

**Set Up/Parking** direct cars to parking, set up tables/signs & tents

Time slot	Name	Email
6:30-until done (~8:30)		
1		
2		
3		
4		
5		
6		
7		
8		

**Concessions** we keep this well staffed so you can watch your athlete if competing

Time slot	Name	Email
6:30-9:30		
1		
2		
9:00-12:00		
1		
2		
3		
9:30-12:30		
1		
2		
12:00-3:00		
1		
2		
3		
2:30-5:30		
1		
2		
3		

**Clerk** Athlete event check-in on the track

Time slot	Name	Email
6:30-10:30		
1		
2		
3		
4		
10:30-2:30		
1		
2		
3		
4		
2:00-5:30		
1		
2		
3		
4		

**Long & Triple Jump** raking & measuring, helping official

Time slot	Name	Email
8:45-11:00		
Long		
Long		
Triple		
Triple		
11:00-1:30		
Long		
Long		
Triple		
Triple		
2:00-5:30		
Long		
Long		
Triple		
Triple		

To sign up: email [mandybenham@sfhs.com](mailto:mandybenham@sfhs.com), give a 1st & 2nd choice.

BBQ

Time slot	Name	Email
9:00-11:00		
1		
2		
10:30-2:30		
1		
2		
3		
4		
5		
6		
7		
2:00-5:30		
1		
2		
3		
4		

Shot Put/Discus Help Official/measure throws

Time slot	Name	Email
9:45-11:45		
1		
2		
3		
4		
11:45-1:45		
1		
2		
3		
4		
1:45-3:45		
1		
2		
3		
4		

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**T-Shirt Sales** Sell t-shirts & distribute awards

Time slot	Name	Email
7:30-10:30		
1		
2		
3		
10:30-2:30		
1		
2		
3		
2:30-5:30		
1		
2		
3		

**Wind Gauges** Really easy, we'll train you

Time slot	Name	Email
8:45-11:00		
1		Straight
2		TJ
1:00-3:00		
1		Straight
2		LJ
3:00-5:30		
1		TJ
2		LJ

**Clean-Up** Easy/fast job: put away tables, tents, etc

Time slot	Name	Email
4:00-until done (~6:00)		
1		
2		
3		
4		
5		
6		
7		
8		

**Coaches/Athletes Gate** check in athletes & coaches, distribute team packets

Time slot	Name	Email
6:45-9:45		
1		
2		
9:45-12:45		
1		
12:45-2:45		
1		

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**Crowd Control** Keep spectators/athletes away from the track/camera

Time slot	Name	Email	
7:45-9:45			
1			track
2			track
3			track
4			w/u field
9:45-11:45			
1			track
2			track
3			track
4			w/u field
11:45-1:45			
1			track
2			track
3			track
4			w/u field
1:45-3:45			
1			track
2			track
3			track
4			w/u field
3:45-5:30			
1			track
2			track
3			track
4			w/u field

**Spectators Gate**

Time slot	Name	Email
6:45-9:45		
1		
2		
9:45-12:45		
1		
2		
12:45-3:45		
1		
3:45-5:00		
1		

**Shot/Disc Weigh-in** Easy, we'll train you

Time slot	Name	Email
9:00-11:30		
1		
2		
12:30-2:00		
1		
2		

**High Jump** time slots are 2 shifts of ~1hr

Time slot	Name	Email
8:45 & 11:15	Help official/put up bar	
1		
2		
12:45 & 1:45		
1		
2		

**Pole Vault**

Time slot	Name	Email
8:45-12:45	Help official/put up bar	
1		
2		
12:45-4:45		
1		
2		

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