vault should have a minimum of 9 people to work the event.  Pole Vault shou	Field Events	the various events. It is recommended that coaches from visiting schools not be used as officials as they have responsibilities to their respective
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		The school is very interested in hosting this event and even with their lack of experience Lifeel that Lexington Christian and their track and field
		facility will be a very good addition to the KHSAA Site Rotation for Class A – 5.

Respectively submitted,

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