

# Track and Field

## Site Inspection



### Madison Southern High School – Berea, Kentucky

Site Inspection by ..... Gordon D. Bocock, KHSAA Track & Field Consultant

Friday, April 30, 2004

#### Pole Vault

<b>Landing Pad</b> 19' 8" wide 20' 2 deep <b>16'5 back of box</b> <b>Runway 130'</b>	The Pole Vault Venue is located outside the oval near the start of the 300 Meter Hurdles. The Pole Vault landing pad meet all the requirements of the National Federation. The pads are correctly put together and with the common cover in place they make a very safe landing area. There is an all weather cover to protect the pads from the elements. The landing pad has been placed on pallets and officials/coaches/athletes must stay aware that the pallets stay under the landing pad during practice and competition. The runway has ample length and is a slight downhill approach.
<b>Planting Box</b>	The box is in good condition but it has been improperly placed in the ground. The front lip of the vaulting box is one-quarter to one-half inch above the level of the runway. Safety is very much a safe plant of the pole when the box lip is above the level of the runway.
<b>Standards/Crossbar</b> 13'8" – 14'8" <b>Bar 14'10"</b>	The standards are in good working order and they have been secured to the ground. They have extenders so that athletes of all levels of ability may successfully compete.
<b>Surrounding Area</b>	The area surrounding the pole vault is all grass and not extra padding is needed unless the pallets come out from under the landing pad.
<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 their weight is in compliance with what is listed on the vaulting pole.
<b>Coaching Box</b>	If this facility was to be used for the Regional Meet a Coaches Vaulting Box would be needed.
<b>Pole Vault Venue</b>	The Pole Vault needs to have attention given to the vaulting box. I discussed with the Boys Track Coach the possibility of using the track patching kit to try to build the runway up so that the box and the runway were on a level area. <u>This could well be a liable area if not attended to.</u> Once this safety issue is addressed it will be a very good vaulting area.

#### High Jump

<b>Landing Pit</b> 16' by 8'	The High Jump Venue is located inside the oval in the first curve of the track. The landing pad meets all the requirements of the
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	<b>National Federation.</b> The pads have been properly put together and have a common cover to pull the pads together into one safe landing area. A weather cover was present to protect the pads from the elements.
<b>Standards/Crossbar 12' apart Bar - 12'</b>	The standards were in good working order and properly placed on the apron for a safe competition. Cross bar was the proper length and the competition went smoothly.
<b>Surrounding Area</b>	The landing pad was sitting totally on the apron. The area around the landing pad is a very soft rubber and would not need additional padding. There would be room to put the pad in the grass and still use the apron properly. The apron was more than ample to accommodate all the approaches possible from the athletes.
<b>High Jump Venue</b>	Very nice safe venue for practice and competition. Quality equipment in this area.

<b>Long Jump and Triple Jump</b>	
<b>Landing Pit 9' by 15'</b>	The Long and Triple Jump venue is located in two different places. Venue #1 is located outside the oval on a runway beside the pole vault going slight uphill the opposite direction. This pit has been plenty of length and width and concrete edges. This pit was used for the boys competition. Venue #2 was on the outside of lane 6 on the front stretch going toward the start of the 100 Meter Dash. The runway had more than the recommended length. The pit has the recommended length and width and concrete edges.
<b>Take Off Marks 12' or 8' 32' or 28'</b>	The markings on both pits were at a distance that was safe for all levels of ability to make the pit.
<b>Rakes/Shovel Brooms</b>	The Shot and Discus throwers were raking the pit out before the competition. They stated that it was part of their daily warm-up activity. Great idea ..... getting them to do it on a regular basis was evident in the girls pit but not the boys. Rakes and shovels were present and being used.
<b>Sand Level</b>	At venue #1 it was hard to determine if enough sand was in the pit. The front of the pit was low however the pit had not been totally worked up. The back of the pit had green plants growing in it. The pit needs totally worked up from front to back and fluffed up and the sand raked level with the concrete edges. More sand may be needed, especially in the major area where athletes land. At venue #2 it has been worked up much better than venue #1. Probably a little low on sand. A broom needs to be present at both pits every day so the large amount of sand that was present on the pavement could be swept back into the pit. Sand on the pavement could be a safety concern to athletes not wearing spikes.
<b>Surrounding Area</b>	Sweeping the sand off of the runways would have the surrounding area and having the concrete edges visible would have the surrounding areas in great shape.
<b>Long Jump/ Triple Jump Venue</b>	The sand venues are both very usable and really help with Meet Management by keeping the two pits going at the same time. Need to address venue #1 to make sure the total pit is worked up and the area around the venue swept daily to put the sand back in the sand pit. Venue #2 is a better pit because of the looseness of the pit but needs to have the sand swept back into the pit daily.

