



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

**Caverna High School . . . . . October 22, 2007**

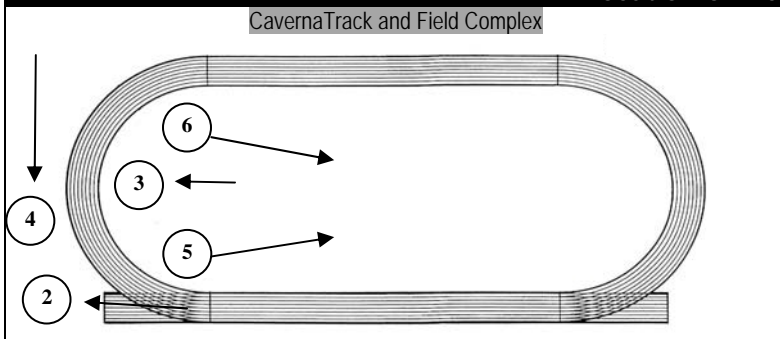
Site Inspection Requested by . . . . . Julian Tackett, Assistant Commissioner of KHSAA  
 Site Inspected by . . . . . Gordon D. Boccock - #4848 – KHSAA Track and Field Consultant

**Date of Inspection: Thursday, March 30, 2006**

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

Lanes (Number and Size) General overall condition and concerns with the running track	The Caverna High School Track and Field Complex has gone through a major face lift since my last visit on Wednesday, March 9, 2005. At the original visit the common finish line for all oval races was on the home side of the field with the straightaway races being conducted on the back stretch. The freshly painted oval was in such disarray that it was questionable if any of the marking were correct. The school is to be congratulated for stepping up and addressing the issues that were presented in the first inspection. The track is still a hard asphalt surface but a new later of asphalt has been placed over the old surface to completely cover the messed up paint job. With the new surface came a new paint job by someone that knew what they were doing. The old 440 Yard Track was properly converted to a 400 Meter track and the common finished line was moved to what was once the backstretch so that both oval and straightaway races finish in the same place. The new surface has 6 lanes that are 33" wide
Starting Lines (Staggers)	1 – Turn Stagger . . . . . Green 2 – Turn Stagger . . . . . White 3 – Turn Stagger . . . . . Blue 4 – Turn Stagger . . . . . Red Distance races . . . . . With the oval being an old 440 track there are three different starting lines for the distance races. The 800 Meter Dash will start on the green marks which is a one turn stagger. The runners will run in there lanes around the curve to the green break line at the head of the back stretch. Two waterfall lines are in place with the first line being the start of the 1600 Meter Run and the second being the start of the 3200 Meter Run and the 3200 Meter Relay.
Relay Exchange Zone Markings	The 4 x 100 Meter Relay is properly marked with all hand offs being yellow to yellow. The fly zones are properly put in place. The white two turn starting staggers are in place. The 4 x 200 Meter Relay is properly marked with the first handoff being red to red, the second handoff being red to red and the third handoff being yellow to yellow. The fly zones are properly in place. The red four turn starting staggers are in place. The 4 X 400 Meter Relay the blue three turn starting staggers are in place with the first handoff being on the staggered blue pyramids. The second and third handoff will be on the solid blue line. The 4 X 800 Meter Relay will start on the second waterfall line but the exchange zones will not be exactly like they should be. With the conversion from a 440 Yard to 400 Meter the striper did not all for the differences that would have to be noted on each exchange zone. The school would simply notify the schools that the legs would not be exactly 800 meters and would require using only the blue to blue lines for the exchange zones.
Break Lines	The green broken break line at the head of the back stretch was properly put in place.
Hurdles Color Markings Overall condition of hurdles	100 Meter Hurdles . . . . . Yellow Marks 110 Meter Hurdles . . . . . Blue Marks 300 Meter Hurdles . . . . . Red Marks The hurdles were not available for inspection on this particular visit.
Starting Blocks (Number & Condition)	No starting blocks were observed on this visit. The school is reminded that the "Host" school is to provide starting blocks for each lane they have available for all home meets.
Starting Line Safety	The Caverna Athletic Director when on a tour of the facility with this inspector and it was pointed out that flagging would be needed on both sides of the track to keep spectators off the track and in the bleachers. This is especially important on the sprint straightaway where the front row of bleachers is only inches from lane six. Flagging will be a must.
Finish Line Safety	This is a wide open area and flagging would be necessary with any type of meet above a dual meet. Without flagging the officials working the finish would be interfered with on a regular basis.
Surrounding area (This could include bleachers, fencing, trees, limbs, etc.)	The larger bleachers on the back stretch is where the teams should be placed during a meet while the smaller bleachers on the sprint straight should be used by spectators that want to observe the finish of each race. Flagging must be used as a crown control in this area. The biggest safety issues with the track were addressed with a lot of fill dirt being brought in to bring the edge of the track at ground level instead of the large drop off that was present on the last visit. The overall revamping of the track surface and the leveling improved 100% the overall look of the complex. The biggest problem now will be the constant struggle of keeping the pine needles off of the running surfaces and away from the field event venues to assure the athletes of proper footing as these needles can cause some very slick conditions.

