

HELPERS AND CLEAN-UP LIST: 2017-2018

When you have helpers duty, you have to bring 4 adults; 2 are for Shot Put and 2 for Long Jump, and 2 students or adults for the High Jump. We need responsible people for these jobs--however no track knowledge is needed. They will be trained. It is the coach's responsibility to assign the helpers to the event they will work at. These helpers will work for your entire session. Girls and Boys teams will combine to come up with the 6 helpers.

Clean-up duty will only take 10-15 minutes and will consist of picking up rubbish and stacking the hurdles. This is done after the meet is completed.

This is very important if our meets are to run well. Please do your part. **HAVE YOUR HELPERS REPORT TO THE APPROPRIATE OFFICIAL 5-10 MINUTES BEFORE THE START OF THE MEET.** Thanks.

<u>Date</u>	<u>Helpers for each session</u>	<u>Clean-up</u>
12/16/17	Oyster River / Merrimack / Londonderry	Spaulding
12/23/17	Alvirne / Exeter / Coe Brown	Timberlane
12/30/17	Souhegan / Campbell / Nashua North	Concord
1/7/18	Milford / Memorial / Dover	Goffstown
1/14/18	Nashua South / Bedford / Central	Trinity
1/21/18	Portsmouth / Winnacunnet / Monadnock	Newmarket
1/28/17	Windham / Pinkerton	Salem
