



Dear Senior Games Volunteers,

Welcome to the 2010 Bay Area Senior Games at Stanford University and other Bay Area venues.

Event Dates: April 9-14, 2010

Venue: Stanford University –Nelson Road at Galvez Ave.

(venue map can be downloaded at www.bayareaseiniorgames.org) on home page under the red athlete final details box.

Volunteer Check In: Friday April 9- 8:30 a.m.-3:00 p.m. (Please observe Stanford Parking Regulations, using parking meters, or visitor parking at the Track Lot)

Saturday April 10- 7:30 a.m.-3:00 p.m.

Sunday April 11- 7:30 a.m.-3:00 p.m.

Your volunteer shift time was confirmed previously and if you need any additional information you can go to the website www.bayareaseiniorgames.org/volunteers and click on each sport/job to see where you are listed. For any additional information you can call Bob Weder at **650-492-1608** or email to volunteers@bayareaseiniorgames.org

Parking: Parking on Saturday & Sunday will be located in Lot 2 behind the Stanford Stadium and is complimentary.

Volunteer Check In is located on the main entrance to the Avery Aquatic Center 644-698 Nelson Rd. Stanford, CA 94305 at Pac-10 Plaza. You will see a large white tent with a Volunteer Check –In sign. **Please check in at least 30 minutes before your shift begins.**

Directions - From Highway 101 North & South: Take the Embarcadero Road exit west towards Stanford. At El Camino Real, Embarcadero turns into Galvez Street. Cross El Camino Real and continue on Galvez. Turn left onto Nelson Road and proceed into the Varsity Parking Lot. The Avery Aquatic Center entrance is off of the southwest corner of the Varsity Parking Lot.

Food & Beverage- We will have snacks available and volunteers working the full day will receive a box lunch. You will also receive a volunteer shirt and a water bottle upon check in.

Thank you all very much for volunteering. Without you we could not deliver the best competitive conditions for these athletes. Your time and talent is appreciated.

Contacts on Site: Volunteer Coordinator- Bob Weder – 650-492-1608

Helen Mendel – Director of Operations- 510.506.1874

Sports schedule of events for your personal information All sports venues are at Stanford University (unless noted)

Saturday, April 9th

Swimming- Saturday, April 10th Avery Aquatic Center

8:00 a.m. Swimming- Avery Aquatic Center opens for warm-ups

9:00 a.m. 50 Back

9:15 a.m. 100 Free

9:30 a.m. 50 Breast

9:40 a.m. 100 Back

10:00 a.m. 200 Free

10:30 a.m. 50 Fly

10:45 a.m. 100 Breast

11:10 a.m. 50 Free

11:30 a.m. 100 Fly

11:50 a.m. 500 Free

12:30 p.m. 200 IM

Track & Field- Saturday, April 10th Cobb Track

10:00 a.m. Hammer

10:00 a.m. Discus

10:00 a.m. High Jump

10:00 a.m. Long Jump

Tennis- Saturday, April 10 West Courts

9:00 a.m. Start time

Basketball- Saturday, April 10 Arrillaga Recreation Center

8:00 a.m. Start time

3:00 p.m. Free throw Contest (may start earlier if competition is over)

Fencing- Saturday, April 10 Arrillaga Recreation Center - Fencing Center

1:00 p.m. Start time

Racquetball-Saturday, April 10 Ford Center 341 Galvez

9:00 a.m. Start time

Soccer- Saturday, April 10 Stanford IM Fields and Cobb Track Field

9:00 a.m. Start time

Water Polo- Saturday, April 10 Avery Aquatic Center, Baker Pool

8:00 a.m. Warm up

9:00 a.m. Start time

Sunday, April 11

7:30 a.m.-3:00 p.m. Athlete Check-In Stanford Pac-10 Plaza outside Avery Aquatic Center (except Softball, Lawn Bowling, Golf, Cycling check in at sport venue)

Cycling- Sunday, April 11 Canada Road at Hwy 92 (check in at venue)

7:30 start time

Fencing- Sunday, April 11 Arrillaga Recreation Center Fencing Center

9:00 a.m. Start time

Lawn Bowling- Sunday, April 11 Palo Alto Lawn Bowls Center (check in at venue)

9:00 a.m. Start time

RaceWalk- Sunday, April 11 Cobb Track & Field

9:30 a.m. Start Time

Soccer- Sunday, April 11 Stanford Fields

9:00 a.m. Start time

Table Tennis- Sunday, April 11 Burnham -615 Serra St.

9:00 a.m. Start Time Singles

12:00 p.m. Start Time- Doubles

Tennis- Sunday, April 11 West Courts

9:00 a.m. Start time

Track & Field- Sunday, April 11 Cobb Track

9:00 a.m. Start time

9:30 a.m. 1500m Race Walk

10:00 a.m. Javelin

10:00 a.m. Shot Put

10:00 a.m. Pole Vault

10:30 a.m. 100m

11:15 a.m. 800m

12:00 p.m. 200m

1:30 p.m. 1500m

2:15 p.m. 400m

2:40 p.m.5000m

3:15 p.m.4x100m relays

Water Polo- Sunday, April 11 Avery Aquatic Center

9:00 a.m. Start time

Monday, April 12

Lawn Bowling Monday, April 12 Palo Alto Lawn Bowls Center

9:00 a.m. Start time

Tuesday, April 13

Golf- April 13 Stanford Golf Course 198 Junipero Serra Blvd.

12:00 p.m. Golfer Check in

1:00 p.m. Shotgun Start

Softball - April 13 Twin Creeks Sports Complex -969 Caribbean Dr. Sunnyvale

9:00 a.m. Start time

Lawn Bowling- April 13 Palo Alto Lawn Bowls Center 474 Embarcadero Road

9:00 a.m. Start time

Wednesday, April 14

Lawn Bowling- April 14 Palo Alto Lawn Bowls Center 474 Embarcadero Road

9:00 a.m. Start time

Softball- 9:00 a.m. start time -Twin Creeks Sports Complex 969 Caribbean Dr. Sunnyvale