



Kentucky High School Athletic Association – Track & Field Site Inspection

Casey County High School – Liberty, Kentucky
 Site Inspection Requested by Julian Tackett – Assistant Commissioner of KHSAA
 Site Inspected by Gordon D. Bocock - #4848 – KHSAA Track & Field Consultant

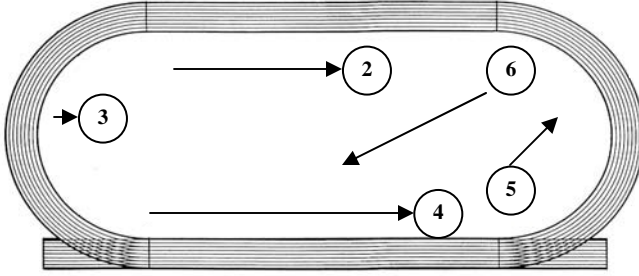
Date of Inspection: Wednesday – March 15, 2006

Venue # 1 Running Track

<p style="text-align: center;">Lanes (Number and Size) General overall condition and concerns with the running track</p>	<p>The Casey County High School Track is 8 lanes of street asphalt with a sealer. The lanes are 42" wide.</p> <p>The track running surface looks great however it is very hard and the sealer has the surface slicker than the normal street asphalt. The current surface would be a great base for a rubberized surface to be added in the near future.</p>
<p style="text-align: center;">Starting Lines (Staggers)</p>	<p>The starting lines on the Casey County Track have the proper color markings for all the starting lines. The 100 Meter and 110 Meter starting areas are in good condition and not showing signs of wear. The 200 and 300 Meter Starts are both in good condition. The biggest problems will all the starting lines is the track is so hard that the starting blocks can not properly hold to the track surface.</p> <p>1 – Turn Stagger Green Lines 2 – Turn Stagger White Lines 3 – Turn Stagger Blue Lines 4 – Turn Stagger Red Lines</p> <p>Distance races One waterfall starting line is on the track and is properly marked. There is no step up line painted on the track and no alley starts are marked on the track. It is recommended that when the time comes for re-stripping the track that the step up line and alley starts with step up lines be put in place.</p>
<p style="text-align: center;">Relay Exchange Zone Markings</p>	<p>The 4 x 100 Meter Relay is marked with the starting lines being the white lines (2 turn stagger) and the exchange zones being yellow to yellow in all three zones. The fly zones are also marked in yellow.</p> <p>The 4 x 200 Meter Relay is marked with the starting lines being the red lines (4 turn stagger) and the exchange zones being red to red at the first and second zone and yellow to yellow on the third exchange. The fly zones are in place and properly marked.</p> <p>The 4 X 400 Meter Relay is marked with the starting lines being the blue lines (3 turn stagger) and the exchange zones being green to green staggers on the first handoff and then blue to blue for the second and third handoff.</p> <p>The 4 X 800 Meter Relay is marked and the start can use either a waterfall start, a one turn stagger or a two turn stagger. All the handoffs are blue to blue.</p>
<p style="text-align: center;">Break Lines</p>	<p>A green broken line is located at the head of the backstretch when a 1 turn stagger is desired for the distance races or for the 3 turn stagger on the 4 x 400 Meter Relay.</p>
<p style="text-align: center;">Hurdles Color Markings Overall condition of hurdles</p>	<p>The 100 Meter High Hurdles – Yellow Markings The 110 Meter High Hurdles – Blue Markings The 300 Meter Hurdles – Red Markings</p> <p>Hurdles were observed on the edge of the track and appear to be in decent shape. It is pointed out that many hurdles were missing the top board. It was pointed out that they hurdles do not have to have the exact board that the hurdles came with but suggest a much cheaper way of replacing them would be to have shop classes at the school and the art classes at the school to do the necessary work and painting to replace these boards.</p>
<p style="text-align: center;">Starting Blocks (Number & Condition) Block Cart</p>	<p>Four new starting blocks were observed along with some very old blocks that are going to be discarded. Is it common practice for the Host School to provide starting blocks for all the lanes they have for competitions at home meets.</p> <p>No block cart was observed on this visit.</p>

