

Track and Field

Site Inspection



Bell County High School – Pineville, Kentucky

Site Inspection by Gordon Bocoock KHSAA Consultant

Tuesday – April 20, 2004

Pole Vault

Landing Pad 19' 8" wide 20' 2" deep 16' 5" back of box Runway 130'	At the present time Bell County does not have a facility at there home complex for there athletes to vault in. In talking with an Athletic Director and Coach they do have a desire to upgrade that vaulting equipment when they are sure that the KHSAA is not going to drop the sport of vaulting. I advised that a new vaulting venue would fit extremely well in the chute area that was formally the sprint/hurdle straightaway with very little expense the area would be idea for a new vaulting pit and a very safe area. The runway would already be there and would require only to lines painted to mark the actual vaulting lane. Two concrete pads would need to be inserted into the track for the purpose of mounting the standards and a new vaulting box would need to be correctly inserted into concrete.
Planting Box	The one that is presently in the old runway is currently very nasty and needs to be cleaned up and covered or removed.
Standards/Crossbar 13' 8" – 14' 8" Bar 14' 10"	None at the present time although the old standard bases are still secured to the ground. I would suggest new standards with the new pit if that is indeed the direction the school chooses to go.
Surrounding Area	The new suggested area would make it one of the safest pole vaulting venues in Kentucky, a gate could very easily be placed that would enclose the area and protect it from unwanted campus visitors.
Weigh In of Athletes	It is <u>highly</u> recommended that the Pole Vault Official have scales provided by the host school to weigh the Vaulters to assure that there weight is in compliance with what is listed on the vaulting pole.
Coaching Box	No coaching box would be needed if the recommended venue area were to be used.
Pole Vault Venue	Bell County High School discontinued vaulting on campus with the new rules put in by the National Federation. There does appear to be an interest to return the event to the campus. By moving to the recommended area they would be able to move the Long Jump/Triple Jump venue to make it safer and it would assist the football program by having a sand pit real close to the playing field.

High Jump

Landing Pit	The High Jump put is located inside the track on the first turn.
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16' by 8'	The pit meets the National Federation requirements and has been put together properly and has a common cover that makes it a single landing pad. A weather cover is in place to protect the pit from the elements. Two concerns in the high jump area are the boards that are protruding from underneath the landing pad. They make this a liable situation and they should be removed from the area. The area around the landing pit shows some hard and unyielding surfaces that need to be padded in practice and competition.
Standards/Crossbar 12' apart Bar - 12'	The standards were in proper working order. No crossbars were visible.
Surrounding Area	The way the high jump has been placed the approach of the jumpers is slightly up hill. I would recommend placing the landing pit directly across the apron where it is currently located so the athletes will have a slightly down hill approach and make it a safer venue.
High Jump Venue	Very good venue when the boards are removed from under the high jump pad. Suggest that the coaches move the pit and have there athletes try the slightly down hill approach. Should make it a much better venue.

Long Jump and Triple Jump	
Landing Pit 9' by 15'	The pit has the length and it has the width but it has a problem that basically makes it an a landing pit to ever get a truly accurate measurement. The last 15 yards of the runway comes slightly down hill while the landing pit is 8-10 inches below the runway. I have discussed with the Athletic Director the possibility of moving the Long Jump/Triple Jump pit to the old pole vault runway. The old pit and runway could then be removed for safety reason with the football field. It would even be possible to put a double runway and double pit to have Long Jump and Triple Jump running at the same time and speeding up meets.
Take Off Marks 12' or 8' 32' or 28'	Marks are fine But they do need some fresh paint to make them more visible. Do have a little concern about the lip just past the long jump take off board. A new runway would eliminate this possible problem.
Rakes/Shovel Brooms	They have not been used a lot as the sand is still very tight in the pit and need totally loosened up.
Sand Level	National Federation rules state that the sand in the pit is to be level with the runway. This will not be possible until the pit is moved and special attention be given to this need to be level. <u>More sand is needed in the pit</u> that is being used and even though it is not totally regulation it is safe and the athletes are possibly being slightly aided but they are not being hindered in anyway. The pit is ok for the Regional Track and Field Meet.
Surrounding Area	The Long Jump and Triple Jump venue is currently inside the oval on the second curve of the track behind the football goal posts. Runway comes from the backstretch to the landing pit that is near the 100 Yard Start. It is recommended that the pit be moved in the very near future to have the sand pit and runway on the same level to assure not only safety but more accurate measurement of the athletes performances.
Long Jump/	This venue will pass the inspection this year but will need another

Triple Jump Venue	site inspection before they host a region in the future. The personnel at the school were very positive with the suggested improvements.
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Shot Put	
Circle	The shot put circle is located on the inside of the oval just into the first curve. Running events are taking place on the left and behind and high jumpers are on the right. The circle is showing some wear and the toe board is getting real old. Suggest that the circle boundary lines be repainted and that the toe board be painted a bright white. Suggest that the concrete outside of the throwing circle be painted with the school's blue color and it would bring a new life to this circle.
Sector and Markings 40* or 60 *	Sector lines were barely visible but they did appear to be the 40 degree sector.
Surrounding Area	With running events to the left and officials in that area and the High Jump to the right I highly recommend that the area be flagged during practice and during meets to help avoid a possible problem. Flagging should also be placed between the high jump and shot put areas.
Weight Implements	It is <u>highly</u> recommended that the Shot Put Officials be provided with the necessary equipment, provided by the host school, to properly weight the throwing implements and the a marking material to indicate proper weight.
Shot Put Venue	The shot put venue is located in probably the worst possible place on the infield. The Athletic Director had already recognized this situation was a problem and showed me an area he was considering moving it. With a little work in leveling the area the place would make a fantastic shot put area and with some fencing that is already there I recommended that he go ahead with a shot put cage to make the venue even safer. It would indeed be smart to move the venue before next the next track season

