HELPERS AND CLEAN-UP LIST: 2026-2027
ALL FACILITIES

When you have helper duty, you have to bring 2 helpers. You will be assigned an event and you send both helpers to that event. We need responsible people for these jobs--however no track knowledge is needed. They will be trained. If you have long jump please have one of your helpers be physically capable of raking the pit; an adult might be best here. These helpers will work for your entire session (both boys and girls of the event they are assigned). Girls and Boys teams will combine to come up with the 2 helpers. These should not be athletes competing in the meet.

SET-UP:

Morning Set-up consists of arriving 15 minutes before the official entry time, and helping move equipment to get the facility ready for the upcoming meets. Check in with the appropriate person when you arrive to find out what needs to be done.

UNH: Arrive at 9:00 a.m. and check in with Amy Sanborn or Bob Gidari.

PLYMOUTH: Arrive at 9:00 a.m. and check in with Bob Mullen.

USM: Arrive at 10:00 a.m. and check in with Bob Mullen.

PEA: Arrive 45 minutes before the start of the meet and check in with the designated PEA staff member.

CLEAN-UP:

Clean-up duty will only take 10-15 minutes and will consist of picking up trash, stacking the hurdles, covering up the long jump pit if needed, and putting away equipment. This is done after the meet is completed. Check in with the appropriate person to see what needs to be done.

UNH: Check in with Amy Sanborn or Bob Gidari.

PLYMOUTH: Check in with Bob Mullen.

USM: Check in with Bob Mullen.

PEA: Check in with the designated PEA staff member.

This is very important if our meets are to run well. You need to do your part. If you can't find helpers, **YOU** are the helpers.

HAVE YOUR HELPERS REPORT TO THE APPROPRIATE OFFICIAL 5-10 MINUTES BEFORE THE START OF THE MEET.

Thanks.

Date	Helpers for each session	Set-up/Clean-up
12/12/26	**PEA:**	XXXX
	Londonderry (SP), Trinity (HJ), Hollis/Brookline (LJ)	XXXX
12/13/26	**UNH**	
	10:00: Merrimack (HJ), Coe-Brown (LJ), Oyster River (SP)	Oyster River
	2:30: Bow (HJ), Pelham (SP), Newport (LJ)	Nashua North
	USM	
	Dover (SP), Exeter (HJ), Milford (LJ)	Merrimack Valley/John Stark

Date	Helpers for each session	Set-up/Clean-up
12/19/26	**PEA**	
	Bishop Guertin (LJ), Timberlane (HJ), Windham (SP)	Merrimack/Campbell
12/20/26	**UNH**	
	10:00: Belmont (HJ), Salem (SP), Hanover (LJ)	Portsmouth
	2:30: Lebanon (LJ), Pembroke (HJ), Merrimack Valley (SP)	Manchester West & Central
	USM	
	Nashua South (LJ), Kennett (HJ), Bedford (SP)	Newmarket/Con-Val
12/26/26	**UNH**	
	10:00: Mascoma (HJ), Memorial (LJ), Milford (SP)	Mascenic & Somersworth
	2:30: Kearsarge (HJ), Concord (SP), Keene (LJ)	Goffstown
1/2/27	**PEA**	
	Newmarket (LJ), Prospect Mountain (SP), Pelham (HJ)	Exeter/Mascenic
	UNH	
	10:00: Dover (LJ), Spaulding (SP), St. Thomas (HJ)	Oyster River
	2:30: Nashua North (HJ), Pinkerton (LJ), Ports. Christian (SP)	Epping & West

Date	Helpers for each session	Set-up/Clean-up
1/9/27	**PEA**	XXXX
	Sanborn (LJ), Souhegan (HJ), Pembroke (SP)	XXXX
	PSU	
	10:00: Goffstown (SP), Bedford (LJ), Con-Val (HJ)	Kingswood & Newport
	2:30: Winnacunnet (SP), Bow (LJ), Salem (HJ)	St. Thomas
1/10/27	**UNH**	
	10:00: Hollis-Brookline (HJ), Epping (LJ), Merrimack (SP)	Oyster River
	2:30: Alvirne (HJ), Exeter (LJ), Portsmouth (SP)	Kennett
1/16/27	**PEA**	
	Pinkerton (SP), Merrimack (LJ), Hanover (HJ)	XXXX
	PSU	
	10:00: Keene (HJ), Lebanon (SP), Trinity (LJ)	Memorial/Central
1/17/27	**UNH**	
	10:00: Bishop Guertin (SP), Portsmouth (LJ), John Stark (HJ)	Portsmouth
	2:30: Belmont (HJ), Campbell (SP), Windham (LJ)	Sanborn
1/20/27	**PEA**	
	Winnacunnet (LJ), Spaulding (SP), Timberlane (HJ)	XXXX
1/23/27	**PEA**	
	Coe-Brown (SP), Londonderry (HJ), Alvirne (LJ)	XXXX
1/24/27	**UNH**	
	10:00: Nashua South (HJ), Oyster River (LJ), Souhegan (SP)	Oyster River
	2:30: Pinkerton (SP), Concord (LJ), Nashua North (HJ)	Dover