

HELPERS AND CLEAN-UP LIST: 2022-2023 UNIVERSITY OF NEW HAMPSHIRE

When you have helpers duty, you have to bring 6 helpers; 2 adults for Shot Put and 2 adults 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 (both boys and girls of the event they are assigned). 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>
12/17/22	10:00 session: Newmarket (2 SP & 1 HJ) & Sanborn (2 LJ & 1 HJ) 2:30 session: Londonderry	Spaulding
12/22/22	St. Thomas (2 SP & 1 HJ) Spaulding (2 LJ & 1 HJ)	Sanborn
12/27/22	10:00 session: Alvirne 2:30 session: Bedford	Salem

12/30/22	10:00 session: Pelham 2:30 session: Nashua North	Bishop Guertin
1/3/23	Coe-Brown	Raymond
1/7/23	10:00 session: Nashua South 2:30 session: Pinkerton	Keene
1/15/23	10:00 session: Portsmouth 2:30 session: Dover	Goffstown
1/21/23	10:00 session: Memorial 2:30 session: Exeter	Winnacunnet
1/28/23	No helpers needed	Concord
2/5/23	10:00 session: Souhegan (2 LJ & 1 HJ) & Campbell (2 SP & 1 HJ) 2:30 session: Windham	Central

Early Set-Up Duty: Please arrive 15 minutes before allowed time to enter the building.

12/17/22	Oyster River
12/22/22	Portsmouth
12/27/22	Oyster River
12/30/22	Oyster River
1/3/23	Merrimack
1/7/23	Merrimack
1/15/23	Portsmouth
1/21/23	Merrimack
1/28/23	Oyster River
2/5/23	Oyster River