

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

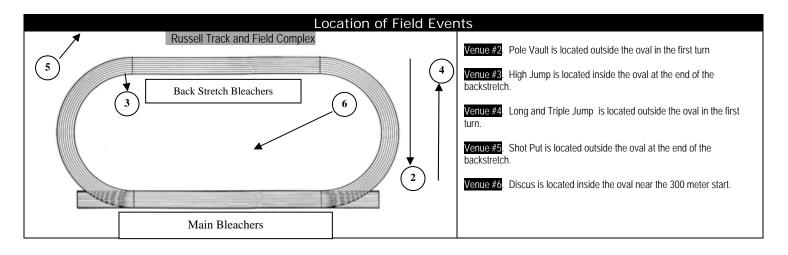
## Russell High School – Russell Kentucky

Site Inspection Requested by . . . . Sarah Bridenbaugh, Assistant Commissioner of KHSAA Site Inspected by . . . . . Gordon D. Bocock - #4848 – KHSAA Track and Field Consultant and Bob Stacey - #10527 – KHSAA Track and Field Consultant

## Date of Inspection: Tuesday - April 5, 2016

Reason for Inspection: Mercer County High School is in line to **Host the 2016 Class A Region 7** Track and Field Championships and as required of all hosts an inspection must take place. The following schools are located in this Region . . . Allen Central, Betsy Layne, Buckhorn, Cordia, East Ridge, Elliott County, Fairview, Hazard, Holy Family, Jackson City, Jenkins, June Buchanan, Lee County Magoffin County, Menifee County, Morgan County, Owsley County, Paintsville, Phelps, Piarist, Pikeville, Prestonsburg, Raceland, Riverside Christian, Rose Hill Christian, Shelby Valley, Sheldon Clark, South Floyd, West Carter and Wolfe County.

	Venue # 1 Running Tracks
Lanes (Number and Size)	The Russell High School Track and Field Complex is being inspected because Raceland High School is using this facility with the hopes of hosting the
General overall condition and	Class A Regional Track and Field Championships for the area. The track is a completely new surface since the last inspection in 2011 when the
concerns with the running track	Russell track had some underground issues that was causing the backstretch to sink in spots. The track running oval has been completely re-done
	and is not an excellent running track.
Starting Lines	The track has 8 x 42" lanes and the National Federation and KHSAA recommendations for stripping have been followed.
(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.
	Alley starts have not been incorporated on the current stripping as one single waterfall line is in place with no step up line. It is recommended that a
	races 800 Meters or longer use a 1 turn alley start using the green line.
Relay	The 4 x 100 Meter Relay – Yellow to Yellow, Yellow to Yellow, And Yellow To Yellow and the fly zone is correct.
Exchange Zone	The 4 x 200 Meter Relay – Red to Red, Red to Red, Yellow to Yellow and the fly zone is correct.
Markings	The 4 X 400 Meter Relay – Blue to Blue stagger with the 2nd and 3 <sup>rd</sup> handoff Green to Green
	The 4 X 800 Meter Relay - All the handoffs are Green to Green.
Break Lines	White broken line at the head of the backstretch.
Hurdles	School has 80 hurdles that can be used in the sprint hurdle races.
Color Markings	100 Meter Hurdles Yellow
Overall condition of	110 Meter Hurdles Blue
hurdles	300 Meter Hurdles Red
Starting Blocks	The starting blocks were not observed and should be inspected by the Starter/Referee at any meet held at the Russell High School Track.
(Number & Condition)	
Starting Line	As long as spectators and non-competitors stay in designated areas there are no issues.
Safety	
Finish Line	As long as spectators and non-competitors stay in designated areas there are no issues.
Safety	
Surrounding area	More than ample bleachers. Bleachers on the backstretch are located inside the oval. Would suggest that teams only use the backstretch bleachers
(This could include bleachers,	as spectators have to pass to many field event areas to sit in this area.
fencing, trees, limbs, etc.)	



	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". The landing pit meets all the National Federation and KHSAA Safety requirements and is properly put together with a common cover that makes it one single landing area. All the buns are in the right place and the new box collar was observed.
Vaulting Box Zero Point Markings	The current vaulting box is unsafe. The box is simply sit in a hole and is not secure to the ground and the front edge of the vaulting box is higher than the runway surface. The front edge of the vaulting box shall not extend above the grade of the runway surface. If this vaulting box is not properly secured to the ground and arranged so that the front edge of the box is level with the runway surface the Regional Pole Vault will have to be held at a different venue. The current Russell vaulting venue is not safe for practice or competition. It is recommended that the planting box be of a color contrasting to the color of the runway and this one needs painted.  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 standards are secured to the ground but point zero is not close to point zero on the vaulting box and they will need to be completely reset before the venue can be verified as safe for competition. Digital pictures will have to be sent to the inspector who will then assign a KHSAA Official to come and assure that all the safety issues have been addressed.
Runway 130'0"	The recommended length of the runway is a minimum of 140 feet. Where conditions permit is should be 147'06". The runway should be 42" wide.
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 not observed at the time of this inspection.
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	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, 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.
Pole Vault Venue (General Notes)	The current Vaulting Venue at Russell High School is not acceptable for Regional competition. All the necessary corrections are mentioned above and digital pictures must be sent to the inspection ( <a href="mailto:coachbo@twc.com">coachbo@twc.com</a> ) as soon as possible so a KHSAA Official can be sent to inspect the improvements. The current vaulting venue is not safe for practice or competition and the school and coaches are under tremendous liability as it is.

