

Queen of All Saints CYO
Track & Field 2019

Hello Parents,

Please see attached forms to be filled out and return to myself with payment or you may drop it at the office and let them know it is for CYO Track and Field.

If you have any questions please feel free to email me at:

qascyocoachmadie@gmail.com

Thank you,
Coach Madie
QAS CYO Track & Field Coordinator

Queen of All Saints CYO
Track & Field 2019

Queen of All Saints CYO Track & Field 2019

Open to all boys and girls from 2nd to 8th grade, who attend Queen of All Saints School, live within the Queen of All Saints Catholic Parish boundaries, or who participated in the Queen of All Saints CCD program in the 2018-2019 school year.

Registration can be left in the office or returned at first practice on Wednesday, February 13th.

Registration Cost is \$120.00, uniforms can be purchased at the QAS online store for \$30.00 (keep uniform & reuse).

Runner need to bring:

1. Check payable to "Queen of All Saints CYO" for \$120.00
2. Proof of Date of Birth (not needed for QAS students or returning runners).

Practice will run starting Wednesday, February 13th and the season starts March 16th and runs until May 11th.

If you have any questions please contact me.

Coach Madie
QAS CYO Track & Field Coordinator
gascyocoachmadie@gmail.com

Queen of All Saints CYO Track & Field 2019

Parent Participation Requirements:

Mandatory volunteer at all Saturday's track meets, the number of volunteer days will determine how many runners we have this season and how many positions that get assigned to our team. Please beware that you may be asked to volunteer every Saturday.

Parent Information:

- Practice starts: Wednesday, February 13th
- Practice Schedule: Monday & Wednesday
- Practice Time: 4:30-5:30pm (6pm)
- Where: Mt. Diablo High Track Area
- Cost: \$120.00
- Uniforms: \$30.00 est. QAS online store
- Grades 2nd – 8th grade, boys and girls
- All meets are on Saturdays

What's New:

- Sweaters (new logo, navy blue, white, logo yellow)
- Joggers (new logo, navy blue, white, logo yellow)
- T-Shirts (new logo, navy blue, white, logo yellow)
- Uniforms (new logo, navy blue, white, logo yellow)
- CYO apparel able to order @ QAS online store

Coach Madie

Queen of All Saints Track Coordinator

gascyocoachmadie@gmail.com

Queen of All Saints CYO Track & Field 2019

Track & Field: Q&A

Q. When does track practice start?

A. Wednesday, February 13th

Q. What days are practice?

A. Monday & Wednesday

Q. What time is practice?

A. 4:30-5:30pm (6pm)

Q. Where is practice held?

A. Mt. Diablo High

Q. What is the cost for track & field?

A. \$120 per runner, \$30 per uniform

Q. Who can run track & field?

A. Grades 2nd – 8th boys and girls

Q. When is War Path Invitational?

A. Saturday, March 9th @ Ygnacio Valley High

Q. What days are Meets?

A. Saturday, starting March 16th @ Monte Vista High School

Q. Will there be Friday Meets?

A. Only for Sectional and Championship Meets

Q. Is it mandatory to volunteer at Meets?

A. Yes, every meet

Q. What can my child participate in?

A. 2 running 1 field event or 1 running 2 field (only by coach)

Queen of All Saints CYO

Track & Field 2019

Q. What are the running & field events?

A. 50m (grades 2nd- 4th only), 100m, 200m, 400m, 800m, 1600m, 4x100, 4x400, Sprint Medley, Softball, Long Jump, High Jump & Shot Put (grades 5th – 8th only)

Q. How long are the meets?

A. All day, Est. 9am – 2:00pm

Q. What should I bring to meets?

A. Healthy Lunch & Snacks, Drinks, Sunscreen, Etc.

Q. Does my child need spikes to run?

A. No. Running shoes highly recommended

Q. What if I want my child to run in spikes?

A. Please discuss this with coach and only recommended for grades 5th and up.

Q. Will my child run in a Relay?

A. Depends how many athletes per grade & gender. Who arrives at the meet on time and who attends practice the week before.

