

Coaches:

Athletes compete at the age group they will be at during our state competition (06/23)

- 1) Database update: Events and staging times are now linked per a single event code per athletes age group.
- 2) You are responsible for getting all the athletes assigned to you to the staging area on time. If you have an athlete who has not shown up, inform the staging volunteers that athlete is a scratch. Running events take precedence over field events (RLJ, SLJ, Shot Put and Softball throws). Most age groups have at least 2 coaches per group. You are welcome to assist each other in the different staging areas if, and WHEN the events are running behind schedule.
- 3) You are responsible for getting your athletes from the awards stand after their event and take them to the stands or their next event, based on their schedule.
- 4) If you are assigned to the Youth age group, please speak to the parents upon arrival. Make sure they are aware of who you are and confirm with them to check their athletes in and out with you throughout the day.
- 5) You are responsible for making sure the athletes assigned to you have lunch based on their schedule. Please listen for the announcement to pick up lunches close to 11:00 a.m. We will have a group of coaches/volunteers pick them up and bring them to our headquarters in the stands.
- 6) Relays: I plan to text relay teams to their assigned coach Saturday afternoon.

Field Event Awards: Athletes award pick up at 1:30 p.m. located on the soccer fields. 1 awards table per field event, Heat number noted on coaches' sheet or athletes' badges.

Coaches / Age Group:

8-11 yrs – Youth

Girls: Andrew/Kristen
Boys: Jason

12-15 yrs – Junior

Girls:
Boys: Ashlee

16-21 yrs – Senior

Girls:
Boys: Ashlee

22-29 yrs – Master

Girls: Jennifer, Latoya (W), Linda
Boys: Derek, TJ

30 & Up – Masters

Girls: Dee, Laura, Leon, Margie (W)
Boys: Cindy, Diana, Fred (W), Marty
Rod (W) Roger

Runners: Stephanie

Low Motors: (Southeast corner) Dara/Glenn