



Kentucky High School Athletic Association – Track & Field Site Inspection

LaRue County High School – Owensboro, Kentucky

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: Monday – April 7, 2008

Venue # 1 Running Tracks

Lanes (Number and Size) General overall condition and concerns with the running track	The LaRue County High School Track and Field Complex that was last inspected in August of 2006 at a time when the rubber surface and some field event venues were not in place. The track is now a fine rubber running surface with 6 X 42" lanes and 1 lane (7) that is 36" wide. Since hurdles are 42" wide lane 7 does not pass for a hurdle race unless certain adjustments are made to the 10 hurdles that will be used in the lane. Each side of the hurdles has a 3" overhand and when they are clipped off the hurdle will fit in a 36" lane. It is recommended that 10 of the old hurdles be revived and adjusted to fit the lane so the Regional Meet can have all 7 lanes in use. The inside edge of the running track has an extremely large area in what we call lane "O". No one is allowed to run in here as it is out of bounds, it is highly recommended that small cones be placed all the way around the track, 10' to 12" apart, to remind the athletes that this is out of bounds.
Starting Lines (Staggers)	The track has been in place for only one season and the lines are fading in some areas. This usually indicates that you did not receive a real good paint job the first time. Paint jobs usually do not start really fading until the fifth year. The current striping followed the recommendations of the National Federation and shows the following colors for starts 1 – Turn Stagger Green 2 – Turn Stagger White 3 – Turn Stagger Blue 4 – Turn Stagger Red Distance races A waterfall line is available for the distance races if the one or two turn staggers are not used. It is pointed out that in Regional competition the 4 x 800 Meter Relay and the 800 Meter Dash use a 2 turn stagger while the 1600/3200 Meter Runs use a 1 turn stagger. It is recommended that the alley starts and step up lines for distance races be placed on the track when a new paint job is done.
Relay Exchange Zone Markings	The 4 x 100 Meter Relay - First Handoff is Yellow to Yellow, Second Handoff is Yellow to Yellow and Third Handoff is Yellow to Yellow. The 4 x 200 Meter Relay - First Handoff is Red to Red, Second Handoff is Red to Red and Third Handoff is Yellow to Yellow. (It is pointed out that the Fly Zones are properly marked and available if teams desire to use them) The 4 X 400 Meter Relay - The first handoff is Blue to Blue on the staggered pyramids while the second and third handoffs are Green to Green on the straight line of Green Pyramids. The 4 X 800 Meter Relay - All three handoffs are Green to Green on the straight line of Green Pyramids.
Break Lines	A green broken line is properly located at the head of back stretch. There is no break line on the track at the head of the front stretch that is used in the 2 turn stagger.
Hurdles Color Markings Overall condition of hurdles	The hurdles are starting to show some age but those checked appeared to be in good working order and they had all 5 adjustable heights as well as what appeared to be the proper weight balances in each hurdle checked. 100 Meter Hurdles Yellow 110 Meter Hurdles Blue 300 Meter Hurdles Red
Starting Blocks (Number & Condition)	The starting blocks appeared to be in good shape and were on a block cart making it much easier to get the blocks to the proper place at the proper time.
Starting Line Safety	Crowd control is not one of the strong points with the LaRue County Track and Field Complex. On the sprint straightaway spectators have total access for entire straightaway and nothing to indicate that they can not wander at will. With the location of the field events the back stretch bleachers may well be considered as spectator with an entrance at the gate at the end of the backstretch. There is some crowd control on the back stretch bleachers. Crowd control will need to be put in place the entire length of the sprint straightaway, especially if the spectator entrance remains on both ends of the straightaway. It is recommended that the gate near the start of the 100 Meters not be used for a spectator entrance as it would interfere with the running of the meet. Under wet conditions Clerking goes on in this area which means even more that spectators do not need to be in this area.
Finish Line Safety	The finish line has a very high fence outside of lane 7 and it is back far enough to not be a safety issue. On the infield of the track the finish is very close to the discus area. Flagging will need to be put down the discus sector lines to help remind officials and athletes that a throwing area is near by.
Surrounding area (This could include bleachers, fencing, trees, limbs, etc.)	The only real concern is the crowd control that can be a major issue in a track and field competition. A crowd control plan must be put in place before the Region to assure the safety of the athletes and the spectators.