<p>Starting Line Safety</p>	<p>The starting lines for the straightaway races may well need to be flagged off in a large meet to assure that everyone stays back and does not interfere with the athletes or officials. The biggest safety concerns will be the ability of the starting blocks to hold to the hard slick surface when the athletes apply pressure as they leave the blocks.</p> <p>The starting lines for the oval races have the same concerns and the area should be flagged off to keep everyone not participating back and to assure that they do not interfere with the athletes or officials. The same concerns with starting blocks holding to the ground. A rubberized surface would eliminate this safety concern.</p> <p>The two starting lines on the backstretch should not have issues with flagging but will continue to have problems with starting blocks holding to the track.</p>
<p>Finish Line Safety</p>	<p>The common finish line for all the races is located at the end of the front stretch. The flagging mentioned above for the starting of the oval races will provide the necessary persuasions to keep spectators and other non-participants back from the track giving the athletes room to compete and officials the space they need to do there jobs without interference.</p>
<p>Surrounding area (This could include bleachers, fencing, trees, limbs, etc.)</p>	<p>The layout of the running track is free of things that could cause problems. Some football practice equipment that is still in track area needs to be removed to avoid potential problems. There are some trees that overhang the area on curve two that you need to watch for potential problems as they grow both up and old. Some fill dirt may be needed on the in side edge of the running track where the line is very close to the edge of the track to help avoid foot and/or ankle injuries.</p>

Location of Field Events



Venue #2. Pole Vault is located inside the oval on the backstretch of the track with the runway going the reverse direction as the runners on the backstretch.

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

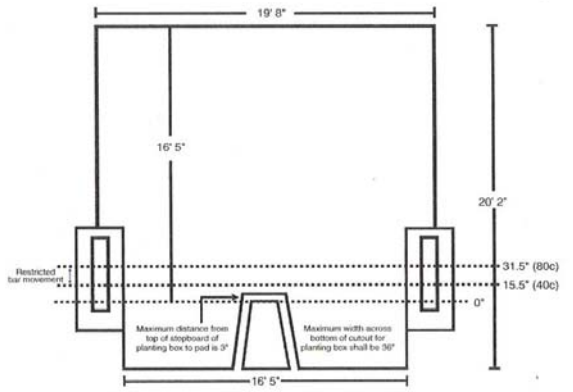
Venue #4. Long and Triple jump is located inside the oval on the front stretch with the pit being near the common finish line. The runway comes from the start of the 100 Meter Dash.

Venue #5. Shot Put is located inside the oval in curve one and is near the common finish line.

Venue #6. Discus is located inside the oval in the first curve and at the head of the backstretch near the start of the 300 Meter Hurdles..

Casey County Track and Field Complex

Venue #2 Pole Vault



. . . . Pole Vault Landing Pad

Width of Pole Vault Pad: 19'8"

Depth of Pole Vault Pad: 20'2"

Depth from the back of box: 16'5"

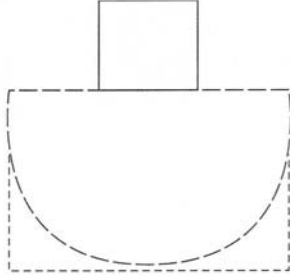
Common Cover: Yes

Weather Cover: Yes

Comments: The pad is setting on wooden pallets.

<p>New PV Landing Pad 19'8" wide</p>	<p>The landing pad at the Casey County Pole Vault venue meets all the size requirements and is in compliance with the National Federation Safety Requirements. The pads are properly put together and are pulled together with a common cover that is providing a safe landing for the athletes. A</p>
--	--

