



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

### Ashland Blazer High School, Ashland, Kentucky

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

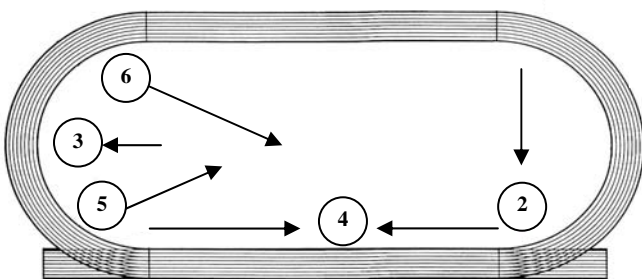
Date of Inspection: Thursday, March 29, 2007

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

Lanes (Number and Size) General overall condition and concerns with the running track	The Ashland Blazer Track and Field Complex is a 400 Meter Oval that has 8 (42") lanes and a very nice rubber surface. It is pointed out that in a few spots on the track and on the long/triple jump runway there are spots that need attention as holes are appearing in various locations that could easily be repaired with a patch kit that most paving companies provide when they put a track down. In a couple of spots the seams are starting to separate and a patch kit could well slow this process down and help add years to the life of the rubber track surface. It is pointed out that the track has just received a new paint job and looked excellent and all the lines, staggers and various marking were marked as recommended by the National Federation Track and Field Rule Book.
Starting Lines (Staggers)	1 – Turn Stagger . . . . . Green 2 – Turn Stagger . . . . . White 3 – Turn Stagger . . . . . Blue 4 – Turn Stagger . . . . . Red Distance races . . . . . A waterfall line is available for the distance races if the one or two turn staggers are not used. It is pointed out that in Regional competition the 4 x 800 Meter Relay and the 800 Meter Dash use a 2 turn stagger while the 1600/3200 Meter Runs use a 1 turn stagger.
Relay Exchange Zone Markings	The 4 x 100 Meter Relay - First Handoff is Yellow to Yellow, Second Handoff is Yellow to Yellow and Third Handoff is Yellow to Yellow. The 4 x 200 Meter Relay – First Handoff is Red to Red, Second Handoff is Red to Red and Third Handoff is Yellow to Yellow. (It is pointed out that the Fly Zones are properly marked and available if teams desire to use them) The 4 X 400 Meter Relay – The first handoff is Blue to Blue on the staggered pyramids while the second and third handoffs are Green to Green on the straight line of Green Pyramids. The 4 X 800 Meter Relay - All three handoffs are Green to Green on the straight line of Green Pyramids.
Break Lines	A Green broken line is properly located at the head of back stretch. There is no break line on the track at the head of the front stretch that is used in the 2 turn stagger.
Hurdles Color Markings Overall condition of hurdles	The hurdles are starting to show some age but those checked appeared to be in good working order and they had all 5 adjustable heights as well as what appeared to be the proper weight balances in each hurdle checked. 100 Meter Hurdles . . . . . Yellow 110 Meter Hurdles . . . . . Blue 300 Meter Hurdles . . . . . Red
Starting Blocks (Number & Condition)	The starting blocks were not available to be viewed at this time but the Athletic Director assured that they had enough blocks to cover all the lanes and that Boyd County High School was also bring their starting blocks for the regional meet.
Starting Line Safety	Excellent
Finish Line Safety	Excellent
Surrounding area (This could include bleachers, fencing, trees, limbs, etc.)	Crowd control is excellent on the straight away but some consideration must be given at the entrance to assure that non participants are not permitted onto the oval and adjacent field event runways. The bleachers are adequate for the Regional Track and Field Meet although there is some concern as to where "Tent City" will be sit up at the Regional Meet. Plans are under way for a new area opening up for Tent City but it is not available at this time.

#### Location of Field Events

Ashland Blazer Track and Field Complex



- Venue #2.** Pole Vault is located inside the oval in turn one.
- Venue #3.** High Jump is located inside the oval in turn two.
- Venue #4.** Long and Triple Jump is located inside the oval on the front stretch of the track.
- Venue #5.** Shot Put is located inside the oval in curve two near the start of the 100 Meter Dash.
- Venue #6.** Discus is located inside the oval in curve two near the start of the 200 Meter Dash.