Location of Field Events

LaRue County Track and Field Complex

- Venue #2.** Pole Vault is located outside the oval in turn one
- Venue #3.** High Jump is located inside the oval in turn one.
- Venue #4.** Long and Triple Jumps are located inside the oval on curve two.
- Venue #5.** Shot Put is located outside the complex at the end of the back stretch..
- Venue #6.** Discus is located inside the oval in curve one near the finish line.

Venue #2 Pole Vault

New PV Landing Pad 19'8" wide 20'2" deep 16'5" back of box	At this point the school does not own a Pole Vault landing pad that meets all the safety requirements of the National Federation and the Kentucky High School Athletic Association. In discussions with the Head Track and Field Coach he stated that the school would have the Regional Vault competition at either Elizabethtown or Marion County.
Vaulting Box	The vaulting box is currently in excellent shape but as weather always does it will cause some problems. This problem can be corrected quickly by looking in the National Federation Rule Book on page 59 at Rule 7-5-12 Note: it is recommended the planting box be of a color contrasting to the color of the runway. Suggest the painting of the box as the original color is getting dark and rusty a bring white/yellow would really make the planting box stand out and easy for the running vaulters to pick up as they come down the runway. There is no box color in place Please look on page 59 at National Federation Rule 7-5-14 A minimum of 2-inch (51 mn) dense foam padding (box collar) shall be in place to pad any hard and unyielding surfaces including between the planting box and all pads. It is recommended that a concrete pad be poured that would be smaller than the new vaulting pad so that hard and unyielding surfaces would not have to be covered. Some hard and unyielding surface may well be on the edge of the road that runs down the back side of the complex and this would need to be covered during practice and competition. The "zero point" would need to be placed on the new pad and then the vaulting standards secured to the pad.
Zero Point Markings	
Runway 130'0"	The runway at the vaulting venue was 135" and 42" wide. The runway surface is in great shape as it is basically not being used at all. It is recommended that to avoid this area not be used that a second sand pit be put in at the back end of the runway. A sand pit 15' x 9' will fit in this area and it meets all the safe size requirements of the National Federation.
Standards / Crossbars 13'8" - 14'8" Bar - 14'10"	No standards or cross bars were available to be observed at the time of this visit.
Weigh in Athletes	It is pointed out that the host school is responsible to provide scales for the KHSAA Meet Official to weigh all the vaulters before each competition. It is highly recommended 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	With the location of the vaulting venue Meet Management would have to put up some flagging to keep spectators and others back from the pit. A coaching box would have to be staked off.
Area surrounding the Pole Vault Venue	The area around the vaulting venue will be fine as the only hard and unyielding surfaces are will be a small section of the road behind the pit. Care must be taken if the concrete pad is put down to make sure that it is smaller than the vaulting pad that will be used.
Pole Vault Venue (General Notes)	The current Pole Vault Venue has three major that are very much safety concerns. Issue # 1 With the current location of the concrete runway and vaulting box that is set in this concrete a landing pad that meets all the National Federation Safety requirements has a good portion of the pad sitting on a service road that is used by school buses and other assorted traffic. This is very much a safety issue and the pad needs to be moved back to assure that a safe landing is available. With the current location NF Rule 7-4-4 pointed out. . . . Rule 7-4-4: Hard and unyielding surfaces, such as but not limited to concrete, wood or asphalt, that extend out from beneath the sides and back of the high jump landing pad shall be padded with a minimum of 2-inch dense form or other suitable material. This means that the service road would have to be padded for both practice and competition. Issue # 2 The drainage ditch that is adjacent to the service road would have the landing pad sitting at various angles and could well be a safety issue in regard to a safe landing of the airborne athletes. Another issue would be that of the pit blocking the normal drainage of the area and the possibility of standing water at various times as well as the moving and/or standing water causing undue damage to the underside of the landing pads. Issue # 3 It is recommended that a concrete pad be put in place to put the landing pad on to assure a safe surface and that it be moved back so that the pad is not sitting on the service road and so the natural drainage of the area would not be disturbed. A reminder that this pad would then make it possible to mark the point zero and to have an area that would allow for the Standards to be secured to the ground as is now required by the National Federation. A vaulting box cover needs to be obtained, zero point painted on the new concrete pad, standards secured and the box painted.

