
	KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION Cross –Country Course Site Inspection Tuesday – August 19, 2008	
2008	Gordon Bocoek KHSAA Track and Cross Country Consultant	2009

Course to be Inspected: Larry H. Ryle High School Site Inspection Requested by: Julian Tackett – KHSAA Assistant Commissioner along with James Demler, Athletic Director of Ryle High School and Jim Wihebrink, Cross Country Coach of Ryle High School Reason for inspections: Ryle High School is the possible host of the 2008 KHSAA Class AAA Region 5 Cross Country Championships and the Class A Region 4 Cross Country Championships.

School entered in the KHSAA Region 5 – Class AAA are: Boone County, Campbell County, Conner, Dixie Heights, Grant County, Notre Dame, Scott and Simon Kenton. Schools entered in the KHSAA Region 4 – Class A are: Beechwood, Bellevue, Bishop Brossart, Calvary Christian, Covington Latin, Dayton, Heritage Academy, Holy Cross – Covington, Ludlow, Newport, Newport Central Catholic, Silver Grove, St. Henry, Villa Madonna, Walton-Verona and Williamstown.

Cross – Country Course Site Inspection	
Course Location	The Ryle High School Cross-Country course is located on a school campus that also includes a Middle School as well as an Elementary School. It is very easy to get to by just going to the high school address at 10379 US 42 – Union, Kentucky 41091.
Parking and Public Rest Rooms	Parking will not be a problem for buses or spectators as the Main School Parking Lot, which is massive. Public rest rooms are available at either the football stadium or the school.
Meet Management Area for Computers/Packets Etc.	Some concerns were pointed out with the current start/finish area so the exact Meet Headquarters for packet pickup and computer work was not finalized. If the start/finish is moved to the suggested area a tent could be placed in or around the Baseball Complex where electric is located and that would meet the needs for computers, if this in not possible a generator may have to be brought in. Meet Management is aware that the Hy-Tec Computer Program must be used in the Regional Meet and Ryle High School owns the program. The Cross Country Coach was made aware the need to have at least two back up systems in place just in case of power failure on the day of the meet. These back up methods must be discussed with the KHSAA Meet Referees that will be assigned to the Regional Meet.
Starting Line Area	<p>The proposed starting area has three issues that together may well lead to a problem for the runners</p> <ul style="list-style-type: none"> ○ A down hill start for the first 100 Meters ○ A curved in the first 100 Meters ○ A major dip where the down hill stops and the up hill begins, as well as being where the first curve starts. <p>With the current down hill start all the competitors will likely generate move speed for the first 100 Meters than usual, which will have the entire field reaching the end of the down hill and the beginning of the up hill at basically the same time. The transfer from down hill running to up hill running is an area that is not smooth and a fall or mass pile up is very likely to happen that would result is a re-start of the race and hopefully no one injured. To make it even more interesting the dip is in the middle of the first turn on the course.</p> <p>Suggestions to make the starting area and first 400 meters safer for the athletes are . . .</p> <ul style="list-style-type: none"> ➤ Back the starting line up to the far side of the practice soccer area. This would add 200 plus meters to the front of the start and would allow all the competitors to hit the first down hill at a normal starting pace. The new starting area would have more than enough width to safely spread the athletes out in starting boxes. ➤ By moving the starting line back and to the left it would take out the curve that is proposed in the current start and make the first turn 400 plus meters into the race. ➤ The big dip would still be there but with the new start it becomes part of the course instead of part of the start.
The Running Course	<p>Looking at the course map will show that the course is a non-repeat layout that is for the most part good footing. There were a few area that had some issues with erosion and other footing issues (rocks, roots, etc) that were pointed out to the Ryle Athletic Director. There are a lot of loops and turns on the course that will require a lot of flagging and painting to assure that the course is marked properly. By moving the start and finish are to the recommended spots some of these turns may be eliminated as distance would be added to both the start and the finish.</p> <p>Suggestions to make the running course safer for the competing athletes are . . .</p> <ul style="list-style-type: none"> ➤ The running course is basically marked by the cut of the bush hog and it is basically two

cuts wide. In the early part of the race and the later part of the race you are at the front of the school and near the entrances where the grass is short all around and will require more flagging and/or painting. In the area around the elementary school the growth on the sides of the bush hog trail is 6' to 8' on both sides of the course which results in weeds, briars and flowery bushes leaning over and hanging out on to the running course. Methods to do side dressing in these area were discussed with the Athletic Director and the Cross Country Coach.

- Tree limbs are hanging way to low in some spots and it was discussed with the Athletic Director and the Cross Country Coach that using a 8' stick as a measuring device would have the tree limbs trimmed back so that they would not cause problems for competing athletes.
- The path that has been cut in the wooded area needs to be raked to remove a lot of tree debris. This would uncover a large number of roots that need to be painted or removed to assure safe footing through this area.
- It was pointed out to the Athletic Director and the Cross Country Coach that the 5 blacktop crossing on the course can be an area of concern. Two of the crossing are actually a blacktop path and would require one step at the most on the pavement. The other three paved crossings are major campus roads that are open to public traffic. It is "highly" recommended that these three areas be manned by responsible "adults" on race days to assure that the motor vehicles are under control to assure a safe crossing for all of the athletes. It is recommended that Law Enforcement be used during the Regional Meet at the third major crossing as it is critical that this area be under control as it is also the entrance to the major parking area that will be used for school buses and spectators.
- Several man hole covers on the course need to have a tall cone placed in the center to increase the visibility of these potential hazards. A couple of others potential hazard areas were pointed out to the Athletic Director and the Coach.
- It was recommended to the Athletic Director and the Coach to have a work day with the athletes and parents to address footing issues, tree trimming, side trimming, raking and root removal, etc.

