

**OFSAA TRACK AND FIELD  
WEST REGIONAL VOLUNTEER SCHEDULE**

**Day 1  
Friday May June 1<sup>st</sup>**

T-Shirt Sales and Awards Table

**1:30** – 7:00 - This can be a rotating schedule, as long as there is 3 people around at a time. T-shirt sales will be the busiest as soon as teams arrive between 2:00 and 4:00.

_____	_____
_____	_____
_____	_____
_____	_____

Field Events – 3:30 – 7:00

The fields are smaller and will run very fast, there will be a break between each event. We need at least 2 at each event, with 3 the optimal number.

Long Jump	_____	_____	_____
Triple Jump	_____	_____	_____
High Jump	_____	_____	_____
Shot Put	_____	_____	_____
Pole Vault	_____	_____	_____
Discus	_____	_____	_____
Javelin	_____	_____	_____

Track Events – 3:30 – 7:00

Baskets and hurdle crew. There will be university students to help here, the baskets are the most important things, you will need 2-3 to do this job. Extra bodies can also go here.

_____	_____
_____	_____
_____	_____

Security Areas

_____	_____
_____	_____
_____	_____
_____	_____

**Day 2**  
**Saturday June 2<sup>nd</sup>**

T-Shirt Sales and Awards Table

8:30 – 5:00 - This can be a rotating schedule, as long as there is 3 people around at a time.

_____	_____
_____	_____
_____	_____
_____	_____

Field Events – 9:15 – 3:45

The fields are smaller and will run very fast, there will be a break between each event. We need at least 2 at each event, with 3 the optimal number.

Long Jump	_____	_____	_____
Triple Jump	_____	_____	_____
High Jump	_____	_____	_____
Shot Put	_____	_____	_____
Pole Vault	_____	_____	_____
Discus	_____	_____	_____
Javelin	_____	_____	_____

Track Events – 9:00 – 5:00

Baskets and hurdle crew. There will be university students to help here, the baskets are the most important things, you will need 2-3 to do this job. Extra bodies can also go here.

_____	_____
_____	_____
_____	_____

Security Areas

_____	_____
_____	_____
_____	_____
_____	_____