### Location of Field Events



- Venue #2.** Pole Vault is not an event that Caverna currently plans to have at home meets.
- Venue #3.** High Jump is located in the second curve inside the oval.
- Venue #4.** Long and Triple Jump is located in the second curve outside the oval
- Venue #5.** Shot Put is located in the second curve inside the oval near the 100 start.
- Venue #6.** Discus is located in the second curve inside the oval near the 200 start.

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

New PV Landing Pad 19'8" wide 20'2" deep 16'5" back of box	The Track and Field Complex at Caverna High School did not have a pole vaulting venue. At the present time the school does not plan to have the pole vault competition at this site, for either practice or home competition. It was pointed out to the Caverna Athletic Director that the track chute behind the start of the 100/110 would be an excellent place to place a pole vault venue if the schools decides to add the event in the future. It could be place here with basically only the cost of event equipment. The only handicap is that the event would need to start early and then be held up for the straightaway sprints before it could finish.
Vaulting Box	Not at this time.
Zero Point Markings	
Runway 130'0"	Would be the front stretch of track.
Standards / Crossbars 13'8" - 14'8" Bar - 14'10"	None at this time.
Weigh in Athletes	It is pointed out that the <u>host school is responsible</u> 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	There is an excellent place for spectators and coaches if the event is added to the Caverna order of events.
Area surrounding the Pole Vault Venue	This would be the immediate need as a large number of trees would need to be either removed or trimmed back to assure the safety in this area. Extremely large number of pine needles in this area.
Pole Vault Venue (General Notes)	At the present time there is not a Pole Vault Venue at Caverna High School.

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

HJ Landing Pad 16' x 8'	Only a portion of the high jump pads were observed during this visit and they were in very bad condition with the equipment torn in several places. The actual area where the pads would be placed is much larger than the size requirements of a landing pad. Because of this it was pointed out that padding would need to be added to cover all the hard and unyielding surfaces that will remain uncovered when the pads are in place.
Exposed Surfaces	
HJ Apron	The apron approach is very large being 100' x 50'. It is all hard asphalt . . . an excellent base to add a rubber surface in the future.
Standards / Crossbar 12' apart bar is 12' to 14'10"	Standards and crossbars were not available to be observed at this time.
Area surrounding the HJ Venue	Recommend that the edges of the apron be trimmed on a regular basis so that a smooth approach from the grass to the pavement is always possible and to assure safety.
High Jump Venue (General Notes)	With the high jump area being located between the two throwing events it is <b>highly recommended</b> that flags be in permanent place during the track and field season, between the shot put and discus area so that high jumpers can not simply wander out into the throwing sectors or the unprotected areas between these sectors. Two mall concrete areas are in question as to why they are even there as the standards will never sit upon them. They will need to be removed or padded everyday at practice and in competition.

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

Landing Pit Take Off Marks LJ - (8' and 12') TJ - (28' and 32") And the Runway	The long jump and triple jump pit is in <b>extremely</b> bad shape. It has advanced to the point that you have to look very hard to even determine if there is a sand pit located at the end of the runway. The runway is hard asphalt and is 140' in length. During the tour with the Athletic Director a new location for not one but two sand pits and one asphalt strip that would serve as a runway for the pits that would be placed on each end of the 66" wide asphalt strip.
Sand Pit Condition	In its current condition it is totally unsafe. The sand pit is basically non existent as no boundary lines can be determined on the front or back or on either side of the area that resembles the sand pit. It is <b>highly recommended</b> that the Athletic Director contact the KHSAA and get a copy of the Track and Field Construction Manual to obtain the information needed to properly but in a safe landing area for these two events.
Area around the Long and Triple Jump Pit(s)	Hard to actually determine since the sand pit is basically gone but it is estimated that the Long Jump "Board" is at 11' and the Triple Jump "Board" is at 30'. It is very possible that adjustments may have to be made to both of these lines.
Long and Triple Jump Venue (General Notes)	At the time of this site inspection the Long and Triple Jump Venue is unsafe for practice and or competition. The sand pit is the same as not there and totally unsafe. The runway and sand pit have been located so close to a tree and fence line that basically 20-25 trees would have to be cut or trimmed way back to keep branches from hitting the athletes in the face as they come down a runway. <b>Highly recommended</b> that no activity take place at this venue until the safety issues have been addressed.

