

# Track and Field

## Site Inspection



### Clay County High School – Manchester, Kentucky

Site Inspection by . . . . Gordon Bocoock, KHSAA Consultant

Tuesday – April 20, 2004

### Pole Vault

<b>Landing Pad</b> 19' 8" wide 20' 2" deep 16'5" back of box Runway 130'	The Pole Vault venue is located in the infield of the track in the second curve with the landing pad near the 200 start. The pit was legal size but had several major problems. In the National Federation Track and Field Rule book it states in Rule 7-4-3 that the material in a pole vault landing pad shall be high enough and of a composition that will decelerate the landing of an athlete. The landing pad in place at Clay County has a large hole to the right of center that could be a major problem if an athlete were to land in that spot. The problem with usually occurs when the pit is allowed to get wet and then while drying in the sun the glue holding the foam rubber together comes loose. This usually can be corrected with a good sponge rubber glue and returning the foam pieces to their original position. Pads are put together properly and the common cover is in place to make it a single landing pad. A weather cover was in place at the time of the visit. The runway has plenty of length but is starting to show signs of wear and may well need some attention in the very near future.
<b>Planting Box</b>	The planting box was not level with the runway surface and is showing signs of many years of use. I recommend a new box with a smooth lip that can be placed level with the runway. The rule book states that the front edge of the box shall not extend above the grade of the runway surface. The current box has long been in need of paint so the athletes can see the box when coming down the runway.
<b>Standards/Crossbar</b> 13'8" – 14'8" Bar 14'10"	The standards appeared to be properly placed but were only half secured to the concrete pad. All four pins should be in place to make a safe venue. Only two pins were used on each standard. There were no safety pads to cover the standard bases making it an unsafe venue. Cross bars were not out for view and there were no signs that extenders were available.
<b>Surrounding Area</b>	This is another area of concern. The pole vault landing pad has been placed on a concrete pad that is bigger than the landing pad. The front and back of the pad is ok however there is about 2' of exposed concrete on both sides. The rule book states any hard or unyielding surfaces shall be padded or cushioned with a minimum of 2" of dense foam or other suitable materials. The area to the right where the concrete platform actually becomes a 2-3' wall is very dangerous if a young person were to slide off the left side of the pit and scraped any body parts down the edge of that concrete wall.

	The two mounds of dirt directly in front of the front buns would have to be a safety issue for both officials and athletes. The grass needs to be trimmed around the vaulting area, it well could be a safety issue with athletes getting off the pad or officials moving around it.
<b>Weigh In of Athletes</b>	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.
<b>Coaching Box</b>	If it was determined that one was needed there are several places one could be safely placed.
<b>Pole Vault Venue</b>	At the present time I <u>highly recommend</u> that this vaulting venue not be used for practice or competition. In no way can it be recommended for Bell County to use as a venue for the vaulting competition in there region. Several issues need to be addressed before this venue should be used Landing pad should be disassembled and a strong sponge rubber glue used to place the rubber strips back in there original position. Completely cover the exposed concrete area, especially the concrete wall on the left with at least 2” of dense foam or other suitable material. <u>Totally</u> secure the standards to the concrete with all four attachment areas. Padding that is designed to properly cover the vaulting standard bases must be in place. A new vaulting box needs to be properly placed in the runway. A general clean up of the area which would include removing the two mounds in front of the front buns and trimming of the grass around the concrete platform, the landing pad and the runway.

