

TCRTFA Volunteer Information Sheet



Trophy Club • Roanoke

TRACK AND FIELD ASSOCIATION



Practice Locations

1. Hurdles
2. 50m & 100m
3. Shot Put
4. Relays (curves)
5. High Jump
6. 200m
7. Long Jump
8. Stretching/
Agility/ Warm-up

- C Check-in/ out
M Medical Tent