Q. How to qualify for Sectionals & Championship?

A. Must ran min. 3 practice meets, not including Relay meet. Must run qualifying meet and place TOP 4.

Q. How to qualify for Championship?

A. Must place TOP 3 at the Sectional Meet.

Q. Who will be coaching my child?

A. Coordinator/Head Coach- Madie (8yr experience)

A. Head Coach- Jennie (4yr experience)

A. Assistance Coach- Jose (20+yr experience)

A. Parent Coordinator- Bina (10yr experience)

Diocese of Oakland CYO • Concussion Information Sheet

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to or after hit or fall

Symptoms Reported by Athlete

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

- Every sport is different, but there are steps your children can take to protect themselves from concussion.
- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly. Learn the signs and symptoms of a concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

- **Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
- **Keep your child out of play.** Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent damage, affecting your child for a lifetime.
- **Tell your child's coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

WHAT IS THE PROCEDURE FOR A SUSPECTED CONCUSSION?

- Any athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from the activity at that time and for the remainder of the day.
- Any athlete who has been removed may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and has received a written clearance to return to play from the health care provider.

LET YOUR CHILD'S COACH KNOW RIGHT AWAY IF YOU SUSPECT YOUR CHILD HAS A CONCUSSION!

Adapted from the CDC. For more information you can go to: <http://www.cdc.gov/ConcussionInYouthSports>

I have read and understand the information on the Oakland Diocese CYO Concussion Information Sheet:

Player Name Printed

Player Signature

Date

Parent or Legal Guardian Name Printed

Parent or Legal Guardian Signature

Date

DIOCESE OF OAKLAND – CATHOLIC YOUTH ORGANIZATION (CYO)
PARENTAL PERMISSION, HEALTH AUTHORIZATION, RELEASE FORM
THERE MUST BE A COPY OF THIS FORM AT ALL CYO ACTIVITIES

○ Child's Name _____ Parish _____
Address _____ Phone _____
(street, city, zip)

School _____ Grade _____

Date of Birth _____ Male Female

○ Parent/Guardians Name _____ Home Phone _____
Address _____ Work Phone _____
(street, city, zip)

Cell Phone _____ Email _____

○ IN CASE OF EMERGENCY, NOTIFY PERSON OTHER THAN PARENT/GUARDIAN:

Name _____ Phone _____

HEALTH AND MEDICAL INFORMATION

○ Family Physician _____ Phone _____
Address _____

○ Medical Plan _____ Plan Number _____

○ Do you authorize the adult leader to authorize medical treatment for your child in an emergency, as considered necessary by the attending physician? Yes No
State any reasons why you do not want medical care given to your child in an emergency: _____

○ List all conditions (such as allergies, seizures) for which your child requires ongoing medication and state the type of medication given: _____

Has your child had difficulty with the following (check all that apply):
 Asthma Fainting Spells Convulsions Diabetes Heart
 Eyes Ears Nose Throat Lungs Digestion
 Menstrual Problems Other _____

List any physical restriction or restriction for any sport activity on the basis of medical condition: _____

State the date of your child's last physical examination: _____

IT IS STRONGLY RECOMMENDED THAT EACH CHILD HAVE A PHYSICAL EXAMINATION PRIOR TO PARTICIPATION IN ANY SPORTS ACTIVITY.

(COMPLETE BACK OF FORM)

DIOCESIS DE OAKLAND
Catholic Youth Organization (CYO)

**AUTORIZACION DE LOS PADRES DE FAMILIA, AUTORIZACION PARA ATENCION MEDICA
EN CASO DE EMERGENCIA Y CONVENIO DE EXENSION DE RESPONSABILIDAD.**

(Consérvece una copia de esta forma durante todas las actividades de CYO)

○ Nombre de el/la menor _____ Parroquia _____
Dirección _____ Teléfono _____
(calle, ciudad, zona postal)

Escuela _____ Grado _____

Fecha de Nacimiento _____ Masculino Femenina

○ Nombre de los padres o responsables _____ Teléfono _____

Dirección _____ Teléfono del trabajo _____
(calle, ciudad, zona postal)

