
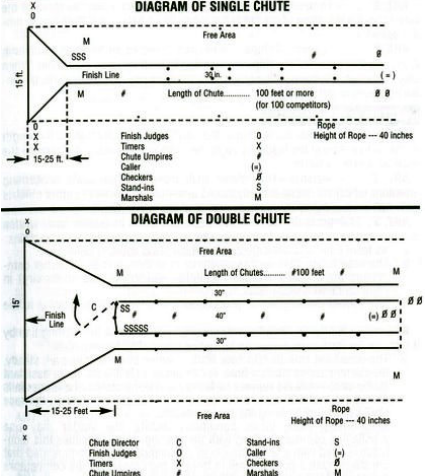
	KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION Cross –Country Course Site Inspection Saturday – September 13, 2008	
2008	Gordon Bocoek KHSAA Track and Cross Country Consultant	2009

Course to be Inspected: Danville High School at the Admiral Stadium Course Site Inspection Requested by: Julian Tackett – KHSAA Assistant Commissioner
Reason for inspections: Danville High School is the possible host of the 2008 KHSAA Class A Region 5 Cross Country Championships

School entered in the KHSAA Region 5 – Class A are Augusta, Bracken County, Burgin, Carroll County, Danville, Deming, Eminence, Frankfort, Gallatin County, Kentucky School Deaf, Lexington Christian, Nicholas County, Owen County, Paris, Sayre, St. Patrick and Trimble County.

Cross – Country Course Site Inspection

Course Location	The Danville High School Cross Country Course is located on the ground of Danville Admiral Stadium and other loops through the Kentucky School Deaf property. It is very east to locate and get to.
Parking and Public Rest Rooms	Parking is not a real problem as the site itself has a number of parking places that will easily handle the Regional Meet traffic. The Cross Country Coach stated that he would have supervision to assist with the parking if the regional meet and if overflow was needed the Danville Bate Middle School was within 100 Meters of the finish and just a short walk from the course. The rest room facilities at the Football/Track complex will be more than adequate for the size of this meet.
Meet Management Area for Computers/Packets Etc.	Meet Headquarters would be set up in the area between the Start/Finish Line. This is where Team Packets will be located and where all the final results of the meet will be produced. Electric is available in the area and plans are to have a portable generator at the regional just in case a problem arises. Danville owns the Hy-Tek Computer Program and an experienced Hy-Tek operator is already in place to work the Regional Meet. It talking with the Cross Country Coach 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 sixteen schools that are assigned to this regional meet. The starting area 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 The first part of the race has plenty of width for the athletes to avoid problems and there should be no problems the first 400 meters of the race.
The Running Course	The course map is very easy to follow and is basically all grass with good footing. There is a major road crossing twice on the course that will require traffic control. This area needs to be handled by people who are veterans with traffic control to assure both the safety of athletes/spectators as well as the drives that may be using this route. There are a few rocks and roots that will need to be painted especially in the wooded area known as Lovers Lane. There are a few tree limbs that may need some attention by region time to make sure that they are not within the 8' clearance recommended by the National Federation. One spot just past the two mile mark has extremely bad footing. A sharp incline just to the right of the foot bridge past Lovers Lane has several bad roots and rocks that are covered with leaves. The leaves make the hazards hidden and therefore a potential danger area. Leaves need to be removed on race days and the rocks and roots remove or painted to point out potential hazards.
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

	<p>■ A blue flag indicates a course straight ahead</p> <p>The Cross Country Coach indicated that flagging and ground painting would be in place to mark the course. The course has already been used for a major Invitational. Meets are held on the course so Regional Teams are afforded the opportunity to get on the course before the region.</p>
<p>Finish Area</p>	 <p>The diagrams illustrate the layout for a single chute and a double chute. The single chute diagram shows a 15-foot high chute with a 100-foot or more length. Personnel positions are marked with letters: SSS (Stand-ins), M (Marshals), O (Finish Judges), X (Timers), # (Chute Umpires), (+) (Caller), β (Checkers), S (Stand-ins), and M (Marshals). The double chute diagram shows two 100-foot chutes with a 30-foot gap between them. Personnel positions include C (Chute Director), O (Finish Judges), X (Timers), # (Chute Umpires), S (Stand-ins), (+) (Caller), β (Checkers), and M (Marshals). Both diagrams indicate a 15-25 foot free area and a 40-inch rope height.</p> <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 Admiral Stadium course is located very close to the Meet Headquarters. It is highly recommended that better crowd control methods be put in place to keep the spectators away from the athletes. Control should be in place all the way up the final hill.</p>
<p>Spectator Area</p>	<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 River Road 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.</p>
<p>Regional Meet Site (In your opinion would you recommend this course be considered as a Regional Meet Site) (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 Admiral Stadium 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. Only footing issues are the root problem in Lovers Lane and just past the two mile mark and they were pointed out to the Cross Country Coach.</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 couple of 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 Danville area has years of Meet Management experience and a support group that will assist in making this an excellent competition.</p>

Respectively submitted,

Gordon D. Bocoek #4848
KHSAA Cross-Country Consultant

E.G. Plummer Cross-Country Invitational



Hosted by The Danville Admirals
Varsity 5,000 Meter Course

