
	KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION Cross –Country Course Site Inspection Saturday – October 4, 2008	
2008	Gordon Bocoek KHSAA Track and Cross Country Consultant	2009

Course to be Inspected: Wayne County High School at the Cave Lake Park in Monticello, Kentucky Site Inspection Requested by: Julian Tackett – KHSAA Assistant Commissioner
Reason for inspections: Wayne County High School wants to get in the rotation for the Region AA-5 with Cave Lake as the region site. Clinton County and Cumberland County both want in the rotation for the Region A-2 with Cave Lake as the region site for both schools.

School entered in the KHSAA Region 5 – Class AA are Bell County, Boyle County, Casey County, Corbin, East Jessamine, Estill County, Garrard County, Jackson County, Knox Central, Madison Southern, McCreary Central, Mercer County, Rockcastle County, Russell County, Wayne County and West Jessamine. Schools entered in the KHSAA Region 2 – Class A are Campbellsville, Caverna, Clinton County, Cumberland County, Glasgow, Green County, Hancock County, McLean County, Metcalfe County, Monroe County and Owensboro Catholic.
--

Cross – Country Course Site Inspection	
Course Location	Cave Lake Park is located on Highway 90 between Somerset and Monticello, Kentucky. The Class AA regional teams would all be coming through Somerset to get to Highway 90 and then go west toward Monticello. The Class A teams would have several different options on how they would get to the course from the North and West.
Parking and Public Rest Rooms	Everybody in the regional could drive separate and still have room for more parking. This course has the parking that could handle the KHSAA State Meet. This course is enclosed and admission could be charged with very little problems. Public Restrooms are not available at this time but are planned in the next year at the Lake Side Building. Port-A-Pots are available in several locations.
Meet Management Area for Computers/Packets Etc.	Meet Headquarters would be set up in the Lake Side Building that has now been totally enclosed. The lower level of the building is completed inside and would accommodate everyone if the weather were a problem. The building has a complete kitchen and concessions would be a big plus in this building. It is located about 400 meters of the start and finish area. Team Packets would be available in a Tent at the Starting Area. Electric is available in the Lake Side Building as well as at the start/finish area and plans are to have a portable generator at the regional just in case a problem arises. Wayne County, Clinton County and Cumberland County would have to purchase the Hy-Tek Computer Program and either get a person trained to run the program or hire one of several operations in the Somerset area.. It talking with the Cross Country Coaches the following back ups are in place to assure that accurate meet results can be forwarded immediately to the KHSAA after the meet. <ul style="list-style-type: none"> ➤ Bib numbers will be worn and numbers recorded on a bib check sheet. ➤ Tear Off's will be removed from the Bib numbers and placed on a stringer. ➤ Place Cards will be given out at the end of the chute and returned to the scoring area by the coach of each respective team.
Starting Line Area	The starting line is more than adequate for the schools that are assigned to this regional meet in both classes. This starting line is the largest starting line in Kentucky with over 200 feet in width and an 800 meter straightaway before a turn would need to be made. The starting area needs to be better marked than it was at the time of this inspection. The line should be clearly marked on the ground that has the front starting line and a step up line 7" back from the starting line. Lines to indicate the boundaries of each box should also be in place. It should be marked with a material that is not injurious to the eyes or skin With the length and width of this starting line the athletes would be well spread out before they hit the hill to take them into the wooded area.
The Running Course	The course map is very easy to follow and is basically all grass with good footing. There are a few rocks and roots that will need to be painted in the wooded area.. There are a few tree limbs that may need some attention from time to time to make sure that they are not within the 8' clearance recommended by the National Federation.
Course Markings	According to the National Federation Rules and KHSAA Games Committee Policy - in regard to Cross Country courses . . . Rule 9 – Section 1 – Article 1 The cross country run shall be of 5,000 Meters (3.1 Miles) in length. Measurement shall be along the middle of the course. The course shall be clearly marked. This may be a wide line marked with a material which is not injurious to the eyes or skin, or by signposts with large directional arrows wherever the course turns, or by flags about 1 foot square and mounted on stakes which hold them 6 feet or more above the ground. <p style="text-align: center;">Flag Directions</p>

	<ul style="list-style-type: none"> ▪ A red flag indicates a turn to the left ▪ A yellow flag indicates a turn to the right ▪ A blue flag indicates a course straight ahead <p>The Cross Country Coach indicated that flagging and ground painting would be in place to mark the course. Meets are held on the course so Regional Teams are afforded the opportunity to get on the course before the region.</p>
Finish Area	<div style="text-align: center;"> </div> <p>A finish chute is a requirement for the Regional Cross Country Meet and above you will find the National Federations Guide Lines for sitting up a chute. Using a single or double chute depends on the ability of Meet Management and the Meet Officials operating the chute. It is highly recommended that a chute be used in regular season meets to help train the chute workers in the proper way to do things. The National Federation Rule Book gives good descriptions of job assignments for finish line and finish chute personnel.</p> <p>The finish chute at the Cave Lake course is located very close to the Finish Line. A chute was in place at the time of this inspection but Meet Management will need to gain some experience in this area as a double chute is recommended for regional meets and the extensions out in front of the chute will need to be in place to help with crown control as spectators were stepping out in the sprint area at the time of this inspection.</p>
Spectator Area	<p>The Regional Cross-Country Meet has the same basic rule as the state meet in that spectators are not allowed on the course. The course at Cave Lake is set up basically wide open and unless something is put in place spectators will be everywhere. It is recommended that the a spectator area be established and placed on the course map so that visiting coaches can make there cross country families aware of the areas that spectators are allowed. Spectators can stand in one area and see 90% of the entire 5,000 Meter Course.</p>
<p>Regional Meet Site (In your opinion would you recommend this course be considered as a Regional Meet Site)</p> <p>(If "NO" what would they need to do to bring this course into compliance to be considered as a Regional Cross County Meet Site.</p>	<p>The Cave Lake Course is an excellent cross-country course that is laid out very well. When it is properly marked it will be a very easy course to follow. This course has a more than adequate starting area and the course is wide open that would allow large numbers of athletes to participate in a meet. The way this course is laid out you could start a race every 15 minutes and never have problems with lapped runners. Would be an excellent back up plan for the KHSAA State Meet.</p> <p>Numerous course marshals will need to be in place throughout the course to assure that the entire course is covered by all athletes. It is recommended that Bib Checks be sit up at a few spots on the course to assure that all athletes pass each check point.</p> <p>It is recommended that a lead vehicle not be used but it is highly recommended that more than one vehicle be available to assist if the need arises. A trail vehicle is recommended to pick up injured or to pick up reports from course marshals that need to be taken to the KHSAA Officials assigned to the meet. Meet communication needs to be in place so that Medical Personnel can be reached for immediate attention if needed.</p> <p>Crowd control in not a popular thing with spectators but it is KHSAA Games Committee Policy and needs to be put in place and a new course map with the Spectator Area marked needs to be sent to the KHSAA Office.</p> <p>The Somerset/Pulaski County Area has a long history of putting on major running competitions and excellent Meet Management is available. Wayne County, Clinton County and Cumberland County have a lot of following so a good support group should be in place to assist in the volunteer positions.</p>

Respectively submitted,

Gordon D. Boccock #4848
KHSAA Cross-Country Consultant

