

# Track and Field

## Site Inspection



### Pulaski County High School – Somerset, Kentucky

Site Inspection Requested by . . . . Mike Crowhurst, Track Coach – Pulaski County High

Wednesday, April 14, 2004

### Pole Vault

<p>Landing Pad 19' 8" wide 20' 2" deep 16'5" back of box Runway 130'</p>	<p>Pulaski County High School has purchased new pole vault pads and standards before the 2003 Track and Field season. The pads are put together properly and they are secured by a common cover pad and a weather covering is in place to protect the equipment. The standards are properly secured and are functioning properly. The standard covers are in place over the standards, however the standard cover pads are not large enough to cover all the concrete area that is left exposed. It is <u>highly</u> recommended that this exposed area be covered before practice and/or competition. The area to the back of the landing pad has a hard an unyielding surface that is not covered. It is <u>highly</u> recommended that this area be covered with the rubber mats that are laying in the grass area around the pole vault. Run way is in pretty good shape compared to other field event runways. Plenty of approach.</p>
<p>Planting Box</p>	<p>The vaulting box has been properly placed and is being maintained. Might need to see a <u>paint brush</u> to make it a little more visible. Box Collar is properly in place and front pads of the landing pit are in proper position to provide a safe untimely landing in the box area.</p>
<p>Standards/Crossbar 13'8" – 14'8" Bar 14'10"</p>	<p>Crossbar visibility is very good with the green hillside for a background. Visibility for night meets is not good at all and recommend that pole vault competition be concluded before darkness sets in. As mentioned above standards are set properly and secure. Extensions for the standards were not seen but they will be needed for beginners in the high school competitions and in training of middle school athletes. Need to make sure to have a ample supply of crossbars so the competition, especially in the Region, is not delayed.</p>
<p>Surrounding Area</p>	<p>The surrounding area is free of objects that could put be a problem. Area needs to be policed so make sure that trash finds its way to proper containers. Flagging is recommended between the Long Jump/Triple Jump runway and the Pole Vault runway for safety of both areas.</p>
<p>Weigh In of Athletes</p>	<p>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.</p>
<p>Coaching Box</p>	<p>It is recommended that during the Vaulting Competition in Regional Meets that a Coaching Box be sit up in the curve area of the track nearest the track storage building. The area should be outside the track oval and designated as a Vault Coaches Box.</p>
<p>Pole Vault Venue</p>	<p>The Pole Vaulting venue at the Pulaski County High School Track is in very good shape. Once the exposed areas, mentioned above, have bee covered it will be a very safe area for young people to learn and excel in the sport of pole vaulting.</p>

### High Jump

<p>Landing Pit 16' by 8'</p>	<p>The High Jump landing pad is starting to show the signs of wear and there are some places on the pads that need to receive some <u>patching</u> before they become a liable situation. The weather cover is in <u>bad need of repair</u> so that it can do its job in protecting all</p>
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	the pit, instead of just part of the pit. The pallets under the pit need to be just that .... <u>Under the pit</u> .... those exposed in the back need to be pushed under the pit, padded or removed.
Standards/Crossbar 12' apart Bar – 12'	The only standards on site to view were the old standards that were becoming quite rusty. If these are being used they need to receive better care and up keep. I know that three years ago new standards were purchased and last year they were in good shape.
Surrounding Area	Very good high jump apron. The extra pallets stacked on the High Jump pad and surrounding area need to be removed. They are very much a liability issue and no competition or practice needs to be conducted with them at the venue.
<b>High Jump Venue</b>	The High Jump Venue at Pulaski County High School is very large and once the liability issues mentioned above have been removed it will be a very safe venue. The pads do need some <u>upkeep work</u> to assure that they will last a few more years.

Long Jump and Triple Jump	
Landing Pit 9' by 15'	The Long Jump/Triple Jump pit has plenty of length and width. The runway has the necessary length.
Take Off Marks 12' or 8' 32' or 28'	New inserts have been placed in the ground for the boards that will be removed. At the present time there are way to many lines painted on the runway and the athletes are going to be confused. With the numerous lines and the patch work it is a mass of confusion. <u>This area needs some attention before the season of competition begins.</u> The runway is showing wear and tear more than any other area of the track. Attempts have been made with a patch kit to repair the runway but it really needs a new surface.
Rakes/Shovel Brooms	Nice rakes are available but it was obvious that a broom and/or shovel has not make its way to the pit. The sand around the pit needs swept back into the pit each and every day, it makes the place look better and it can be a safety issue.
Sand Level	Must be same level as runway or takeoff board. The sand is not the same level as the runway and it may well be because it is so tightly packed in the sand pit. The total pit needs to see a shovel and/or tiller to loosen up the <u>total</u> landing area. It is <u>highly</u> recommended that this be done before practice and/or competition is allowed to take place at this venue. The pit in its present condition is very much a <u>liable</u> situation that can be corrected with proper care and supervision of the venue. Once the sand has been loosened up it can be determined if sand is needed to make it level with the runway.
Surrounding Area	The area around the Long Jump/Triple Jump is in very good condition. Flagging needs to be placed between the two field event runways in the immediate area.
<b>Long Jump/ Triple Jump Venue</b>	It is obvious that a lot of work has been done on the runway this year, but more is needed. Too many painted lines on the runway is going to cause problems for the athletes. The sand pit is in very bad shape, simply because no one has taken the time to prepare the pit for the season. Until the sand is totally loosened up it is basically a hard and unyielding surface that needs padding. In its present condition it is not safe to jump in.

