**Track and Field Practice Schedule**

In preparation for the upcoming district competition, students will need to attend the practices for the events they would like to try out for. As some students may be trying out for multiple events, they should make sure that they have proper gym strip at school at all times. Since some practices will be held before and after school (as well as at lunch time) parents may need to arrange alternate transportation for their child. We thank you in advance for your cooperation and support at this busy time.

Just a reminder: Coaches are limited in the number of students they are able to take for their events. Further, some events, such as long jump, high jump, distance, require a standard to be met by students. As a result, students are not guaranteed to “make” the event they have tried out for. Our main goal is to take as many students as possible, but to better the chances of getting to the Track Meet; we are encouraging students to try out for as many events as possible. Please take the time to discuss with your child if he/she is committed to participating in Blakeburn’s Track and Field practices as **attendance** is important and will be monitored. As mentioned, students will require proper running attire e.g. running shoes, shorts or running pants, jacket etc.

**Practices begin: Monday, April 24th, 2017**

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| --- | --- | --- | --- | --- | --- |
| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **8:15 - 8:40** | **High Jump****Grade 3/4****Mr. Urquhart** | **Long Jump****(Gr. 3-4)****Ms. Pagazzi/Ms. Heath** | **Discus/ Shot Put Gr. 4/5****Mr. Morwick/ Ms. Ferdinandi** | **Long Jump****(Gr. 3-4)****Ms. Pagazzi/Ms. Heath** | **Discus/ Shot Put Gr. 4/5****Mr. Morwick/ Ms. Ferdinandi** |
| **12:25-12:55** | **Long Jump****(Gr.5)****Ms. Hartl/Ms. Harris** | **High Jump****Gr. 5****Ms. Yeager/** **Ms. Brown** | **Long Jump****(Gr.5)****Ms. Hartl/ Ms. Harris** | **High Jump Gr. 5****Ms. Yeager/ Ms. T. Rodgers** | **Relays/ 100M****Ms.Vivienne/ Mr. Urquhart** |
| **2:50 - 3:20** | **Distance:****(Gr. 3-5)****(400,800,1500)****Ms. Clerkson/ Ms. Hughes** | **Relays/ 100M****Mr.Urquhart/ Ms. Gill** | **Distance:****(Gr. 3-5)****(400,800,1500)****Ms. Clerkson/ Ms. Hughes** | **High Jump****Grade 3/4****Mr. Urquhart/ Ms. Brown** |  |

**Please Note: There will be no practices on the following dates:**

**Tuesday, May 2nd, no after school practice: Staff Meeting**

**Thursday, May 4th, no lunch practice: Hip Hop performances**

**Wednesday, May 17th, no lunch practice: Teacher Appreciation Luncheon**

 **Friday, May 19th, no practices: Activity Day**

 **Monday, May 22nd, no practices: Victoria Day**

***District Track Meet is on TUESDAY, MAY 23rd, 2017***

***FYI: We are planning to take a large team to the meet and will need to rely on parent drivers. If you can drive, please make sure that you have completed both (needs to be done yearly) the Drivers Certificate of Insurance form, Driver’s Abstract and submit them both to the office as soon as possible.***