Celular u otro número _____ Correo - E _____

○ EN CASO DE EMERGENCIA NOTIFICAR A (otra persona que no sean los papás o responsables):

Nombre _____ Teléfono _____

INFORMACIÓN MEDICA Y DE SALUD

○ Nombre del médico de la familia _____ Teléfono _____

Dirección _____

○ Plan médico _____ Número de plan _____

○ Indique si usted autoriza que el adulto encargado de su hijo/hija permita su tratamiento médico en caso de emergencia si un médico así lo recomienda. SI NO

Explique la razón o las razones por las cuales usted no quiere atención médica para su hijo/hija en caso de emergencia.

○ Anote las condiciones (como alergias, ataques físicos) por los cuales su hijo/hija requiere medicamento actualmente. Favor de indicar: (1) el tipo de medicamento, (2) la dosis y (3) la frecuencia de administración:

Indique si ha padecido o padece su hijo/hija de los siguientes problemas médicos (anote solo los que sean necesarios)

Asma Desmayos Epilepsia Diabetes Corazón Ojos
Oídos Nariz Garganta Pulmones Digestión Problemas menstruales

Otros problemas: _____

Anote cualquier limitación o impedimento físico que pueda causarle a su hijo/hija dificultades tocante a su participación en las actividades deportivas de CYO.

Anote la fecha del último examen físico de su hijo/hija: _____

**SE RECOMIENDA INSISTENTEMENTE QUE CADA MENOR TENGA UN EXAMEN MEDICO
ANTES DE PARTICIPAR EN CUALQUIER ACTIVIDAD DEPORTIVA.**

[CONTINUA AL REVERSO]

PERMISO DEL PADRE O DE LA MADRE, DE LOS RESPONSABLES Y RECONOCIMIENTO DE LOS REQUISITOS PARA LA PARTICIPACIÓN EN EL PROGRAMA DE CYO

1. Yo/nosotros, padre/madre/responsables doy/damos autorización y permiso a nuestro/a hijo/a nombrado/a anteriormente en este documento para que participe en el programa de CYO en (circule):
> **Baloncesto Cross country Soft ball Track & Field Voli Bol Cheerleading Fut Bol** <
y en todas las actividades relacionadas, incluyendo, pero no limitadas a la transportación al lugar de las actividades de CYO.
2. Yo/nosotros consiento/consentimos a instruir a mi/nuestro/a hijo/a para que coopere y siga las instrucciones del personal o de los líderes mayores voluntarios de CYO.
3. Yo/nosotros consiento/consentimos a ser responsables por todos los gastos médicos relacionados con la herida o heridas de mi/nuestro/nuestra/o hijo/a, como resultado de cualquier actividad del Ministerio Juvenil, ya sean o no sean causadas por la negligencia de la parroquia, del personal, agentes o voluntarios o otros participantes en el programa de CYO.
4. Yo/nosotros comprendo/comprendemos que menores que participan en las actividades del ministerio juvenil se arriesgan a lastimadura del cuerpo, o a la psique y a daño a la propiedad a sí mismos y a otros. Tales lastimaduras pueden resultar causadas por compañeros de equipo, otras personas o infligidas por casualidad o intencionalmente por instalaciones o equipo defectuosos, condiciones físicas del ambiente deportivo o de las escuelas o parroquias en las cuales tienen lugar las actividades deportivas y accidentes de tránsito cuando hay necesidad de transportación o por la actividad misma.

EXENCION Y RENUNCIA VOLUNTARIA DE PRIVILEGIOS Y CONVENIO DE INDEMNIZACION

En reconocimiento que para recibir permiso de participar en las actividades deportivas de CYO, utilizar el equipo disponible y entrar en el local o las propiedades o instalaciones de la Diócesis de Oakland (la "Diócesis") por cualquier fin, incluyendo el de observar y participar en actividades, el padre, la madre o el/la responsable del/la menor y cualesquier sucesores en interés del/la menor **consienten a:**