Venue # 3 High Jump

HJ Landing Pad 16' x 8'	The area of the high jump apron designed for the landing pad is 15' x 6' which is smaller than the actual size of a National Federation safe pit. With that in mind properly placing the pad on the landing area will assure that no hard or unyielding surfaces will be present. It is recommended that the football goal post pad be put in place as it will be close to the back of the landing pad. The actual pad could not be observed at the time of this visit. If the new pad is not in by the time of the Region a pad will be borrowed from Elizabethtown.
Exposed Surfaces	
HJ Apron	The high jump apron is 50' x 100' and meets all the safe requirements of the National Federation in regard to extended approach area and a surface that will assure a safe foot plant.
Standards / Crossbar 12' apart bar is 12' to 14'10"	The standards were adequate and appeared to be in good working order but the cross bars were not available for inspection at this time.
Area surrounding the HJ Venue	The venue is located very close to the discus cage and flagging is highly recommended between the two venues to keep refreshing the minds of athletes that a throwing area is close by.
High Jump Venue (General Notes)	Once a proper size landing pad is put in place it will be a very good high jump venue.

Venue # 4 Long and Triple Jump

Landing Pit Take Off Marks LJ - (8' and 12') TJ - (28' and 32') And the Runway	There is one sand pit at the LaRue Complex and this makes it very difficult for Meet Management to properly manage the long and triple for boys and girls. It was recommended above about the possibility of a second sand pit at the end of the pole vault runway. The one sand pit is 26' x 9' and meets all the safety requirements according to size. It is pointed out that the sand is low as it should be level with the concrete edges of the sand pit. It is pointed out that much of the concrete edges around the pit are completely covered with sand causing some safety concerns. When a potential hazard is covered and can not be seen and an injury results liability goes through the ceiling. The runway is 130' in length and is 42" wide and it is in excellent shape. The take off boards are painted but they do need some fresh paint yearly.
Sand Pit Condition	It is an excellent sand pit except for the house keeping that needs to be done with keeping the concrete edges clean.
Area around the Long and Triple Jump Pit(s)	With nothing else going on in this area the jumping venue is free of outside safety concerns.

Long and Triple Jump Venue	Needs more sand added to the pit and the sand swept back into the pit from the concrete and fresh paint on the lines.
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Venue #5 Shot Put

Circle – Concrete Pad	The concrete pad is 12' x 12'. The 7' shot put circle is a metal ring that is secured to the concrete pad. The toe board is properly secured to the concrete pad and the 34.92 degree sector lines are painted on top. The back half indicators are in place but it is recommended that
Sector and Cage	The sector lines were in place and they were using the 34.92 degree sector. The sector is very poor in that it is not level and footing problems can very much be an issue for officials. Since nothing else takes place in this area it is recommended that a little time be taken to level this area and a sector area be developed that would assure safety to both the athletes and the officials.
Weight in of Implements	It is pointed out that the host school is responsible to provide scales for the KHSAA Meet Official to weigh all the throwing implements before each competition. It is highly recommended that each coach weigh his or her athlete's implements weekly to assure that they are legal and that no alterations have been made to the implements.
Surrounding Area	It is pointed out that spectators should not be allowed outside the gate to observe this event. The fence that is between the pole vault venue and the shot put venue is a tremendous safety. The area around the shot put pad needs a general clean up. Old chain link fence just laying around with large rocks in the area is an accident waiting to happen and very much a liability issue. Needs immediate attention.
Shot Put Venue (General Notes)	Has the potential to be an excellent throwing venue Sector needs leveled and a permanent sector put in Liability issues with trash in the area needs immediate attention Painting of the front and back half of the circle in the school colors will dress this area up nicely.

