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| **2019 SR State Computer Runner Training List** | | | |
|  | **Thursday** | **Prelims** | **Finals** |
| **Trainer Name/Position**: | **Lorinne** | **LTM/KR** | **KR** |
| **Training Location:** | **Volunteer Table** | **Volunteer Table** | **Volunteer Table** |
| **Training Time:** | **4:30pm** | **7:15am** | **5:00pm** |
| **Volunteer Check-in? Y/N**  **If yes, where & when?** | **Yes** | **Yes** | **Yes** |

**Training Agenda:**

1. **Get blue tape for runner**
2. **Location of Results:** Review with runner heat sheet and results locations
   * Wooden board
   * Behind coaches on scoreboard side
   * Spectator seating
3. **Deliver paperwork:** Work with meet admin to get paperwork delivered and posted
4. **Post heat sheets:** Post heat sheets in 3 areas during warmups
5. **Post results**: throughout the meet in post results in two areas. Make sure you consolidate the previous sessions results.

**Finals Only:**

* **Award labels:** File award labels in the team box