20'2" deep 16'5" back of box Exposed surfaces	weather cover is in place to protect the equipment from the elements. It is pointed out that the pads are resting on wooden pallets and a reminder that coaches and athletes must make sure that the movement of the pads does not allow the pallets to come out from under the pads as this would then create a hard and unyielding surface and a big safety concern. The area that is to hold the landing pad is very small and is hard black top. The pads are 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 suitable material.
Vaulting Box Zero Point Markings	At the present time the vaulting box is not legal as it is nearly 2" below the surface of the runway. The vaulting box should be level with the runway and to assure a sturdy hold the box is best place in concrete. The overall condition of the vaulting box can not be determined with it buried beneath the runway the way it is. It is highly recommended that the current box be removed and brought up level with the runway and that it be set in concrete. It is highly recommended that the zero point be painted on the ground at the top of the back of the vaulting box and that the mark extend 10' on each side of the box so that the zero point on the standards and the box are one in the same.
Runway 130'0"	The runway is 145' in length and is 4' wide and is in hard asphalt and the runway. It is noted that the current runway would be a good base for a rubberized surface. It is noted that the runway needs to have the Bermuda grass that is growing over the edges sprayed, edged and removed before it becomes a problem.
Standards / Crossbars 13'8" – 14'8" Bar – 14'10"	The current vaulting standard are old but are still in good working order. It is noted that the standards are in place and are secured to the ground in a questionable manner. It is highly recommended that while the vaulting box issues are being addressed that the pole vault landing area be leveled and that concrete pads be placed under each vaulting standard so that the standards can be properly secured to the ground to assure that will stay in place. The proper cross bar was at the venue.
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	The area outside of the running oval on the backstretch of the track would be an excellent location for a pole vault coaches box.
Area surrounding the Pole Vault Venue	The landing pad for the Pole Vault is located in the worst possible place as the discus venue is located 30-40 yards directly in front of the landing pad. The cage is situated in a way that the vault is probably safe but consideration may well be given to putting the vault landing pad at the other end of the runway. This would cut down the amount of activity so close to a throwing venue.
Pole Vault Venue (General Notes)	The Pole Vault venue is located inside the oval with the landing pad on the backstretch and very close to the discus venue. Since the vault landing area has to be altered it is recommended that consideration be given to turning the vault area around with the landing pad at the other end of the runway and the runway going the same direction as the backstretch. This would make the vaulting venue a much safer area by moving cutting down a lot of activity around the discus sector.

Venue # 3 High Jump	
	<p style="background-color: black; color: white; display: inline-block; padding: 2px;">. High Jump Pad and Apron</p>
	<p>Width of High Jump Pad:</p> <p>Depth of the High Jump Pad:</p> <p>Common Cover: Yes</p> <p>Weather Cover: Yes</p> <p>Comments: The old Pole Vault pit is being used as the high jump landing pad so it more than meets the High Jump length and width requirements.</p> <p>Apron Length: 100'</p> <p>Apron Width: 50'</p>

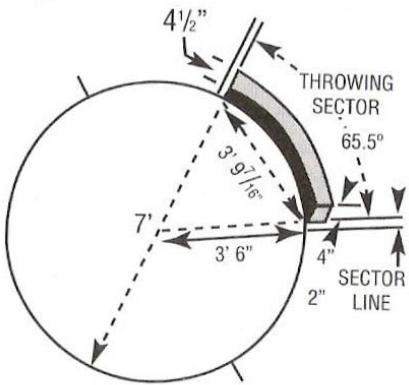
HJ Landing Pad 16' x 8' Exposed Surfaces	The High Jump landing pad is the old pole vault pit. . It is pointed out that the pads are resting on wooden pallets and a reminder that coaches and athletes must make sure that the movement of the pads does not allow the pallets to come out from under the pads as this would then create a hard and unyielding surface and a big safety concern. 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 form or other suitable material.
HJ Apron	The High Jump apron (take off area) is a large rectangle that has more than ample room for the athletes to have a level approach on very hard slick asphalt. The apron would make an excellent jumping venue once the rubberized surface has been added.
Standards / Crossbar 12' apart bar is 12' to 14'10"	High jump standards are old but still in good working order. A new cross bar was observed. A few older bars were observed in the storage building.
Area surrounding the HJ Venue	With the size of the High Jump apron this area is totally occupied by the High Jump Venue.
High Jump Venue (General Notes)	The High Jump Venue is located inside the oval inside the 2 nd turn of the track. This venue is the best field event venue at the Casey County Track and Field Complex.