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

New PV Landing Pad 19'8" wide 20'2" deep 16'5" back of box	It is pointed out that the Pole Vault landing pad is 21' x 20' which meets the National Federation Safety Standards for both practice and competition in this event. The pads have been properly put together and have a common cover that pulls the pads into a very safe landing area for the vaulting athletes. There is an all weather cover in place to protect the investment from the weather elements.
Vaulting Box	The vaulting box is currently in excellent shape but as weather always does it will cause some problems. This problem can be corrected quickly by looking in the National Federation Rule Book on page 59 at Rule 7-5-12 Note: it is recommended the planting box be of a color contrasting to the color of the runway. Suggest the painting of the box as the grey color is getting dark as the runway a bring white/yellow would really make the planting box stand out and easy for the running vaulters to pick up as they come down the runway. There is no box color in place . . . . . Please look on page 59 at National Federation Rule 7-5-14 . . . . . A minimum of 2-inch (51 mn) dense foam padding (box collar) <b>shall</b> be in place to pad any hard and unyielding surfaces including between the planting box and all pads. It is pointed out that without the box color some hard and unyielding surface was observed around the planting box. This situation needs immediate attention and the box collar should be in place before Ashland Blazer athletes and/or others are allowed to practice and/or

Zero Point Markings	compete. Zero Point is not marked on the vaulting surface as was instructed at the KHSAA Track and Field Rules Clinics.
Runway 130'0"	The runway at the vaulting venue was 150' in length and 42" wide and in very good condition. It provides an excellent approach for the vaulters in practice and/or competition.
Standards / Crossbars 13'8" – 14'8" Bar – 14'10"	The standards were of high quality and working well in regard to the adjustment of the height of the cross bars and the sliding location of the vaulters standards. It is pointed out that both National Federation and KHSAA Policy state that the vaulting standards are to be secured to the ground and this is not the case with the Vaulting Standards at this venue. They were easily pushed over by this old man as he inspected the venue. It is recommended that a total concrete pad be placed to assure that both ends of the standard bases are secured to something solid. This situation <b>should be corrected</b> before Ashland Blazer athletes and/or others are allowed to practice and/or compete. Cross bars were not available for inspection at this time.
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	It is recommended that a coaching box be outside of the oval and plenty of room is present for this.
Area surrounding the Pole Vault Venue	The area around the vaulting venue is fine as all the hard and unyielding surfaces are covered. It is pointed out that the pallets under the landing pads need to be constantly observed as the constant movement of the pads during the athlete's landings causing the pads and/or pallets to move and sometimes the pallets become exposed causing hard and unyielding surfaces. This can be a major liability issue.
Pole Vault Venue (General Notes)	Before the Ashland Blazer vaulting venue can be cleared for Regional competition the standards <b>must be</b> secured to the ground and a box collar is to be in place. When these issues are corrected the KHSAA must be notified so that a KHSAA Official can be assigned to check this venue again. If not corrected the Vaulting Competition in the Regional Meet will have to be moved to another location.

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

HJ Landing Pad 16' x 8'	It is pointed out that the High Jump landing pad is 8' x 20' which meets the National Federation Safety Standards for both practice and competition in this event. The pads have been properly put together and have a common cover that pulls the pads into a very safe landing area for the high jumping. There is an all weather cover in place to protect the investment from the weather elements.
Exposed Surfaces	It is pointed out that the back side of the landing pads has a rather large of area of hard and unyielding surface. With that in mind please go to page 53 of the National Federation Track and Field Rule book Rule 7-4-4 where it states . . . . " 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. " At the same time it should be kept in mind that the wood pallets under the high jump pad do not fit entirely under the pads therefore they are providing a hard and unyielding surface with sharp edges. I suggest removing the wooden pallets or trimming them back so they fit entirely under the landing pads and then officials need to be made aware that through the movement of the pads during competition they could become exposed again and must be placed back under the pads.
HJ Apron	The high jump apron is 108' x 54' and more than adequate to meet needs to assure a safe approach for all the athletes in the competition.
Standards / Crossbar 12' apart bar is 12' to 14'10"	Standards and cross bars were not available to view at this time..
Area surrounding the HJ Venue	The venue is located between the shot put and discus venues but the landing area should pose no problem. It is recommended that in large meets a Marshal be assigned between the discus and high jump and the shot put to assure that athletes from each venue do not wander into the throwing sectors. Flagging is a must in this area and it should be flagging that is quite visible. The area was roped very well on the day of this inspection but it did not have a high degree of visibility and that is needed in this area.
High Jump Venue (General Notes)	The issues with the hard and unyielding surfaces and the exposed pallets should be addressed immediately before anymore competition and/or practice takes place. Once these issues and flagging with better visibility have been addressed it will be a safe and very good jumping venue.