1. **Eximir de toda obligación**, renuncia voluntaria de los privilegios, liberar de responsabilidad y prometer no demandar a la **Diócesis de Oakland** y a sus entidades afiliadas, sus oficiales, directores, empleados, agentes y voluntarios (de ahora en adelante conocidos como "los Exentos") de toda responsabilidad por cualquier pérdida o daño, y cualquier reclamo o demandas por esto a causa de lastimadura corporal seria o fatal, lastimadura a la psique o los bienes del/de la menor, o al padre, a la madre o responsable firmantes, o causada por la negligencia u otro comportamiento de los Exentos mientras que el/la menor, el padre, la madre o el/la responsable esté participando en las actividades deportivas de CYO en el local de la Diócesis o de cualesquiera de sus propiedades o instalaciones.
2. **Indemnizar y declarar inocentes de perjuicios** a los Exentos de cualquier pérdida, responsabilidad, daño o gasto que puedan resultar debido a la presencia del/de la menor, el padre, la madre o responsable en el local de la Diócesis, sus propiedades o instalaciones, o durante su participación en cualesquier actividad deportiva de CYO o causados por la negligencia de los Exentos u otra acción.
3. Que el padre, la madre o responsable ha leído este Convenio, **bajo su propia voluntad firman el Convenio**, y que no se han hecho ningunas declaraciones, afirmaciones ni instigaciones verbales aparte del contenido de este Convenio escrito.

He leído este Convenio y comprendo todo lo escrito anteriormente.

Firma del padre, de la madre o del responsable

Fecha _____

Firma del padre, de la madre o del responsable

Fecha _____

**Volunteer Assignments
Meet #1 Monte Vista 03/16/19**

Meet Coordinator	SI/SJA
Starter	SI/SJA
Head Timer	SI/SJA
Timer 1	SI/SJA
Timer 2	SI/SJA
Timer 3	SI/SJA
Timer 4	SI/SJA
Timer 5	SA
Timer 6	SA
Timer 7	QAS
Timer 8	QAS
Finish Line Coordinator	SI/SJA
Place Judge 1	SI/SJA
Place Judge 2	SI/SJA
Place Judge 3	SI/SJA
Place Judge 4	SI/SJA
Place Judge 5	SA
Place Judge 6	SA
Place Judge 7	QAS
Place Judge 8	QAS
Results Recorder 1	SI/SJA
Results Recorder 2	SI/SJA
Results Verify 1	SI/SJA
Results Verify 2	SI/SJA
Set Up 1	SI/SJA
Set Up 2	SI/SJA
Set Up 3	SI/SJA
Set Up 4	SI/SJA
Clean Up 1	SI/SJA
Clean Up 2	SI/SJA
Clean Up 3	SI/SJA
Clean Up 4	SI/SJA
First Aid	SI/SJA
Announcer	SI/SJA
Finish Line Gate Marshall	QAS
Backside Gate Marshall	SI/SJA

Clerk of Course Grade 2	SI/SJA
Clerk of Course Grade 3	SI/SJA
Clerk of Course Grade 4	SI/SJA
Clerk of Course Grade 5	SI/SJA
Clerk of Course Grade 6	SA
Clerk of Course Grade 7	SA
Clerk of Course Grade 8	SA
Head Shepard / Clerk	SI/SJA
Shepard	SI/SJA
Shepard	SI/SJA
Shepard	SI/SJA
Shepard	SI/SJA
Relay Zone 1	SI/SJA
Relay Zone 1	SI/SJA
Relay Zone 2	SI/SJA
Relay Zone 2	SI/SJA
Relay Zone 3	SA
Relay Zone 3	SA
Long Jump - Girls	SI/SJA
Long Jump - Girls	SI/SJA
Long Jump - Girls	SI/SJA
Long Jump - Girls	SI/SJA
Long Jump Boys	SI/SJA
Long Jump Boys	SI/SJA
Long Jump Boys	SI/SJA
Long Jump Boys	SI/SJA
High Jump	SA
High Jump	SA
High Jump	SA
Softball Girls	SI/SJA
Softball Girls	SI/SJA
Softball Girls	SI/SJA
Softball Girls	SI/SJA
Softball Boys	SI/SJA
Softball Boys	SI/SJA
Softball Boys	SI/SJA
Softball Boys	SI/SJA
Shot Putt	SA
Shot Putt	SA
Shot Putt	SA
Shot Putt	SA

