

Track and Field

Site Inspection



Paul L. Dunbar High School

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

Wednesday, April 28, 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 in the curve near the start of the 100 Meters Dash. The pit was purchased new in 2003 and meets all the qualifications of the National Federation. The pads have been properly put together and have a common cover that makes it a very safe landing area. An all weather cover is in place. The runway is 148' of very hard asphalt that has been covered with a rolled out rubber pad. The rubber is in three pieces and covers 82' of the runway. The three pieces of rubber need bonded together at the joints to assure the runway stays level.
Planting Box	The planting box is properly placed in the ground but it needs to be painted a bright color (white or yellow) to make the plant move visible for the athletes.
Standards/Crossbar 13'8 - 14'8" Bar 14'10"	The standards are in good working order but they are not secured to the ground. A concrete pad should be placed on each side of the landing pad so the standard bases can be properly secured to the ground. At the present time the standards are setting on the ground with no anchors. It is recommended that athletes neither practice or compete at this venue until all the National Federation Requirements for safety have been met.
Surrounding Area	The pole vault is free from obstacles and in a good location.
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	A coaching box would need to be set up and flagged off.
Pole Vault Venue	The Pole Vault Venue has spent a large amount to bring this venue into compliance with National Federation Requirements. This money spent is wasted if the standards are not secured to the ground and if practice or competition is allowed with the current situation the school is in a very liable situation. I highly recommend that no athletes be allowed to practice or compete until all the National Federation safety requirements are met. In the future, when the track gets a touch up or resurface, I suggest the soft rubber track surface be extended to the pole vault runway.

High Jump	
Landing Pit 16' by 8'	The High Jump Venue is located outside the oval to the upper right of the finish area. The high pads are properly put together and has a common cover that pulls the pads together for a very safe landing. A weather cover is in place. The apron is a very hard asphalt that covers a good sized area..
Standards/Crossbar 12' apart Bar – 12'	Standards were in very good working order and the cross-bars were the correct size for this venue.
Surrounding Area	The high jump venue is not as blessed as the rest of the facility. If the high jump pad is placed on the actual apron then all the parts of the apron that extend from the high jump pad become hard and unyielding surfaces that must be covered with a minimum of 2" of dense foam or other suitable material. This area has the potential to become a liable situation for the school if not observed properly. Area needs flagged to keep spectators from wandering to close to the venue.
High Jump Venue	Like the pole vault the high jump equipment is great but the site selected was not properly prepared to accommodate the equipment safely. In the future, when the track gets a touch up or resurface, I suggest the soft rubber track surface be extended to the high jump apron. During practice coaches must keep an eye on this area, during competition officials need to make sure that all yard and unyielding surfaces stay covered.

Long Jump and Triple Jump	
Landing Pit 9' by 15'	The Long and Triple Jump Venue is located inside the oval on the front stretch of the track with a 180' runway with sand pits 10 ' X 26' with concrete edges.. Excellent jumping facilities that are surrounded by the artificial grass.
Take Off Marks 12' or 8' 32' or 28'	Long Jump marks are placed at 8' and 11' while Triple Jump marks are placed at 23' and 32'. Tape take off marks can easily be placed on the runway to assure a safe takeoff as well as a safe landing.
Rakes/Shovel Brooms	Probably the first two pits I have observed this year that are properly raked. At Paul Dunbar the sand is in the pits and not all over the runways and the surrounding area. The coaches and athletes are taking care of these venues.
Sand Level	Constant attention needs to be paid to the level of the sand so that it stays level with the surface of the runway and the surrounding edges. The sand should be raked so that there is not a crown in the center of the pit but a level landing surface for a true and accurate measurement. Both sand pits a little low on sand with the pit nearest the 100 Meter start close to becoming a safety issue.
Surrounding Area	The location is great for viewing and the areas are safe. Officials need to make sure that athletes are always exiting the pit to the infield side of the pit and runway to make sure that the running track is always free of jumpers.
Long Jump/ Triple Jump	Two great venues that are well taken care of.

