

Track and Field

Site Inspection



Lincoln County High School – Stanford, Kentucky

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

Monday, May 3, 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 on the second turn. The school purchased a new landing pad in 2003 and it meets all the requirements of the National Federation. The pads were properly put together and the common cover was in place to make a very safe landing pad. A weather cover was in place to protect the equipment from the elements. The run way is hard pavement and would be an excellent base for a rubber surface. The runway is 141' long which is more than the recommended length.
Planting Box	National Federation requirements for the vaulting box says that it is to be flush with the runway. The at the Lincoln County venue does not meet this Federation requirement. The box needs to be painted so that it is a bright color so that the athletes can easily see there plant area.
Standards/Crossbar 13'8" – 14'8" Bar 14'10"	The standards were not secured to the concrete pads which makes the venue illegal to vault. It is <u>highly</u> recommended that no practice or vaulting competition be allowed at this venue until this safety concern is corrected. Crossbars were no out to be observed.
Surrounding Area	Wood pallets were sticking out from under the landing pad making it a <u>very liable situation</u> . Coaches and athletes need to be instructed to check this venue daily to make sure that the pallets are under the landing pad and not a set up for a serious injury if landed upon. There was hard and unyielding surfaces around the sides and back of the landing pads that need to be covered daily with 2" of dense foam or other soft materials otherwise a <u>very liable situation</u> is present. The area between the pole vault and long jump/triple jump needs flagging to hinder runway traffic. Standard protection pads were not present and are a must to make the area safe.
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 this facility is selected for Regional Competition a coaching box needs to be set up in the area. Moving in a set of portable bleachers and flagging the area would be very easy as the present site.
Pole Vault Venue	With the present situation at Lincoln County vault venue I

	<p><u>suggested</u> to the Athletic Director that the vaulting pads be put up for the year. The new landing pad was the only thing right with the area. It has been <u>totally</u> neglected with the condition of the vaulting box and the platform an area around the landing pads. The standards were laying in a puddle of water rusting, had they been secured to the ground as required by National Federation Rules the standards would probably be in good working order. <u>The current condition of the pole vault venue is a law suit waiting to happen and needs attention.</u> Several ways to improve the venue was discussed with the Athletic Director. The equipment is there to have a wonderful facility if the area is prepared and maintained properly.</p>
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High Jump	
Landing Pit 16' by 8'	The High Jump Venue is located inside the oval in the first curve of the track. The high jump landing pad is properly put together and has a common cover to pull the 3 pads into a safe landing area that meets the requirements of the National Federation.
Standards/Crossbar 12' apart Bar – 12'	The standards were in good working order and the crossbar was the proper length.
Surrounding Area	The high jump landing pad is sitting completely on a apron that is 50' wide and 101' long. It is a very hard pavement that would make an excellent base for a rubber surface. The apron has several cracks that has clusters of grass growing in several places. This grass needs sprayed to terminate growth and then removed to assure proper footing of the athletes using the apron. Dried grass is all over the apron where persons using a mower don't clean up after mowing and coaches and/or athletes don't clean the area before using. Athletes not wearing spikes are at risk with the dried grass on hard pavement making is a very slick surface and quite possibly a liable situation. Easily to avoid when the mower turns his mower to blow the other direction. When the landing pad is placed totally on the apron the sides and back show hard and unyielding surfaces around the pad that must be covered with 2" of dense foam or other soft material.
High Jump Venue	Suggested to Athletic Director to move the landing pad to the grass area next to the apron so that the back and sides are not showing hard and unyielding surfaces making the area much safer. Suggested talking to the mowing staff on how they can help with making it a safer venue.

Long Jump and Triple Jump	
Landing Pit 9' by 15'	The Long and Triple Jump Venue is located outside the oval. The main sand pit and runway is the second curve with a 130' runway of very hard pavement that would be an excellent base for a soft rubber surface. The sand pit is 12' x 25'. The second pit has not been used for a couple of years but with a little work could be a very good sand pit. It has a very hard runway of 153' in length and is located behind the bleachers on the backstretch.
Take Off Marks 12' or 8' 32' or 28'	The take off marks are properly placed on the runway so that all levels of jumping ability can safely make the sand pit.
Rakes/Shovel Brooms	By the condition of the pits it is obvious that rakes, shovels and/or brooms have not been around for awhile.

Sand Level	The National Federation rules state that the sand must be level with the runway and the sides of the sand pit. The sand is so packed down in the sand pits that it is very difficult to determine the depth of the sand. The sand pit behind the bleachers has not been worked up for two or three years and it may be in better shape than the one being used daily. The main sand pit has not been worked up and fluffed to assure a safe landing for any athletes to land it. The hurdles in the sand pit are a safety concern, the wooden platform turned upside down in the sand pit is unsafe. The sand at the front edge of the pit was at least 6” below the level of the runway and a large pool of water was filling the area where the sand was low.
Surrounding Area	The area around the pit need work and the foreign objects removed for safety reasons.
Long Jump/ Triple Jump Venue	The long jump and triple jump sand pits have been neglected to the point that <u>they are unsafe</u> for the athletes to practice in. The sand pits need to have a tiller to really loosen the sand up so and more sand added if below the level of the runway and sides. It is <u>highly</u> recommended that no practice take place at this venue until the safety concerns in regard to landing are addressed.

