



Kentucky High School Athletic Association – Track & Field Site Inspection

Lawrence County High School, Louisa, 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: Thursday, March 29, 2007

Venue # 1 Running Tracks

Lanes (Number and Size) General overall condition and concerns with the running track	The Lawrence County Track and Field Complex is a 400 Meter Oval that has 8 (42') lanes and is an excellent running surface. It is pointed out that the track was not stripped using the recommended colors of the National Federation Track and Field Rule Book. It is highly recommended that when it comes time to re-stripe the track that the recommended color code be followed as it is listed in the National Federation Rule Book. It is pointed out that a one-turn staged start was not present on the track as it should be for high school competition. It is pointed out that the step up lines for distances races were not painted on the track and it is recommended that they be included when the track is re-stripped in the future.
Starting Lines (Staggers)	1 – Turn Stagger None Painted 2 – Turn Stagger White 3 – Turn Stagger Black (Blue is recommended) 4 – Turn Stagger Green (Red is recommended) Distance races White water fall line is in place and it is recommended in the future that broken step up lines be placed with water fall starts as well as alley starts with step up lines.
Relay Exchange Zone Markings	The 4 x 100 Meter Relay - First hand off is yellow to yellow. Second handoff is yellow to yellow. Third hand off is yellow to yellow. The 4 x 200 Meter - First handoff is green to green (recommended red to red). Second handoff is green to green (recommended red to red). Third handoff is yellow to yellow (it is marked as recommended). (It is pointed out that the Fly Zones are properly marked but recommended to be the same color as the exchange zones in Federation Rules) The 4 X 400 Meter Relay – The first handoff is Black to Black (Blue to Blue is recommended). The second and third handoffs are indicated by the Black Pyramid in lane one that is followed by a black line across the track and continues to the Black line at the end of the exchange. It is pointed out that this is recommended to be Blue Pyramids in all 8 lanes. The 4 X 800 Meter Relay – The first, second and third handoffs are indicated by the Black Pyramid in lane one that is followed by a black line across the track and continues to the Black line at the end of the exchange. It is pointed out that this is recommended to be Blue Pyramids in all 8 lanes.
Break Lines	A green broken break line is located on the track at the head of the back stretch. It is pointed out that in Kentucky a second break line is used in the 4 x 800 Relay and the 800 Meters with a two turn stagger and this was not painted on the track.
Hurdles Color Markings Overall condition of hurdles	All of the hurdles are brand new and in excellent working order through all five settings. 100 Meter Hurdles Yellow (correct color) 110 Meter Hurdles Black (recommended blue) 300 Meter Hurdles Green (recommended red)
Starting Blocks (Number & Condition)	All the starting blocks are brand new and in excellent working order
Starting Line Safety	Straight away starts have an excellent crowd control fence that will keep the track clear of non-participants. May well need to put a gate in the chute area behind the 110 Hurdle Start to allow the athletes entrance to the track for clerking purposes.
Finish Line Safety	Great crowd control at the finish line. Visible for all the fans to see as well as not being able to interfere with the progress of a finish. A gate may well need to be placed 30-40 yards past the finish line for all the athletes to exit the track after races.
Surrounding area (This could include bleachers, fencing, trees, limbs, etc.)	Great bleachers and press box for a track and field meet. Front row is elevated with a walking area for those fans that just can not sit down. The area is free from limbs but there is some potential problems outside of curve two with the excessive mud and pools of standing water. This area needs some attention before the water pours onto and stands on the track leaving a mud residue that could cause footing problems as well as discoloring the new track surface.

Location of Field Events

Venue #2. Pole Vault is located outside the oval at the far end of the practice football field.

Venue #3. High Jump is located just outside the gate on the back stretch near the start of the 200 meters on a flat area just above the pole vault area.

Venue #4. Long and Triple Jump is located outside the oval at the far end of the practice football field.

Venue #5. Shot Put is located outside the oval at the edge of the practice football field in a very bad location and is basically actually in the discus sector. Will recommend a new location for this venue.

Venue #6. Discus is located outside the oval at the far end of the practice football field.

