

**Northern Virginia Senior Olympics (NVSO)
2024 Volunteer Request Form**

- 1) **EVENT:** Swimming
- 2) **Number of Volunteers Needed:** 20
- 3) **Location of Event:** Dulles South Recreation Center
- 4) **Event Director's Name:** Carol Mackela
- 5) **Event Director's Contact Info:** cjkkmackela@hotmail.com
- 6) **Time Commitment:** 8:30 a.m. – 2 p.m.
- 7) **Date of event:** Friday, Sept. 20
- 8) **Volunteer Duties:**

Timers will time the swimmers using digital stopwatches and record the times accurately on a card along with the swimmer's name, age, and event. Must be able to bend over far enough to see swimmer's hand touch the wall. Lunch provided.

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.