

# Track and Field

## Site Inspection



### Tates Creek High School – Lexington, Kentucky

Site Inspection Requested by . . . . Gordon D. Bocoek – KHSAA Track & Field Consultant

Wednesday, April 28, 2004

### Pole Vault

<b>Landing Pad</b> 19' 8" wide 20' 2" deep 16'5" back of box Runway 130'	<p>The pole vaulting venue is located inside the oval on the main straightaway with the landing pad near the start of the 100 Meter Dash. The landing pad meets all the new requirements of the National Federation in regard to landing pad size and cushion requirements. The pit has been properly put together and has a common cover that correctly brings the pieces together into one safe landing pad. It has an all weather cover to protect the investment from the weather elements.</p> <p>The runway is shared with the Long or Triple Jump with Sand Pit #1 at the other end of the runway. The runway is 193' long from box to pit.</p> <p>Using both of these facilities at the same time could possible cause some delays for meet management with athletes that use the full 130' runway that is recommended for each event.</p>
<b>Planting Box</b>	<p>The vaulting box is properly placed in the ground but needs to be painted a bright color (white or yellow) in contrast to the color of the runway. A box color was in place and the box area was safe and protected.</p>
<b>Standards/Crossbar</b> 13'8" – 14'8" Bar 14'10"	<p>A very good set of standards that came new with the vaulting pads. The extenders were in place and safe for athletes of all levels of ability. The standards have the padding around them to make it a safe area. The standards were setting on concrete pads that have been inserted into the artificial surface but the standards have not been secured to the ground. Standards not secured to the ground make the venue illegal and I <u>highly recommend</u> that all vaulting in practice and in competitive meets be halted until this safety issues has been corrected. Vaulting cross bars were not out to be observed, however the standards were at the proper distance that indicated the correct size cross bar was being used.</p>
<b>Surrounding Area</b>	<p>The area around the vaulting venue is artificial grass to the right and on the back side. The running track is very close on the left and although not an ideal situation, with flying crossbars I see no problem in this area. There are no hard or unyielding surfaces that need covered.</p>
<b>Weigh In of Athletes</b>	<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</p>

	there weight is in compliance with what is listed on the vaulting pole.
<b>Coaching Box</b>	The vaulting venue would be very visible from the bleacher area so no coaches box would be needed at this venue.
<b>Pole Vault Venue</b>	Has the potential to be a great pole vault venue. Tates Creek High School could well be in a liable situation if an athlete received an injury from the standards falling on them. The rule book states that they are to be secured in a way as to prevent them from tipping over. This situation “must” be corrected before the Regional Meet that Tates Creek is scheduled to host this year. It is not a major task at all to attach the standard bases to the concrete slab but if for some reason this safety issue can not be corrected by the Regional Meet it is likely that an alternate site will have to be found for the vault competition. I <u>highly recommend</u> that no practice or competitive competitions be held at this facility until this safety athlete is corrected. Another safety concern I observed were the two vaulting poles left at the venue. Anyone coming into the track complex and picking up the expensive pole that was not trained could receive a serious injury that may place Tates Creek into another liable situation.

<b>High Jump</b>	
<b>Landing Pit 16' by 8'</b>	The high jump venue is located inside the oval in the center of the infield near the first curve. The landing pad meets all the requirements of the National Federation and has been properly put together. A common cover is in place to assure that the pads are pulled together for one safe landing.
<b>Standards/Crossbar 12' apart Bar – 12'</b>	The standard were brand new and in very good working order. Two crossbars were left at the venue and one was broken and still being used by a physical education class. This was not a safe situation with the short cross-bar since the standards were so close together increasing the possibility of hitting the standards while jumping. I suggest that the broken bar be removed from the area to avoid a safety issue. The other cross bar was the proper bar for this venue.
<b>Surrounding Area</b>	Something new to Kentucky is using a high jump apron that has the athletes coming off of artificial grass. The National Federation has approved it but I still have some reservation about it until I actually see a competition at this venue. I do see the possibility that the landing being in the center of the field at the crest of the football field crown might be an area of concern. It appears that the athletes to the right or left are using a slight uphill approach. I suggest the Tates Creek coach experiment with moving the pad closer to the 300 Hurdles Start and giving the athletes a slight down hill approach.
<b>High Jump Venue</b>	The equipment for this event is excellent and the apron is like no other in Kentucky. Since this is like no other in Kentucky are the Tates Creek athletes getting an advantage. I can not answer that and only time will tell as we observe the performance of high jumpers on and off of this facility.

<b>Long Jump and Triple Jump</b>	
<b>Landing Pit</b>	There are three sand pits that can be used for the long jump/triple jump. They are in the infield of the track with two on the

9' by 15'	backstretch that share the same runway and one on the front stretch that shares a runway with the pole vault. All pits are 9' wide and 25' long and have concrete edges. The pits are very well located and placed so that spectators in front or back stretch bleachers can easily see the athletes compete.
Take Off Marks 12' or 8' 32' or 28'	The painted marks are sit at 8' and 12' for the long jumpers and at 22' and 34' for the triple jump. It was evident that tape marks have been placed so that all athletes will have the opportunity to safely land in the sand pit.  The sand pit on the back stretch have a 180 foot runway from pit to pit.  The sand pit on the front stretch has a 193' foot runway from vaulting box to sand pit.  Runways are in excellent condition.
Rakes/Shovel Brooms	None were present for viewing.
Sand Level	According to the National Federation rule book the sand is supposed to be level with the runway way. All three sand pits need more sand.  It is possible there is enough sand if the pits were to really be loosened up and fluffed and properly raked. All three pits need some work to make sure that the concrete edges, especially near the runway have sand level so the edges are not exposed for the athletes to possibly land on.
Surrounding Area	Need to make sure that sand is swept back into the pit that gets on the runways. Runways can become very slick for athletes that do not have spikes when the sands starts building up. The artificial grass is on all sides of the pit and the runways.
Long Jump/ Triple Jump Venue	Three excellent venue once the pits have been filled so that they are level with the edges and the runway and the sand pit has been totally loosened up to assure a safe landing for all.