Venue #2 Pole Vault

New PV Landing Pad 19'8" wide 20'2" deep 16'5" back of box	The vaulting venue has a new landing pad that meets all the safety requirements of the National Federation. It has been properly put together and has a common cover in place that pulls the pads into a very nice landing area for the vaulting athletes. There is a weather cover in place to protect the investment from the elements. The standard bun pads were not in place but the coach stated that they were in the storage building and had simply not been put into place.
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 7-5-1..... Note: it is recommended the planting box be of a color contrasting to the color of the runway. Suggest the painting of the box a bright white/yellow as this 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 pointed out that without the box color some hard and unyielding surface was observed around the planting box. This situation needs immediate attention and the box collar should be in place before Ashland Blazer athletes and/or others are allowed to practice and/or compete. Go to the National Federation Rule Book on page 59 and Read Rule 7-5-12The front edge of the box shall not extend above the grade of the runway surfacea problem is already starting to develop here and needs to be addressed now before it becomes a major issue.
Zero Point Markings	Zero Point is not marked on the vaulting surface as was instructed at the KHSAA Track and Field Rules Clinics.
Runway 130'0"	The runway at the vaulting venue was 150' in length and 42" wide and in very good condition. It provides an excellent approach for the vaulters in practice and/or competition.
Standards / Crossbars 13'8" – 14'8" Bar – 14'10"	The vaulting standards are new and in excellent working order and they have been properly secured to the ground. The cross bars were not observed.
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	There is an area just behind the high jump rock wall that could be used as a coaching box where a small set of portable bleachers would serve as an area that could be roped off to meet this requirement.
Area surrounding the Pole Vault Venue	Once the area around the pole vault runway has a level surface both pits will be tremendous jumping venue. At present it has some safety issues in regard to footing. On a wet day it would probably be unsafe to jump as the athletes could not possible keep mud off of there feet and the runway would be in very bad shape with a mud surface. At the time of this visit water was standing in many places, very muddy conditions and sports of grass that were quite high.
Pole Vault Venue (General Notes)	At present the vaulting venue is in good shape, however with normal meet conditions and a large number of competitors, officials and/or spectators this area will become a muddy swamp and through normal the runways will become coated with mud making footing a very questionable situation. For whatever reason no consideration was given to spectators, in regard to field events, during the construction of the Track and Field Complex and that issue must be addressed now. It is recommended that something be done about the very muddy and wet conditions getting to and from the area and that some steps be put in to lead to the flat area behind the pole vault and then a small set of bleachers be put in for spectators to observe the pole vault, long jump and high jump. Although there are lights on the practice football field it is doubtful that the lighting will be sufficient for pole vaulting at night as the cross bar will blend into the darkness and will not be visible to the athletes to see. Serious ground work needs to be done in this area to protect a very good vaulting venue.

Venue # 3 High Jump

HJ Landing Pad 16' x 8'	It is pointed out that the High Jump landing pad meets the National Federation Safety Standards for both practice and competition in this event. The pads have been properly put together and have a common cover that pulls the pads into a very safe landing area for the high jumping. There is an all weather cover in place to protect the investment from the weather elements.
Exposed Surfaces	It is pointed out that the back side and the edges of the landing pads has a rather large of area of hard and unyielding surface. With that in mind please go to page 53 of the National Federation Track and Field Rule book Rule 7-4-4 where it states " 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. "
HJ Apron	The high jump apron meets all of the recommendations in regard to size and will be an excellent jumping surface for the athletes.
Standards / Crossbar 12' apart bar is 12' to 14'10"	The high jump standards are new and in excellent working order and they have been properly secured to the ground. The cross bars were not observed.
Area surrounding the HJ Venue	There are some muddy conditions around the high jump apron that could well cause problems with footing as the mud in tracked onto the jumping surface.
High Jump Venue (General Notes)	Has the potential to be a very good jumping area once the muddy conditions are taken care of and the issue of spectator viewing is settled.

Venue # 4 Long and Triple Jump

Landing Pit Take Off Marks LJ - (8' and 12') TJ - (28' and 32') And the Runway	One sand pit 26' long and 10' wide is located on at the far end of the practice football field. The runway was 160' feet long and 42" wide and in excellent shape. There were two take off "boards" in place for the Long Jump at 8' and 12' and there were two painted lines on the runway for the triple jump take off at 24' and 32'.
Sand Pit Condition	At the time of the inspection the sand pit was low but that may be because the sand had yet to be loosened and raked level to determine if it was indeed level with the concrete edges of the pit.
Area around the Long and Triple Jump Pit(s)	Once the area around the long and triple jump runway has a level surface both pits will be tremendous jumping venue. At present it has some safety issues in regard to footing. On a wet day it would probably be unsafe to jump as the athletes could not possible keep mud off of there feet and the runway would be in very bad shape with a mud surface. At the time of this visit water was standing in many places, very muddy conditions and sports of grass that were quite high.
Long and Triple Jump Venue (General Notes)	Three major issues with the Long and Triple Jump venue Mud and Water ...this problem must be corrected in order to keep this venue in excellent condition. One sand pit ... for whatever reason only one sand pit was put in place with the new constructions and this will place some major time issues on meet management as they strive to finish four events in the one pit during the normal time frame of a meet. Lighting...with the location of this venue there are no lights that project to the remote area and the visibility the athletes would have in night meets is highly questionable.

