

# Track and Field

## Site Inspection



**Eastern Kentucky University – Richmond, Kentucky**

Site Inspected by: Gordon Bocock, KHSAA Track Consultant

Friday, April 16, 2004

### Pole Vault

<b>Landing Pad</b> 19' 8" wide 20' 2 deep 16'5 back of box Runway 130'	Landing Pad meets all the requirements of the National Federation. It is properly put together and has a common cover that makes is one large landing pad. It has a weather cover to protect it. Has a double runway coming in from both sides and standards can be moved to either side. Both runways are in very good condition.
<b>Planting Box</b>	There are two vaulting boxes properly placed in the ground on both sides of the landing pit to assure that vaulting could take place on either side of the pit.
<b>Standards/Crossbar</b> 13'8 – 14'8" Bar 14'10"	Standards were in good working order but they were not secured to the ground. They did have very large weights placed on both sides of the standards that would probably become large heavy flying objects if the right pressure were put on the standards. It is <u>highly recommended</u> that these weights be removed immediately and that a procedure be put in place to secure the standards on both sides of the landing pit. Secured standards are very much a safety issue and at no time should athletes be allowed to vault when the standards are not fastened.
<b>Surrounding Area</b>	The area around the landing pads has a tremendous amount of exposed concrete. All hard and unyielding surfaces <u>must</u> be covered before athletes can practice or participate at this venue.
<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>	A coaching box will need to be sit up at this venue as it takes place near the backstretch of the track. A bleacher area could be placed safely between the backstretch and the vaulting venue. It could be roped or flagged and controlled very easily.
<b>Pole Vault Venue</b>	The Pole Vault venue is unsafe with the standards not secured to the ground. The hard and unyielding surfaces that surround this vaulting venue is unsafe until padded or cushioned with a minimum of 2" of dense foam or other suitable materials. Both situations must be corrected before this pole vaulting venue will be cleared for vaulting competition.

### High Jump

<b>Landing Pit</b>	The high jump landing pad is located inside the oval in the first curve. It meets the requirements of the National Federation and
--------------------	---

16' by 8'	is properly put together and has a common pad that makes it one safe landing pad. It has a weather cover.
Standards/Crossbar 12' apart Bar - 12'	The standards were in good working order and easy for officials to read. Several cross-bars were in place to assure that meet management to conduct the event as quickly and safely as possible.
Surrounding Area	The high jump apron is a very good one and one that assures all the jumpers of a smooth safe approach from either direction.
<b>High Jump Venue</b>	The high jump venue is the best and safest field event area at the Eastern Kentucky Track and Field Complex.

<b>Long Jump and Triple Jump</b>	
Landing Pit 9' by 15'	There are two sand pits that meet all the National Federation requirements for length and width. The sand pit has a concrete border entirely around the pit.
Take Off Marks 12' or 8' 32' or 28'	The take off marks are properly placed and meet officials could easily and safely place tape take off marks on the runway. The runways on both pits are more than adequate with both length and general condition of the surface. The sand pit on pit #2 is located on the end of the pole vault runway.
Rakes/Shovel Brooms	The landing pits were totally loosened and the runways were clean to indicate that rakes, shovels and brooms have been in use this season.
Sand Level	The overall condition of the pits is great with good location and design. The pits are currently unsafe for long jump/triple jump practice or competition until the level of the sand is brought up even with the level of concrete edges and the runway. The exposed concrete around the pits is very much a safety issue.
Surrounding Area	Sand pit #1 is the closest to the bleacher area. Fences have been placed to help separate the area from the finish area and running track. Sand Pit #2 can only be used if the pole vault competition is using the runway that goes the same direction as the front stretch of the track.
<b>Long Jump/ Triple Jump Venue</b>	Once the sand level has become level with the runways and the concrete edges both venues will be safe and ready to use for Regional competition.