<b>Shot Put</b>	
Circle	The Shot Put Venue is located outside the oval near the 200 Meter Start. This area needs some help. Have the potential to be a great area when the grass on the hillside covers the muddy spots. The mud has got to be kept off of the concrete. The concrete pad is 9 X 9 or 10 x 10 but and accurate measurement could not be obtained because of the condition of the circle. Athletes throwing the shot must have safe conditions to glide or spin across the circle so that all around can be assured of a safe flight of the shot is the right direction. The toe board was fine and a metal ring was in place. Recommend giving the circle a serious cleaning for safety reason and then painting the concrete with the school colors to help brighten the area. A retaining wall may be necessary to keep the

	hillside from putting all of its dirt on the concrete.
<b>Sector and Markings</b> 40* or 60 *	Sector lines were not in place to view but the marks on the toe board indicate the lines are being put down correct. The gravel sector needs some work. The area needs sprayed to get all the grass out of the area. The large clods of grass are a hazard to officials trying to officiate the event. The gravel looks like a #11 grade and is a little too large. Probably need to look at a #9 grade to pack the area a little and getting a much better measurement on the shots actual landing, larger rocks tend to explode from away from the area on impact of the shot put.
<b>Surrounding Area</b>	Shot sector was build on a hill with a slight slope to the left. The sector might need some sector boundary boards to keep the gravel being used from washing down the hill in a heavy rain. The boundary boards may also keep a shot thrown to the left from rolling a very long way.
<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>	Has the potential to be a very good shot put venue but it has been neglected more than any other field event venue. It needs some immediate help to stop the mud slide developing onto the concrete slab. Grass clods need to be removed so no one trips over them when moving away from a flying object.

<b>Discus Throw</b>	
<b>Cage</b>	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 they 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.
<b>Circle</b>	The circle is on a 12' x 12' concrete slab with the circle in the middle with a metal ring. Probably would look much better if the concrete outside the circle was painted to reflect the schools colors.
<b>Sector and Markings</b> 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.
<b>Surrounding Area</b>	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.
<b>Weight 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>	Great throwing venue if the circle is cleaned daily.

<b>Running Track</b>	
<b>Lanes</b> <b>Number &amp; Size</b> <b>General overall</b> <b>Conditions and</b> <b>concerns</b>	The Tates Creek High School Track and Field Complex is a very nice 8 lanes that are 42" wide. The 400 Meter Oval is black with white lane lines and a very nice soft running surface.

<b>Stagger Colors:</b>	1 Turn - Green      3 Turn - Blue 2 Turn - White      4 Turn - Red
<b>Relay Colors:</b>	4 X 100 - Yellow/Yellow/Yellow 4 X 200 - Red/Red/Yellow 4 X 400 - Blue/Blue The host school is to provide the necessary flags for the officials to properly officiate the exchange zones.
<b>Break Lines</b>	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.
<b>Hurdle Colors</b>  <b>Overall condition of the hurdles</b>	100 Girls - Yellow 110 Boys - Blue 300 Hurdles - Red  The hurdles appear to be in very good condition. I do suggest that a couple of broken hurdles that were observed be repaired or removed from the area so they do not become a safety issue.
<b>Starting Blocks Number and condition</b>  <b>Block Cart</b>	Blocks were not available to be observed.  None observed.
<b>Starting Line Safety</b>	Since the hillsides on the school side all emptied on to the track it is recommended that front straight away and around the first curve be flagged to control the crown movement.
<b>Finish Line Safety</b>	The flagging recommended above would be sufficient to cover the finish area.
<b>Surrounding Areas (This could include bleachers, fencing, tree limbs, etc.</b>	The bleachers and concession areas are quite sufficient for a track and field meet. Rest rooms appear to be no problem. Biggest problems with the area now is the grass is not growing everyplace it is needed. A totally new area and the hills have not got all the grass they need to keep mud from washing down hill. Will be an even better facility when the grounds are completely finished. Wooded area around curve two and 110 Hurdle Start might well be an area that will need some attention in the future. This area needs to be observed by meet management to see if a marshal needs to be placed to make sure it does not be come a safety issued.
<b>PA / Press Box</b>	Press box is adequate. Public Address will be need for the Regional Meet.

<b>Officials Overall view of this Track and Field Complex</b>	The running track is in excellent shape with very clear markings. The safety issues in the field events mentioned above need to be addressed.
<b>Regional Meet Site (In your opinion would you recommend this facility be considered as a Regional Meet Site.</b>	Yes ..... if the pole vault standards are secured to the concrete pads before the regional meet. If they are not secured I recommend that Tates Creek find another venue to host the pole vault on a separate date from the other events.

<p><b>If No what would they need to do to bring this facility into compliance.</b></p>	<p><b>All other events are ok for the regional meet but I do recommend Standards secured to the concrete in pole vault. Shot Put area needs a cleaning. Discus circle needs cleaned. Sand pits need more sand.</b></p>
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**Respectively submitted,**

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