Discus Throw	
Cage	The Discus circle is located in the first curve as you start down the back stretch. I would recommend moving the front poles so that the right sector line is not pointing toward the backstretch of the track. The netting is still in good shape and shows that it has been receiving good care.
Circle	Circle will be fine for the region. Needs to have the circle repainted as well as the outside of the throwing area being painted with the school's blue color.
Sector and Markings 40 * 2'9.75"	The total sector should be moved to the left 2-3 feet, so that everything is pointed toward the inner most portion of the infield. The area is fine for the Regional Meet but would be a much safer venue if the sector was moved a little to the left.
Surrounding Area	The area is needs some flagging down the right side so athletes do not wonder off the track into the discus sector. Flagging will also be needed between the discus and the high jump area.
Weigh Implements	It is highly recommended that the Discus Officials be provided with the necessary equipment, provided by the host school to properly weigh the throwing implements and the marking material to indicate proper weight.
Discus Venue	The area is fine for the Regional meet but with renovation of the

facility moving sector area a little to the left would make it a much safer facility.

Running Track

<p>Lanes Number & Size General overall Conditions and concerns</p>	<p>The Bell County High School Track and Field Complex has 8 – 42 inch lanes of soft rubber. It is a very nice running surface. The red paint on the track is faded all the way around the track. 300 Hurdle marks need help before the Region.</p>
<p>Stagger Colors:</p>	<p>1 Turn - Green 3 Turn - Blue 2 Turn - White 4 Turn - Red</p> <p>One Waterfall start on the 400 meter track.</p>
<p>Relay Colors:</p>	<p>4 X 100 – Yellow/Yellow 4 X 200 – Red/Red/Yellow 4 X 400 – Green/Glue</p> <p>The host school is to provide the necessary flags for the officials to properly officiate the exchange zones.</p>
<p>Break Lines</p>	<p>Green</p> <p>It is recommended in the Regional Meet to use the same break line for the 800 Meters as they do in the state meet, with a line a the head of the front stretch. On the Pulaski track it would be the 100 Meter Starting Line.</p>
<p>Hurdle Colors</p> <p>Overall condition of the hurdles</p>	<p>100 Girls – Yellow 110 Boys – Blue 300 Hurdles – Red They need immediate attention.</p> <p><u>I recommend that a shop class be assigned to make sure all boards are secure and that any broken hurdles be repaired or removed.</u> <u>If 80 hurdles are not available I suggest that some be borrowed before the region to assure proper meet management in the hurdle races.</u></p>
<p>Starting Blocks Number and condition</p> <p>Block Cart</p>	<p>The starting blocks are older than the track facility itself. They do have 8 starting blocks to provide for the region but I suggest that a shot class try to put new life in some of the moveable parts that are not presently moveable. I suggest that a note be put in the Regional Information packet to suggest that schools bring their own blocks. Recommend replacing every starting block before a new season begins.</p> <p>A cart was seen that could be used as a block cart.</p>
<p>Starting Line Safety</p>	<p>There is a fence for crowd control that has all the starting lines safe from interference. The shot put competition should be halted on the start of any races that use the first curve.</p>
<p>Finish Line Safety</p>	<p>The same fencing has the finish line protected on the outside. Concern should be given to the shot put area when runners are coming up the straightaway to finish a race.</p>
<p>Surrounding Areas (This could include bleachers, fencing, tree limbs, etc.</p>	<p>The person in charge of the grounds should be aware of the Bermuda grass as it tries to take over runways on inner edges of the track. Cones may need to be placed around the curves when the area inside lane one has room to run in, it helps to keep young people on the actual running track.</p>
<p>PA / Press Box</p>	<p>Public Address is fine and the press box is available for all track and field meets.</p>

<p>Officials Overall view of this Track and Field Complex</p>	<p>Running track is in very good shape. Need to look at all the hurdles and make sure they are properly together. Starting blocks need serious attention. With the renovation of the field events the Bell County Track and Field Complex will be one of the top stadiums in Eastern Kentucky.</p>
<p>Regional Meet Site (In your opinion would you recommend this facility be considered as a Regional Meet Site.</p> <p>If No what would they need to do to bring this facility into compliance.</p>	<p>I do recommend the Bell County Track and Field Complex for Regional competition with the exception of the Pole Vault venue. An alternate site, approved by the KHSAA will need to be located for the boys and girls vault competition.</p> <ul style="list-style-type: none"> Need to make sure that you have 80 hurdles. Need to handle the starting block situation. Need to look at all the red marks on the track. Need to paint take off marks in Long and Triple Jump Need to paint shot and discus areas. Need to correct safety issues in high jump Need to put up safety flagging as suggested above.

Respectively submitted,

Gordon D. Bocoek,
KHSAA Track & Field Consultant