



## Kentucky High School Athletic Association – Track & Field Site Inspection

**South Laurel High School, London, Kentucky**

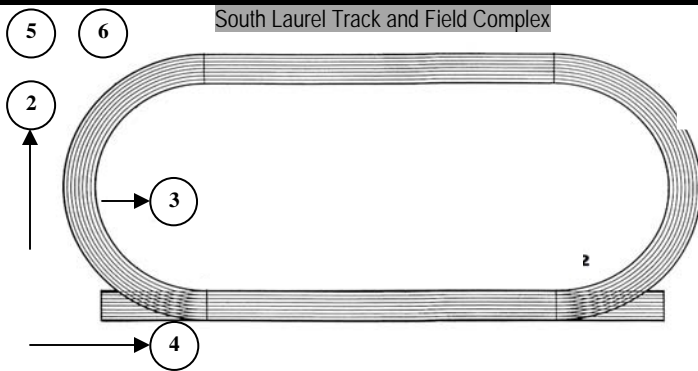
Site Inspection Requested by . . . . . Julian Tackett, Assistant Commissioner of KHSAA  
 Site Inspected by . . . . . Gordon D. Boccock - #4848 – KHSAA Track and Field Consultant

Date of Inspection: Tuesday, April 18, 2006

### Venue # 1 . . . . . Running Tracks

Lanes (Number and Size) General overall condition and concerns with the running track	The South Laurel Track and Field Complex is 8 (42") lanes – 400 Meter Track and it is very hard asphalt. It is very different in that the asphalt is covered with a gray sealer and marked with black lane lines. The track has the basic color scheme recommended by the National Federation with the exception of the black color replacing everything that is recommended to be white. The asphalt surface is holding up well and would probably need little work to have a rubber surface placed on top of it. It is noted that there is an unusually large paved area inside of lane 1 and it is recommended that cones be used to assure that athletes know the inside boundary lines of lane 1.
Starting Lines (Staggers)	The starting lines on the South Laurel Track have black line markings for all the starting lines when white is recommended by the National Federation.. The 100 Meter and 110 Meter starting areas are in good condition and not showing signs of wear. The 200 and 300 Meter Starts are both in good condition. The biggest problems with all the starting lines is the track is hard and it is difficult to determine how the starting blocks will hold on the hard asphalt surface with a sealer that could well be slick when wet. 1 – Turn Stagger . . . . . Green Lines                      2 – Turn Stagger . . . . . Black Lines (Recommend White) 3 – Turn Stagger . . . . . Blue Lines                      4 – Turn Stagger . . . . . Red Lines Distance races . . . . . One waterfall starting line is on the track and is properly marked, but it painted black instead of the recommended white. There is no step up line painted on the track and no alley starts are marked on the track. It is <b>recommended</b> that when the time comes for re-stripping the track that the step up line and alley starts with step up lines be put in place.
Relay Exchange Zone Markings	The 4 x 100 Meter Relay is marked with the starting lines being the black lines (2 turn stagger), instead of the recommended white lines and the exchange zones being yellow to yellow in all three zones. The fly zones are also marked in yellow. The 4 x 200 Meter Relay is marked with the starting lines being the red lines (4 turn stagger) and the exchange zones being red to red at the first and second zone and yellow to yellow on the third exchange. The fly zones are in place and properly marked in red. The 4 X 400 Meter Relay is marked with the starting lines being the blue lines (3 turn stagger) and the exchange zones being green to green staggers on the first handoff and then blue to blue for the second and third handoff. The 4 X 800 Meter Relay is marked and the start can use either a waterfall start, a one turn stagger or a two turn stagger. All the handoffs are blue to blue. It is pointed out that the <b>host school should provide</b> the white and yellow flags used in exchange zones by officials
Break Lines	A green broken line is located at the head of the backstretch when a 1 turn stagger is desired for the distance races or for the 3 turn stagger on the 4 x 400 Meter Relay. It is recommended that when re-stripping occurs that a green broken line be placed at the head of the front stretch for a 2 turn stagger break line.
Hurdles Color Markings Overall condition of hurdles	The 100 Meter High Hurdles – Yellow Markings The 110 Meter High Hurdles – Blue Markings The 300 Meter Hurdles – Red Markings The hurdles were not out to be observed.
Starting Blocks (Number & Condition)	The starting blocks were not out to be observed. It is recommended that the host school provide the number of blocks that would meet the needs for there 8 lane track.
Starting Line Safety	The fencing completely around the outside of the oval is one of the best venues I have seen in regard to crowd control for track meets, especially running events. All the starting lines are safe from hazards, the only problem may well be the very hard asphalt surface and the ability of starting blocks being able to hold to the surface.
Finish Line Safety	The crown control fencing makes the common finish line safe from unauthorized people. No field events on the infield in the finish area also helps with safety issues near the finish line.
Surrounding area (This could include bleachers, fencing, trees, limbs, etc.)	The complex is also home to football and soccer and has excellent bleachers on the both the home and visitor sides of the oval and make viewing of running events excellent. The current location and some suggested changes in field event locations would make viewing of field event venues very difficult from the bleacher areas.