**Volunteer Assignments
Meet #2 Dublin High 03/23/19**

Meet Coordinator	HR
Starter	HR
Head Timer	HR
Timer 1	SI/SJA
Timer 2	SI/SJA
Timer 3	SI/SJA
Timer 4	SI/SJA
Timer 5	SI/SJA
Timer 6	SI/SJA
Timer 7	SI/SJA
Timer 8	SI/SJA
Finish Line Coordinator	HR
Place Judge 1	SI/SJA
Place Judge 2	SI/SJA
Place Judge 3	SI/SJA
Place Judge 4	SI/SJA
Place Judge 5	SI/SJA
Place Judge 6	SI/SJA
Place Judge 7	SI/SJA
Place Judge 8	SI/SJA
Results Recorder 1	HR
Results Recorder 2	HR
Results Verify 1	HR
Results Verify 2	HR
Set Up 1	SI/SJA
Set Up 2	SI/SJA
Set Up 3	SI/SJA
Set Up 4	SI/SJA
Clean Up 1	SI/SJA
Clean Up 2	SI/SJA
Clean Up 3	SI/SJA
Clean Up 4	SI/SJA
First Aid	HR
Announcer	HR
Finish Line Gate Marshall	HR

Clerk of Course Grade 2	SI/SJA
Clerk of Course Grade 3	SI/SJA
Clerk of Course Grade 4	SI/SJA
Clerk of Course Grade 5	SI/SJA
Clerk of Course Grade 6	SI/SJA
Clerk of Course Grade 7	SI/SJA
Clerk of Course Grade 8	QAS
Head Shepard / Clerk	HR
Shepard	SI/SJA
Shepard	SI/SJA
Shepard	SI/SJA
Shepard	SI/SJA
Relay Zone 1	SI/SJA
Relay Zone 1	SI/SJA
Relay Zone 2	SI/SJA
Relay Zone 2	SI/SJA
Relay Zone 3	SI/SJA
Relay Zone 3	SI/SJA
Long Jump - Girls	SI/SJA
Long Jump - Girls	SI/SJA
Long Jump - Girls	SI/SJA
Long Jump - Girls	SI/SJA
Long Jump Boys	HR
Long Jump Boys	HR
Long Jump Boys	HR
Long Jump Boys	HR
High Jump	SI/SJA
High Jump	SI/SJA
High Jump	SI/SJA
Softball Girls	QAS
Softball Girls	QAS
Softball Girls	QAS
Softball Girls	QAS
Softball Boys	SI/SJA
Softball Boys	SI/SJA
Softball Boys	SI/SJA
Softball Boys	SI/SJA
Shot Putt	SI/SJA
Shot Putt	SI/SJA
Shot Putt	SI/SJA
Shot Putt	SI/SJA

Volunteer Assignments
Meet #3 DVC 03/30/19

Meet Coordinator	SJV
Starter	SJV
Head Timer	SJV
Timer 1	HR
Timer 2	HR
Timer 3	SMI
Timer 4	SMI
Timer 5	SMI
Timer 6	SMI
Timer 7	SP/STM
Timer 8	SP/STM
Finish Line Coordinator	SJV
Place Judge 1	HR
Place Judge 2	HR
Place Judge 3	SMI
Place Judge 4	SMI
Place Judge 5	SMI
Place Judge 6	SMI
Place Judge 7	SP/STM
Place Judge 8	SP/STM
Results Recorder 1	SJV
Results Recorder 2	SJV
Results Verify 1	SJV
Results Verify 2	SJV
Set Up 1	SJV
Set Up 2	SJV
Set Up 3	SJV
Set Up 4	SJV
Clean Up 1	SP/STM
Clean Up 2	SP/STM
Clean Up 3	SP/STM
Clean Up 4	SP/STM
First Aid	SP/STM
Annoucer	SJV
Finish Line Gate Marshall	SJV

