



Kentucky High School Athletic Association

Track and Field Site Inspection

KHSAA Form TR123
Rev. 1/05

Western Hills High School – Frankfort, Kentucky

Site Inspection Requested by Julian Tackett (KHSAA) and Brian Wigglesworth (Western Hills) Site
Inspected by Gordon D. Bocoock (#4848) – KHSAA Track and Field Consultant)

DATE: Monday – March 29, 2005

Pole Vault

<p>Landing Pad 19' 8" wide 20' 2 deep 16'5 back of box Runway 130'</p>	<p>The landing pad is 20 feet 6 inches deep and 20 feet wide and was properly put together with a common pad that pulled the assembled pads into a very nice landing area for the athletes. The inspections was on a rainy day and the all weather cover was in place that completely covered the pads and was protecting the pads from the elements. The landing pads meet all the requirements of the National Federation. The runway is 139 feet long and is 42 inches wide but not all the runway is safe for running on. The vault runway did not receive the rubber surface that was placed on the running track and any athlete that does not run the center of the runway could have a problem with footing and it greatly increases the opportunity of the athletes receiving a foot injury. It is highly recommended that the runway receive serious attention in the very near future.</p>
<p>Planting Box</p>	<p>The vaulting box is in excellent conditions and is properly placed in the ground at the right angle and is level with the runway and the landing pad support surface. A box collar is in place and all the National Federation safety requirements have been met.</p>
<p>Standards/Crossbar 13'8 – 14'8" Bar 14'10"</p>	<p>The standards are new and one was damaged in shipping and the coach said that a new one was on the way to replace it. The standards have not been completely secured to the ground and with that in mind it is not a legal pit. The standards are secured on the inside edge but the outside edge is loose. This issue was pointed out and discussed with Brian Wigglesworth the Track Coach at Western Hills. It is highly recommended that no athletes be allowed to use this venue until this safety issue has been corrected and the standards are secured to the ground on both the inside and the outside.</p>
<p>Surrounding Area</p>	<p>The immediate area around the pole vault landing pad is safe since there is not any hard and unyielding surfaces extending from under the pads. Safety issues need to be discussed with the Western Hill athletes to assure the safety of this venue on a day to day basis.</p>
<p>Weigh In of Athletes</p>	<p>It is highly recommended that the Pole Vault Official and/or Meet Referee have scales provided by the host school to weigh the Vaulters. This is to assure that the weight of the vaulter is in compliance with what is listed on the vaulting poles.</p>
<p>Coaching Box</p>	<p>With the location of the pole vault venue it is recommended that if a large meet takes place at Western Hills and the box becomes necessary that one be established outside the oval, either at the head of the back stretch or in the first curve across from the vaulters take off.</p>



Kentucky High School Athletic Association

Track and Field

Site Inspection

KHSAA Form TR123
Rev. 1/05

Pole Vault Venue (General Notes)	Once the safety issues in securing the standards to the ground the Pole Vault Venue will be in very good shape. We do recommend that the pole vault runway be addressed for some safety concerns on both the left and right side of the runways. Had the rubber been placed on the runway as the track it would be an excellent facility.
---	---

High Jump	
Landing Pit 16' by 8'	The High Jump landing pad was 8 feet deep and 22 feet wide and the assembled pieces were properly put together and held in place by a common cover that made a very safe landing area. An all weather cover was in place and covered the pads to protect the pads from the elements.
Standards/Crossbar 12' apart Bar - 12'	The standards are in good working order but a cross bar was not observed. The host track coach did say that he knew the differences between the high jump and pole vault cross bars and that they need to stay at their respective venues.
Surrounding Area	The High Jump apron was a hard slick asphalt that did not receive the rubber surface that the track did. The venue was checked on a wet day and the surface was very slick and would require that spikes be worn to get traction if competition were held in foul weather. It is doubtful that spikes would hold very well on the hard asphalt surface. The edges of the apron were much higher than the apron and it would be difficult for an athlete with a long approach to have an equal opportunity to have a safe approach to the take off area. There was a large area of hard and unyielding surface behind the high jump landing pads the host coach was informed that this area need to either be removed or covered every day (practice or competition) to assure the safety of all the athletes and to show that the school was meeting all the National Federation issues for the High Jump in regard to safety.
High Jump Venue General Notes	The high jump area is adequate when the hard and unyielding surfaces behind the pads are covered ... even better if were removed. The area around the apron where the athletes approach needs to be addressed so that all the athletes have the same level approach and are assured of safe footing. The high jump apron is in need of the same running surface as the running track.