### Location of Field Events



- Venue #2.** Pole Vault is located outside the oval on the second curve far away from the spectator viewing area.
- Venue #3.** High Jump is located inside the oval on the second curve.
- Venue #4.** Long and Triple Jump is located outside the oval and fence at the head of the front stretch near the start of the 100 Meter Dash.
- Venue #5.** Shot Put is located outside the oval far away from the spectator viewing area on the practice football field.
- Venue #6.** Discus is located outside the oval far away from the spectator viewing area on the practice football field.

### Venue #2 . . . . Pole Vault

New PV Landing Pad 19'8" wide 20'2" deep 16'5" back of box	The vaulting pads were not out to be observed at the time of this inspection. The venue was inspected on April 20, 2004 and at that time it was learned that the landing pad had been bought new in 2003 and that it met the requirements of the National Federation. It is highly recommended that the vaulting pit be properly put together and put in place to determine if it is indeed in compliance with all the new National Federation Rules in regard to pole vault safety. The area paved with hard asphalt to sit the vaulting pad on is 20' x 20' which would be the size needed for the new legal size pads. The entire area has been laid out for drainage, but the lay of the land may well be a problem in regard to pole vaulting safety. The pad sits with the left hand side being lower than that right hand side which would have the standard bases at different levels. Not only does the pad dip to the left but it dips to the back side which has the runway approach with a larger than usually downhill approach that could well have the athletes coming to the pit faster than usual, and that combined with the pad tipped to the back could well have those with limited skills traveling to the back of the pad and possibly out of the safe landing area.
Vaulting Box  Zero Point Markings	The front of the vaulting box is not level with the runway which could well cause problems with the pole entering the box properly. The vaulting box needs to be painted a bright white or yellow color so that better visibility is assured to the athletes. The NF Rule Book recommends that the box be a color contrasting to the color of the runway. A box collar was not visible.
Runway 130'0"	The runway has more than ample length but the downhill lay of the land could well be a problem for vaulters who generally do not generate any speed..
Standards / Crossbars 13'8" – 14'8" Bar – 14'10"	No vaulting standards were out to be observed, however at the original inspection in 2004 the standards were not secured to the ground and the area where they needed to be attached was dirt and grass. Since that original site inspection concrete base pads have been put in place and the standards would be secured nicely. No vaulting crossbars were out to be observed. Without the pads in place there is no way to tell, but it does appear that no hard or unyielding surface would be exposed.
Weigh in Athletes	It is pointed out that the <u>host school is responsible</u> to provide scales for the KHSAA Meet Official to weigh all the vaulters before each competition. It is <u>highly recommended</u> 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	At this time no evidence of a coaching box but if the vaulting venue stays where it is a coaching box would definitely be needed. It is recommended that a portable set of bleachers be placed in the grassy area to the left of the vaulting venue be provided for the coaching box.
Area surrounding the Pole Vault Venue	The area around the vaulting venue would be very safe if not for the constantly sloped lay of the land.
Pole Vault Venue (General Notes)	Do to the fact that the entire vaulting venue is tilted slightly left and slightly to the back and with the excessive downhill approach of the runway it is <u>highly recommended</u> that the vaulting venue be moved to a flatter area. The chute area behind the 100/110 area would make an excellent runway and the large asphalt area is basically level and would allow for the pit to provide a safe area for the pad even though the hard and unyielding surfaces would have to be padded. Overall this new location would make a much safer vaulting venue.