Venue # 4 Long and Triple Jump

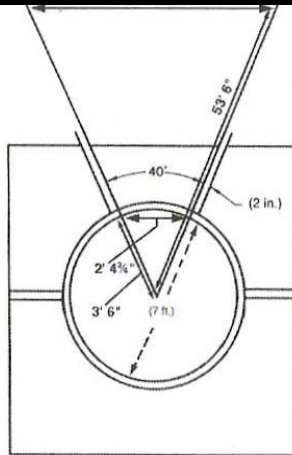
<p style="text-align: center;">Take-off Board: 8" min. — 24" max. x 4' long (at least)</p>	<p style="text-align: center; background-color: black; color: white; padding: 5px;">. . . . Long and Triple Jump Pits</p> <p>Number of Sand Pits: One</p> <p>Length of Pit: #1 – 30' #2 _____</p> <p>Width of Pit: #1 – 20' #2 _____</p> <p>Length of Runway: #1 – 160' #2 _____</p> <p>LJ Take off Marks: #1 – 4' and 8' and 12'</p> <p>TJ Take off Marks: #1 – 24' and 32'</p>
--	--

Landing Pit Take Off Marks LJ - (8' and 12') TJ – (28' and 32') And the Runway (if more than one pit describe each)	The Long Jump and Triple Jump pit is 30' X 20' It is recommended that the runway be edged and the Bermuda grass sprayed and then removed as it will take over the runway if it is left unattended. If and when the track receives a rubber surface it is recommended that this runway be lengthened and that a second sand pit be placed at the end of the straight away near the start of the 100 Meters. This second pit will greatly improve the meet management of the 4 events that take place in a sand pit.
Sand Pit Condition	It is difficult to tell if the sand pit has the proper amount of sand as it has yet to be prepared for the season. The current condition has the sand packed very tight and we do not recommend that practice be held at this venue until the pit has been properly prepared. Several areas of the pit have things growing and lots of dead grassy material. The pit need to be tilled completely and raked clean then leveled. When the pit is properly prepared the sand level should be level with the concrete edges. Rakes, brooms and shovels need to become a part of the daily equipment at this venue.
Area around the Long/Triple Jump Pit(s)	The area around the long jump venue probably needs to be flagged to keep the jumpers from stepping out on the track and causing problems for runners and to keep jumpers from getting to close to the common finish line.
Long and Triple Jump Venue (General Notes)	The Long/Triple Jump venue is located inside the oval on the front stretch. The sand pit that is located near the common finish line has yet to be completely prepared for practice and/or competition. The area round the take off board may well need a asphalt repair kit soon as holes are starting to appear. Need to look at the possibility of adding a second sand pit in the near future.

Venue #5 Shot Put



Old Sector



40 Degree Sector

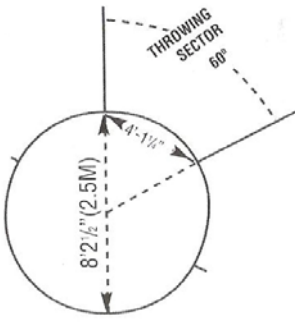
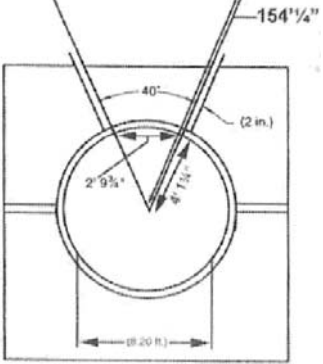
New Sector
34.92

From the center of the 7-foot Shot Put circle, measure one of the outer boundary lines 20 meters and make a Mark #1 on the sector line. Measure 12 meters (.6 of the 20 Meter boundary line) from Mark #1 toward the other boundary line and make Mark #2.

From the center of the Shot Put circle, measure 20 Meters out the 2nd boundary line and align this 20 Meter measurement with Mark #2 and the center of the circle and you will have your 34.92 sector.

<p>Circle – Concrete Pad</p>	<p>The concrete pad is 10 x 10 with a 7' circle properly placed on the pad. The circle is a metal ring that needs to be painted white. A excellent toe board is properly secured to the pad. It is recommended that the outside portion of the concrete pad be painted in the school colors and that the back half of the circle be indicated.</p>
<p>Sector and Cage</p>	<p>The sector lines were not in place but the coach did say that he planned to use the new 34.92 degree sector since that is what will be used in the Region/State this year. The entire sector is slightly up hill and there is no way to get a true accurate measurement for any of the athletes because of the rise in the sector. The Athletic Director and Track Coach were shown an area that could be developed into a good level throwing sector for the shot put competition.</p> <p>A shot put cage is not required and Casey County does not have one in place.</p>
<p>Weight in of Implements</p>	<p>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.</p>
<p>Surrounding Area</p>	<p>The area around the current shot put venue is unsafe if it is not flagged off to assure that athletes in the long jump and those near the common finish can not wander into the area. At no time should spectators be allowed into this area.</p>
<p>Shot Put Venue (General Notes)</p>	<p>The Shot Put Venue is located inside the oval in the first curve of the track. It is an area that is not really safe for throwing events since it is so near the common finish line, especially now that so many putters are using the spin in putting the shot. Flagging is an absolute must for practice and competition in this event. It is highly recommended that the school look at relocating the shot put venue.</p>

