
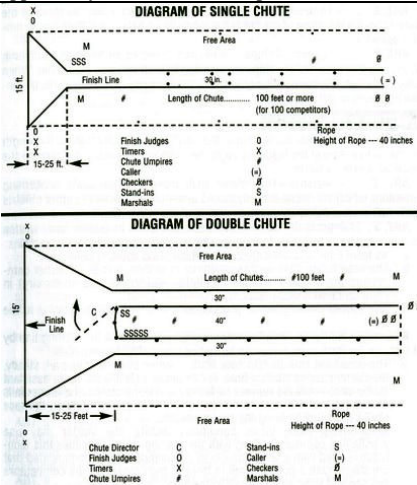
	KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION  <b>Cross –Country Course Site Inspection</b> <b>Monday – September 8, 2008</b>	
<b>2008</b>	<b>Gordon Bocoek</b> <b>KHSAA Track and Cross Country Consultant</b>	<b>2009</b>

Course to be Inspected: Sacred Heart Academy at Seneca Park Course Site Inspection Requested by: Julian Tackett – KHSAA Assistant Commissioner Reason for inspections: Sacred Heart is the possible host of the 2008 KHSAA Class AAA Region 4 Cross Country Championships
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School entered in the KHSAA Region 4 – Class AAA are: Assumption, Ballard, Eastern, Fern Creek, Oldham County, Sacred Heart, Seneca, Shelby County, Southern, Trinity and Waggener.
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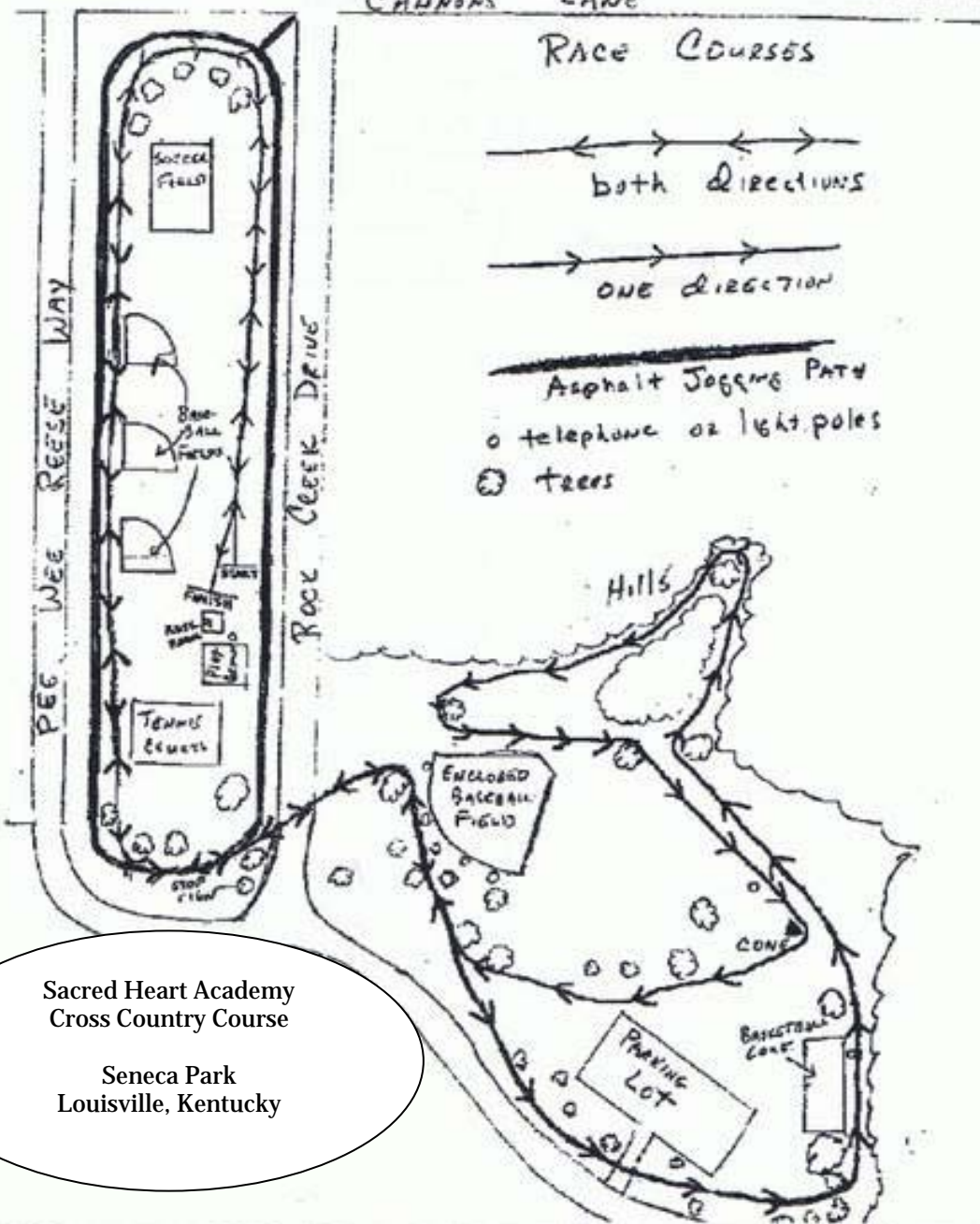
Cross – Country Course Site Inspection	
<b>Course Location</b>	The Sacred Heart Academy cross country course is located at Seneca Park in Louisville, Kentucky. It is a course that has been used for years and has a lot of history in Kentucky running annuals but with the growth of the area around the park fewer and fewer races are allowed to be run at the venue that has hosted the KHSAA State Cross Country Championships in the past.
Parking and Public Rest Rooms	Parking is very much a problem; especially for school buses but fortunately very few schools in this region will use school buses as transportation to the regional meet. Most of the coaches in this region will simply have the athletes meet them at the course. The Cross Country Coach stated that he would have supervision to assist with the parking if the regional meet were to be held at Seneca Park. A very small public rest room area is available for men and women but Port-A-Pots would be needed to accommodate the number of athletes and spectators.
Meet Management Area for Computers/Packets Etc.	<p>Meet Headquarters would be set up in the area of 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. Sacred Heart owns the Hy-Tek Computer Program but at this time an experienced operator has yet to be put 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 <b>immediately</b> to the KHSAA after the meet.</p> <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> <li>➤ A camera will be put in place to record the finish of each runner.</li> </ul>
Starting Line Area	<p>The starting line is more than adequate for the eleven 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</p> <p>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.</p>
The Running Course	<p>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. The first lap of the large field is mowed basically all the time while parts of the back field have a cut path that will need some side dressing. There are a large number of tree limbs on the running course that are not within the 8' clearance recommended by the National Federation. The Cross Country Coach felt that the trimming of these trees might be a problem with the personnel at Seneca Park. He was informed that failure to trim the trees would cause the course to have to be altered or moved to another location as there current condition is very much a safety issue. Traffic would have to be stopped on as the athletes cross a major road at two different times during the race. It is highly recommended that law enforcement in uniform handle the traffic control at these crossings as it could be for an extended period of time.</p>
Course Markings	<p>According to the National Federation Rules and KHSAA Games Committee Policy - in regard to Cross Country courses . . .</p> <p><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.</p> <p style="text-align: center;">Flag Directions</p> <ul style="list-style-type: none"> <li>▪ A red flag indicates a turn to the left</li> </ul>