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. He further stated that all the Regional teams would be invited to participate in regular season meets at the course to assure there knowledge of course direction before the Regional Meet.

Finish Area

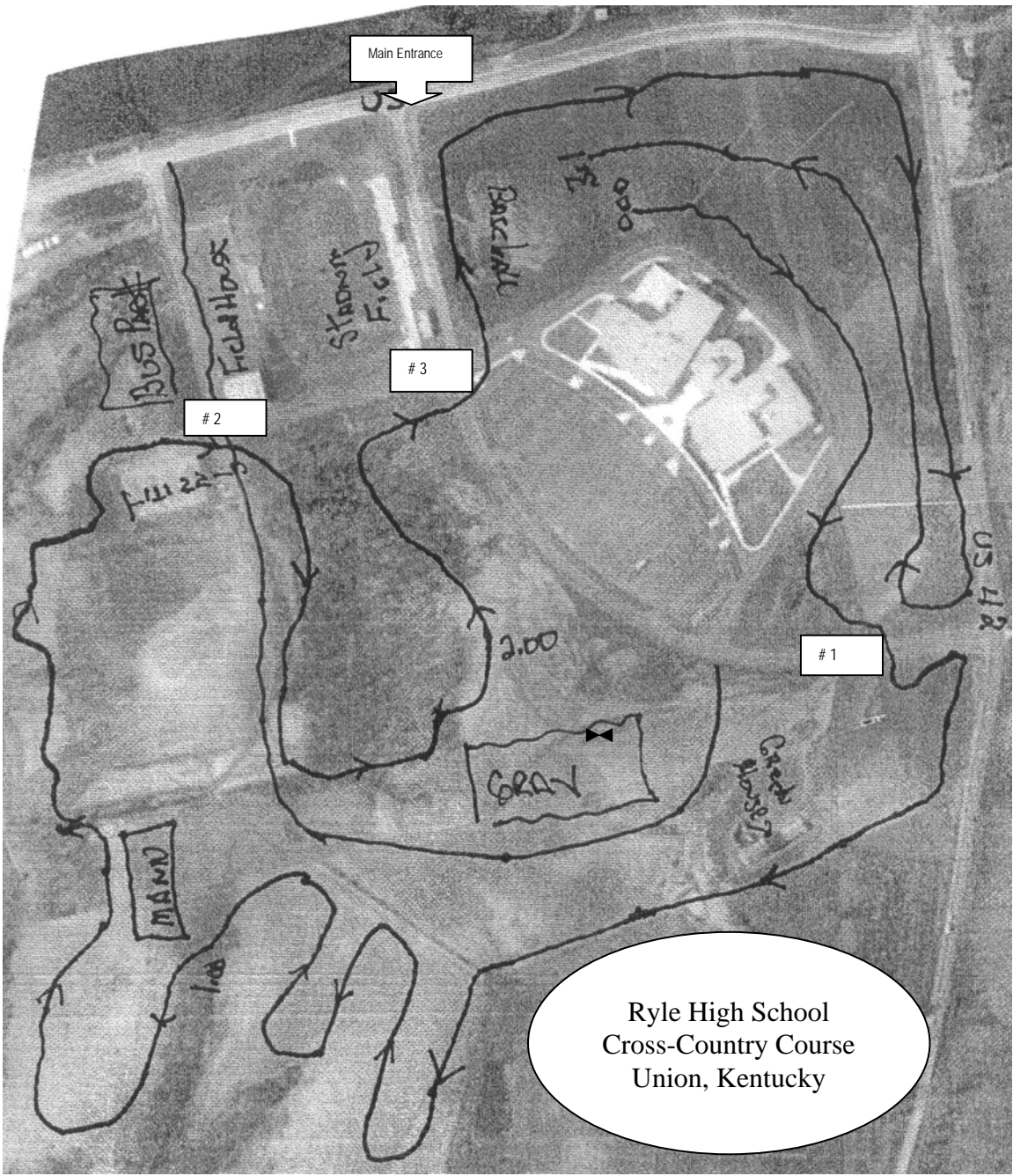
The current finish area is coming up a good hill with a curve to the left. There is plenty of room to go with a perfectly straight finish and moving the chute back to the area where the race starts is highly recommended.

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.
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 Ryle is set up basically wide open and unless something is put in place spectators will be everywhere. It is recommended that the spectators 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.	<p>Although it will be a different course from the ones that the Class AAA – Region 5 schools and the Class A Region 4 schools are used to it is a course that is safe for Regional Meets in Northern Kentucky.</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.</p> <p>It is mandatory that "adult" supervision be in place at the three major pavement crossing and traffic should be totally eliminated at the first and second crossing and those entrances not used on meet days. It is recommended that Law Enforcement be present at the Regional Meet to assure control of the third crossing and the entrance to the Regional Meet Parking.</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 necessity arose. 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.</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 school personnel is reminded that that the course needs some general clean up especially the wooded area, where the path may need raked and some branches and briars trimmed back.</p>

Respectively submitted,

Gordon D. Bocock #4848
KHSAA Cross-Country Consultant



Main Entrance

Bus Park

Fieldhouse

Stadium Field

Baseball

#3

#2

1.11 22-5

2.00

#1

US 42

GRAY

Crest Plaza

MANN

1.00

Ryle High School
Cross-Country Course
Union, Kentucky