
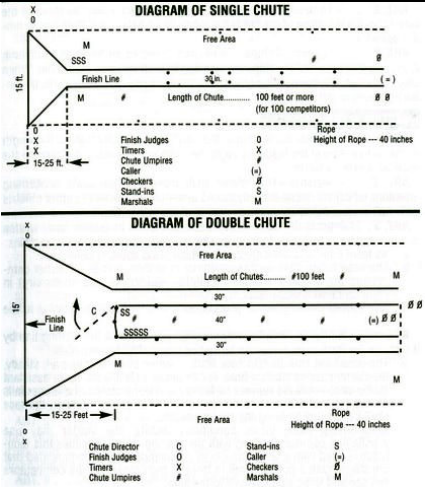
	KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION Cross –Country Course Site Inspection Monday – September 8, 2008	
2008	Gordon Bocoek KHSAA Track and Cross Country Consultant	2009

Course to be Inspected: St. Xavier High School at Old River Road Course Site Inspection Requested by: Julian Tackett – KHSAA Assistant Commissioner
Reason for inspections: St. Xavier High School is the possible host of the 2008 KHSAA Class AAA Region 3 Cross Country Championships

School entered in the KHSAA Region 3 – Class AAA are: Bullitt Central, Butler, Doss, duPont Manual, Iroquois, Male, Meade County, Nelson County, Pleasure Ridge Park and St. Xavier.

Cross – Country Course Site Inspection	
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Course Location	The St. Xavier cross country course is located at the Old River Road Golf Course in Louisville, Kentucky. The course has been turned into a city park and is now used for many different activities. It is in a location that is easy to get to.
Parking and Public Rest Rooms	Parking is not a real problem as the site itself has a number of parking places that will easily handle the Regional Meet traffic. The majority of the schools are in Louisville and 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 and if overflow was needed the Water Plant Parking Area was just a short walk from the course. Port-A-Pots will be brought in to accommodate the athletes and spectators.
Meet Management Area for Computers/Packets Etc.	Meet Headquarters would be set up in the area of the Start/Finish Line on the front porch of the Old Club House. 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. St. Xavier owns the Hy-Tek Computer Program and an experienced Hy-Tek operator is already 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 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 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 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 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 . . . 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 <ul style="list-style-type: none"> ▪ 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 course has already been used for a major Invitational and many of the Regional teams participated and several Jefferson County Master Schedule Cross-Country Meets have been set for the

	River Road Course. All the teams in the Region have the opportunity to run meets on this course during the regular season.
Finish Area	 <p>The diagrams illustrate 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. It includes a 'Free Area' at the top, a 'Finish Line' on the left, and a 'Rope' on the right. Personnel positions are marked with letters: O for Finish Judges, X for Timers, # for Chute Umpires, (+) for Callers, # for Checkers, S for Stand-ins, and M for Marshals. The height of the rope is 40 inches. The 'DIAGRAM OF DOUBLE CHUTE' shows two chutes, each 100 feet long. It includes a 'Free Area' at the top, a 'Finish Line' on the left, and a 'Rope' on the right. Personnel positions are marked with letters: C for Chute Director, O for Finish Judges, X for Timers, # for Chute Umpires, S for Stand-ins, (+) for Caller, # for Checkers, and M for Marshals. The height of the rope is 40 inches.</p> <p>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.</p> <p>The finish chute at the River Road course is located very close to the Starting line and Meet Headquarters. No chute was in place to be observed.</p>
Spectator Area	<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 River Road is set up basically wide open and unless something is put in place spectators will be everywhere. It is recommended 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 River Road is an excellent cross-country course that is a somewhat flat compared to many in the state. It is pointed out that the middle of the course was only cut one bush hog wide when a width of two bush hogs is recommended once the starting area is finally tapered down. When it is properly marked it will be a very easy course to follow.</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 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.</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 St. Xavier Coaching Staff has years of experience in cross country meet management and a tremendous support staff is always in place when it comes to putting on major competitions.</p> <p>It is pointed out that it is even possible for a second Regional Meet to take place on the same day at the River Road Course.</p>

Respectively submitted,

Gordon D. Bocoek #4848
KHSAA Cross-Country Consultant

St. Xavier High School
Cross-Country Course

Old River Road Golf Course
Louisville, Kentucky

