

Northern Virginia Senior Olympics (NVSO)
2024 Volunteer Request Form
(Field Events)

- 1) **EVENT:** Field (long jump, shot put, discus, mini javelin)
- 2) **Number of Volunteers Needed:** 18
- 3) **Location of Event:** Lake Braddock Secondary School
- 4) **Event Director's Name:** Don Tillson
- 5) **Event Director's Contact Info:** dptillson@gmail.com
- 6) **Time Commitment:** 2-3 hours
- 7) **Date of event:** Sunday September 22
- 8) **Volunteer Duties (please describe the task that the volunteer would be asked to perform for your NVSO event):**

Mark, measure, or record the distance of attempts in the long jump, discus, shot put, and mini javelin. Rake the long jump pit after jumps.
Work at the check-in/scorer's table

NOTE: Volunteers will receive a Volunteer T-shirt indicating that they volunteered for the Northern Virginia Senior Olympics. Also, no relevant skills or experience is required as the Event Director will provide training and orientation.