Shot Put	
Circle	The Shot Put Circle look great with the outside painted maroon and the actual circle marking painted white. The toe board is fairly new and secured to the concrete. The only problem is that the toe board is secured to the slab outside the throwing circle when the inside surface of the toe board is to be even with the inside edge of the throwing circle. <u>Basically the toe board needs to be moved back 2" to make the circle a legal throwing venue.</u> I believe that it would be much easier to move the toe board in than to re-do and repaint the circle.
Sector and Markings 40* or 60 *	The Shot Put sector may be the best I have seen in Kentucky. It was very well planned and put together. The sector lines were not down to show the new 40 degree throwing area but the way the area is it can handle the new sector measurement very easily.
Surrounding Area	The Shot Put area has been set aside by itself and has a very viewable and safe venue. It is recommended that the gate near the Shot Put area be opened so that athletes awaiting their turn to throw may step outside the gate and behind the fence. This would provide a safety area for the athletes when the rotational spin technique is being used.

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 at Pulaski County High School will be one of the finest in Kentucky when the toe board finds it way to the right place. With the toe board in its present position it is an illegal venue. The sector is the best I have viewed in Kentucky.

Discus Throw	
Cage	Discus Cage is in compliance with the National Federation and a safe venue for conducting the discus competition.
Circle	The discus circle is very well marked with the maroon coloring out side the circle and the white marking the actual throwing circle. Very well marked and taken care of.
Sector and Markings 40 * 2'9.75"	The sector lines are marked with the leather strips that are strapped down to the ground. They were properly marked.
Surrounding Area	At the present time the discus venue is unsafe for practice and/or competition because of the discarded football and soccer equipment that is everywhere, including the throwing sector. All of the equipment around the discus venue needs to be moved to the football storage building or to the areas completely away from the discus venue. The soccer goal posts are an accident waiting to happen and need to be removed immediately.
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	The Discus Venue at Pulaski County High School is in a position where it is a very safe and secure throwing venue. At the present time the throwing venue is unsafe and it is <u>highly</u> recommended that no practice and/or competition be conducted until all the liable situations have been removed from this throwing venue.

Running Track	
Lanes	Eight Lane rubberized track with 42" lanes. Has been one of the finest track is South Central Kentucky. It is getting <u>real</u> close to needing a resurfacing. Lane 2 in the middle of the back stretch need a patch kit ( <u>now</u> ). It is recommended that the original stripping company be used the next time the track is lined. The original lines are starting to bleed through as the latest painter tried to be to cheap and save paint. It is recommended that the curves have cones placed on inner lane during bigger meets.
Stagger Colors:	1 Turn - Green                      3 Turn - Blue 2 Turn - White                      4 Turn - Red
Relay Colors:	4 X 100 – Yellow to Yellow 4 X 200 – Red/Red/Yellow 4 X 400 - Blue The host school is to provide the necessary flags for the officials to properly officiate the exchange zones.
Break Lines	The break line at the head of the back stretch is marked in 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 a the head of the front stretch. On the Pulaski track it would be the 100 Meter Starting Line.
Hurdle Colors	100 Girls – Yellow marks 110 Boys – Blue marks 300 Hurdles – Red marks (starting to fade) <u>Overall condition of hurdles:</u> All hurdles should be checked by a shop class to see if boards are in need of repair and if lubrication is needed to assist with moving the hurdles. Some may need to see a paint brush. Pulaski's hurdles are very sturdy and should last a long time if properly maintained.
Starting Blocks	Blocks were not on display today but they have added new blocks from time to time and there supply was very good last year. New spikes need to be put into all the blocks that will be used to assure the problem of block slippage.

	Cart to move blocks – <u>this needs to be looked into.</u>
Starting Line Safety	The area around the starting lines is safe and a plus is that Pulaski usually have very safety minded officials working there meets.
Finish Line Safety	The finish area is free of all material that could be a problem for athletes falling at the finish. Again the overall quality of the finish line personnel is usually great at Pulaski meets and the are very safety minded.
Surrounding Areas	The running venue at Pulaski County is great for running a safe track and field meet. In larger meets flagging is recommended in the finish area to keep people off of the track and away from the finish area and the starting area around the first curve. The fence in front of the main bleachers <u>needs repaired and soon.</u>
PA / Pressbox	The actual Press Box at Pulaski County High School is the worst facility on the entire campus. It needs to be pushed over the hill into the creek to the Pump House Pond so the fish will have a place to hide. The finish line porch is very unique and very adequate for finish line results in good weather. The public address has never been tremendous at this facility.

Final Overview of site inspection: Pulaski County High School has been selected as one of the Regional sites for the 2004 track and field season. The running track will pass inspection once the two area in the middle of the back stretch are patched. The field events are really in very good shape but most have some liability issues that need to be addressed to protect everyone involved.

As a Meet Official, if there were a meet today we would not Pole Vault until the hard an unyielding surfaces were covered. We would not Long Jump or Triple Jump until the hard and unyielding sand pit was loosened up, and although I would not stop the event because of the runway I do have some strong concerns, especially for a Regional site. We would not throw the Shot Put until the toe board is in the right place to make the event legal and we would not thrown the discus until the venue was free of all the sporting equipment that belongs to other sports.

I do hope that this inspection helps you as you prepare for another season and especially for a Regional Meet.

Respectively submitted,

Gordon D. Bocock,  
KHSAA Track & Field Consultant