

Track and Field

Site Inspection



Harrison County High School – Cynthiana, Kentucky

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

Friday, April 23, 2004

Pole Vault

Landing Pad 19' 8" wide 20' 2 deep 16'5 back of box Runway 130'	There is no pole vaulting venue at Harrison County High School since the new National Federation requirements concerning the increased size of the landing pads. The old venue was located inside the oval in the first curve.
Planting Box	The old vaulting box area has been covered to assure any safety concerns in the area.
Standards/Crossbar 13'8 – 14'8" Bar 14'10"	.
Surrounding Area	
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	If vaulting equipment were to be added to the Harrison County facility then a coaches box would be recommended.
Pole Vault Venue	No Pole Vault facilities at Harrison County High School.

High Jump

Landing Pit 16' by 8'	The High Jump Venue is located inside the oval in the first curve. The 3 pieces of the landing pad have been properly put together and a common cover is in place to pull the pads together to form a safe landing area. An all weather cover is in place to protect the equipment from the elements. The high jump apron is very hard pavement. Has an excellent base for a rubber surface to be applied.
Standards/Crossbar 12' apart Bar – 12'	The standards are the first home made standards I have observed. Inserts have been placed in the ground that support the standard poles. The standard poles have adjustable plates that support the crossbars as well as determining the height. The standards can not possibly fall over if hit. The proper crossbars were being used and the competition ran smoothly.
Surrounding Area	All around the high jump landing pad was the same pavement that is being used for an apron. When this pavement extends beyond

	the sides and back of the landing pad it becomes hard and unyielding surfaces and must be covered. The coaching staff had all of this hard and unyielding surface covered making the venue as safe as possible with the equipment they had to work with. Flagging is needed between the High Jump and Long Jump Venues.
High Jump Venue	The high jump apron will never be totally safe until the hard and unyielding pavement receives a softer surface. The constant pounding on the athletes legs can cause problems.

Long Jump and Triple Jump	
Landing Pit 9' by 15'	This jumping venue is located inside the oval in the first turn. The long jump It is not an actual pit that the coaching staff has provided. It is simply a hole with sand. The runway is set with the crown of the football field causing both the runway and pit to be too much of a down hill approach. The runway and sand can not be level therefore a true measurement is not possible for the athletes to obtain. The coaching staff has done the best they can with what the school gave them to work with.
Take Off Marks 12' or 8' 32' or 28'	The markings are so that athletes of all jumping abilities can safely reach the sand pit. The grass should be removed from the front and back of the takeoff boards, that is a safety concern. The runway length is sufficient but is way to hard. Like the High Jump it is long past due for a softer surface.
Rakes/Shovel Brooms	The sand is loose and a soft landing.
Sand Level	The sand level is low and needs to have more sand added to assure a safe landing for the athletes.
Surrounding Area	Flagging is needed on both sides of the runway to provide more safety to athletes on the runway. The sand pit is very close to the finish line and a broom needs to be on hand to remove the sand that sprays on to the track running surface.
Long Jump/ Triple Jump Venue	Coaches have done a good job keeping the event as safe as possible. It is not a good long jump or triple jump venue because of the downhill runway and the lack of an actual landing pit. Very hard running surface that could well cause legs problems for the athletes with constant pounding.

Shot Put	
Circle	The Shot Put Venue is located inside the oval in the second curve. The concrete slab is very old but still in fair shape. It has a metal ring that is attached to the slab. The toe board is attached to the slab and meets the National Federation requirements.
Sector and Markings 40* or 60 *	The 40 degree sector was properly marked.
Surrounding Area	The direction the shot is thrown is sufficient unless a very talented thrower is present and then it is possible for the shot to land or to roll onto the track running surface thus creating a safety concern.
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	Quite possible the shot put direction should be changed to better assure safety in this area. Moving the concrete slab to the area of the flag pole and throwing toward the back stretch would move the circle away from the football end zone and leave a much larger sector that would be safer for all involved.
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Discus Throw	
Cage	The discus venue is located outside the oval about 10' below the level to the running track on the back stretch. Probably the best field event venue at the facility. The chain length cage is in place. The front poles need to be checked closely to make sure that when the 40 degree sector lines are down that the poles are within 4-5 feet of the sector lines. This needs to be checked to make sure that compliance is within the National Federation requirements.
Circle	The concrete slab is very nice and large. Painting the outer portion in the school colors would make the area a lot brighter. A very good discus circle.
Sector and Markings 40 * 2'9.75"	The 40 degree sector was properly marked.
Surrounding Area	The discus venue is located in a very safe 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	The best thing about the Harrison County Track and Field Complex is the Discus Venue. Very nice throwing area.

Running Track	
Lanes Number & Size General overall Conditions and concerns	The Harrison County Track and Field Complex is a 5 lane track with a very hard pavement for a running surface. It is in such bad shape that work would have to be done on it before it would serve as a base for a rubber running surface. There are several large cracks forming that need immediate attention before the running surface becomes unsafe. It is a very old facility that is well past its prime and has been neglected for years. It is an old 440 yard track converted to metrics.
Stagger Colors:	1 Turn - None 3 Turn - None 2 Turn - Yellow 4 Turn - Red
Relay Colors:	4 X 100 - Yellow/Yellow/Yellow 4 X 200 - Red/Red/Yellow 4 X 400 - No 3 turn available. Start on 2 nd waterfall and blue colors for the two turn stagger. Break after zone on the first handoff. The host school is to provide the necessary flags for the officials to properly officiate the exchange zones.
Break Lines	No break line need at this facility. No one or three turns are marked on the track. 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.
Hurdle Colors	100 Girls - Yellow 110 Boys - Blue

Overall condition of the hurdles	300 Hurdles – Red Fairly new hurdles enough for a 5 lane track with 10 full flights.
Starting Blocks Number and condition	Starting blocks were in good shape.
Starting Line Safety	With the long and high jump very close to the starting area and the spectators standing and sitting very close to the track it is a concern. The bleachers on the front stretch empty directly onto the track and when starting in the 100 Meter Dash are you have to constantly be concerned about people stepping out in front of the runners. No crowd control.
Finish Line Safety	Crows on the right and long jump on the left is always a concern that has to be watched.
Surrounding Areas (This could include bleachers, fencing, tree limbs, etc.	Bleachers are very old. Public Rest Rooms need attention.
PA / Press Box	Press Box is adequate for a track and field meet. Public Address is adequate for a track and field meet.

Officials Overall view of this Track and Field Complex	Other than the Discus Venue the entire facility is well past needing some attention. The running track is in bad shape and the other field events have been held together about as long as they can by the coaching staff.
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.	No There are so many concerns about the safety of the facilities that I can not recommend to the KHSAA to consider this facility as a regional site. If a new stadium or remolded stadium is presented to the Track and Field Staff they are recommended to apply for another site inspection if they desire to get in the Regional Rotation.

Respectively submitted,

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KHSAA Track & Field Consultant