### Venue # 3 . . . . High Jump

HJ Landing Pad 16' x 8'  Exposed Surfaces	The high jump landing pad was not in place. At the time of this site inspection three pads were scattered around a make shift area. One pad was turned side ways and being used for practice and did not meet the National Federation safety standards in regard to pit length and/or width. There was no common cover present.
HJ Apron	The high jump was designed to take place on the inside of the oval in curve two of the running track. Although the high jump apron tilts hard to the left it is a safer place to jump because the pit could be placed in the grass to assure that exposed hard and unyielding surfaces were not present. If the high jump remains in the make shift area NF Rule 7-4-4 it is pointed <b>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 form or other suitable material.</b>
Standards / Crossbar 12' apart bar is 12' to 14'10"	The standards appear to be very old and are really showing the signs of being weather beaten. Several cross bars were around that were in decent shape.
Area surrounding the HJ Venue	In the current make shift location the high jump venue does not have a legal landing pad and hard and unyielding surfaces is all the way around the pad.
High Jump Venue (General Notes)	It is <u>highly recommended</u> that high jump practice be discontinued at the present make shift venue. The current practice of jumping on one pad is totally unsafe and is not in compliance with National Federation safety requirements. The entire high jump landing pad needs to be put together and a common cover put in place to make a legal safe landing area for the athletes. The originally planned high jump apron inside the oval would be a better area to high jump and would put the event into better viewing area for the spectators.

### Venue # 4 . . . . Long and Triple Jump

Landing Pit Take Off Marks LJ - (8' and 12') TJ - (28' and 32') And the Runway	During the 2004 Site Inspection the Long and Triple Jump venue was a major law suit waiting to happen. Since that time many of the problems that existed have been corrected and it is not the best field event venue. The runway is 150' in length, with plenty of width, and very hard asphalt. The two long jump take off boards are painted at 8' and 12' while the triple jump take off boards are painted at 24' and 32'. The sand pit is now very large being 18' long and 24' wide.
Sand Pit Condition	The sand pit is in much better condition than the last visit, however it has not been properly worked up. There should be no things growing in the sand pit and all the greenery needs to be tilled up and removed from the pit. Once the pit is totally tilled I doubt that the sand will be level with the sides of the pit on all sides. It is very low front and center of the pit and the exposed asphalt presents a problem to body parts that could well come into contact with this exposed area.
Area around the Long and Triple Jump Pit(s)	Area is now safe for jumping.
Long and Triple Jump Venue (General Notes)	A lot of work went into making this a safe venue but daily attention must be given to the sand pit to make sure that it is a safe landing area for flying bodies.

Venue #5 . . . . . Shot Put	
Circle – Concrete Pad	The Shot Put venue is located way outside the oval at the practice football field. The circle is placed on an old concrete slab(10' x 10') that would look much better if the school colors were used to paint the slab. The back half of the circle is not indicated on the slab. A flat metal ring is being used to indicate the 7' circle but it is not totally secured to the slab. The toe board is in place and properly secured.
Sector and Cage	There is no indication that sector lines have been on the ground for some time. It is <b>highly recommended</b> that sector lines be put in place so the athletes will know the boundary lines that come into play in this event. Lack of sector lines is indeed a safety issue. At the present time a cage is not required in the shot but should that become a National Federation Safety requirement plenty of room is available to make this a very safe shot put venue.
Weight in of Implements	It is pointed out that the <b>host school is responsible</b> to provide scales for the KHSAA Meet Official to weigh all the throwing implements before each competition. It is <b>highly recommended</b> 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.
Surrounding Area	If competition were to be considered flagging may well be needed to assure that the discus and shot put venue are separated.
Shot Put Venue (General Notes)	The metal ring needs to be totally secured and sector lines put in place. It is <b>recommended</b> that the 34.92 degree sector be put down to better prepare the South Laurel throwers for the Regional and/or State Meets.