Venue #6 Discus Throw

Circle – Concrete Pad	The discus venue has a 10' by 10' concrete pad with a proper size metal ring in place and properly secured to the pad. The back half indicators are in place but it is recommended that the outside portions of the pad be painted in the schools colors to indicate the front and back half and to help the appearance of the area.
Sector and Cage	The discus cage has been put in place properly and the front poles are with 5' of the sector lines. The netting is properly places making the discus cage in compliance of all the National Federation Safety Standards. The proper 34.92 sector is on the ground.
Weight in of Implements	It is pointed out that the host school is responsible to provide scales for the KHSAA Meet Official to weigh all the throwing implements before each competition. It is highly recommended 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	The discus venue is very close to the finish line on the left and the high jump venue on the right and therefore should be flagged at all times (practice and/or competition) It should be flagged with a highly visible material.
Discus Venue (General Notes)	The biggest problem with this venue is keeping it dry and clean to assure the proper footing of all the athletes. Looking at the picture of the discus venue shows that a problem may exist around the concrete because of wet muddy conditions. Wet and muddy conditions cause problems for athletes in an event where a lot of technique is involved. Grass clippings must be swept out of the circle to assure safe footing.

Meet Management

Seating and Spectator Control	With the bleachers on both sides of the track seating appears to be more than adequate however crowd control issues need addressed by Meet Management.
Public Address and Press Box	Did not observe but had good sources to indicate that it was excellent for a track and field competition.
Meet Management	The current Coaching Staff is putting on meets on a regular basis and has an officials base started that will benefit them for years to come. Have no reason they would have a problem with the Regional Meet.
Regional Meet Site In your opinion would you recommend this facility to be considered as a Regional Track and Field Meet Site?	At the time of this inspection there is no reason that LaRue County should not have the Regional Meet but some issues need to be addressed to improve a very good track venue. Pole Vault issues (finalize plans for the Region now) High Jump issues (finalize plans for the Region now) Shot Put issues pertaining to leveling the throwing area and cleaning up the liability issues. Discus issues pertaining to ability to keep the circle dry and clean and flagging for safety concerns. Long and Triple Jump pits need more sand and the concrete edges cleaned on a regular basis. Crowd control plan is place on the finish straightaway.

Respectively submitted

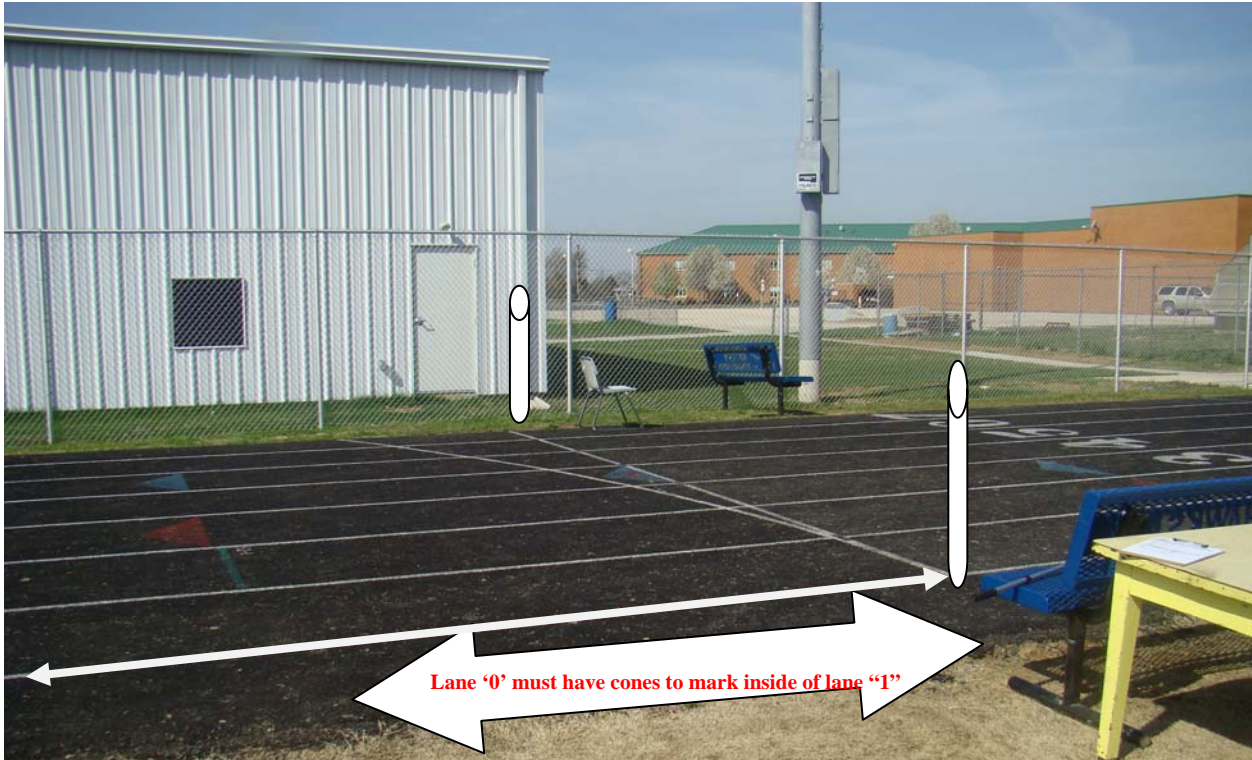
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Picture #1



