

## **JUNIOR HELP/ JUNIOR COMPETITORS (2 PEOPLE ON DUTY)**

- JUNIORS TO SIGN ON AND GET TEXTA NUMBERS ON ( NO BIB NUMBERS FOR JUNIORS) THEN RACK BIKE ON JUNIOR RACK NEXT TO REGISTRATION TABLE
- **ADULTS ON DUTY** – GET SIGN-ON LIST FROM REGO TABLE, DO ROLL CHECK, AND THEN CONDUCT A RACE BRIEFING BY 6.40am.
- ( Phil Marchingo or the Senior Race Captain will be there to help BUT PARENTS SHOULD ALSO LISTEN AS WE MAY NEED YOU TO DO IT ONE WEEK).

### **SAFETY MOST IMPORTANT PART OF BRIEFING**

- START JUNIORS AT 6.45am AND RECORD RESULTS ON SIGN ON SHEET READY FOR PRESENTATION. TIMING IS NOT ORDINARILY TAKEN FOR JUNIOR RACES, BUT A SPARE TIMER IS AVAILABLE IN THE REGISTRATION BOX. SEE ALISON OR TRISH IF YOU WOULD LIKE TO TAKE ON THE TASK OF TIMING A PARTICULAR RACE.
- AFTER THE RACE, GET JUNIORS ORGANISED TO MAN THE SENIOR DRINK STATION
- MAKE SURE YOU HAVE SIGNED THE VOLUNTEER SHEET
- **JUNIORS** – IT IS YOUR JOB TO MAN THE WATER STATION FOR THE HALF AND FULL DISTANCE RACES MAKING SURE CUPS ARE FILLED AND HANDED TO COMPETITORS.
- PLEASE CLEAN UP CUPS AND PUT IN BIN ONCE RACE IS OVER  
(MORE CUPS IN SHED IF YOU RUN OUT)