

SJS Track & Field

Volunteers

Volunteers are an extremely important and integral part of the SJS Track & Field program and we couldn't have a successful program without them. As we did last year, we will attempt to develop a schedule for each practice and each meet, assigning parents/guardians to "volunteer" at each one.

The following describes the volunteers we will need throughout the season:

Assistant Coaches - Help with practice sessions and meets.

Practice

Help the coaches with the running (timing, recording, and general supervision).
Help with field events (measuring, recording, retrieving softball, shot put, discus).

Volunteer Coordinator

Maintain the list of volunteers for each practice and meet.
"Assign" the volunteers to help with specific areas upon arrival at practice.
Make "reminder" telephone calls to volunteers, as necessary.

Meets

See separate sheet for details.

End-of-Year Party Coordinator

Make arrangements for the pizza/awards party we hold at the end of the season.

Refreshments Coordinator

Make arrangements for food and drink to be sold at home meets.

Track Coordinator ("in training")

Work with the current coordinator this year and take over the job next year.

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Meet Volunteers

General

Each school is required to supply at least one person per event to help in running the meet. In most cases, volunteers from the “visiting” schools will report to their event, without any prompting, prior to the start of the meet. If there is a shortage of volunteers at any of the events, we will ask the head coach or coordinator from each school to find additional volunteers, or the announcer will “appeal” to the crowd for more help. Some of the requirements described below are from the viewpoint of the “home or host” team. In order to ensure that the meet runs smoothly, each school, especially the “home or host” team, should plan for extra or reserve volunteers, if available.

Start

1. Starter (instructs runners about the race; fires the starter’s pistol to start the race; ensures there is a fair start).
2. Announcer (calls the events, makes announcements, with the bullhorn; could be the same person as the Starter).
3. “Herders” (keeps the athletes lined up before their event; helps Starter to line them up at the start; could be a requirement for more than 2).

Relays “Judge”

- 1 from each school (escorts the runners to the hand-off zone; observes the hand-offs).

Finish Line

1. 4 to 6 Place Judges/Spotters; generally 2 per school (determines the order of finish for all running events; keeps runners in their lane after the race, until their name is recorded).
2. 1 Meet Recorder (records name, school, place of each runner after the race).
3. 2 to 3 Timers; 1 Timer/Recorder (each team records times for the benefit of the team; the times have no bearing on the results of the meet).

Shot Put

1. 1 Recorder (records names of participants and distance of each valid throw).
2. 1 or 2 Measurers (measures each throw).
3. 1 Safety Monitor (monitor activities of the athletes waiting to throw).

Long Jump

1. 1 Recorder (records names of participants and the distance of each valid jump).
2. 1 or 2 Measurers (measures each valid jump).
3. 1 Pit Raker/Judge (rakes the pit after each jump and ensures that there is no take off foul on each jump).

Discus

1. 1 Recorder (records names of participants and distance of each valid throw).
2. 1 or 2 Measurers (measures each throw).
3. 1 Safety Monitor (monitor activities of the athletes waiting to throw).

Softball Throw

1. 1 Recorder (records names of participants and distance of each valid throw).
2. 1 or 2 Measurer/Spotters (marks where the ball first hits the ground and measures each throw).
3. 1 Ball Retriever (retrieves the ball after each throw and returns it to throwing line).