



LYNBROOK HS  
2.1 Mile Course

WWW.LYNBROOKSPORTS.COM  
click on CROSS COUNTRY

PARKING  
LOT

- 1) Starter / Monitor @ 500M / Line Judge @ Finish  
(can leave once the "crunch" is over to start next race)  
3:15
- 2) Finish Tags / Monitor by Finish (for 1st time approaching track)  
3:15
- 3) Results tabulation (verify finish order, write in Names & Yr)  
3:15
- 4) Post Results / Distribute Awards (copy results and Post, get <sup>indiv & team</sup> appropriate awards to coaches and note such)  
3:15
- 5) Monitor @ Shed (start @ front of shed, then move towards courts)  
3:15

### Extra Volunteers

- 1) Chute Mover
- 2) Mile Reader
- 3) 2 Mile Reader
- \* 4) Backup timer

- Battery, Power Supply & Print Cart
- Stop watch
- Gloves & push broom
- Garbage bags
- 2 x Ext cords w/ 3 in 1 plug
- X-C Binder
- Awards
- Computer & printer w/ paper & power
- Seiko S/W w/ paper
- Course Map
- Team Envelopes & Race Env
- Key to gates & bleachers
- Water Trough (Football)
- Copy machine (power location)
- Flagging for chute
- Flagging for parking lot
- Starters gun & caps
- Cones (38)
- 1 & 2 mile markers & 2 cones
- Line "line" marker
- Table (8') & Chairs
- Duct tape
- Finish tags (4 Divisions)