

2011 Nixa Youth Triathlon - Swim Volunteer Information
(Swim Area noted in BLUE.)
Course Captain: Matt Crouse
Logistics Coordinator: Matthew Block (830-6407)
Race Director Assistant: Sharon Whitehill-Gray (880-0860)
Race Director: David Liss (861-6019)

- Plan to be at your designated post no later than 7:45a.m.
- **Safety is first and foremost on the course.**
- ***Your primary task will be to count swimmer laps, assist them in exiting the pool and point them in the direction to the gate to transition. You WILL get wet! 😊***
PLEASE DO NOT PULL ARMS! ASSIST UNDER THE SHOULDERS (ARMPIT).
- Age groups are as follows: C & D are 7 to 10 years old (100yds – 4 lengths/2 laps); A, B & X are 11 to 15 years old and 16+ exhibition (200yds – 8 lengths/4 laps).
- Swimmers will be sharing lanes. They need to stay in their ½ of the lane between the floating lane divider and the black line on the bottom of the pool.
- If a swimmer is crossing the lane, it's OK to stop a swimmer and tell them to be mindful of where they are swimming.
- A swimmer may swim any stroke, rest on the ends and/or run in the pool; so long as they complete their laps without assistance.
- Parents are not allowed on the racers side of the pool.
- **Encourage swimmers as they finish and point them in the direction of transition!**
- Plan to remain at your post until the last participant is finished.
- You will be notified when the last swimmer is done and you are free to leave but we hope you will stay for pizza and the Awards Presentation.

THANK YOU! THANK YOU! THANK YOU!

5TH NIXA YOUTH TRIATHLON
SWIM 
BIKE 
RUN 
 JUNE 18, 2011 
OPTIMIST INTERNATIONAL

