

## Kentucky High School Athletic Association – Track & Field Site Inspection West Jessamine High School, Nicholasville, Kentucky

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

## Date of Inspection: Tuesday, April 25, 2006

	Venue # 1 Running Tracks
Lanes (Number and Size)	The R.J. Corman Relays hosted by West Jessamine High School brought about this site inspection by the KHSAA Meet Referee. The West Jessamine
General overall condition and	Track and Field Complex is 8 (42") lanes – 400 Meter Track and it is rubber surface in need of paint and repair. Large chunks of the rubber are missing
concerns with the running track	in the center of the track on the sprint straight. It is possible that some of these places could be repaired with a repair and/or patch kit that probably
5	came with the original track surfacing job. The edges of the track and several field event venues have been abused by lawn mowers with operators that
	have no respect for school property. The track has the basic color scheme recommended by the National Federation but it has become time to re-
	stripe the track.
Starting Lines	The starting lines on the West Jessamine Track are worn and showing the signs of a lot of use. Starting blocks are starting to slip because of the wear
(Staggers)	in the respective starting areas.
	1 – Turn Stagger Green Lines 2 – Turn Stagger Black Lines
	3 – Turn Stagger Blue Lines 4 – Turn Stagger Red Lines
	Distance races One waterfall starting line is on the track and is properly marked. There is no step up line painted on the track and no alley starts
	are marked on the track. It is recommended 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	The 4 x 100 Meter Relay is marked with the white starting lines. (2 turn stagger and the exchange zones being yellow to yellow in all three zones.
Exchange Zone	The fly zones are also marked in yellow.
Markings	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 host school should provide 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	The 100 Meter High Hurdles – Yellow Markings
Color Markings	The 110 Meter High Hurdles – Blue Markings
Overall condition of	The 300 Meter Hurdles – Red Markings
hurdles	The hurdles are basically in good working order did notice some that were in need of minor repair.
Starting Blocks	Starting blocks were provided by West Jessamine but it is noted that all of the blocks were not of the same make and model which had some athletes
(Number & Condition)	unhappy because they did not get the better blocks. For the most part the blocks were usable but the older blocks are starting to show signs of wear.
Starting Line	A fence that goes basically the entire length of the sprint straightaway has the starting line there safe from crown interference. All the starting lines are
Safety	safe from hazards, the only problem may well be the area where the track is wearing out and the blocks could slip out from under the athletes
Finish Line	The crown control fencing makes the common finish line safe for the most part, had the fence continued another 10 to 20 feet would have made the
Safety	finish area safer from unauthorized personnel
Surrounding area	The complex is also home to soccer and has excellent bleachers on the sprint straight away. At the present time some construction is going on behind
(This could include bleachers,	the bleachers with the additions of dressing room, public rest rooms, concession stands and a press box that will add greatly to this complex.
fencing, trees, limbs, etc.)	



## Location of Field Events

Venue #2. Pole Vault is located inside the oval on the finish straightaway.



Venue #4. Long and Triple Jump venues are located inside the oval at three different locations.

Venue #5. Shot Put is located outside the oval far away from the spectator viewing area on the practice soccer field.

Venue #6. Discus is located outside the oval far away from the spectator viewing area on the practice soccer field.

