



Kentucky High School Athletic Association – Track & Field Site Inspection

Owen County High School – Owenton, Kentucky

Site Inspection Requested by Angela Passafieume, Assistant Commissioner of KHSAA
 Site Inspected by Gordon D. Bocock - #4848 – KHSAA Track and Field Consultant

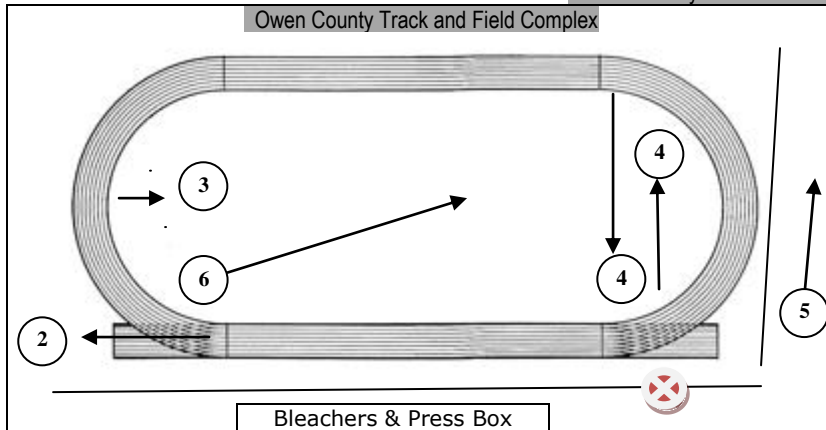
Date of Inspection: Monday – March 28, 2011

Venue # 1 Running Tracks

Lanes (Number and Size) General overall condition and concerns with the running track	The Owen County High School Track and Field Complex has a running track will have 8 – 42" lanes with a rubberized surface. At the time of the original inspection on August 31, 2010 the running surface was down with a rubber surface but no stripping of the track has taken place. At the time of that first inspection some problems in the curves that would not allow the proper stripping of the track. It appeared at the time that the inside edges of the track are 3 to 6 inches short of allowing the line that indicates the inside boundary line of the 400 meter track to be placed on the running surface. At the time of this inspection the inside edges of the curves have had some adjustments made that appears to have corrected the original problem but it is recommended that digital pictures of the work be taken monthly to show the wear and tear that the corrected surface will have compared to the original surfaces in lanes 2 thru 8. This inspector was not impressed with the repair job.
Starting Lines (Staggers)	Problems arise in the running of races, particularly distance races involving a large number of contestants, these problems can be reduced and sometimes completely eliminated through the use of standardize color markings to denote alleys, starting lines, finish lines and exchange zones. The National Federation and the KHSAA highly recommend the use of the color schematic chart one page 28 in the High School Rule Book. The National Federation Color recommendations were followed by the strippers with the lane staggers. <div style="display: flex; justify-content: space-around; margin: 5px 0;"> <div style="text-align: center;">1 – Turn Stagger Green 3 – Turn Stagger Blue</div> <div style="text-align: center;">2 – Turn Stagger White 4 – Turn Stagger Red</div> </div> <p>Distance races The track is a 400 Meter track as the single waterfall start indicates. The stripper did not include the step up that is used in waterfall starts. After talking with the coaches they indicated that the strippers did not ask Owen County them if they would like to have 2, 3 or 4 lane alley starts with step up lines for the distances races with one turn staggers. It is highly recommended that alley starts and step up line be added with the next stripping. Not having them will hinder the Owen County athletes in learning the proper starting technique for distance races.</p>
Relay Exchange Zone Markings	It appears that the exchange zones are properly placed on the track with the proper measurements for both the regular and fly zones. The National Federation Color recommendations were followed by the strippers with the exchange zone colors. The 4 x 100 Meter Relay . . . Yellow to Yellow, Yellow to Yellow, Yellow to Yellow with the proper yellow markings for the fly zones. The 4 x 200 Meter Relay . . . Red to Red, Red to Red, Yellow to Yellow with the proper red and yellow markings for the fly zones. The 4 X 400 Meter Relay . . . Blue to Blue Staggers, Blue to Blue California Exchange on the last two handoffs. The 4 X 800 Meter Relay . . . Blue to Blue California Exchange on all three handoffs.
Break Lines	A green broken line is in place at the head of the back stretch is properly located for the one turn stagger. A break line is not in place at the head of the front stretch for the two turn stagger that Kentucky uses for the 800 Meter Dash and the 4 x 800 Meter Relay.
Hurdles Color Markings Overall condition of hurdles	At the time of this inspection there are only 70 hurdles for the eight lane track. This will be a sufficient number as it is recommended that the eighth lane not be used for hurdling as a 5' high chain length crown control fence is only 1' from the outside of lane 8. The fence runs the entire length of the front stretch and could well be a hazard for hurdlers. The hurdles are old and appear to be in good working order. Freshly painted boards are a bright white that need a school name or horizontal stripes added to give the athletes better visibility when approaching the hurdles. 100 Meter Hurdles Yellow marks 110 Meter Hurdles Blue marks 300 Meter Hurdles Red Marks
Starting Blocks (Number & Condition)	Starting blocks are old but appear to be in good working order. Some have been recently painted and this sometimes causes problems with the sliding of the pads on shaft of the block. Some of the blocks still need spikes added to assure that the blocks will hold to the rubber surface. It was pointed out that new blocks would hopefully be added in next year's budget. Recommended that they look at borrowing some blocks for the region.
Starting Line Safety	The 5' high chain length fence going the entire length of the front stretch as the entire track safe as long as Marshals are placed at the gates that are open. There are too many gates for all of them to be left open and unmanned. Unmanned gates could well be a safety hazard with non-competitors allowed to walk around at will.
Finish Line Safety	The only problem at the finish line is a gate close by to get the athletes off the track after the finish of each race. Recommend that a gate be placed at the red X in the track diagram below. This gate would allow the athletes to move immediately to the area where Tent City will be located.
Surrounding area (This could include bleachers, fencing, trees, limbs, etc.)	