<b>Shot Put</b>	
Circle	The Shot Put venue is located in the center of the infield with a very nice venue. To the left is the javelin runway and further to the left is the Pole Vault Venue and Sand Pit #2. Directly ahead of the shot put area is the high jump venue and to the right is Sand Pit #1. The shot put circle is the correct size and is in very good condition.
Sector and Markings 40* or 60 *	Forty degree sector is correctly marked and located inside a throwing areas that has become a permanent shot put venue with marks that can be raked smooth. Very Good sector area.
Surrounding Area	I suggest flagging all the way around the shot put venue. As mentioned above a lot of activity is going on around the area and flagging would help keep young athletes from accidentally moving into the throwing area.
Weight Implements	It is highly 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>	Very good venue just needs flagging to help meet management assure the area for safety.
-----------------------	---

<b>Discus Throw</b>	
<b>Cage</b>	The Discus venue is located inside the oval and located in the second curve. It meets the requirements of the National Federation but is by far not the best discus venue in Kentucky. Cage is netting.
<b>Circle</b>	Concrete pad with the correct sized circle.
<b>Sector and Markings 40 * 2'9.75"</b>	Proper forty degree sector has been marked with a grassy discus landing area.
<b>Surrounding Area</b>	Flagging needs placed entirely around the discus area to assure that meet management is addressing the safety concerns for this venue.
<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>	The front poles of the discus cage are now in compliance with the National Federation. The cage is now adequate and within regulations. Flagging needs to be placed, especially on the right side.

<b>Running Track</b>	
<b>Lanes Number &amp; Size General overall Conditions and concerns</b>	The Eastern Kentucky University Track and Field Complex is a 9 lane track with 42" lanes. It is a very nice running surface. The surface is still in good condition however the markings on the track are in need of a new paint jog. Steeple chase water jump inside the track in the middle of the first curve.
<b>Stagger Colors:</b>	1 Turn - Green on White    3 Turn - Blue on White 2 Turn - Yellow on White    4 Turn - Black on White  Water fall starts are white and located in several different places for all the college and high school distance races.
<b>Relay Colors:</b>	4 X 100 - Yellow/Yellow/Yellow 4 X 200 - Black/Black/Yellow 4 X 400 - Blue/Blu The host school is to provide the necessary flags for the officials to properly officiate the exchange zones.
<b>Break Lines</b>	Green Broken Line  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 (Need Paint Bad) 110 Boys - Blue Marks (Need Paint Very Bad) 300 Hurdles - Black Marks (Need Paint Bad) 400 Hurdles - Green Marks
<b>Overall condition of the hurdles</b>	Some old and some new and all seem to be in decent working order. Have enough hurdles to run straight and curves without carrying hurdles everywhere.
<b>Starting Blocks</b>	Decent starting blocks that had good spikes to hold the ground to

<b>Number and condition</b>	assure the blocks would not slip.
<b>Block Cart</b>	A John Deer Tractor with a cargo area was available.
<b>Starting Line Safety</b>	The starting line around the first curve will need flagged or blocked off at the end of the bleacher spectator area. With Finish Lynx being used I suggest the spectator area stop with the end of the fence and the area be blocked off. Other starting areas are fine.
<b>Finish Line Safety</b>	Same concerns mentions above can cause some problems.
<b>Surrounding Areas (This could include bleachers, fencing, tree limbs, etc.)</b>	The biggest problems with the Eastern Kentucky Complex is the lack of rest room facilities. Spectators and non-athletic personnel may walk the long distance to gymnasiums and forms but nervous athletes need to have ample port-a-potties brought in to accommodate there needs. Bleacher are is fine for this size meet.
<b>PA / Press Box</b>	The Public Address was not adequate for the meet I have worked there. It might well be the user, so give consideration to checking out this system before Regional competition begins to make sure that it is in good working order. Press Box is very small and not much can be planned for its use.

<b>Officials Overall view of this Track and Field Complex</b>	The Eastern Kentucky University Track and Field Complex is a very nice facility. The maintenance/grounds people have to work hard to keep the field event venues properly trimmed and the area clean. Is one of the better venues in Kentucky for viewing all the track and field venues. The bleachers should be extended to move down past the finish area and the crown control fence moved with it. It would really bring the crown more into each of the running event and make for very exciting viewing.
---	---

<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>Yes ..... I recommend the Eastern Kentucky University Track Complex for KHSAA Regional Track and Field Meets.</p> <p>IF ..... The Pole Vault safety issues are corrected:  The standards must be secured. This includes both directions if consideration is given to going both directions. Recommend you prepare both sides (even to be safe for college athletes). The dumbbell weights should be put in the weight room where they belong.  The hard and unyielding surfaces all the way around the pole vault shall be padded or cushioned with a minimum of 2 inches of dense foam or other suitable material.</p> <p>IF ..... The Long Jump/Triple Jump safety issues are corrected:  Sand Pit #1 needs to have the sand level raised to the level of the runway and the concrete edges.  If Sand Pit #2 is going to be used it to must have the sand level raised to the level of the runway and the concrete edges.</p>
--	--

**Respectively submitted,**

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