Long Jump and Triple Jump	
Landing Pit 9' by 15'	There is one sand pit at the Western Hills Track and Field Complex. The pit itself is 12 feet wide and 24 feet deep and fairly level with a slight dip in the immediate landing area
Take Off Marks 12' or 8' 32' or 28'	There were four take off areas on the track and the one closest to the pit was not completely level with the track surface this needs to be addressed as it could become a safety issue. The marks on the track were 3 feet 3 inches, 15 feet 3 inches, 23 feet 4 inches and 33 feet. The runway is 144 feet long and is 42 inches wide but not all the runway is safe for running on. The LJ/TJ runway did not receive the rubber surface that was placed on the running track and any athlete that does not run the center of the runway could have a problem with footing and it greatly increases the opportunity of the athletes receiving a foot injury. It is highly recommended that the runway receive serious attention in the very near future.



Kentucky High School Athletic Association

Track and Field

Site Inspection

KHSAA Form TR123
Rev. 1/05

<p>Rakes/Shovel Brooms</p>	<p>From the overall condition of the sand it was obvious that a tiller or shovel had been used to totally loosen the sand and making it a safe area for all the athletes to land it. The runway was free from large amounts of sand so it was obvious that someone was doing there best to keep the sand in the pit and the area safe.</p>
<p>Sand Level</p>	<p>There was plenty of sand in the pit, however it was pointed out to the host coach that the area closest to the take off board was much lower that the rest of the pit. It was pointed out the need to discuss with the athletes to daily rake the mound in the center of the pit back to the immediate landing area where the sand would basically level throughout the entire pit.</p>
<p>Surrounding Area</p>	<p>The immediate area around the pit needs to have the jagged two by four between the runway and the sand removed. This is very much a safety issue that could cause a spike to get hung or really tear up a body part that might hit it. The coach informed us that the wood was actually around the entire pit this again is a safety issue as the outer edges of the pit must be visible for the athletes to see, and it was obvious that these were completely covered. Highly recommended that these pieces of wood, that were used to actually form the pit, be removed.</p>
<p>Long Jump/ Triple Jump Venue</p>	<p>Once the safety issues in removing the wood from around the edges of the pit the Long Jump/Triple Jump Venue will be in pretty good shape. We do recommend that the long jump/triple jump runway be addressed for some safety concerns on both the left and right side of the runways. Had the rubber been placed on the runway as the track it would be a much better and much safer venue.</p>

<p style="text-align: center;">Shot Put</p>	
<p>Circle</p>	<p>The concrete slab is 10 feet x 10 feet. The Toe Board is mounted correctly. The inside of the circle is the correct 7 feet. The biggest problem with the slab is that it is not level. The back end of the slab is much lower than the front end and causes the athletes to have to pull and push uphill to throw. This is an unfair advantage to all the athletes who do not practice on this track each day. The day the circle was inspected was a wet day and half the circle was underwater. For safety concerns it is highly recommended that this event not be contested on days which involve any prolonged rain. The actual lay of the land has the entire area draining into a lake behind, and including the, shot put circle.</p>
<p>Sector and Markings 40*</p>	<p>At this point no sector lines have been painted on the ground. The area that is used for a throwing sector is in very poor shape. Mostly a mud area that has a shape slope that tilts back to the throwing circle. Throwers who throw short a getting a fairly accurate measurement while the long throwers are not getting credit for what they actually throw. It is a terrible throwing sector and the athletes participating in this event are not on a level playing field and it basically is unsafe of officials to officiate the event without risking injury.</p>
<p>Surrounding Area</p>	<p>The location for the shot put is a very poor area simply because it is not level. The lay of the land had the entire drainage coming directly across the shot put concrete pad and has the circle partially underwater on wet days.</p>



Kentucky High School Athletic Association

Track and Field Site Inspection

KHSAA Form TR123
Rev. 1/05

Weight Implements	It is highly recommended that the Shot Put Officials be provided with the necessary equipment, provided by the host school, for the event official and/or the Meet Official to properly check the weight of the throwing implements and a marking material to indicate the proper weight.
Shot Put Venue	The Shot Put Venue is by far the worst venue at the Western Hills Track and Field Complex. It simply is not a fair competition for the athletes weather the area is wet or dry. On days with foul weather days it is highly recommended that the event be discontinued since it is unsafe for athletes and/or officials. This venue need to have some serious work done to level the venue and work with the drainage problem or serious consideration put into moving the venue to another location.

Discus Throw	
Cage	The discus cage can also have some issues with drainage but it not near as bas as the Shot Put Venue. Although the netting was not totally in place it did have the proper dimensions and it appeared that it met all the National Federation requirements for the Discus Cage. The front poles were within the 5 foot range of the sector lines.
Circle	The concrete circle was 10 feet x 10 feet and had the proper size circle. It was a safe throwing circle.
Sector and Markings 40 degrees	The Discus Venue is located inside the oval near the start of the 100 Meter Start. The sector lines were not in place but the front pole insets did indicate that a 40 degree sector was being used.
Surrounding Area	The surrounding area was safe and it is recommended that flagging be used down both sector lines to indicate to wandering athletes the danger of a throwing sector.
Weigh Implements	It is highly recommended that the Discus Official and/or Meet Official 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 Throw Venue	The discus venue is a safe area providing the netting is checked daily and in the proper place and the flagging is put up on the sector lines to indicate to the wandering athletes not to enter the throwing area.