Venue	
--------------	--

Shot Put	
Circle	The shot put venue is located outside the oval near the start of the 200 Meter Dash. The concrete slab is 10' x 12' that has a white metal band and a toe board that is in good shape. The metal band is in need of some fresh paint. The concrete outside the actual throwing circle would look much better if painted in the school colors. A broom needs to be part of the throwers equipment and the circle swept daily.
Sector and Markings 40* or 60 *	The 40 degree was very visible but did see enough to know that it had been marked correctly. The sector itself has been bordered with décor planks that have been secured to the ground. The sector has #11 grade gravel and it has several large grass clusters growing in the sector. The gravel footing is not real good for the officials who may need to move and then tripping over a grass cluster. The grass need to be removed and I suggest a #9 gravel that will compact move and make the area safer and easier to maintain and easier to stripe the sector lines.
Surrounding Area	The surrounding area needs to see a weed eater more often as high or heavy clusters can be a hazard in the area of throwing events. The mound with railroad ties and the block walk way was a very good idea and added to the venue. If possible a set of portable bleachers would be very good for the parents of throwers since the venue can really not be seen from anywhere inside the stadium.
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	Has the potential to be a great throwing venue. Needs a little work in the sector to make the venue for safe for athletes and officials. A little paint in the area would brighten it up and a broom to keep the surfaces safe for spinning and gliding.

Discus Throw	
Cage	The Discus Venue is located inside the oval in the second curve. The discus is thrown onto the artificial surface. The cage meets all the requirements of the National Federation and the front poles are hinged so that the can be placed where ever they are needed. The poles and netting can be easily removed at the end of the season and caps put on the inserts.
Circle	The Discus Venue is located inside the oval in the second curve. The discus is thrown onto the artificial surface. The cage meets all the requirements of the National Federation and the front poles are hinged so that the can be placed where ever they are needed. The poles and netting can be easily removed at the end of the season and caps put on the inserts. Painting the concrete outside the throwing circle would add to the area.
Sector and Markings 40 * 2'9.75"	The sector lines are straps that are placed and tacked to the artificial surface. They were not down at the time of this visit to view.
Surrounding Area	The discus venue has only one problem and it could be a big one. The circle and slab was full of the black particles that appear to be coming off of the artificial surface. It needs to be blown off or swept daily to assure a safe surface for the athletes to spin on.

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	Great throwing venue if the circle is cleaned daily.

Running Track	
Lanes Number & Size General overall Conditions and concerns	The Paul L. Dunbar Track and Field Complex is 8 lanes of very soft rubber that are 42" wide. The track is black in color with white lanes markings. It is a broken back track that is a true 400 Meter Track. New track that is in great shape.
Stagger Colors:	1 Turn - Green 3 Turn - Blue 2 Turn - Yellow 4 Turn - Red White waterfall starting line.
Relay Colors:	4 X 100 - Yellow/Yellow/Yellow 4 X 200 - Red/Red/Yellow 4 X 400 - Blue/Green The host school is to provide the necessary flags for the officials to properly officiate the exchange zones.
Break Lines	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.
Hurdle Colors Overall condition of the hurdles	100 Girls - Yellow 110 Boys - Blue 300 Hurdles - Red old hurdles are in pretty good shape with 80 brand new hurdles sitting on the high jump apron that just came in. Will probably have enough hurdles for straight and curve to help with Meet Management.
Starting Blocks Number and condition Block Cart	Starting blocks were in good condition and enough to fill all the lanes. Did not observe a block cart.
Starting Line Safety	The starting area from the bleachers to the high jump area will need some flagging to help with crowd control. I would recommend a fence with gate be placed in this area if the school plans to offer big track meets. The gated area is needed to both control the crowd and to allow athletes controlled entrance and exit from the area.
Finish Line Safety	The gated control area is needed to assist Meet Management of control of this area.
Surrounding Areas (This could include bleachers, fencing, tree limbs, etc.)	Great bleachers for viewing a track meet. Only bad area for viewing is the shot put. Large meets with teams putting up tents may take some additional planning to assure safety but I think the venue has great potential. Great parking potential for high school track.
PA / Press Box	The press box is quite high and it would be difficult getting all the necessary equipment in this area for a very large track meet. The

	press box has the size to accommodate a large meet. I heard the public address at previous events at this venue and it was more than adequate.
--	---

Officials Overall view of this Track and Field Complex	Need to address some safety issues in the field event areas and this would be a great track and field venue.
Regional Meet Site (In your opinion would you recommend this facility be considered as a Regional Meet Site. If No what would they need to do to bring this facility into compliance.	Yes Just need to touch up a few field events and be revisited to assure that all the safety issues have been addressed.

Respectively submitted,

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