



VOLUNTEER FORM

YOUTH & TOWER TRIATHLONS

Leaning Tower YMCA

of Metro Chicago

Please complete entire form and return to the Leaning Tower YMCA Member Service Desk for additional information, please call Jackie Wooten at 847.410.5112

Name: _____

Address: _____

Phone: _____

E-mail: _____

Volunteers are needed:

- Tuesday, May 15th
- Wednesday, May 16th
- Friday, May 18th
- Saturday, May 19th
- Saturday, May 19th – Youth Triathlon
- Sunday, May 20th – Tower Triathlon

Yes, I will need service / volunteer hour documentation.

Please note: Students under the age of 18 must have parent/guardian consent and students under the age of 13 must volunteer with a parent or legal guardian.

Please mark your top **three** choices of volunteer assignments in which you would like to help. All volunteers will receive a confirmation of assignment and time prior to the event. Please make note of shift times and plan accordingly in order to assist with avoiding gaps in shift schedules and coverage.

Pre-Event Day

Tuesday, May 15th

Transition Center Build: 10am-2pm ____

Wednesday, May 16th

Registration Prep: 10am-12pm ____

Friday, May 18th

Transition Center Build: 10am-6pm ____

Registration/Package Pick Up: 2pm-5pm ____ and/or 5pm-8pm ____

Saturday, May 19th

Registration/Package Pick Up: 10am-12pm ____ and/or 12pm-2pm ____

Saturday, May 19th (Race Day) – Youth Triathlon

Check In/Body Marking

____ 6:00am-8:30am

First Aid

____ 6:30am-12:00pm

Run Turn Around Station

____ 7:15am-9:15am
____ 9:00am-11:00am

Athlete Refreshment

____ 6:00am-8:00am
____ 8:00am-12:00pm

Bike Lap Station

____ 6:00am-8:00am
____ 8:00am-10:30am

Finish Line

____ 7:45am-10:00am
____ 9:30am-12:00am

Transition Area Security

____ 6:00am-8:30am
____ 8:00am-11:00am

Pool/Lap Counter

____ 6:30am-10:30am

Volunteer Lunch Setup

____ 9:30am-12:00pm

First Aid

____ 6:30am-12:00pm

Sunday, May 20th (Race Day) – Tower Triathlon

Check In

____ 5:00am-8:00am

Body Marking

____ 5:00am-8:00am

Pool Lap Counter

____ 6:00am-10:30am

Athlete Refreshment

____ 6:00am-8:00am
____ 8:00am-12:00pm

Food Prep & setup

____ 5:00am-6:30am

Volunteer Lunch Setup

____ 10:00am-12:00pm

Communication/Info Station

____ 5:00am-8:00am
____ 8:00am-12:00am

Transition Area Security

____ 6:00am-9:00am
____ 9:00am-12:00pm

Bike Lap Station – Bike In

____ 7:00am-9:00am
____ 9:00am-12:00pm

Bike Lap Station – Bike Out

____ 7:00am-9:00am
____ 9:00am-12:00pm

Run turnaround – Run In

____ 7:00am-9:00am
____ 9:00am-12:00pm

Run turnaround – Run Out

____ 7:00am-9:00am
____ 9:00am-12:00pm

First Aid

____ 6:30am-12:00pm

Finish Line

____ 7:00am-10:00am
____ 10:00am-12:00pm

P1 – Refreshment/Cheer station

____ 7:00am-9:15am
____ 9:00am-12:00pm

P2 – Refreshment/Cheer station

____ 7:00am-9:15am
____ 9:00am-12:00pm

P3 – Refreshment/Cheer station

____ 7:00am-9:15am
____ 9:00am-12:00pm

P4 – Refreshment/Cheer station

____ 7:00am-9:15am
____ 9:00am-12:00pm

P5 – Refreshment/Cheer station

____ 7:00am-9:15am
____ 9:00am-12:00pm

P6 – Refreshment/Cheer station

____ 7:00am-9:15am
____ 9:00am-12:00pm

P7 – Refreshment/Cheer station

____ 7:00am-9:15am
____ 9:00am-12:00pm

P8 – Refreshment/Cheer station

____ 7:00am-9:15am
____ 9:00am-12:00pm

All volunteers receive a free t-shirt and appreciation party after the race!

T-shirt Size: circle one

S M L XL XXL

- I will be attending the volunteer appreciation party
- I will not be attending the volunteer appreciation party