

VOLUNTEER LIST

School Name _____

For the meet to run smoothly, we are asking that each school provide volunteers. Volunteer roles include:

- **Timers:** Two timers are needed for each lane both days. All programs are required to provide lane timers at least for one day of the meet. The tables below indicate when you need to provide those timers.
- **Runners:** Two runners are needed for the full time on Friday and Saturday. Runners are responsible for picking up time sheets from the timers and delivering them to the meet managers.
- **Deck Marshal:** This one person stands next to the starter and helps control traffic going in and out of the starting block area.

Friday, 4:00-8:00 pm	
LANE	SCHOOL ASSIGNMENT
Lane #1	O'Dea
Lane #2	Franklin
Lane #3	Eastside Catholic
Lane #4	Garfield
Lane #5	Nathan Hale
Lane #6	Lakeside
Lane #7	Ingraham
Lane #8	Roosevelt
Lane #9	Bishop Blanchet
Lane #10	Seattle Prep

Saturday, 3:30-7:30 pm	
LANE	SCHOOL ASSIGNMENT
Lane #1	Ballard
Lane #2	Chief Sealth/West Seattle
Lane #3	Garfield
Lane #4	O'Dea
Lane #5	Lincoln
Lane #6	Lakeside
Lane #7	Roosevelt
Lane #8	Cleveland
Lane #9	
Lane #10	

WHAT WE NEED FROM YOU:

- You must recruit enough volunteers to cover the full four-hour lane timer assignment (2 per lane).
 - It is okay to have timers do two-hour shifts.
 - When you complete the form below, make sure to indicate the shift that each person is doing.
 - It is critical that your volunteers know their exact shift time.
 - **Timers must arrive and check-in 30 minutes prior to the start of their shift.**
 - *Without two timers per lane, we cannot run the meet.*
- We also must have two runners and a deck marshal for the entirety of the meet.
 - Please ask for volunteers for these positions.
 - Please list the day and time that individuals are willing to volunteer.
 - Lakeside will organize this list and contact individuals to confirm shifts.
 - *Without these volunteers, we cannot run the meet.*

