

## **Volunteer Opportunities at all Home Meets**

These are fun volunteer opportunities and will put you on the field and close to the action. At the same time, you will get your aerobic exercise in for the day!! Easy Peasy!!

**Boys Long Jump Pit** - You will be in charge of raking the long jump pit so athletes have smooth sand to jump into. You may also be asked to assist in measuring distances and recording data.

**Girls Long Jump Pit** - Same as boys long jump pit.

**High Jump** – You will be adjusting the bar and replacing it should a jumper not make height. You may also be asked to record data.

**Shot put** – You will be measuring and recording distance.

**Discus** – You will be measuring distance and recording data.

**Clerk of the Course Help (tent on the field)** – You will be assisting to set-up on-field tents. You may also be assisting at the start of each race by giving athletes heat, lane assignments, and hip numbers.

**Timer (Finish Line Help)** – You will report to the tent at the finish line for instructions. Generally you will assist the timer by organizing athletes at the finish line.

## **Volunteer Opportunities for Mustang Relays Only**

**Coaches check-in (Peck Ave lower gate)** – You will check coaches in as they arrive for the day.

**Athlete Check-in (Peck Ave lower gate)** – You will check athletes in as they arrive for the meet.

**Admissions (Peck upper gate/Meadows)** – You will collect admission fees.

**Gate Monitor (limit trackside gate access)** - You will limit access across the track during races by keeping the gate closed and opening only to allow access to athletes and volunteers.

**Medals Distribution** – You will distribute medals to winning athletes. (Also at Bay League meets)

**Clean Up** – You will help clean up the track following the meet.

**Snack stand** – You will help set up, organize, sell, and clean up the snack stand after the meet (Volunteer for 2 hours or more)