Shot Put	
Circle	The Shot Put Venue is located outside the oval behind the bleachers on the backstretch of the track. The shot put circle needs to be cleaned daily to remove the grass clippings the mower leaves. The shot put circle is not the proper size and the toe board is secured to the concrete in the wrong place make it an illegal circle.
Sector and Markings 40* or 60 *	Sector lines were not present nor was there any indication that they have been placed there this year. Having sectors lines on the grounds teaches the athletes the area where the shot put must land and with out these lines the athletes can develop some very unsafe habits in practice.
Surrounding Area	The throwing area is a very safe area for throwing.
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	The Shot Put venue is not the correct size, the toe board is illegal as to where it is placed on the concrete slab. It was discussed with the Athletic Director the ways to correct this situation and moving the venue to make it an even better facility. Practice in this area should only be allowed with adult supervision present at all times.

Discus Throw	
Cage	The Discus Venue is located outside the oval on the second curve behind the Pole Vault and Long Jump/Triple Jump venues. The cage is netting and is not properly placed on the poles to meet National Federation Requirements. The front poles have not been moved to meet the new cage requirements for the 40 degree sector.
Circle	The circle is the correct size but it is recommended that fill dirt be placed around the concrete slab to eliminate the possibility of foot injury from slipping off the concrete slab.
Sector and Markings 40 * 2’9.75”	There is no indication that a 40 degree sector has been painted. Not painting the sector lines limits the athletes ability to practice

	on a proper venue to be able to compete on a level playing field when discus competitions are held.
Surrounding Area	The area around the discus needs some work with fill dirt.
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	It was suggested to the Athletic Director to move the Discus Venue over to the area with the Shot Put Venue. Talked about the idea of Chain Length cages being obtained for both the throwing venues to help assure the proper safety measures the National Federation requires.

Running Track	
Lanes Number & Size General overall Conditions and concerns	The Lincoln County Track and Field Complex has 6 – 42” lanes of very hard asphalt. It would be an excellent base for a rubber surface. Again the mowers appear to have no concern for the track as dead grass was in many places. This grass could well be a concern for athletes not wearing spikes making it a very slick surface.
Stagger Colors:	1 Turn - Green 3 Turn - None 2 Turn - White 4 Turn - Blue
Relay Colors:	4 X 100 – Blue/Blue/Blue 4 X 200 – Red/Red/Blue 4 X 400 – Yellow The host school is to provide the necessary flags for the officials to properly officiate the exchange zones.
Break Lines	Yellow 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 at the head of the front stretch. On the Pulaski track it would be the 100 Meter Starting Line.
Hurdle Colors	100 Girls – White 110 Boys – Green 300 Hurdles – Blue
Overall condition of the hurdles	Hurdles were not out to observe.
Starting Blocks Number and	Starting blocks are very difficult to use on this track. The spikes can not penetrate the hard asphalt making it very difficult to learn to use the blocks properly in practice.
Starting Line Safety	If a big meet were to be held at this facility flagging would be needed for crowd control.
Finish Line Safety	If a big meet were to be held at this facility flagging would be needed for crowd control.
Surrounding Areas (This could include bleachers, fencing, tree limbs, etc.	The bleachers are more than adequate for a track and field meet. Fencing would be a great addition for crowd control in both football and track and field. Great areas for teams to set up tents. “Death Valley” would be a great venue for a track meet when the track complex is brought to the same level as the facilities of the other sports on campus.
PA / Press Box	The Press Box and Public Address are adequate for track and field meets.

Officials Overall	The track and field athletes at Lincoln County are not receiving
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<p>view of this Track and Field Complex</p>	<p>the same quality facilities as the other sports at Lincoln County High School. The running track is in very bad shape and need some attention. Every field event is in a state of disarray and many are unsafe and should not be used.</p>
<p>Regional Meet Site (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>No The 6 lane track is so hard that the athletes throughout the region would not be able to perform to the best of there abilities. Spiked shoes will not hold on the track surface and can cause uncertainty when coming out of blocks and going over hurdles.</p> <p>The Pole Vault Venue has several safety concerns that must be addressed to assure the safety of Lincoln County athletes to practice.</p> <p>The Long Jump/Triple Jump venues have several safety concerns that must be addressed to assure the safety of Lincoln County athletes to practice.</p> <p>The Shot and Discus venues have several safety and legal concerns that must be addressed to assure the safety of Lincoln County athletes to practice.</p> <p>The high jump apron needs to have some grass clusters removed.</p>

Respectively submitted,

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