	<ul style="list-style-type: none"> <li>▪ A yellow flag indicates a turn to the right</li> <li>▪ A blue flag indicates a course straight ahead</li> </ul> <p>The Cross Country Coach indicated that flagging and ground painting would be in place to mark the course. He further stated that no other meets would be held on the course this year. The Regional teams would not have the opportunity to have a meet or practice 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 wide chute with a 100-foot or more length, a finish line, and various personnel positions marked with letters. The double chute diagram shows two 30-foot wide chutes with a 100-foot length, a finish line, and personnel positions. A legend below each diagram identifies the personnel roles and their corresponding letters.</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>highly 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 Seneca Park course is located very close to the Starting line and Meet Headquarters. No chute was in place to be observed.</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 Seneca Park 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 these 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 Seneca Park course is an excellent cross-country course that is cut properly and well laid out. When it is properly marked it will be a very easy course to follow but some major safety issues in regard to tree limbs being so close to the ground have to be addressed before this site can be approved 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> <p>If the Seneca Park Management has a problem with the trimming of the tree limbs it is recommended that the Meet Management from Sacred Heart consider teaming up with St. Xavier with the Regional Meet that will be held at the old River Road Golf Course.</p>

Respectively submitted,

Gordon D. Bocoek #4848  
KHSAA Cross-Country Consultant

5000 METER COURSE  
Seneca Park  
CANNONS LANE



Sacred Heart Academy  
Cross Country Course

Seneca Park  
Louisville, Kentucky