

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)