Location of Field Events

Owen County Track and Field Complex



- Venue #2:** Pole Vault is an event that was not considered when this complex was put down. It was discussed with the Principal and Athletic Director where this venue could be placed if it was decided to be added later.
- Venue #3:** High Jump is located inside the oval in the second curve of the track.
- Venue #4:** Long and Triple Jump venues are located inside the oval in the first turn of the track.
- Venue #5:** Shot Put is located outside the complex on turn one.
- Venue #6:** Discus is located inside the oval near the start of the one hundred meter dash in curve two.

Bleachers & Press Box

Venue #2 Pole Vault

New PV Landing Pad 19'8" wide 20'2" deep 16'5" back of box	There would have been room to add a pole vault venue if it had been included in the original plan but with the way the complex is now set up the best place to add this venue in the future would be at the end of the straightaway behind the start of the 110 Meter High Hurdles. It is not the ideal place but it could work without a lot of problems.
Vaulting Box Zero Point Markings	It would be very easy for the school maintenance department to cut a slot in the track and plant the vaulting box level with the runway surface. The front edge of the vaulting box shall not extend above the grade of the runway surface. It is recommended that the planting box be of a color contrasting to the color of the runway. A painted line from standard to standard shall be painted on the ground under the landing system to clearly indicate where the zero point marking is located.
Runway 130'0"	The recommended length of the runway is a minimum of 130 feet. Where conditions permit it should be 147'06". The runway should be 42" wide. This would be no problem if a vault venue were to be moved to the area below. The box would be placed in lane 4 and therefore after the 100 Meter dashes were complete the 4 lane would become a runway for the pole vault competition.
Standards / Crossbars 13'8" – 14'8" Bar – 14'10"	Since the Pole Vault is not an event the Owen County team can practice or compete in at this venue there were no standards or cross bars available to be observed at the time of this inspection. When and if the vault becomes a reality at Owen County careful consideration should be given to the National Federation Rule Book for all the safety requirements necessary in this event. The normal cross bar shall be 14'10" in length Effective January 1, 2013 the crossbar shall be circular. Square with beveled edges or triangular crossbars shall no longer be legal.
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 a pole vault venue in the area behind the sprint starts a coaching area would be placed outside the fence and would provide more than ample opportunity for coach/athlete communication.
Area surrounding the Pole Vault Venue	Rule 7-5-9 Hard or unyielding surfaces, such as but not limited to concrete, metal, wood or asphalt around the landing pad or between the planting box and the landing system, shall be padded or cushioned with a minimum of 2 inches of dense foam or other suitable material(s). A box collar must be in place. Note: It is recommended that any excess material such as asphalt or concrete that extends out from beneath the side or back of the landing pad be removed.
Pole Vault Venue (General Notes)	Immediate plans need to be put in place to secure a location for the Pole Vault competition in a Regional Meet. Hopefully future plans are to add the pole vault and a safe landing system to the Owen County Track and Field Complex.

