

Track and Field

Site Inspection



Cumberland College – Williamsburg, Kentucky

Site Inspection by Gordon D. Bocoek, KHSAA Track and Field Consultant

Saturday, May 1, 2004

Pole Vault

Landing Pad 19' 8" wide 20' 2 deep 16'5 back of box Runway 130'	The Pole Vault Venue is located outside the oval near the 300 meter starting line. The landing pad is 25' deep and 22' wide. The pads are properly put together and have a common cover that pulls them together into one very safe landing pad. An all weather cover is in place. The runway is a concrete slab that has a rubber matt rolled out on the 160' length.
Planting Box	The vaulting box was in great shape and has been painted a bright white color. There is no box collar, however the landing pad and front buns have the box area covered and totally safe.
Standards/Crossbar 13'8 – 14'8" Bar 14'10"	The standards are very good ones and they do have extenders to meet all levels of vaulting ability. They had an ample supply of crossbars at the proper length to assure meet management of completing a vaulting competition.
Surrounding Area	The surrounding area is an area that is seldom used except during the fall football season. No other field events are close to the vaulting venue. There are not hard or unyielding surfaces to cover. It would look much better to trim around the landing pad.
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	The area actually has a set of portable bleachers that could be flagged off for a coaching box.
Pole Vault Venue	The new vault landing pad is the biggest I have found in Kentucky. The area was set up to totally accommodate the new pole vaulting requirements for safety. The concrete pad was well planned and fits the landing pad with none exposed. The concrete pad and rubber matting was a great decision until the track receives a resurface in the future so the actual track surface can then be placed on the runway. Best pole vault venue I have looked at so far this year.

High Jump

Landing Pit 16' by 8'	The high jump venue is located inside the oval in the first curve of the track. The landing pad meets all the requirements of the
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	National Federation. It has been properly put together with a common cover that pulls the pads together into a very safe landing pad. A weather cover is in place to protect the pad from the elements.
Standards/Crossbar 12' apart Bar – 12'	The standards are in good working order and enough cross bars are available to assure Meet Management of being able to finish the competition.
Surrounding Area	The high jump apron is a very soft surface that is excellent for jumping. Area is safe.
High Jump Venue	This is a very good high jumping venue.

Long Jump and Triple Jump	
Landing Pit 9' by 15'	The long jump and triple jump venues are located inside the oval on the backstretch of the track. The runway is 311" long and with a very nice running surface. On both ends of the runway you will find sand pits that are 9' X 25'. The pits have concrete edges.
Take Off Marks 12' or 8' 32' or 28'	The take off marks are placed at safe distances so that jumpers of all abilities can safely hit the sand pits.
Rakes/Shovel Brooms	They had the equipment but the pits have not been properly raked in a long time.
Sand Level	The sand pit closest to the 200 Meter Start will be in good shape when properly raked and leveled. The pit nearest the 300 Meter Hurdle Start needs move sand to make it level with the runway. After more sand is placed it will need to be properly worked up and raked.
Surrounding Area	No problems
Long Jump/ Triple Jump Venue	Once the sand pits have enough sand and are properly worked up they will good jumping venues.

Shot Put	
Circle	The shot put venue is located outside the oval near the start of the 200 Meter Dash. The concrete slab is 10' x 10' and has a circle that is very messy. A broom needs to stay with the circle to assure that the slab is clean so the athletes can be assured good footing when they spin and glide across it. The toe board is in good shape.
Sector and Markings 40* or 60 *	The sector is marked properly at 40 degrees. The sector is sand and can be a very messy area in foul weather. Suggest the sand would serve a better purpose in the sand pit and a #9 grade of gravel be placed in the throwing sector where in will compact better. The sand could be very bad footing for an official and/or athletes that needed to quickly avoid a flying shot put.
Surrounding Area	As far as throwing is concerned this is a safe area.
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	Next year in the sector area I highly recommend that a #9 grade of crushed rock or other packing material be used for the sector surface. The area is not safe for officials that are trying to

	<p>officialiate the event or athletes that are in the area during practice. The sand keeps the circle a mess and unless it sees a broom quite often the circle is probably to slick to spin or glide on. The field event that needs the most attention.</p>
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Discus Throw	
Cage	A cage is in place that meets all the requirements of the National Federation but one. The front poles of the cage are 10' from the 40 degree sector line. To bring them into compliance with safety rules the front poles of the discus cage must be within 4 - 5' of the front poles.
Circle	The discus circle is on a 12' x 12' and like the shot put needs to have a broom handy to help keep the circle clean for the safety of the spinning athletes.
Sector and Markings 40 * 2'9.75"	The 40 degree sector lines were correctly placed on a flat grass throwing area.
Surrounding Area	Very safe discus throwing 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	Once the front poles are placed at the proper distance from the sector lines it will be a very nice discus throwing area.

Running Track	
Lanes Number & Size General overall Conditions and concerns	The Cumberland College Track and Field Complex is eight 42" lanes that may well be the best running surface in Kentucky. Because of the high jump apron in the first turn and the steeple chase area in the second turn the cones will need to have cones placed on the inside edge of the running track to help assure the running athletes were the inside edge of the track actually is.
Stagger Colors:	<p>1 Turn - Green 3 Turn - Blue 2 Turn - White 4 Turn - Black</p> <p>Has waterfall staggers for 1500 meters, 1600 meters, 3200 meters, 2000 meter steeplechase, 3000 meter steeplechase, 3000 meter run, 5000 meter run and 10000 meter run.</p>
Relay Colors:	<p>4 X 100 - Yellow/Yellow/Yellow 4 X 200 - Black/Black/Yellow 4 X 400 - Blue/Blue</p> <p>The host school is to provide the necessary flags for the officials to properly officiate the exchange zones.</p>
Break Lines	<p>White</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>
Hurdle Colors	<p>100 Girls - Yellow 110 Boys - Blue 300 Hurdles - Black 400 Hurdles - Green</p>
Overall condition of the hurdles	Cumberland has about 40 new hurdles and 80 old hurdles. All the hurdles are in pretty good working order but the old ones are

	starting to cause some problems with the adjustment pins.
Starting Blocks Number and condition Block Cart	Good starting blocks and 10 complete sets were on the block cart.
Starting Line Safety	Everything is fine.
Finish Line Safety	Everything is fine.
Surrounding Areas (This could include bleachers, fencing, tree limbs, etc.	Great bleachers for watching a track meet. Rest rooms and concession area are in a shaded area that can give a break from the hot sun. Great tent area for teams to sit up camp.
PA / Press Box	Best press box in Kentucky for working a track meet. Has tinted windows and air conditioned. Public Address system needs some help There are areas of the track that simply cannot hear the announcements of a track meet.

Officials Overall view of this Track and Field Complex	Shot Put area needs a little work. Discus cage needs the poles moved. The public address needs to be checked or have the speakers adjusted
Regional Meet Site (In your opinion would you recommend this facility be considered as a Regional Meet Site. If No what would they need to do to bring this facility into compliance.	Yes the discus cage needs some immediate attention. Special attention needs to be given to the shot put area with all the sand. It is very much a safety concern.

Respectively submitted,

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