Venue #6 Discus Throw

 <p style="text-align: center;">Old Sector</p>	 <p style="text-align: center;">40 Degree Sector</p>	<p style="text-align: center;">New Sector</p> <p style="text-align: center;">34.92</p> <p>From the center of the 8 foot 2 1/2" circle, measure one of the outer boundary lines 60 meters and make a Mark #1 on the sector line. Measure 26 meters (.6 of the 60 Meter boundary line) from Mark #1 toward the other boundary line and make Mark #2. From the center of the Discus circle, measure 60 Meters out the 2nd boundary line and align this 60 Meter measurement with Mark #2 and the center of the circle and you will have your 34.92 sector.</p>
Circle – Concrete Pad	The concrete pad is 10' x 10' and has a 8'2 1/2" circle. A metal ring is in place and needs to be painted white. . It is recommended that the outside portion of the concrete pad be painted in the school colors and that the back half of the circle be indicated.	
Sector and Cage	The sector lines were not in place but the coach did say that he planned to use the new 34.92 degree sector since that is what will be used in the Region/State this year. The cage does not meet the new standards of safety for the 34.92 degree throwing sector and sections will need to be added to the front of each side of the cage so that the front poles are within 5' of the sector lines on each side. Large holes in the netting have the discus venue unsafe at this time. It is recommended that no one be allowed to practice in this venue until the cage meets the safety requirements of the National Federation.	
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	The area around the discus venue is unsafe at this time because of the cage not meeting safety specification. The Pole Vault landing pad is currently very close to the discus area but a proper cage would basically assure the safety of this area. It is recommended that the school look at the possibility of moving the pole vault landing pad to the other end of the vault runway.	
Discus Venue (General Notes)	At the present time the discus venue is not legal because the cage does not meet the safety standards of the National Federation. The front poles are not within the 4' to 5' range of the sector lines at the 34.92 throwing sector. The netting is full of holes. Until the cage is legal practice and competition should not be allowed at this venue.	

Meet Management

Seating and Spectator Control	Very little seating is provided at the Casey County Track and Field complex. There is plenty of area between the track and the fence for seating to be added or for spectators to gather in the grassy area. Flagging is recommended the entire length of this straightaway on the front stretch to remind non-participants of there designated area.
Public Address and Press Box	No press box is available at this venue and no public address hook ups were noted.
Meet Management in regard to Running Events	At this spite inspection no meets was observed. Officials at future meets at this facility would judge the meet management skills in regard to running events.
Meet Management in regard to Field Events	At this spite inspection no meets was observed. Officials at future meets at this facility would judge the meet management skills in regard to field events.

<p style="text-align: center;">Regional Meet Site</p> <p>In your opinion would you recommend this facility to be considered as a Regional Track and Field Meet Site?</p>	<p>At this time the school is not ready to host a KHSAA Regional Track and Field Meet. The track is very hard and slick and concerns would be greater on a wet day as to how slick the surface would be. The Pole Vault, Discus and Long/Triple Jump venues are not yet ready for athletes as some finishing touches still need to be added. At the time of this inspection we do not recommend any practice or competition be held at this three field event venues. Once the Pole Vault box and standard are properly placed this venue will be fine, especially if it can be moved to the other end of the runway. Once the Discus cage issues are solved the discus will have a very good safe venue. The Long/Triple Jump sand pit need to receive a little loving care for it to be fine. Once these conditions have been met the facility will be fine for regular season competition.</p> <p>The Meet Officials at future home meets will be better able to address any Meet Management concerns that may me present.</p>
---	--

Respectively submitted,

Gordon D. Boccock

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