Venue # 3 High Jump

HJ Landing Pad 16' x 8'	The landing pad shall not be less than 16'00" wide and 8'00" deep. The pad thickness should be at least 24". When the landing system is made up of two or more sections they shall be attached and a common cover should be in place to assure a safe landing surface for the athletes. The Owen County high jump venue has been modified with the addition of some extra foam blocks have been added to the back of the normal landing pad. The original pad and the additional foam blocks have been covered with an old pole vault common cover. It is recommended that the common cover being used is tucked completely in and the hooks modified where they can be attached to the high jump pads. The pad being used is bigger than the 16' x 8' required by the National Federation.
HJ Apron	The high jump apron is the recommended 50' x 100' and is a very good approach for the high jumping athletes. The biggest problem is the area around the apron that is a mud surface. Grass should be planted as soon as possible to assure that all this mud is not brought on to the apron.
Standards / Crossbar 12' apart bar is 12' to 14'10"	The normal cross bar shall be 12'00 to 14'10" in length Effective January 1, 2013 the crossbar shall be circular. Square with beveled edges or triangular crossbars shall no longer be legal. The cross bar observed showed that it was 12'00 long and one that already meets the requirements that will be mandatory in 2013. It is recommended that a second bar be in place for the Regional Meet so that Meet Management is prepared in case a bar breaks in competition.
Area surrounding the HJ Venue	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 foam or other suitable material. This is very much a safety issue on both sides and very much on the back. Padding should be put in place even for the practice of Owen County athletes. Competition at meets will not be allowed in the high jump if this area is not padded. Note: It is recommended that any excess material such as asphalt or concrete that extends out from beneath the side or back of the landing pad be removed.
High Jump Venue (General Notes)	The apron is in great shape but some grass does need to be planted in the bare spots around the apron. The standards are not in great shape but they work and a competent officials needs to be assigned to this event that knows how to operate these standards and can assure that the standards and cross bars are positioned properly. Hard and unyielding surface must be covered.

Venue # 4 Long and Triple Jump

Landing Pit Take Off Marks LJ - (8' and 12') TJ - (28' and 32")	<p>The Owen County complex has two very nice sand pits for the long and triple jump competition. It is recommended that the sand pit closest to the finish line be used for the triple jump simply because it has the longest runway. The sand pit near the back stretch would be the one reserved for long jump competition. This way both runways would be close to the recommended 130' minimum for a runway.</p> <p>Both sand pits meet the National Federation requirements for length and width. The takeoff marks are set at the proper length and if Middle School or Elementary Meets are held colored duct tape can be placed on the runway for the competition and removed immediately after the competition.</p>
Runway	<p>The runway should have a minimum length of 130 feet and where conditions permit it should be 147 feet 6 inches from the main long jump foul line. The runway should be between 42 inches and 48 inches wide.</p> <p>When a wooden or synthetic material is used as the takeoff board it should be 8 to 24 inches wide and be the width of the runway. On hard surface runways, a painted foul line of contrasting color to the runway may be used.</p> <p>Care should be given to weather proof the takeoff boards as water standing in the trays can cause the boards to warp and make them rise above the level of the runway which makes them illegal. At the time of this inspection it does appear that this is the problem in at least one of the areas and will need to be before an area of concern.</p>
Sand Pit Condition	<p>The landing pit shall be filled with sand or other soft material to a depth that will ensure a safe landing. The surface shall have the same elevation as that of the takeoff board. The sand level should always be level with the edges of the landing pit. Both the pits need to see a tiller to loosen the sand not just on the surface but as deep as possible. Rocks are located in the pit recommended for the Triple jump and a filter system should be put in place to assure that all these sharp rocks are removed before practice or competition begin at this venue.</p>
Area around the Long and Triple Jump Pit(s)	<p>Some of the area still needs some grass planted in the bare spots as this will help cut down the mud and dirt that comes on the runway and in the sand pit. It is highly recommended that a string of flags be stretched between to two runways to assure that athletes competing at either venue do not accidentally walk onto the adjacent runway. Just a safe guard to assure safety for the athletes.</p>
Long and Triple Jump Venue (General Notes)	<p>The concrete edges are safe as long as the sand is kept in the pit and not on the concrete edges. The concrete is safe as long as it stays uncovered so the athletes can see the potential hazard. When the concrete edges become covered with sand then they are a hidden hazard so the event officials need to be sure to have a broom handy as part of the equipment needed for this event.</p>

