

# Track and Field

## Site Inspection



### Russell County High School – Russell Springs, Kentucky

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

Thursday, May 13, 2004

#### Pole Vault

<b>Landing Pad</b> 19' 8" wide 20' 2 deep 16'5 back of box Runway 130'	There is no pole vault venue or equipment. During 2003 and 2004 the Russell County Lakers have not participated in the pole vault competition.
<b>Planting Box</b>	
<b>Standards/Crossbar</b> 13'8 – 14'8" Bar 14'10"	.
<b>Surrounding Area</b>	
<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 there weight is in compliance with what is listed on the vaulting pole.
<b>Coaching Box</b>	
<b>Pole Vault Venue</b>	As stated there is not pole vault equipment and no pole vault runway was put in place when the Russell County Track Complex received a new paved surface.

#### High Jump

<b>Landing Pit</b> 16' by 8'	The High Jump Venue is located inside the oval in the first turn. The high jump pads have been properly put together and have a common cover that pulls the pads together for a safe landing pit that meets the requirements of the National Federation. An all weather cover was present to protect the equipment from the elements. Pallets were under the landing pad and they were sticking out from under the landing pads. The coach and some athletes lifted the pit and placed the pallets back under the landing pads.
<b>Standards/Crossbar</b> 12' apart Bar – 12'	The standards were in good working order and the crossbar was the proper length.
<b>Surrounding Area</b>	The high jump apron is a hard asphalt that has some grass growing in the apron. The apron needs to be cleaned more often

	and the grass removed to assure safe footing as the athletes make there approach for takeoff. The apron is adequate size.
<b>High Jump Venue</b>	The high jump venue is adequate but the apron needs a little attention. Officials, coaches and athletes need to be aware of the pallets to make sure that they remain under the landing pad during practice and competition.

<b>Long Jump and Triple Jump</b>	
<b>Landing Pit 9' by 15'</b>	The long and triple jump venue is located inside the oval in the second curve. The runway is hard asphalt and more than adequate length.
<b>Take Off Marks 12' or 8' 32' or 28'</b>	The take off mark for the long jump is a board that has been placed in the pavement. The triple jump marks are painted on the runway. All marks are set so that jumpers of all levels of ability can safely make a landing in the sand.
<b>Rakes/Shovel Brooms</b>	Rakes and brooms were present and it was obvious that a shovel had been used.
<b>Sand Level</b>	The sand in the pit was level with the runway and the edges of the pit. It was one of the few pits I have found in Kentucky that has been properly raked and the sand was totally level.
<b>Surrounding Area</b>	No problems with any other venues. A meet of any size would need flagging between the between the long jump runway and the shot put venue.
<b>Long Jump/ Triple Jump Venue</b>	Long and Triple Jump pit is more than adequate and has no safety concerns.

<b>Shot Put</b>	
<b>Circle</b>	The Shot Put Venue is located inside the oval in the center of the second curve. It was pointed out to the coach that the toe board was not mounted correctly. A metal ring is in place a section is removable for the inside edge of the toe board to be brought in even with the inside edge of the throwing circle. The section of the metal ring should be removed and the toe board reset to assure accurate measurements for all the athletes.
<b>Sector and Markings 40* or 60 *</b>	The 40 degree sector was in place and properly marked.
<b>Surrounding Area</b>	Flagging should be used in this area as it was in the discus area. The flagging should be between the long jump runway and the throwing sector.
<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>	Once the toe board is put in the proper place it will be a very nice throwing sector.

<b>Discus Throw</b>	
<b>Cage</b>	The Discus Venue is located inside the oval in the first curve very close to the finish lines of all races. Not a real good location for the discus as several others locations would have been much safer. The netting is properly put up and the front poles of the cage are

	<b>in the proper position to meet the requirements of the National Federation. The right front pole came loose during the competition so it needs to be better secured.</b>
<b>Circle</b>	The circle is fine and the markings are correct.
<b>Sector and Markings 40 * 2'9.75"</b>	The 40 degree sector was in place and properly marked.
<b>Surrounding Area</b>	The largest mass of people at a track meet are gathered at the finish line and the discus cage is right there. It has been flagged but still some concerns should be given for safety.
<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>	The discus venue is a good throwing area but concern for the mass of people at the finish line is still a major concern. I <u>recommend</u> moving the discus venue to the backstretch of the track or to the practice football area behind the track storage building.

<b>Running Track</b>	
<b>Lanes Number &amp; Size General overall Conditions and concerns</b>	The Russell County Track and Field Complex is 6 lanes of 42" wide hard asphalt. The track is an old 440 Yard track that has been converted to metrics. There are three water fall lines and I have doubt that the 1600 Meter Water fall is correct. It is the first track I have seen in 40 years of involvement with the sport that has staggered starts for the 110 Meter High Hurdles. Several concerns with the color chart that the painting company provided. Starting lines of the 1600 Meter Relay are incorrect. I <u>recommend</u> that they never use this painter again it was a very bad paint job.
<b>Stagger Colors:</b>	1 Turn - None      3 Turn - None 2 Turn - White      4 Turn - Green
<b>Relay Colors:</b>	4 X 100 - Yellow/Yellow/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.
<b>Break Lines</b>	None present ..... track not painted for one or three turn stagger that would require a break 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 a 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>	30 brand new hurdles were set up for 3 full flights. A few very old hurdles were scene but they are in bad condition.
<b>Starting Blocks Number and condition</b>	Had 3 starting blocks but the track is so hard that very few of the athletes used blocks.
<b>Starting Line</b>	Things are fine in the 100 and 200 and 300 starting areas but with

<b>Safety</b>	the Discus cage in its present location some concerns could be present at the main starting area.
<b>Finish Line Safety</b>	The finish area has large numbers of people gathered around and if a meet of any size were to be held at this venue flagging would be needed.
<b>Surrounding Areas (This could include bleachers, fencing, tree limbs, etc.</b>	Small sets of portable bleachers are scattered around for seating. Some tree limbs near the start of the 100 Meters need to be trimmed, especially if a tall hurdler was running in lane 5. All kinds of area for a tent city. Rest Rooms and concessions are located 200 meters away at the baseball complex.
<b>PA / Press Box</b>	A very small press box area that was not open. A portable public address was used and adequate.

<b>Officials Overall view of this Track and Field Complex</b>	A very old facility that was renovated to give the Russell County Track athletes a place to practice. It is a good facility for small meets. Safety concerns are well thought out in every area except the Discus. As mentioned above I <u>recommend</u> relocating the Discus Venue. The coaching staff is doing a very good job providing a safe facility for the athletes.
<b>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.</b>	No ... The Russell County Track Complex is not at present sit up to host large track meets. Five or Six schools would be a large meet at this facility. Concerns with track markings. No pole vault venue or equipment Only 30 hurdles to set up Discus venue concerns in small meet, big meet would be very questionable for this venue. Toe Board needs placed correctly on the slab.

Respectively submitted,

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