<b>High Jump</b>	
<b>Landing Pit 16’ by 8’</b>	The High Jump venue is located in the infield of the track in the first curve. The High Jump landing pad is in good shape. It has been properly put together and a common cover has it pulling the pads together to form one large landing surface. A weather cover was in place. I have concerns about the eye bolts that have been placed on the high jump platform. They are there to attach the all weather cover and serve that purpose well however an athlete slipping off the pit might well receive an injury from hitting the eyebolts (something to thing about and observe). Must stay alert to make sure the platform is always under the landing pad.
<b>Standards/Crossbar 12’ apart Bar – 12’</b>	Standards seemed to be working properly. Crossbars were not out for view. The grass around the pit needs to be trimmed to help assure the safety of the area. The apron is in good shape.
<b>Surrounding Area</b>	There are some hard and unyielding surfaces around the high jump landing pads that need to be covered for either practice or competition. This situation might be taken care of if the high jump landing pad were to be moved to the grass area between the apron and running track. With the moving of the pad the hard and unyielding surfaces would be gone and the athletes would have a slight down hill approach to the bar. At the present time the athletes have a slight up hill approach and that could be slowing some of the athletes down. Something for the coaches to

	experiment with as they work with there jumpers and there approach.
<b>High Jump Venue</b>	High Jump venue is in pretty good shape. As always coaches should be checking for safety issues that may appear.

<b>Long Jump and Triple Jump</b>	
<b>Landing Pit 9' by 15'</b>	The Long Jump and Triple Jump venue is located in the infield of the track in the second curve with the sand pit being near the 100 Meter start. The landing pit has the necessary length and width.
<b>Take Off Marks 12' or 8' 32' or 28'</b>	Some lines are painted and these are fine but need a fresh paint job from time to time. The wooden boards are a law suit waiting to happen. <u>They need to be removed and replaced immediately.</u> The boards are weather warped and the edges sticking up. Very little expense would be involved in replacing these boards. If an athlete trips over one of the boards I see problems for both the athlete and the school.
<b>Rakes/Shovel Brooms</b>	None were seen around the venue.
<b>Sand Level</b>	According to the National Federation the sand in the pit is to be level with the runway. This sand pit needs to have a lot of sand added to make the pit both level and safe. The sand in the pit needs to be loosened daily for safe landings.
<b>Surrounding Area</b>	The runway is showing signs of wear and actual chunks of the runway are missing. May well need some attention on the runway soon. The large mound directly behind the sand pit does nothing but increase the possibility of injury.
<b>Long Jump/ Triple Jump Venue</b>	With the take off boards sticking up and the sand pit level being so low I <u>highly recommend</u> that this venue not be used for practice or competition. These are two safety issues that could be corrected very quick and very cheap. Field events have to be constantly observed for safety, safety, safety. The large mound needs to be removed from the area.

<b>Shot Put</b>	
<b>Circle</b>	The Shot Put venue is located outside the track on the backstretch near the start of the 300. At one time a very good shot put circle it has been neglected in recent years. The pavement that is peeling off outside the actual circle needs to be removed. The circle is full of this material that is coming loose. The circle needs to be cleaned daily for the safety of those using the circle. Circle is the correct size.
<b>Sector and Markings 40* or 60 *</b>	Sector lines were visible and were put down correctly at the 40 degree markings.
<b>Surrounding Area</b>	With its location it is a safe venue for throwing a shot put.
<b>Weight Implements</b>	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.
<b>Shot Put Venue</b>	With the pavement coming off of the concrete it could present some problems, now it is making a mess that is not being cleaned up daily. Removal of the pavement and painting the concrete and toe boards with the school colors would do wonders for this area. Toe board needs to be checked yearly to make sure that it is

	staying secure to the ground.
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`Discus Throw	
<b>Cage</b>	The Discus Venue is located inside the oval in the first curve with the cage near the start of the 300 hurdles. The cage does meet the requirements of the National Federation. It is properly netted and it is obvious that the netting has been properly treated during the off season and not left out to weather rot.
<b>Circle</b>	The circle need the same attention as the shot put circle with the removal of the blacktop placed on top the concrete. It is making a mess in the actual circle and this area need cleaned daily to assure the safety of the spinning athletes.
<b>Sector and Markings 40 * 2'9.75"</b>	The sector lines were visible and were marked properly.
<b>Surrounding Area</b>	I suggest that flagging be used down both sector lines to make young people aware that implements are flying in this area.
<b>Weigh Implements</b>	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.
<b>Discus Venue</b>	Like the shot put I recommend cleaning up the area by removing the pavement fro the concrete pad and painting the circle in the school colors.