	Venue #2Pole Vault
New PV Landing Pad	The landing pad at West Jessamine Pole Vault venue meets all the size requirements and is in compliance with the National Federation Safety
19'8" wide	Requirements. The pads are properly put together and are pulled together with a common cover that is providing a safe landing for the athletes. A
20'2" deep	weather cover is in place to protect the equipment from the elements. It is pointed out that the area around the pads has had all the hard an unyielding
16'5" back of box	surfaces removed and the pads are resting on a sand base that has the area around the pads very safe. In watching the competition it was noted that
Vaulting Day	the center of the pit may be getting a little worn and suggest changing the pads around from time to time.
Vaulting Box	The vaulting box is properly placed in the ground. The vaulting box needs to be painted a bright white or yellow color so that better visibility is assured to the other set of the ground. The Net and the two here a set or entracting to the ground that the here here a set or entracting to the ground.
Zoro Doint Markings	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 in place. The Zero
Zero Point Markings	point was not marked and it is recommended that the zero point be marked on the ground to assure that box and standards are on the same line. The runway is 137' in length but it is not in good shape. The runway is bare in spots where the athletes make the final plant and leave the ground.
Runway 130'0"	This could well result in some safety issues with a foot slipping, especially on a wet surface. The Bermuda grass is starting to grown on the runway
130.0	and it will take over and cover the runway if not addressed.
Standards / Crossbars	The standards were in good working order and the proper cross bars were being used. The standards were secured to the ground and provide a safe
13′8″ – 14′8″	venue for the pole vault competition.
Bar – 14'10"	
Weigh in Athletes	It is pointed out that the host school is responsible to provide scales for the KHSAA Meet Official to weigh all the vaulters before each competition. It
	is highly recommended 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	With the pole vault venue being located on the finish straight away the coaches can sit in the bleachers and have a perfect view of the entire vault
	process so no special coaching box is needed at this venue.
Area surrounding the Pole Vault	With the vault venue being on the inside of the oval and between the soccer field and the rubber track all of the hard and unyielding surfaces are
Venue	covered and the area is free from other foreign objects and safe for vaulting.
Pole Vault Venue	The vaulting box needs a fresh coat of paint and the vaulting pads need to be moved around from time to time to assure that one pad is not taking all
(General Notes)	the constant wear. The runway needs a new surface or a repair patch kit as soon as possible.

Venue # 3 High Jump	
HJ Landing Pad	The landing pads at the West Jessamine High Jump venues meets all the size requirements and is in compliance with the National Federation Safety
16′ x 8′	Requirements. The pads are properly put together and are pulled together with a common cover that is providing a safe landing for the athletes. A weather
	cover is in place to protect the equipment from the elements. It is pointed out that West Jessamine has two landing pads, one on the designated high jump
Exposed Surfaces	apron and the second is located on the extra long finish chute area past the common finish line of the track.
HJ Apron	The high jump area at the area designed for the HJ is 122' x 60' and is more than adequate for all the athletes approaches. It is pointed out that the edges of
	the apron have been abused by the lawn mower and/or the operator of the mower. Since the rubber surface on the High Jump apron is getting thin I
	recommend that the pads be placed in the grass and not on the asphalt surface. Since the rubber is so thin the area around the pads could be considered
	hard an unvielding. The National Federation Rule 7-4-4 is very much ready to come into play. Rule 7-4-4: Hard and unvielding 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. The second high jump pit is placed in the grass and the part of the track that is used as an
	apron is in a place that is seldom used and is in pretty good condition.
Standards / Crossbar	The standards at pit #1 are in good shape and the cross bars are the proper length. The standards at pit #2 are the old standards but they are still working
12' apart	properly and get the job done.
bar is 12' to 14'10"	
Area surrounding the	The only concerns with the area around the high jump is the location of the pads on the rubber surface that is becoming hard. The pads need to be placed in
HJ Venue	the grass or mats will need to be brought out and placed around the pit.
High Jump Venue	All of the equipment meets National Federation safety standards.
(General Notes)	

Venue # 4 Long and Triple Jump	
Landing Pit	The Track and Field Complex at West Jessamine has three long/triple jump pits. Two of the sand pits are being used for the long and triple jump while the third
Take Off Marks	one is located at the end of the pole vault runway. The take off boards are marked at the proper lengths for both the long and triple jump but the marks are in
LJ - (8' and 12')	need of fresh paint The runways on the two pits that are used are 140' long and 4'6" wide. The runways have Bermuda grass growing on the runways and this
TJ – (28' and 32")	needs to be corrected before it takes over and destroys the runway.
And the Runway	
Sand Pit	The sand pits at the two pits being used are in excellent condition with the proper kind of sand in each pit. The sand is level with all the edges of the pit and are
Condition	very safe for jumping.
Area around the Long	Area is now safe for jumping.
and Triple Jump Pit(s)	
Long and Triple Jump	The Long and Triple Jump pits are by far the best field event venues at the West Jessamine Track and Field Complex. The condition of the sand pits are the
Venue	best I have seen this year and the staff is to be commended for the upkeep of these pits. The only problem with the venue is the wearing condition of the rubber
(General Notes)	on the runways and the take off marks needing some fresh paint.