Clerk of Course Grade 2	HR
Clerk of Course Grade 3	HR
Clerk of Course Grade 4	QAS- Madie
Clerk of Course Grade 5	SMI
Clerk of Course Grade 6	SMI
Clerk of Course Grade 7	SP/STM
Clerk of Course Grade 8	SP/STM
Head Shepard	SJV
Shepard	SMI
Shepard	SMI
Shepard	SMI
Shepard	SMI
Relay Zone 1	HR
Relay Zone 1	HR
Relay Zone 2	SMI
Relay Zone 2	SMI
Relay Zone 3	SP/STM
Relay Zone 3	SP/STM
Long Jump - Girls	SMI
Long Jump - Girls	SMI
Long Jump - Girls	SMI
Long Jump - Girls	SMI
Long Jump Boys	SP/STM
Long Jump Boys	SP/STM
Long Jump Boys	SP/STM
Long Jump Boys	SP/STM
High Jump	SP/STM
High Jump	SP/STM
High Jump	SP/STM
Softball Girls	HR
Softball Girls	HR
Softball Girls	HR
Softball Girls	HR
Softball Boys	HR
Softball Boys	HR
Softball Boys	HR
Softball Boys	HR
Shot Putt	QAS
Shot Putt	QAS
Shot Putt	QAS
Shot Putt	QAS

Volunteer Assignments
 Meet #4 AM Ygnacio Valley 04/06/19
 9:00-12:00

Meet Coordinator	QAS
Starter	QAS
Head Timer	QAS
Timer/Place Judge 1	SMI
Timer/Place Judge 2	SMI
Timer/Place Judge 3	SMI
Timer/Place Judge 4	SMI
Timer/Place Judge 5	SP/STM
Timer/Place Judge 6	SP/STM
Timer/Place Judge 7	SP/STM
Timer/Place Judge 8	SP/STM
Finish Line Coordinator	QAS
Results Recorder 1	SMI
Results Recorder 2	SMI
Results Verify 1	SMI
Results Verify 2	SMI
Set Up 1	SP/STM
Set Up 2	SP/STM
Set Up 3	SP/STM
Set Up 4	SP/STM
First Aid	SP/STM
Annoucer	QAS
Finish Line Gate Marshall	QAS

Clerk of Course Grade 2	SMI
Clerk of Course Grade 3	SMI
Clerk of Course Grade 4	SMI
Clerk of Course Grade 5	SMI
Clerk of Course Grade 6	SP/STM
Clerk of Course Grade 7	SP/STM
Clerk of Course Grade 8	SP/STM
Head Shepard	QAS
Shepard	SMI
Shepard	SMI
Shepard	SMI
Shepard	SMI
Relay Zone 1	SMI
Relay Zone 1	SMI
Relay Zone 2	SP/STM
Relay Zone 2	SP/STM
Relay Zone 3	SP/STM
Relay Zone 3	SP/STM
Long Jump - Girls/Boys	SP/STM
Long Jump - Girls/Boys	SP/STM
Long Jump - Girls/Boys	SP/STM
Long Jump - Girls/Boys	SP/STM
High Jump	SMI
High Jump	SMI
High Jump	SMI
Softball Girls/Boys	SMI
Softball Girls/Boys	SMI
Softball Girls/Boys	SMI
Softball Girls/Boys	SMI
Shot Putt	SP/STM
Shot Putt	SP/STM
Shot Putt	SP/STM
Shot Putt	SP/STM

QAS	24	6
SMI	98	25
SP/STM	95	25
	0	0
	0	0
	0	0
Total	217	

Volunteer Assignments
Qualifying Ygnacio Valley 04/13/19

Meet Coordinator	SB
Starter	SB
Head Timer	SB
Timer 1	SFA
Timer 2	SFA
Timer 3	SFA
Timer 4	SP/STM
Timer 5	SP/STM
Timer 6	SP/STM
Timer 7	SM
Timer 8	SM
Finish Line Coordinator	SB
Place Judge 1	SFA
Place Judge 2	SFA
Place Judge 3	SFA
Place Judge 4	SP/STM
Place Judge 5	SP/STM
Place Judge 6	SP/STM
Place Judge 7	SM
Place Judge 8	SM
Results Recorder 1	SB
Results Recorder 2	SB
Results Verify 1	SB
Results Verify 2	SB
Set Up 1	SB
Set Up 2	SB
Set Up 3	SB
Set Up 4	SB
Clean Up 1	SB
Clean Up 2	SB
Clean Up 3	SB
Clean Up 4	SB
First Aid	SB
Annoucer	SB
Finish Line Gate Marshall	SB

