
	KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION Cross –Country Course Site Inspection Thursday – September 11, 2008	
2008	Gordon Bocoek KHSAA Track and Cross Country Consultant	2009

Course to be Inspected: Pikeville High School and Pike County Central High School at Bob Amos Park Course Site Inspection Requested by: Julian Tackett – KHSAA Assistant Commissioner
Reason for inspections: Pikeville High School is the possible host of the 2008 KHSAA Class A Region 7 Cross Country Championships Pike County Central is the possible host of the 2008 KHSAA Class AA Region 7 Cross Country Championships

School entered in the KHSAA Region 7 – Class A are: Allen Central, Bath County, Betsy Layne, Buckhorn, Cordia, David School, Elliott County, Fairview, Hazard, Jackson, Jenkins, June Buchanan, Lee County, Menfee County, Owsley County, Paintsville, Phelps, Piarist, Pikeville, Raceland, Riverside Christian, Rose Hill, Shelby Valley, South Floyd and Wolfe County.

Schools entered in the KHSAA Region 7 – Class AA are: Belfry, Breathitt County, East Ridge, Harland County Central, Johnson Central, Knott County Central, Leslie County, Letcher County Central, Magoffin County, Perry County Central, Pike County Central, Powell County, Prestonsburg and Sheldon Clark.

Cross – Country Course Site Inspection	
Course Location	The cross count course in Pikeville that is used basically by all the schools in Pike County is located above Pikeville at the Bob Amos Park. It is not difficult to find the park and it is easy to get to.
Parking and Public Rest Rooms	The Park has more than ample parking for all the buses and spectators for the Regional Meet. The park has the rest room facilities that will more than accommodate the athletes and spectators that will be attending the Class A and Class AA Regional Meet.
Meet Management Area for Computers/Packets Etc.	Meet head quarters will be set up at the Pikeville Track and Field Complex in the Finish Line Building. The building overlooks the cross country finish line and is within 100 Meters of the starting line. Pikeville and Pike County Central both owns the Hy-Tek Computer Program and more than experienced Hy-Tek operator is already in place to work these two Regional Meets. 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 number of teams entered in the Class A Region is 24 while the Class AA Region has 14. Even though the number of schools is large the number of actual individual entries is relatively small. The width of the starting area is enough to handle the number of entries. 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 start of the race starts at the end of a soccer/football complex in front of a discus cage and goes a little over 100 meters to a sharp left turn onto the running track where the athletes run two laps before exiting the Track and Field Complex to go out into the adjacent park. Far from being an ideal starting area it is safe for the number of individuals entered in this region but caution will be needed on the first turn.
The Running Course	The course map is not easy to follow, since the course has changed. The footing goes through many different surfaces so it is highly recommended that each Regional team get on the course before the meet to determine the proper shoe wear for each individual. The first up hill is pavement around a curve and it is steep, normally spikes would be worn, but the pavement and weather conditions could well determine what is worn on a particular day. It is highly recommended that this paved area be kept free from leaves and other droppings in a wooded area. The steep up hill levels off into a gravel path. This leads to another paved area that was used on the original course and because of safety concerns coming back down this steep down hill the path should be closed as it is not safe for Regional competition. There are a few tree limbs that may need some attention by region time to make sure that they may not within the 8' clearance recommended by the National Federation. The steep down hill that leads to the driving range behind the YMCA needs to be cut and side dressed and tree limbs check the week of the region. Once off the mountain trail the course will make a lot of loops on grassy area until they return to the surface of the running track where they the final 120 meters on the main straightaway of the track.
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.

Flag Directions

- 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

The Cross Country Coach indicated that flagging and ground painting would be in place to mark the course. The coaches at Pikeville and Pike County Central are encouraged to offer several opportunities for the regional schools to get on this course, especially since the course that has been used for years has been changed since this site inspection.

Finish Area

DIAGRAM OF SINGLE CHUTE

Free Area

Finish Line

Length of Chute..... 100 feet or more (for 100 competitors)

Height of Rope --- 40 inches

Finish Judges	O	Stand-ins	S
Timers	X	Caller	(+)
Chute Umpires	#	Checkers	β
Caller	(+)	Marshals	M
Checkers	β		
Stand-ins	S		
Marshals	M		

DIAGRAM OF DOUBLE CHUTE

Free Area

Length of Chutes..... #100 feet

Height of Rope --- 40 inches

Chute Director	C	Stand-ins	S
Finish Judges	O	Caller	(+)
Timers	X	Checkers	β
Chute Umpires	#	Marshals	M

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 **high 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.

A finish chute is set up on the track running surface that will funnel the athletes down into single file so the finish of each individual runner can be adequately recorded.

Spectator Area

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 Bob Amos is set up in such a way as to cause spectators not to move around very much. 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.

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.

The Pikeville course is not the ideal cross-country course but every safety percussion is being put in place to assure the safety of the athletes. It is pointed out that the mountain trail portion of the course needs to be kept clear to assure that footing issues do not become a problem. With changes to the original course marking the course is now extremely important. Blocking off the path of the old course on the mountain trail as well as flagging of the new area on the ball fields on the new course.

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.

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.

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.

Meet Management is the strongest thing about this Regional as experienced veterans are available and they have the support staff to make the meet a success.

Respectively submitted,

Gordon D. Boccock #4848
KHSAA Cross-Country Consultant

Bob Amos Trail at Pikeville