Running Track	
<b>Lanes Number &amp; Size General overall Conditions and concerns</b>	The Clay County High School Track and Field Complex is 8 – 42” lanes of hard reddish surface. I am sure that everyone in the Clay County running family would like to see a softer surface placed on top of the current surface. Attention needs to be given the surface especially on the back stretch were cracks are starting to appear.
<b>Stagger Colors:</b>	1 Turn - Green      3 Turn - Blue 2 Turn - White      4 Turn – Not real sure (probably red that has faced to a weird Yellow)  One Waterfall line on this 400 Meter Track.
<b>Relay Colors:</b>	4 X 100 – Yellow to Yellow 4 X 200 – This is very confusing as the red paint on the back and front stretch has faded to a weird yellow. Both relay marks on the back are yellow and will be tough for athletes to figure out. Officials need to be on there toes in this area. Recommend that an Art Class be assigned to help with this situation. 4 X 400 – Green/Glue  The host school is to provide the necessary flags for the officials to properly officiate the exchange zones.
<b>Break Lines</b>	Green  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.
<b>Hurdle Colors</b>	100 Girls – Yellow Marks

<p><b>Overall condition of the hurdles</b></p>	<p>110 Boys – Blue Marks 300 Hurdles – Red Marks have faded so bad that they look exactly like the Girls 100 Hurdle Marks. I recommend that the Art Class be assigned to work with the Track Coach to easily correct this situation.</p> <p>Hurdles are getting old and will need to be observed yearly to make sure that they are properly put together. Have shop classes use this as a project to check yearly.</p>
<p><b>Starting Blocks Number and condition</b></p> <p><b>Block Cart</b></p>	<p>They were not observed.</p> <p>None observed.</p>
<p><b>Starting Line Safety</b></p>	<p>The fencing used for crown control has the starting areas safe and free from possible spectator interference.</p>
<p><b>Finish Line Safety</b></p>	<p>The fencing used for crown control has the finish areas safe and free from possible spectator interference.</p>
<p><b>Surrounding Areas (This could include bleachers, fencing, tree limbs, etc.</b></p>	<p>The bleachers and surrounding make a very safe and beautiful complex to watch a track meet.</p>
<p><b>PA / Press Box</b></p>	<p>Press box and public address is quite adequate for a track and field meet.</p>

<p><b>Officials Overall view of this Track and Field Complex</b></p>	<p>The running track is in fairly good shape if the red coloring on the track is either changed or returned to red. It is starting to show signs of wear that may need to be addressed in the near future. The Pole Vault Venue and the Long Jump and Triple Jump Venue simply are not safe for practice or competition in there present condition. No practice or athletic competition should be allowed at these venues until these safety issues are addressed. Shot Put and Discus areas need some clean up attention to assure the continued safety of these venues.</p>
<p><b>Regional Meet Site</b> (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>No</p> <p>With the present condition of the field events I would have reservation about recommending this complex for a Regional Track and Field meet. The Long Jump and Triple Jump safety issues could be corrected very quickly by replacing the boards and filling the sand pit then cleaning up the area. The Discus and Shot Put Venues could be cleaned up real quick to make the venue much safer.</p> <p>It will take a little time and effort to fix the pole vault problems but it is not impossible and I am sure the safety issues can be addressed by the start of the 2004 Track Season.</p> <p>Many of these situation can be corrected by using the making them projects of shop classes, art classes, home economics classes, etc.</p> <p>Once these safety issues are addressed and corrected another on site visit could have Clay County High School in the rotation to host a Regional Track Meet in the future.</p>

**Respectively submitted,**

**Gordon D. Bocoek,  
KHSAA Track & Field Consultant**