

Northern Virginia Senior Olympics (NVSO)
2026 Volunteer Request Form
(Field Events)

- 1) **EVENT:** Field (high jump, long jump, shot put, discus, mini javelin)
- 2) **Number of Volunteers Needed:** 19
12:30-2:30 Long jump & discus: 8 volunteers
2:00-4:00 Shot put & mini javelin: 8 volunteers
Scorer's table
11:00-1:00 1 volunteer
1:00-3:00 1 volunteer
3:00-5:00 1 volunteer
NOTE: Enough volunteers must be confirmed by Sunday, September 20th to avoid canceling some of the events
- 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 hours, volunteers may sign up for more than one shift
- 7) **Date of event:** Sunday September 27
- 8) **Volunteer Duties (please describe the task that the volunteer would be asked to perform for your NVSO event):**
 - a. Mark, measure, or record the distance of attempts in the long jump, discus, shot put, and mini javelin.
 - b. Rake the long jump pit after jumps.
 - c. Return the throwing implements to the participants
 - d. Work at the 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.