Venue #5 Shot Put

Circle – Concrete Pad Toe Board	<p>A concrete surface with a 1 millimeter roughness is recommended. The surface at the time of this inspection was excellent</p> <p>A 7' circle, sunken with drainage, raised metal ring properly secured or a 2" painted line. The 9' x 9' concrete slab was in place with a 2" painted line.</p> <p>Back half indicators should be permanently marked on the concrete slab. At the time of this inspection the back half indicators were not in place</p> <p>The toe board shall be 4 feet in length along the inside of the surface, 4 inches in height and 41/2 inches in width and it shall be firmly fixed into a non-movable position. Sector lines should be placed on top of the toe board.</p>
Sector	<p>The 34.92 degree was not in place at the time of this inspection. The sector was filled with several inches of gravel that would cause two problems . . .</p> <ul style="list-style-type: none"> • When a heavy shot land it will cause the gravel to explode away from the spot making an accurate measurement impossible • When someone in the sector has to make a sudden move the gravel may well problems for footing, especially if wet <p>It is recommended that the gravel be removed and the area then covered with black plastic and then covered with a fine grade of crushed lime strong. This would eliminate the two potential problems above and assure that sector lines can be placed on the ground.</p>
Cage	<p>At the present time a cage is not required for the shot put competition by the National Federation. With the current location of the shot put venue at Owen County it may well be a good idea to consider a cage. Directly behind the shot put circle is a main entrance gate to the track. A large gravel drive is directly behind the shot put concrete pad. Parents and other interested spectators will be moving in this area to see the shot put competition. With unskilled athletes using the spin technique and not knowing for sure where the shot is going a cage could well be the answer to a potential safety issue. Strong consideration should be given to adding a cage to this venue.</p>
Weight in of Implements	<p>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.</p>
Surrounding Area	<p>It is highly recommended that all throwing areas be cordoned off, roped, fenced, or with flags placed well outside the sector lines to minimize the risk of injury for spectators, athletes and/or officials.</p>
Shot Put Venue (General Notes)	<p>There are some safety concerns with the Shot Put Venue . . .</p> <ul style="list-style-type: none"> • Gravel in the sector needs to be replaced with crushed lime stone. • Concerns with were spectators are going to be allowed with safety in mind.

Venue #6 Discus Throw

Circle – Concrete Pad	A concrete surface with a 1 millimeter roughness is recommended. The surface at the time of this inspection was excellent. An 8'2 1/2" circle, sunken with drainage, raised metal ring properly secured or a 2" painted line. At the time of this inspection the 2" painted line was set at 7'2" and must be readjusted to a circle of 8'2 1/2" as quickly as possible. Back half indicators should be permanently marked on the concrete slab. The area around the concrete slab needs to have some fill to assure that stepping on and off the concrete is to a level surface.
Sector	A 34.92 degree sector was properly marked on the ground for both practice and competitions. The actual sector has a valley just in front of the cage that was due to the drainage and the crown of the football field. All competitors will have the same advantage.
Cage	A new nylon netting cage was in place and properly put together and the front poles were properly placed. Excellent cage.
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 highly recommended that all throwing areas be cordoned off, roped, fenced, or with flags placed well outside the sector lines to minimize the risk of injury for spectators, athletes and/or officials.
Discus Venue (General Notes)	Size of circle needs to be corrected immediately.

Meet Management

Seating and Spectator Control	The bleacher seating is more than adequate for the size of this Region. Spectator Control that is has been put in place is more than adequate for a track and field competition. Too many gates leading into the track on the main straightaway will need to be Marshaled or some permanently closed. Tent city has already been planned for an area where the Public Address can be heard. Plans need to be put in place to assure the safety of spectators and athletes around the Shot Put Venue.
Public Address and Press Box	A press box in located at the top of the bleachers and according to the Owen County Coach the public address is more than adequate for a track and field competition.
Meet Management in regard to Running Events	Meet Management has designated the clerking area to the chute near the start of the 110 High Hurdles. The problem of exiting athletes from the track was planned at the end of the straightaway with may well not be a good idea as it would put more bodies coming into the shot put area and an area that already has some safety concerns. It is recommended that a gate be placed near the finish line where the red x indicates in the track layout shown on page 1.
Meet Management in regard to Field Events	Meet Management needs to seriously address the following . . . <ul style="list-style-type: none"> • Gravel in the shot put sector • Safety concerns for spectators and competitors in the shot put area • Correct circle in the discus throw • Hard and unyielding surfaces in the high jump • The minor issues listed above in the long and triple jump
Meet Management Equipment	Hy-Tek Meet Management: It is a KHSAA policy that the Host School for a Regional Meet must own a Hy-Tek license. At the time of this inspection the coaches were not certain if this was in place but was assured that it would be. Fully Automatic Timing – Meet Management informed us at the time of this inspection that a KHSAA approved FAT Operator was already lined up to work the Regional Meet. The Meet Management was informed that they would be assigned two KHSAA Officials to serve as Referee for the Regional Meet and one KHSAA Official to serve as the Starter and that the Host School would be responsible for the Officials Fees/ Coaches informed us that a strong volunteer staff would be in place to assist in putting on 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?	After the Site Inspection Owen County was informed that they would be approved to host the Regional Track and Field Competition for Class A – Region 5. To assure that the minor problems found are finalized digital pictures of the corrections and safety plans are to be sent to the KHSAA by the 1 st of May. These corrections to be sent in are <ul style="list-style-type: none"> • Location of the Pole Vault competition • Visual aids for the hurdles • Hard an unyielding surfaces covered in high jump • Long/Triple pictures of level sand pits and board level with the runway • Improved shot put sector and safety concerns addressed.

Respectively submitted,

Gordon D. Bocoock, #4848
KHSAA Track and Field Consultant