This picture shows the finish straightaway and the concerns that I have with crown control. At a recent invitational the spectators entered jus to the left of the picture by the two cones as well as down near the maroon tent at the end of the straightaway. Either case had fans walking on a track that is there for the athletes and must be kept fee of spectator traffic at all regional competition. Make plans now for better crown control at track meets as this is very much a safety issue.

Picture #2



This picture shows the finish area that is free from safety concerns. Two things that are missing that need to be in place for the region are cones. The two white looking posts represent larger cones that need to be placed on each side of the track to give the athletes a better perspective as to where the finish line actually is.

Picture #3



Show how close the discus venue is in relation to the finish line. Some type of flagging needs to be in place to keep finish line personnel and finishing athletes from wandering into the discus sector with flying implements.



Picture #4

This picture shows the discus throwing sector. The White Lines indicate where flagging needs to go to cut down the chance that anyone will walk into the sector.

The finish area is immediately to the left and the corner of the high jump apron is on the immediate right.

Grass starting to grow on the slab in something that needs to be clipped back and the area kept clean.

Grass clippings in the circle are a safety issue with spinning athletes trying to perform on a slick surface.



Picture #5

The picture shows the problems with footing with the discus venue. Brooms and/or a blower needs to be present at the Regional and every attempt made to keep the circle and the area around it clean and dry.



Picture #6

This picture shows the shot put venue and the unlevel conditions with the throwing sector. Rocks, clumps of grass and mud do not make a good throwing sector.

Fill dirt should be placed around the concrete pad to avoid possible slipping as athletes step off the pad.

This area needs a renovation with leveling of the sector and crushed limestone placed inside the sector and grass planted on the outside of the sector.

Would improve the looks of the area with school colors on the front and back half of the pad.



Picture #7

This picture shows the unlevel conditions that exist in the throwing area as well as some safety concerns with large rocks, concrete blocks, half buried chain length fence, trash and high grass.



Picture #8

This picture shows all that is present with the current pole vault venue, a runway and a box planted in concrete.

The black lines indicate a rough size of the landing pad that would probably be on both gravel and blacktop.

Concrete would need to be put in place to provide a method of securing the standards and to eliminate the drainage under the pad that would destroy the bottom of an expensive investment.



Picture #9

This picture shows the long and triple jump venue. The concrete edges that outline the sand pit are an excellent marker when they are visible. With sand covering the vast majority of the concrete surface the concrete surface has this a very liable area. When the concrete is covered it becomes an unseen hazard.

The sand is to be level with the edges of the pit and the picture shows that it is a little low in most areas.