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

Landing Pit Take Off Marks LJ - (8' and 12') TJ - (28' and 32") And the Runway	The Sand Pit is massive being 48' x 9' with runways coming in from both the right and left. It is sit up where two jumping events can be going on at the same time. The long and triple jump marks are present on both runways of 150' in length. The first mark on each runway is a wooden takeoff board and it generally needs fresh paint more often than the painted lines . . . . it is recommended that all the marks receive fresh paint by regional meet time. When a wooden taken off board is used care must always be taken to assure that the wooden surface is level with the runway.
Sand Pit Condition	At the time of this inspection the sand was not level with the concrete edges of the sand pit. The sand has yet to be properly loosened and raked to determine if sand needs to be added to the current supply. It is pointed out that a large mound of sand is already in place outside the stadium to meet this need if it is indeed needed. Concrete edges of the pit are covered in spots and need to be visible at all time.
Area around the Long and Triple Jump Pit(s)	Area around the sand pit is safe and has no problems. Runway # 1 (nearest the 100 Meter Start) has some potential problems with the shot put sector being to the left and behind them. An errant throw to the right could present a problem. It is highly recommend that a Marshal be assigned to all meets held at this facility to be observant of the shot put competition as well as the runners on the LJ/TJ runway to assure the safety of all.
Long and Triple Jump Venue	This venue is the best field event venue at this track and field complex. There is a hole in runway #1 that could easily be prepared with a patch kit. When the sand pit is fluffed up it will be an excellent landing area and one that can be viewed well by spectators.

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

Circle – Concrete Pad	The concrete slab is 8'6" x 10' and is adequate for the 7' circle that is required in the shot put competition. The major problem with the area is the sunken circle that has basically no drainage and at the time of this visit it was flooded even though the area had been covered with a tarp. With the drainage issues in the area the only solution to the problem may be to have a good concrete man come in and fill the sunken circle and level the concrete slab and then paint a 2" circle on the new slab. The toe board was not secured properly to the slab and as a result it is no longer a true 7' circle. The new sector lines are to be painted on the toe board. It is recommended that the concrete slab be painted in the school colors so as to help indicate the back half of the circle.
Sector and Cage	The sector appeared to be a 45 degree sector at the time of the visit and it is pointed out that the new throwing sector for all National Federation competitions is 34.92 degrees. No cage is present and it is not required for shot put competition.
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 athlete's implements weekly to assure that they are legal and that no alterations have been made to the implements.

Surrounding Area	Area should be flagged at all times practice and/or competition especially when the long/triple jump runway is in use.
Shot Put Venue (General Notes)	The biggest problem with this venue is keeping it dry and clean to assure the proper footing of all the athletes. At all times a large leaf blower should be present to be used in the shot and discus areas. Toe board is not currently placed properly on the slab and needs to be corrected and the new sector lines painted on the top surface. Back half of the circle indicators need to be placed on the slab.

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

Circle – Concrete Pad	The concrete slab is 10' x 10' and is adequate for the 8'2 1/2" circle that is required in the discus competition. The major problem with the area is the sunken circle that has basically no drainage and at the time of this visit it was flooded even though the area had been covered with a tarp. With the drainage issues in the area the only solution to the problem may be to have a good concrete man come in and fill the sunken circle and level the concrete slab and then paint a 2" circle on the new slab. It is recommended that the concrete slab be painted in the school colors so as to help indicate the back half of the circle.
Sector and Cage	The proper cage(netting) was in place and the front poles were within the required 4' to 5' range. The 34.92 degree sector was 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	Area should be flagged at all times (practice and/or competition) It should be flagged with a highly visible material.
Discus Venue (General Notes)	The biggest problem with this venue is keeping it dry and clean to assure the proper footing of all the athletes. At all times a large leaf blower should be present to be used in the shot and discus areas.

### Meet Management

Seating and Spectator Control	The seating should be adequate for Regional competition. Crowd control is great down the entire front stretch and around the first curve to the entrance gate. Crowd control needs to be put in place at the entrance to assure that only participants are allowed in the areas of participation. Tent City needs to be established and put in place before the Regional Meet.
Public Address and Press Box	Did not observe but had good sources to indicate that it was excellent for a track and field competition.
Meet Management	With Phillip Caudill and Bob Stacey serving as the Regional Managers I have no doubt that the Meet Management will be in good hands. They are reminded that Fully Automatic Timing must be used and that the Hy-Tek Computer program sent out by the KHSAA is the program that must be used.
<b>Regional Meet Site</b> In your opinion would you recommend this facility to be considered as a Regional Track and Field Meet Site?	It is recommended that the KHSAA assign a KHSAA Official to check on the following issues by May 1 to finalize the location of this Regional Meet. .... <ul style="list-style-type: none"> <li>Pole Vault issues pertaining to secure standards and box collar.</li> <li>High Jump issues pertaining to hard and unyielding surfaces.</li> <li>Shot Put issues pertaining to properly placed toe board and ability to keep the circle dry and clean.</li> <li>Discus issues pertaining to ability to keep the circle dry and clean.</li> <li>Long and Triple Jump issues with the sand pit loosened up and raked level with the edges of the pit.</li> </ul>

Respectively submitted,

*Gordon D. Bocock*

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