Shot Put	
<b>Circle</b>	The Shot Put Venue is located inside the oval near the start of the 100 Meter Dash. The circle is a metal ring mounted securely to a concrete slab. The toe board was in place but it was mounted outside the metal ring and the inside edge of the toe board was not even with the inside edge of the throwing circle. The circle had a lot of grass clippings around that need to be swept off the concrete daily to assure proper footing.
<b>Sector and Markings 40* or 60 *</b>	The 40 degree sector was marked correctly. The throwing sector itself is a grass area that needs a little work. The right side of the throwing sector sloped down at 30-35' that will add inches to a throw. Needs some fill in this area to make the sector level to assure the same accurate measurements for all the athletes.
<b>Surrounding Area</b>	The outside of the throwing circle would look much better if painted with the school colors to help brighten up the area. Flagging was in place to help assure safety.
<b>Weight Implements</b>	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.
<b>Shot Put Venue</b>	The toe board needs to be lined up so that the inside edge of the toe board is even with the inside edge of the throwing circle. The right side of the throwing sector needs some fill to make the area level for all competitors.

Discus Throw	
<b>Cage</b>	The netting was sagging in areas. As with all nets the netting needs to be checked quite often to make sure it stays in the proper positions and all safety concerns are being met. The front poles of the cage have been moved and are now within the 4-5' range as required by the National Federation.
<b>Circle</b>	The circle is a metal ring secured to the concrete slab. The concrete circle holds water and needs to be cleaned and dried before the competition. Grass trimmings were built up on the outer parts of the concrete circle. Needs swept daily to assure safety in spinning.
<b>Sector and Markings 40 * 2'9.75"</b>	The 40 degree sector was correctly marked.
<b>Surrounding Area</b>	The surrounding area was flagged for safety concerns. The grass around the cage and circle needs to be kept trimmed by the maintenance department and the remains removed from the circle after each cutting.
<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>	Any time that netting is used it needs to be checked regularly to make sure it to the specification required by the National Federation. The biggest concern here is the grass on the concrete that could well be a safety concern for the athletes spinning on the concrete.

Running Track	
<b>Lanes Number &amp; Size</b>	The Madison Southern High School Track and Field Complex is 6 - 42" lanes of soft rubber. The track is in very good condition, has

<b>General overall Conditions and concerns</b>	been patched in a couple of spots and it was patched properly.
<b>Stagger Colors:</b>	1 Turn - Green      3 Turn - Blue 2 Turn - White      4 Turn - Red
<b>Relay Colors:</b>	4 X 100 - Yellow/Yellow/Yellow 4 X 200 - Red/Red/Yellow 4 X 400 - Green/Blue The host school is to provide the necessary flags for the officials to properly officiate the exchange zones.
<b>Break Lines</b>	Green  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.
<b>Hurdle Colors</b>	100 Girls - Yellow 110 Boys - Blue 300 Hurdles - Red
<b>Overall condition of the hurdles</b>	Over 80 hurdles were observed.
<b>Starting Blocks Number and condition</b>	Starting blocks were in good working order.
<b>Block Cart</b>	A block cart was present.
<b>Starting Line Safety</b>	If a regional meet were to be held here flagging would be needed in a large amount in this area, the finish lynx and team tents were very close to the track.
<b>Finish Line Safety</b>	Some concerns in this area for a large meet. Flagging and marshalling would be needed.
<b>Surrounding Areas (This could include bleachers, fencing, tree limbs, etc.)</b>	The bleacher area was more than ample for a large track meet. No fencing around for crowd control so flagging would be a must. Had the area for tents but needed flagged and controlled.
<b>PA / Press Box</b>	Press box would meet the needs of a track meet, but not for a large number of people. Public Address is in good working order.

<b>Officials Overall view of this Track and Field Complex</b>	The running track is in very good shape and the track markings are still very easy to see. The pole vault and shot put need a little work and the long jump/triple jump pits need to be observed daily to keep them loose and the sand put back in the pits daily. It is a very nice 6 lane facility.
<b>Regional Meet Site (In your opinion would you recommend this facility be considered as a Regional Meet Site.)</b>  <b>If No what would they need to do to bring this facility into compliance.</b>	Yes ..... when the pole vault box is repaired and the shot put toe board is placed in the proper position.

**Respectively submitted,**

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