Venue #6 . . . . . Discus Throw	
Circle – Concrete Pad	The Discus venue is also located on the practice football field. The regulation circle is located on a 10' x 10' old concrete slab. The circle is a metal ring that is secured to the slab. The back half of the circle is not indicted. Like the shot put slab the discus slab needs to be painted with the school colors.
Sector and Cage	There is no indication that sector lines have been on the ground for some time. It is <b>highly recommended</b> that sector lines be put in place so the athletes will know the boundary lines that come into play in this event. Lack of sector lines is indeed a safety issue. The discus venue is totally illegal since there is no discus cage in place ..... National Federation Rules require a discus cage and safety issues are very much in violation at this venue. It is <b>highly recommended</b> that all practice at the discus venue be discontinued until the National Federation Safety requirements are being met.
Weight in of Implements	It is pointed out that the <b>host school is responsible</b> to provide scales for the KHSAA Meet Official to weigh all the throwing implements before each competition. It is <b>highly recommended</b> 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.
Surrounding Area	The area will be fine once the proper cage is in place.
Discus Venue (General Notes)	The Discus venue plain and simple should not be used until the proper discus cage is put into place. During the 2004 site inspection a cage was in place but the front poles were not in compliance with National Federation standards. Now all poles and netting have been removed make the venue totally unsafe for throwing (practice or competition)..

Meet Management	
Seating and Spectator Control	The seating is great for a track and field meet and the fence around the outside the oval would make crown control one of the best venues I have scene in this part of Kentucky. Seating and crown control would need to be addressed for the field event venues that are all currently outside the oval and would be tough for spectators to get to.
Public Address and Press Box	The press box is more than adequate for track and field meets and the public address used for football and soccer would be excellent for track and field meets.
Meet Management in regard to Running Events	It has been sometime since South Laurel has hosted a track and field meet. At this site inspection no meet was observed. Officials at future meets at this facility would judge the meet management skills in regard to running events.
Meet Management in regard to Field Events	Meet management in the field events would be very tough as currently only one field event venue is safe for practice and/or competition. At this site inspection no meet was observed. Officials at future meets at this facility would judge the meet management skills in regard to running events.
<div style="background-color: black; color: white; padding: 5px; text-align: center;"><b>Regional Meet Site</b></div> <p>In your opinion would you recommend this facility to be considered as a Regional Track and Field Meet Site?</p>	<p>The running track is very hard and it is doubtful if the other schools in the Region would vote to put the school in the site rotation plan. The layout of the running track and the bleachers and crown control would make this an excellent Regional Track Site if and when a rubber surface is applied. Even with rubber there are <b>serious issues</b> with field events that have this Track and Field Complex <b>not safe for competition at this time.</b></p> <p>It is highly recommended that no practice and/or competition be held in the discus until all National Federation Safety requirements are met.</p> <p>It is highly recommended that no practice and/or competition be held in the pole vault competition until all National Federation Safety requirements are met. It is recommended that the venue be moved to a safer area.</p> <p>It is highly recommended that no practice and/or competition be held in the high jump with the current set up and that all National Federation Safety requirements be put in place.</p> <p>Even though the Long/Triple Jump venue and the Shot Put are safe for practice the both need some work to be ready for any form of competition.</p> <p><b><u>At the present time it is not recommended that track and field meets take place at South Laurel and it can not be recommended for Regional Competition.</u></b></p> <p>When all field event safety issues have been addressed and all equipment is in place another Site Inspection should take place before this facility should be allowed to have athletic competition. Practice in the field event areas should be very limited and totally supervised at all times.</p>

Respectively submitted,

*Gordon D. Bocoock*

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