

**Timberline Middle School  
Track and Field Support Team**

Parents,

We will also be hosting one track meet this year on Wednesday, April 10th. We will need volunteers to help us with hosting this meet. Responsibilities vary from timing events to helping with various field events. The meet will begin at 3:00 and should end between 5:30-6:00 but some events end sooner.

If you can help us out by volunteering in one of these capacities at our home meet, we would appreciate it.

Please fill out the attached form and return it to Coach Wood or Coach Barksdale if you would be willing to help and we will contact you in advance of the meet to confirm. Filling out this form lets us know that you would be willing to help and we will contact you for a specific commitment prior to the meets. Thanks for your support!

Name: \_\_\_\_\_

Student's Name: \_\_\_\_\_

Phone # (home) \_\_\_\_\_ Work / Cell \_\_\_\_\_

Best time to contact you: \_\_\_\_\_

If you have any experience in assisting with coaching or running track meets or preferences in helping out, please indicate them below: **There is no experience needed for most of the positions, so please don't hesitate to get involved!**

**I could help . . .**

- Timing (2:45-4:30) Using a stopwatch to time the sprint events (we can train you!)
- Shotput (2:45-4:30) (measuring distance of thrown shotputs)
- Long Jump (2:45-4:30) (measuring jump distances and/or raking pits)
- High Jump (2:45-6:00) (Replace the bar in between jumps)
- Anywhere you need me

Thanks,

Timberline Coaching Staff