

March 1, 2023

Ah! Can you smell it? Yes, it's track season once again. The middle school programs will begin their practices the week of March 20th and run the first meet of the season the second week of April.

Indianola School hosts some of these track meets and we could use your help. There are 2 middle school girls meets scheduled for the 2023 season. These are held at the Indianola Middle School track. Listed below are the dates and start/end times for these meets. Please check the dates you will be available to work.

Monday, April 10 **7th/8th Girls Relays** **4:15 pm – 8:30 pm** _____

Friday, April 21 **7th/8th Girls Relays II** **4:15 pm – 8:00 pm** _____

Listed below are the jobs available to work. Please list in order of preference (1, 2, 3) where you would like to volunteer.

Clerk of Course _____ **Timer/Picker** _____

Exchange Zone Judge _____ **Finish Line Coordinator** _____

Field Event Judge _____ **Scorer/Awards** _____

***Circle Choice:** **Shot Put** **Long Jump**
 Discus **High Jump**

As an added incentive, you will receive free admission to the event!

The contribution of your time is invaluable to us coaches and athletes in Indianola's middle school program. Our meets have a very good reputation as being run with quality, knowledgeable and time-efficient workers. We get compliments each year on how well our meets are run from guest school personnel, parents and community members. Please help be a part of it all!

Respectfully, Michelle Lester, Head Indianola Middle School Girls Track & Field Coach

Please complete by MARCH 29th and return to: Michelle Lester, Indianola HS, 1304 E. 1st Avenue, Indianola, IA 50125 OR send with your athlete to practice!

Name _____

Address _____

Phone Number _____ **Email** _____