	Venue #5 Shot Put
Circle – Concrete Pad	The Shot Put venue is located way outside the oval at the practice soccer field. The circle is placed on an old concrete slab (10' x 12') 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 painted ring is being used to indicate the 7' circle but the paint is starting to disappear and needs repainted The toe board is in place and properly secured. The edges of the concrete slab has grass growing over the edges and need to be edged and the grass removed.
Sector and Cage	The sector lines were in place and properly marked. 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 host school is responsible to provide scales for the KHSAA Meet Official to weigh all the throwing implements before each competition. It is highly recommended 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 is used for both shot and discus. The two venues are a distance apart but it is recommended that flagging be used between the venues for safety concerns of officials and/or athletes.

Shot Put	The shot put slab need the grass trimmed around the edges and it is recommended that the outside portion of the circle should be painted in the
Venue	school colors and a white 2 <sup>-</sup> line be re-painted to indicate the circle. The back half of the circle should be indicated and the 34.92 degree sector
(General Notes)	marks on the front of the slap should be put in place to make the sector marking easier to put down in years to come.

	Venue #6 Discus Throw
Circle – Concrete Pad	The Discus venue is also located on the practice soccer field. The regulation circle is located on a 10' x 12' old concrete slab. The circle is a painted ring that is on an old concrete 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. Water stands on the concrete circle and this situation needs to be corrected and the grass needs to be trimmed around the slab.
Sector and Cage	At the time of this inspection a proper discus cage was not in place and the event was cancelled until the discus cage meet the National Federation Safety Requirements. Coaches and athletes worked with Volleyball standards and old volleyball nets to rig the cage and to bring it into temporary compliance with the National Federation safety requirements. It is <u>highly recommended</u> that a new discus cage be put into place before the next track season and that it meet all the National Federation safety requirements for a 34.92 degree throwing sector.
Weight in of Implements	It is pointed out that the host school is responsible to provide scales for the KHSAA Meet Official to weigh all the throwing implements before each competition. It is highly recommended 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. The area is used for both shot and discus. The two venues are a distance apart but it is recommended that flagging be used between the venues for safety concerns of officials and/or athletes.
Discus Venue (General Notes)	The safety of the cage is day to day with the rigged condition of the current cage. Coaches need to check the venue before each practice to assure the cage netting is properly put in place for each practice session and for each competition. The concern with the water standing on the slab needs to be addressed as this could well cancel the event on wet days with standing water on the slab. The 2" circle needs to be re-painted white and the outside portion of the circle should be painted in the school colors and the back half of the circle indicated.

	Meet Management
Seating and Spectator Control	The seating is great for a track and field meet and the fence along the finish straight-away the makes crown control very good Seating and crown
	control would need to be addressed for the field event venues that are all currently outside the oval and flagging would be a must in these areas and
	portable bleachers would be an asset for spectators in the throwing events.
Public Address and	At the time of this inspection a new press box in under construction along with dressing rooms, rest rooms and concession stands. A portable public
Press Box	address is currently being used for both soccer and track and field.
Meet Management	The track and field coach at West Jessamine is one of the most knowledgeable in Kentucky and he knows the nuts and bolts of putting on a quality
in regard to Running Events	track and field meet. Other than the situations with the track mentioned above the staff had the running venue ready for the meet.
Meet Management	The throwing event venues need some work and the high jump could well be a concern by next year with hard and unyielding surfaces. The long
in regard to	jump and triple jump and pole vault runways and becoming a concern with there worn condition. The pole vault and long/triple jump need some
Field Events	fresh paint.
	The running track is starting to become a question mark with the rubber surface starting to need some attention. The track is needing to be re-
Regional Meet	striped as some of the marks are becoming very hard to find.
	West Jessamine is schedule to host the KHSAA Regional Track and Field championships in the 2007 season. With the way the rubber
Site	surface is breaking down and the track markings becoming hard to find it is very possible that the regional coaches will vote West Jessamine out of
In your opinion would you	the rotation. The discus cage issues must be addressed as the make shift cage will not be approved for a Regional Competition.
recommend this facility to be	If the Regional coaches vote to leave West Jessamine in the current rotation of regional meet sites it is highly recommended that the West
considered as a Regional Track	Jessamine Track and Field Complex be re-inspected to assure that all the safety issues have been addressed and that all the track markings are
and Field Meet Site?	visible. This venue has the potential to be a tremendous facility.

Respectively submitted, Gordon D. Bocock

Gordon D. Bocock, #4848 KHSAA Track and Field Consultant