

Please contact Neil Kells if you would like to volunteer to help at the Lake Washington Invitational.

Just a reminder that the Lake Washington Invitational is Saturday (1st of May). This meet is a huge undertaking and the only way it is possible for us to even consider hosting it every year is because of our traditional outstanding parental support (year in and year out, our group of parents is as good and as supportive as any team in the state of Washington).

This meet is also our top fundraiser for the year and is also a wonderful opportunity for you to support Lake Washington and Juanita Track and Field, high school track and field in general and women's athletics overall (this was the first meet of it's kind in Washington—started in 1975—and is still the only Track and Field meet which solely focuses on the girls).

Though only the girls compete at this meet, parents from the boys team are encouraged to help at this meet as it equally supports both boys and girls programs for track and field.

There are many areas where you can help out, timing, ticket sales, concessions, gate access, raking, computer input, pictures, marking, set-up, clean up, awards, announcer, and many more. All the timers will be backups to the automatic system, but it is required that we have 8 hand timers at the finish at all times just in case the finish line electronic timing system was to go down during a race, there is very little stress associated with timing (just don't stand in front of the electronic eye). We also have the best finish line official in the state of Washington helping at the meet and he will be able to educate and direct you so that you never feel lost.

There are also shifts available for volunteering—you may opt to be at the 10am-1pm shift or the 1pm-4pm shift. Or if it sounds fun (and it is), you can opt to volunteer during both shifts!! Let me know what you prefer. Also, help is needed Friday night with set-up for the meet.

If you have an area that you would specifically like to volunteer at, please tell me which area ahead of time so that I can organize to make sure all the event areas are covered (if not timing, we could use some help in the throwing events).

Thanks!!

-Neil Kells
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Thanks again for all of your support!!!