Venue #5 Shot Put

Circle – Concrete Pad	The concrete slab is 10' x 10' and is adequate for the 7' circle that is required in the shot put competition. Two major problems with the area ... the first issue is the venue is located in an area that is totally unsafe as it is actually in the discus sector. At no time can the discus/shot put practice and/or compete at the same time and the time structure of a track meet is not set up for four throwing events in the same area, which is what would have to take place with the current set up...the second problem is the sunken circle that has basically no drainage. This will continue to be a problem as you strive to keep the circle dry and clean to assure the footing necessary to compete in this event safely. With the drainage issues in the area the only solution to the problem may be to have a good concrete man come in and fill the sunken circle and level the concrete slab and then paint a 2" circle on the new slab. The new sector lines are to be painted on the toe board. It is recommended that the concrete slab be painted in the school colors so as to help indicate the back half of the circle.
Sector and Cage	Highly recommended that this venue be moved to another location as discussed with the coaches.
Weight in of Implements	It is pointed out that the <u>host school is responsible</u> to provide scales for the KHSAA Meet Official to weigh all the throwing implements before each competition. It is <u>highly recommended</u> 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	The current area is totally unsafe and simply can not be kept in this area. A new area was pointed out to the coaches that is basically level and would be a great location for a new concrete pad to be placed with more than adequate area for the throwing sector.
Shot Put Venue (General Notes)	The coaching staff and school administration knew that the shot put venue would need to be relocated and actually had an area they were considering staked off. The area staked off would not be a good venue as it would require some major leveling of the surrounding ground to assure a throwing sector that would be the same for all athletes in regard to throwing area and level measuring. Immediate plans need to be put into place to assure that a new shot venue is ready for the 2007 Regional Track and Field Meet.

Venue #6 Discus Throw

Circle – Concrete Pad	The concrete slab is 10' x 10' and is adequate for the 8'2 1/2" circle that is required in the discus competition. The major problem with the area is the sunken circle that has basically no drainage and at the time of this visit it was flooded. With the drainage issues in the area the only solution to the problem may be to have a good concrete man come in and fill the sunken circle and level the concrete slab and then paint a 2" circle on the new slab. It is recommended that the concrete slab be painted in the school colors so as to help indicate the back half of the circle.
Sector and Cage	The proper cage (netting) was in place and the front poles were within the required 4' to 5' range. The 34.92 degree sector was in place.
Weight in of Implements	It is pointed out that the <u>host school is responsible</u> to provide scales for the KHSAA Meet Official to weigh all the throwing implements before each competition. It is <u>highly recommended</u> 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	At the present time it is not a safe area as the shot put circle and sector are within 80' of the discus circle and actually within the discus sector.
Discus Venue (General Notes)	The discus area will be fine once the shot put venue is relocated. The major problem is that drainage will be a constant problem with the sunken circle. This can be easily corrected.

Meet Management

Seating and Spectator Control	The bleachers and general layout of the track and field complex is excellent. A couple of gates need to be added to get the athletes to the clerking area and then off the track past the finish line. The biggest problem with the complex is the muddy conditions and the water standing outside of curve two. If this is not addressed soon the muddy/wet conditions will transfer to the track surface and can do damage to a tremendous running track. Muddy and wet conditions around the field event venues must be addressed to protect a major investment the school has made. Consideration must be given to accommodate the spectators in regard to the field events that were denied their proper placement inside the end zones of the running oval.
Public Address and Press Box	Press Box and Public Address system are more than adequate for a Regional Track and Field competition.
Meet Management	Meet Management is a concern since the school has never hosted a track and field competition. The two coaches are extremely excited about the opportunity to host the meet and will work hard to put on the best meet possible. They are reminded that Fully Automatic Timing must be used and that the Hy-Tek Computer program sent out by the KHSAA is the program that must be used.
Regional Meet Site In your opinion would you recommend this facility to be considered as a Regional Track and Field Meet Site?	It is recommended that the KHSAA assign a KHSAA Official to check on the following issues by May 1 to finalize the location of this Regional Meet. <ul style="list-style-type: none"> Pole Vault issues pertaining to a box collar. High Jump issues pertaining to hard and unyielding surfaces. Shot Put issues pertaining to a new location for this venue. Discus issues pertaining to ability to keep the circle dry and clean. Long/Triple Jump and Pole Vault issues pertaining to mud and water standing Water on curve two that is about to take over the starting line of the 100 and hurdles as well as the clerking area.

Respectively submitted,

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