Kentucky High School Athletic Association

Track and Field

Site Inspection

KHSAA Form TR123
Rev. 1/05

Running Track	
Lanes Number & Size General overall Conditions and concerns	The Western Hills Track and Field Complex is a 8 lane rubberized track. An excellent facility for the running events. The only concerns with the running track is the swamp that basically is running beside the entire 2 nd curve of the track. It is already starting to run over into lane 8 and unless some attention is given to the project it will over take the track and ruin something the school should be very proud of. Immediate attention needs to be directed to finishing what ever project was started here all it is now is a muddy mess that is not good public relations for the Western Hills School Personnel.
Stagger Colors:	The one turn stagger is in place, the two turn stagger is in place, the three turn stagger is in place and the four turn stagger is in place. All the starting lines have a different color to help the officials and athletes know what areas they are to report to for the various races. All starting lines .. including waterfall starts ... are well marked and easy for officials and/or athletes to distinguish the areas.
Relay Colors:	The 4 x 100 relay is properly marked. The 4 x 200 relay is properly marked. The 4 x 400 relay has the two exchange zones marked properly and the 4 x 800 relay is marked correctly.
Break Lines	The break line is in place and correctly marked.
Hurdle Colors Overall condition of the hurdles	The hurdle marks area in place and correctly marked for all three hurdle races. Only a few hurdles were out to be observed and those appeared to be in good shape.
Starting Blocks Number and condition Block Cart	Starting blocks and other assorted track and field equipment were not at the site to be observed.
Starting Line Safety	Have some safety issues near the start of the 100 Meters with some large metal fence stakes very close to the track edge. They need to be removed as they could well be a safety issue in a track and field meet.
Finish Line Safety	The finish area is fine and free from any problems at the present time.



Kentucky High School Athletic Association

Track and Field Site Inspection

KHSAA Form TR123 Rev. 1/05

<p>Surrounding Areas (This could include bleachers, fencing, tree limbs, etc.)</p>	<p>The only problem around the track is the extremely large amount of mud in the area outside of lane 8 in the second curve. If something is not done with this Lane 8 will soon become a mud slick and it will do nothing but continue to slide onto the running surface. Only bleachers in the complex are down the finish straightaway and they are quite sufficient. The Tent City that appears at a large track meet would have problems with very little area for teams to sit up tents inside the complex.</p>
<p>PA / Press Box</p>	<p>Seems to be adequate for a track meet If the sound system is sufficient for a football game I am sure it will do the job for a track and field meet.</p>

<p>Officials Overall view of this Track and Field Complex</p>	<p>There appears to be plenty of public rest rooms and concession areas to accommodate the number of athletes and/or fans that could be at a large track meet. Some concerns with the immediate spectator area inside the entrance gate with concerns about footing for people who walk around without looking. Drop off at the walkway to the track could well be a place for a spectator to receive a serious injury and the area next to the walk way and the bleacher is extremely un-level and an area where spectators would gather during a track meet. Spectator safety needs to be at a high level at track meets because when the darling off spring does something spectacular the over the hill parent can hurt themselves when the footing is unstable and the school is indeed responsible. The running track is in excellent condition and the school officials and coaches are to be complimented. The field events athletes were totally neglected in the planning of the new track complex. The High Jump apron, the Long Jump/Triple Jump runways and the Pole Vault runways should have received the same rubber running surface then they too would have had excellent venues instead they are venues with safety concerns that will need to be addressed in the very near future. The discus is adequate and the Shot Put needs totally erased and a new plan put in place.</p>
<p>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.</p>	<p>I would only recommend this Complex as a Regional Site as a last resort because of some of the field event issues. The running track is excellent. The Pole Vault Venue has some of the best equipment possible for the protection of the athletes landing ... however the runway is in bad shape and needs attention. The Long and Triple Jump venue has a decent landing pit once some safety issues are addressed but again the runway needs some attention. The High Jump apron is very hard and slick and the uneven surface coming from grass to pavement is a concern. If the Region Meet were to be held at Western Hills High School this year I would highly recommend that the shot put competition for both boys and girls be held at another site ... quite possibly the worst shot put venue in Kentucky un-safe and un-fair for competition.</p>

Respectively submitted,

Please complete the Site Inspection Form and e-mail to coachbo@charter.net and jtackett@khsaa.org