
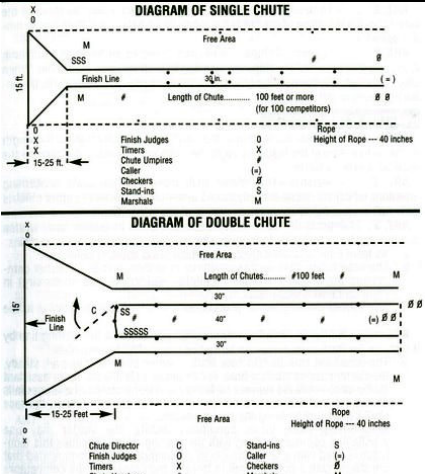
	KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION  Cross –Country Course Site Inspection Tuesday – September 30, 2008	
<b>2008</b>	<b>Gordon Bocoock</b> <b>KHSAA Track and Cross Country Consultant</b>	<b>2009</b>

Course to be Inspected: Pulaski County High School and Somerset High School at the General Electric Field in Somerset, Kentucky Site Inspection Requested by: Julian Tackett – KHSAA Assistant Commissioner
Reason for inspections: Pulaski County High School is the possible host of the 2008 KHSAA Class AAA Region 7 Cross Country Championships Somerset High School is the possible host of the 2008 KHSAA Class A Region 6 Cross Country Championships

School entered in the KHSAA Region 7 – Class AAA are Clay County, George Rogers Clark, Lincoln County, Madison Central, Montgomery County, North Laurel, Pulaski County, South Laurel, Southwestern and Whitley County Schools entered in the KHSAA Region 6 – Class A are Barbourville, Berea, Harlan, Lynn Camp, Middlesboro, Model, Monticello, Oneida Baptist, Pineville, Red Bird, Somerset and Williamsburg.
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Cross – Country Course Site Inspection	
<b>Course Location</b>	The Cross Country Course in Somerset is located on the north end of town at the General Electric Plant about one-half mile from Pulaski County High School on University Drive. This has been used as a running course for the community since the early 50's and has a lot of history. It is currently the home course for Pulaski County, Somerset and Southwestern High Schools.
Parking and Public Rest Rooms	Very limited parking is basically for volunteer help bringing in supplies for the meet. Within 100 meters of the course is Pulaski Elementary School where supervised parking takes place for all home cross country meets. Very limited permanent rest rooms are available at the G.E. Field and Port-A-Pots are always brought in for home meets by the three host schools.
Meet Management Area for Computers/Packets Etc.	Meet Headquarters would be set up in the upper level of the block building. It is located 100 meters of the start and finish area. 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. Pulaski County and Somerset both own the Hy-Tek Computer Program and an excellent Hy-Tek operator is already in place to work the Regional Meet. It talking with the Cross Country Coaches 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 schools that are assigned to this regional meet in both classes. 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 are a few rocks and roots that will need to be painted. 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.
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. 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> 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</p>	 <p>The diagrams show the layout of a finish chute. The 'DIAGRAM OF SINGLE CHUTE' shows a chute with a length of 100 feet or more for 100 competitors. Personnel positions include Finish Judges (O), Timers (X), Chute Umpires (#), Caller (-), Checkers (B), Stand-ins (S), and Marshals (M). The 'DIAGRAM OF DOUBLE CHUTE' shows two chutes, each 100 feet long. Personnel positions include Chute Director (C), Finish Judges (O), Timers (X), Chute Umpires (#), Stand-ins (S), Caller (-), Checkers (B), and Marshals (M). Both diagrams indicate a height of rope of 40 inches and a width 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 Anderson-Dean course is located very close to the Meet Headquarters. A chute was not in place at the time of this inspection but Meet Management is experienced in matters of finish line control and safety.</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 G.E. 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)  (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 G.E. Field 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.</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 <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> <p>The Somerset/Pulaski County Area has a long history of putting on major running competitions and excellent Meet Management is available. A very strong support group from the three local schools will assist in making this an excellent competition.</p>

Respectively submitted,

Gordon D. Boccock #4848  
KHSAA Cross-Country Consultant

**G.E. Field**  
 Home Course of  
 Pulaski County – Somerset – Southwestern High Schools

-  **2k Elem.**
-  **3k Middle**
-  **5k First Loop**
-  **5k JV, Varsity**

