

Equipment Checklist (Pat will bring all of these items)

- cell phone (charged) for emergencies
- clipboard with sign in sheet and pencil (or pen & plastic if raining)
- clipboard with timing sheets and pencil (or pen & plastic if raining)
- blue and red wristbands
- starter's whistle
- printing stopwatch, extra paper & batteries (printing function isn't absolutely necessary)
- clock, Fat Max (charged), ladder, power cord, start cord, 2 bungee cords
- video camera (charged and cleared) and tripod
- popsicle sticks
- cones for finish chute and to protect the video camera
- measuring wheel to set up the 220-yard splits
- cowbell for bell lap
- camera for the group photo (optional)
- water and splashing water, gold step stool, cups, garbage, sunscreen (optional)

2019 -- Vig Scrimmage XVII

First, thank you so much for agreeing to help out!

Here's what I have for volunteer assignments (let me know if you prefer a different job):

1) Starter and Head Timer: **Pat Judge**

- clear all previous results from printing stopwatch (RECALL + hold red button)
- blow the whistle & start the watch with the small black button
at the same time, start the big Vig clock (has to be cleared & flipped on first)
- log finishes with the red button
- after the race, stop the watch with the black button
- the results from Heat 1 should be saved under Block 1
- it should now be ok to hit the red button in order to start fresh with Block 2

2) Split Reader (use your outside voice) and Backup Timer: **Chris Colberg (or Pat)**

3) Lap Counter / Finish Line Sorter: **Bryan Johnson**

4) Popsicle Stick Distributor: **Rebecca Shaw**

5) Scribe's Assistant: **Brittany Lee**

- collect sticks & wristbands, and help Scribe with names & teams
- put sticks back in order for Heat 2

6) Scribe: **Ann Seifert**

- record names (& teams) in finish order
- if possible, also record times from stopwatch printout

7) Videographer (ensure people don't run into, or in front of camera): **Elaine Dahl**

8) Roving Helper(s): **Raz Rasmussen**

I will have all of the equipment. Let me know if you have any questions, concerns, etc. Otherwise, see you Tuesday — should be fun!

- 220 Yard Split Reader:
- Photographer (board photo and traditional group photo, "action shots" are optional)
- *The 440-yd tick marks should be 2.336 meters apart (9.344/4).

5 cones: waterfall start, 2.336 m, 4.672 m, 7.008m, 9.344 m (finish line)

The 220-yd tick marks should be half of that: 1.168 meters apart

4 cones: **1.168 m** BACK FROM 200 m line, **2.336 m** back, **3.504 m**, **4.672 m**

Starting Instructions

- welcome to Vig Scrimmage 17!
- full mile = 4 full laps + 9 meters
- make sure you have the correct wristband: BLUE = PUBLIC, RED = PRIVATE
- popsicle stick with your place when you finish - tell the results crew your name & team
and return the stick and the wristband
- splits will be read, and you can also watch the clock
- doesn't hurt if you time yourself, but we should be fine on backup timing & results
- drinking and splashing water available

Video Notes

- open iMovie
- plug the video camera directly into the computer using its USB charging jack
- import movie, then make a project - select clip in upper left & try to drag to bottom
- share the projects as files to the desktop, and then upload those to the youtube channel
"Medium" quality, "Faster" compression