Clerk of Course Grade 2	SFA
Clerk of Course Grade 3	SFA
Clerk of Course Grade 4	SP/STM
Clerk of Course Grade 5	SP/STM
Clerk of Course Grade 6	SP/STM
Clerk of Course Grade 7	SP/STM
Clerk of Course Grade 8	SM
Head Shepard	SB
Shepard	SB
Shepard	SB
Shepard	SB
Shepard	SB
Relay Zone 1	SFA
Relay Zone 1	SFA
Relay Zone 2	SP/STM
Relay Zone 2	SP/STM
Relay Zone 3	SM
Relay Zone 3	SM
Long Jump - Girls	QAS
Long Jump - Girls	QAS
Long Jump - Girls	QAS
Long Jump - Girls	QAS
Long Jump Boys	SM
Long Jump Boys	SM
Long Jump Boys	SM
Long Jump Boys	SM
High Jump	SM
High Jump	SM
High Jump	SM
Softball Girls	SP/STM
Softball Girls	SP/STM
Softball Girls	SP/STM
Softball Girls	SP/STM
Softball Boys	SP/STM
Softball Boys	SP/STM
Softball Boys	SP/STM
Softball Boys	SP/STM
Shot Putt	SFA
Shot Putt	SFA
Shot Putt	SFA
Shot Putt	SFA

SB	116
SFA	67
SP/STM	95
SM	67
QAS	24
	0

Full Meet	24
	14
	20
	14
	5
	0

**Volunteer Assignments
Relay Monte Vista 04/27/19**

Meet Coordinator	SI/SJA
Starter	SI/SJA
Head Timer	SI/SJA
Timer 1	SMI
Timer 2	SMI
Timer 3	SMI
Timer 4	SMI
Timer 5	SMI
Timer 6	SM
Timer 7	SM
Timer 8	SM
Finish Line Coordinator	SI/SJA
Place Judge 1	SMI
Place Judge 2	SMI
Place Judge 3	SMI
Place Judge 4	SMI
Place Judge 5	SMI
Place Judge 6	SIGN
Place Judge 7	SIGN
Place Judge 8	SIGN
Results Recorder 1	SI/SJA
Results Recorder 2	SI/SJA
Results Verify 1	SI/SJA
Results Verify 2	SI/SJA
Set Up 1	SI/SJA
Set Up 2	SI/SJA
Set Up 3	SI/SJA
Set Up 4	SI/SJA
Clean Up 1	SI/SJA
Clean Up 2	SI/SJA
Clean Up 3	SI/SJA
Clean Up 4	SI/SJA
First Aid	SFA
Announcer	SM
Finish Line Gate Marshall	SIGN
Backside Gate Marshall	SI/SJA

Clerk of Course Grade 2	SM
Clerk of Course Grade 3	SM
Clerk of Course Grade 4	SM
Clerk of Course Grade 5	SFA
Clerk of Course Grade 6	SFA
Clerk of Course Grade 7	SFA
Clerk of Course Grade 8	SFA
Head Shepard / Clerk	SI/SJA
Shepard	SI/SJA
Shepard	QAS
Shepard	QAS
Shepard	QAS
Relay Zone 1	SI/SJA
Relay Zone 1	SI/SJA
Relay Zone 2	SI/SJA
Relay Zone 2	SI/SJA
Relay Zone 3	SFA
Relay Zone 3	SFA

	No. of Athletes
SMI	98
SI/SJA	261
QAS	24
SIGN	35
SFA	67
SM	67
Total	552

Full Meet	
	10
	28
	3
	4
	7
	7
	59