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

Circle - Concrete Pad	During the first inspection the shot put "circle" was smaller than the 7' throwing circle that is required and had a poured straight concrete toe board. This has been completely removed and replaced with a 8' x 8' concrete pad. The toe board has been mounted properly but is recommended that after the track season the toe board be taken up and stored with the rest of the equipment. Left in place it poses as a safety issues to football players that may well wander in that general direction. A 7' circle needs to be painted on the current concrete slab to indicate to the area the athletes must be in to participate in this event in (see the National Federation Track and Field Rule Book for the circle placement in relation to the toe board and to make sure the back half line indicators are in place.).
Sector and Cage	No sector lines are down at this time of year and a cage is not planned for the Shot Put Venue at this time.
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 <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	Immediately to the left of the shot put venue is the high jump venue while the finish straightaway is immediately to the right. It is <b>highly recommended</b> that flagging be used down the sector lines on the right and left. This will help assure that the high jumpers do not wander into the sector as well as assuring that a runner does not step off of the track in the area of the shot put.
Shot Put Venue (General Notes)	A very observant official need to be in charge of this throwing event to assure safety issues. With the flagging in place it would help assure that only officials are inside the throwing sector. The painted circle and the back half indicators must be put in place. This should be done before practice begins this spring so that athletes can be trained in the proper technique in a proper circle.

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

Circle – Concrete Pad	The concrete pad was extremely large and more than adequate size . . . a circle needs to be painted on the current concrete slab to indicate to the area the athletes must be in to participate in this event (see the National Federation Track and Field Rule Book for the circle placement in relation to the toe board and to make sure the back half line indicators are in place.). It was pointed out that some of the area around the concrete was uneven and should be filled in to assure that track athletes do not trip coming into the circle and to assure that football players that land in this direction do not have concrete edges that could cause problems. It was pointed out that the area where the cage will actually be placed could be prepared at this time to be better maintained when grass needs to be trimmed during the Spring.
Sector and Cage	The cage was not in place to actually be observed but with the inserts in the ground to hold the cage poles it appears that it will be the correct size. It was pointed out to the Athletic Director that two front poles would need to be added to bring the front of the cage within 5' of the 40 degree sector lines. The sector lines were not in place at this time of year.
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	High Jump to the right and back stretch of the track to the left.
Discus Venue (General Notes)	Flagging must be used completely around the discus throwing sector to keep anyone but officials outside the throwing sector.

### Meet Management

Seating and Spectator Control	The seating is more than adequate for a track and field competition. Crow control can be a major issue on both sides of the track. It is highly recommended that flagging be put in place to assure that all non participants stay outside the running oval and away from the field event venues.
Public Address and Press Box	Was not observed on this inspection. If it is sufficient for a Football Game it will be more than adequate for a track and field competition.
Meet Management in regard to Running Events	Has been some time since they have hosted a track and field competition so some training will need to take place for those assisting with the meet.
Meet Management in regard to Field Events	Has been some time since they have hosted a track and field competition so some training will need to take place for those assisting with the meet.
<b>Regional Meet Site</b> In your opinion would you recommend this facility to be considered as a Regional Track and Field Meet Site?	Regional sites are selected by the teams in a respective Region. Two draw backs to hosting a Regional Meet that at this time are: Six lane track if a number of eight lane tracks are located in the region. Hard asphalt track if a number of rubber tracks are located in the region. No Pole Vault Venue Totally inadequate Long and Triple Jump Venue With these four factors in mind I would have a hard time voting for the Regional Meet to go to Caverna if I were a voting coach in this particular Region.

Respectively submitted,

*Gordon D. Bocock*

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KHSAA Track and Field Consultant