
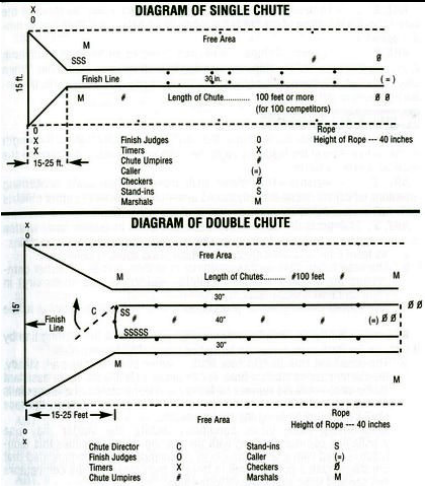
	KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION  <b>Cross –Country Course Site Inspection</b> <b>Wednesday – September 3, 2008</b>	
<b>2008</b>	<b>Gordon Bocock</b> <b>KHSAA Track and Cross Country Consultant</b>	<b>2009</b>

Course to be Inspected: Lloyd Memorial High School Course at A.J. Jolly Park Site Inspection Requested by: Julian Tackett – KHSAA Assistant Commissioner
Reason for inspections: Lloyd Memorial High School is the possible host of the 2008 KHSAA Class AA Region 6 Cross Country Championships

School entered in the KHSAA Region 6 – Class AA are Bourbon County, Covington Catholic, Franklin County, Harrison County, Highlands, Holmes, Lexington Catholic, Lloyd Memorial, Pendleton County and Western Hills.
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Cross – Country Course Site Inspection	
<b>Course Location</b>	The Lloyd Memorial High School cross country course is located at the A.J. Jolly Park just south of Alexandria, Kentucky.
Parking and Public Rest Rooms	More than adequate parking is available for School Buses as well as spectators. It is recommended that supervision be present to assure that parking is safe as the main entrance to the park is also a crossing for the runners during a race. Port-A-Pots will have to be brought in to accommodate the number of athletes and spectators that will be at the Regional Meet.
Meet Management Area for Computers/Packets Etc.	Approximately 200 meters from the starting area is a shelter that will be used for Meet Headquarters. This is where Team Packets will be located and where all the final results of the meet will be produced. The finish chute will be at the shelter. Electric is available and plans are to have a portable generator at the regional just in case a problem arises. Lloyd Memorial owns the Hy-Tek Computer Program and has an experienced operator that is already sit up 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 <b>immediately</b> to the KHSAA after the meet. <ul style="list-style-type: none"> <li>➤ Bib numbers will be worn and numbers recorded on a bib check sheet.</li> <li>➤ Tear Off's will be removed from the Bib numbers and placed on a stringer.</li> <li>➤ 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.</li> </ul>
Starting Line Area	The starting line is more than adequate for the ten schools that are expected to enter 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 is the same course used by Northern Kentucky University and in looking at the course map will show that the course is a course that is very well laid out with a tremendous last 400 meters that will sit up an exciting finish. The course is basically grass with a few pavement crossings that will not cause a problem to the athletes but traffic control will have to be in place. It is <b>highly</b> recommended that uniformed law enforcement be used at the Main Gate as this is the only entrance and exit as well as a crossing for the runners over two miles into the race. Upkeep on the course in regard to tree limbs having the 8' clearance recommended by the National Federation, side dressing as some of the growth on the edges of the course falling inward will need trimmed back. Some rock and roots will need to be painted. A couple of spots on the course had some erosion problems that need to be addressed and they were pointed out during the inspection.
Course Markings	According to the National Federation Rules and KHSAA Games Committee Policy - in regard to Cross Country courses . . . <b>Rule 9 – Section 1 – Article 1 . . . . .</b> 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. <div style="text-align: center;">             Flag Directions             <ul style="list-style-type: none"> <li>▪ A red flag indicates a turn to the left</li> <li>▪ A yellow flag indicates a turn to the right</li> <li>▪ A blue flag indicates a course straight ahead</li> </ul> </div> The Cross Country Coach indicated that over flagging and ground painting would be in place to mark the course. She further stated that all the Regional teams would be invited to participate in the one

	invitation that would be held on the course. She stated that no additional meets will be held on the course this year.
<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: O for Finish Judges, X for Timers, # for Chute Umpires, (+) for Callers, S for Stand-ins, and M for Marshals. The double chute diagram shows two 100-foot chutes with a 30-foot gap between them. Personnel positions are marked with C for Chute Director, O for Finish Judges, X for Timers, # for Chute Umpires, S for Stand-ins, (+) for Callers, and M for Marshals. Both diagrams indicate a rope height of 40 inches and a free area of 15-25 feet.</p> <p>A finish chute is a <b>requirement</b> 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 <b>high recommended</b> 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 Lloyd Memorial course is located in a way that is very spectator friendly and could well create an exciting atmosphere for the athletes approach the finish line.</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 Lloyd Memorial is set up basically wide open and unless something is put in place spectators will be everywhere. It is <b>recommended</b> 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)</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 Lloyd Memorial course is an excellent cross-country course that is cut properly and well laid out. When it is properly marked it will be a safe venue to host the Regional Cross Country Meet that may be assigned to this area.</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 <b>not</b> be used but it is <b>highly recommended</b> that more than one vehicle be available to assist if the need arises. A trail vehicle is <b>recommended</b> 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>

Respectively submitted,

Gordon D. Boccock #4848  
KHSAA Cross-Country Consultant

