

## WHLAC Parent Help Roster – Season 2009/2010

In a departure to previous years parent help rostering, we will no longer have a rotating roster system for the SET UP and PACK UP each week.

Instead, each age group will be allocated the same task or event area each week to improve efficiency. Parents and carers within each age group can then share the responsibility within their group. Girl groups will be attached to one running programme (A), and Boy groups the other (B), as indicated below.

In addition, one parent from each of the U7-U17 age groups will assist the track officials each week. Boy groups will be attached to one running programme (A), girl groups the other (B), as indicated below.

**AND THERE WILL BE NO CANTEEN OR BBQ ASSISTANCE REQUIRED THIS SEASON!**

**SET UP ROSTER (arrive 7.00am): Programme A - Girls; Programme B - Boys**

| Age Group | Event Area / Activity                |
|-----------|--------------------------------------|
| U15       | 200 hurdles                          |
| U14       | Straight hurdles                     |
| U12       | 100m track timing gates              |
| U9        | Hurdle track timing gates            |
| U8        | Long jump pits prep                  |
| U7        | Long Jump run ups & takeoff pad prep |
| TT & U6   | Shade tents                          |

**TRACK HELPERS ROSTER (in position 8.20am): Programme A - Boys; Programme B - Girls**

| Age Group          | Event Area     |
|--------------------|----------------|
| U13, U14, U15, U17 | Circular track |
| U10, U11, U12      | Hurdle track   |
| U7, U8, U9         | 100m track     |

**PACK UP ROSTER (on completion of relevant event area): Programme A - Girls; Programme B - Boys**

| Age Group | Event Area / Activity |
|-----------|-----------------------|
| U17       | 200 hurdles           |
| U13       | Straight hurdles      |
| U10 & U11 | General pack-up*      |

**\* General pack-up**

Please ensure there are enough helpers from **both age groups** to pack-up at the end of the day. If everyone pitches in we can get everything done a lot quicker. Please don't leave this job to the same one or two people!