

The Inside Track

News and Views from SportsEdge®, a division of ABT, Inc.

Summer 2010

SportsEdge®



TRACK & FIELD DESIGN AND SAFETY CONSIDERATIONS

By Fred Dixon, Gill Athletics

PERFORMANCE

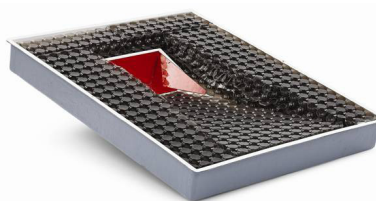
Track & Field is an exacting sport. Performance is paramount. Inches and hundredths of seconds hold critical significance. When designing a Track & Field facility all factors that contribute to optimal performance must be considered. Prevailing winds will have great affect on the sprints, hurdles and horizontal jumps. They will also influence performance in the discus. A moderate tailwind can take a couple of tenths off of a 100M time and a “quartering” wind can add 10’ or more (depending on total throw distance) to a discus throw. Too often these critical factors are not adequately considered in the layout of a new track and performances are diminished as the result.

Many years ago I competed in the decathlon. For a number of years my life was solely committed to enhancing performance in the ten events that comprise the decathlon. I have to admit that I had little concern for anything outside of this pursuit. Over the past couple of decades I have continued the quest for performance from a different angle. The quest these days is the development of products that facilitate greater performance. I can no longer compete at a world class level in the decathlon, but my experience as an athlete has been of significant value in the R&D process. At Gill Athletics I work with several other people with backgrounds very similar to mine, who share the same passion. We are striving together to make the products that will be involved in current and future world record performances, and we are succeeding.

SAFETY

At this point I would be remiss if I did not mention another passion shared by those of us at Gill and SportsEdge. That passion is an absolute obsession with safety. Performance may be what the sport of Track & Field is all about, but performance must not be achieved at the expense of safety. A great product is one that combines unsurpassed performance and safety.

An example of a product developed in this theme is the **Skydex™ Soft Vault Box**. This product represents a quantum leap forward with regard to safety (with no negative affect on performance) in the pole vault. Most issues of safety surrounding the pole vault have been addressed in recent years, but the vault box remains a vulnerable area. Conventional vault boxes are made of steel or aluminum and are set in concrete. This creates an unyielding surface that can be very dangerous if a vaulter lands in the box.



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Industry News & Events

September 26-28, 2010
ECAC Convention & Trade Show
Hyannis, MA

December 1-4, 2010
Athletic Business Conference
San Diego, CA

December 5-7, 2010.
ASBA Technical Meeting
Ponte Vedra Beach, FL

December 15-19, 2010
National Athletic Directors Conference
Orlando, Florida

January 11-15, 2011
STMA 2011 Annual Conference and
Exhibition
Austin, TX

Employee Spotlight



EARL COE joined SportsEdge in 2007 as Regional Sales Manager for the Mid Atlantic Region. Earl's enthusiasm for sports and his past experience

in the sports industry has made him an excellent addition to the SportsEdge sales team.

Earl's work ethic is outstanding and it shows; whether he's aiding an engineer or architect with his design expertise, offering job site assistance, or responding quickly to a customer.

Earl and his wife Phyllis have been married for 33 years and reside in Monroe, NC. They are the proud grandparents of one year old Keegan Patrick Coe. Earl's interests outside of work include fishing, classic cars and playing with his grandson.

The **Skydex Soft Vault Box** was designed to greatly reduce the possibility of injury as the result of landing in the box. This unique product provides a G-max rating when falling from 17'6" that is lower than falling from 4' into a conventional vault box. The significance of this reduction in impact force cannot be overstated.

The Skydex Soft Vault Box has been used in world class competition and has been well received in every case. Pole vaulters have had little or no perception of any disparity in their experience with the Skydex Box as compared with conventional metal boxes.

Another example of a product line that combines design elements that facilitate enhanced safety and performance are the **Portable Throwing Cages** designed by Gill. These cages allow for convenient set up and take down and can be used



on any surface. For synthetic turf fields, these cages eliminate the need for ground sleeves located on the soccer or football playing fields. Portability also allows for configuration of the net posts to accommodate optimal safety. **Portable**

discus cages are gaining popularity as more designers become aware of this safe and convenient option.

Although not mandated by rule, **portable shot cages** are also being specified more often. At one time most shot putters employed a linear technique and there was really no need for a protective cage. Today most shot putters use the rotational technique and the possibility of errant throws has been increased substantially. These cages are available for both high school and college applications for the discus and shot put. Any facility not using a shot cage is less safe than it could be.

Safety and performance should be of foremost importance in the minds of designers, builders, and school personnel when considering the layout and equipment for a new Track & Field facility. We at Gill and SportsEdge® are committed to supporting this process in every way possible. **For additional information or details on the Skydex Soft Vault Box, Portable Discus or Shot Cage, contact SportsEdge® at 800-334-6057, www.sportsedge.com or info@sportsedge.com.**

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► Product Spotlight

THE PROBLEM:

MULTI-USE FOOTBALL/SOCCER FIELDS



RICOCHET

Which crossbar did the soccer ball hit? Is it in or out? A soccer referee often has to make quick and difficult decisions that can happen in a split second, and can determine the outcome of a game.

SHORTER SOCCER FIELD

Pulling the soccer goal in 2 yards at each end of the field reduces the size of the field.

ADDITIONAL LINE

When pulling soccer goals in, additional lines are needed in the middle of the football end zone.



THE SOLUTION:

ROTATING FOOTBALL GOAL!

This revolutionary Rotating Football Goal Post (Patent Pending) solves a long standing problem for combination football & soccer fields.

SIMPLE & SMOOTH OPERATION by any one person.

- **Easily Rotated** 180 degrees.
Face away from the football field during soccer games.
Rotate back into position for football games.
Requires only 25 pounds of pressure to rotate the goal.
- **SECURELY LOCKED** in place in both Football and soccer positions.
Two padlocks (per goal).

COMMON END LINE

Full length 360' soccer field.
No "extra line stripe" across the football field.

NO MORE RICOCHET off of football goals during soccer games.



Get more details and view the demonstration VIDEO clip @
www.sportsedge.com



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Rotating Football Goal!

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