	Venue # 3 High Jump
HJ Landing Pad	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
16' x 8'	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 current pad is properly put together and a common cover is in place making the pads one safe landing area.
HJ Apron	There is an excellent high jump apron and the placement of the pit needs to be that all jumpers coming from the right have the same opportunity as those coming from the left.
Standards / Crossbar 12' apart bar is 12' to 14'10"	The standards and cross bars were not out to be observed at the time of this inspection.
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. This venue has hard an un-yielding surface all around it and it needs to be covered.
High Jump Venue (General Notes)	Good high jump area that just needs the hard and un-yielding surface around it covered.

	Venue # 4 Long and Triple Jump
Landing Pit	At the time of the last inspection there were two sand pits at the Russell Complex. For whatever reason one was eliminated. This presents
Take Off Marks	issues for Meet Management as now 4 jumping events now have to take place in the same sand pit.
LJ - (8' and 12')	
TJ – (28' and 32")	
Runway	The runway is 140' long and 42" wide. The takeoff marks need to be repainted so they are visible.
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.
	The pit has the proper length and width but the edges of the pit are covered when they must remain visible. The sand needs to be loosened
	and raked level to assure that the sand is level with the edges all around the pit. Request that digital pictures be taken of the pit once it has
	been improved to meet the safety requirements.
Area around the Long and Triple Jump	Once the sand pit is improved the venue will be safe.
Pit(s)	
Long and Triple Jump	It was a mistake to loose the 2 <sup>nd</sup> sand pit at it added well over an hour to the jumping competitions.
Venue	
(General Notes)	

Venue #5 Shot Put	
Circle – Concrete Pad	A concrete surface with a 1 millimeter roughness is recommended.
Toe Board	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 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.
	There are no back half indicators, there are no sector lines on the ground, on the concrete slab or on the toe board and the toe board is not secured to the ground. Digital pictures are to be sent to assure that these three issues have been addressed. Gravel is not recommended in
	the throwing sector. At the very best this is a poor shot put venue and improvements should be made.
Sector	A 34.92 degree sector shall be marked on the ground for both practice and competitions.
	No sector lines were present at the time of this inspection. They should be painted on the front edge of the concrete slab and throughout the
	sector.
Cage	A cage is not required at this time but with more and more throwers using the spin technique and considering the location of the shot at this
	venue one should be considered for the future.
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.
Shot Put	At the present time the shot put venue is not Regional ready. Concerns were addressed above and digital pictures must be sent to the
Venue	inspector (coachbo@twc.com) so that a KHSAA Official can be sent to verify the corretions.
(General Notes)	

	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.
	There are no back half indicators, there are no sector lines on the ground or on the concrete slab. Digital pictures are to be sent to assure that these three issues have been addressed.
Sector	A 34.92 degree sector shall be marked on the ground for both practice and competitions. At the time of this inspection no markings were present.
Cage	The cage is properly placed and meets the safety requirements of the National Federation and the KHSAA.
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	As long as the discus venue is flagged off the area is fine.
Discus Venue	Needs back half indicators and sector line placed on the concrete slab.
(General Notes)	

	Meet Management
Seating and Spectator Control	Seating is excellent for spectators as long as they remain in the Main Bleachers on the front stretch. Back stretch bleachers should be used only for teams.
Public Address and Press Box	At the time of the inspection I was informed by two local track people that the Public Address was more than adequate for this venue.
Meet Management in regard to Running Events	With Bob Stacey as the Meet Director the meet is in good hands as he is a crusty OLD veteran that knows how to run off a meet. All the pieces are in place for some excellent running event competitions.
Meet Management in regard to Field Events	Currently have issues with three field event venues.  Pole Vault is totally unsafe in its present condition  Long/Triple Jump has some issues with sand pit and take off boards needing fresh paint  Shot Put has a loose toe board
Meet Management Equipment	Hy-Tek Meet Management: Russell High School owns the Hy-Tek Program Fully Automatic Timing; Shawn Thornbury and Phillip Caudill are veterans with the equipment and will do a good job. Backup timing equipment: Sprint 8 Timer Official or volunteer base in place: an area that has numerous volunteers that are used to assisting with track and field competitions
Regional Meet Site In your opinion would you recommend this facility to be considered as a Regional Track and Field Meet Site?	The track is suitable for another year of competition; however a recommendation can not be made at this time in regard to the 2016 Regional Meet one of which Raceland is scheduled to host at Russell High School. A KHSAA Official will need to return to the venue when the Host Raceland sends the digital pictures to show some of the safety concerns have been addressed. Prompt attention to the concerns with the field events needs to be addressed as quickly as possible and pictures sent to the inspector at <a href="mailto:coachbo@twc.com">coachbo@twc.com</a> .

Respectively submitted,

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