Wake County Senior Games Track and Field Volunteers

Event Description:
****Although we hope to stick to the time frames, be aware that we may go over or even be done early depending on weather and number of athletes!****

Thank you in advance for your involvement! Wake County Senior Games are for all individuals 50 and up . The WCSG rely heavily on volunteers to help us make these games a success. As volunteers you would assist with several different jobs associated with individual's events.

You volunteered for **Track & Field**. The following jobs will be assigned when you arrive*:

- Set up (place & set up equipment, clear track of debris, put out tables, help staff get ready)
- Participant Check in, give out shirts and hand out snacks
- Track Timers (using a stop watch to capture the time for our athletes)
- Track Lap Counters (counting the laps on the track for our longer events such as 5K Run)
- Field Judges (measuring the accomplishments of long jump/softball throw/discus and more)
- Field Scorer (calculating scores for football throw and more)
- Ball Retriever (for football throw/shot put/softball throw and more)
- Clean up (gather and remove equipment, box up left overs, put into vans, etc.

*** In order to volunteer you must be at least 15 years old.**

*IF you have specific experience in any of the following sports, please indicate that so we can assign you to that game: track, discus, or shot put. Or indicate if you have first aid/CPR certification too! This can be noted in the registration notes in step 2 of sign up.

You should wear closed toe shoes, dress in layers and for the weather (we do this event rain or shine, could be cold in the morning, hot by afternoon, wear a hat and sunglasses or have gloves handy!). We do provide t-shirts for our volunteers on a first come, first serve basis.

We provide some drinks and snacks however if you have special diet needs, please bring!

We provide some folding chairs however many of our volunteers prefer to have their own chair (umbrella style!).

There is lots of physical activity at the start and end for our volunteers, otherwise there may be some waiting around and scoring/timing.

The event location is at Athens Drive High School. The track is located at the end of Jaguar Park Dr.

The rules for these events can be found here: NC Senior Games (scroll through the list of events and click on the track & field events!)

You will be asked to sign this waiver when you arrive, or if you'd prefer to print it and sign and bring with you that would be great!

Finally, be ready to cheer on our athletes! Invite your friends to come watch this amazing event! And we thank you again for your support!

Event Coordinator: Stefanie Nichols, Town of Cary, stefanie.nichols@townofcary.org or (919)469-4081.
In case of foul weather: (919) 469-4081 or (919)996-2151.

This volunteer opportunity is not to be used towards court-appointed/ suggested community service hours.