

Blakeburn Elementary School

Thursday, April 2nd, 2026

Dear Parents/Guardians,

Starting in the second week of April (**April 7th to April 17th**), all **Grade 3 to 5** students at Blakeburn Elementary will be involved in our annual **Track Attack** program in preparation for the District Track Meet on **Thursday, May 21st, 2026**. Track Attack will take place during the afternoon from **1:00 to 2:30** (weather pending) beginning on **Tuesday, April 7th, 2026**. The program will run for **two** sessions finishing by **Friday, April 17th, 2026**. The goal of this program is to expose students to a variety of Track and Field events. As participation is mandatory, please ensure that your child brings a change of clothes (weather appropriate), as we will be going out unless it is pouring. It would be helpful to have clothes at school (every day), as days can only be set tentatively because of the weather.

By the end of Track Attack, coaches will have created a schedule for event practices, which will take place both in and outside of school time. **Our aim is to send as many participants as possible to the Track Meet.** Students interested in trying out for events will be required to attend these practices once Track Attack has finished. The track and field practice schedule will be sent home with students on **Thursday, April 16th**. **Track practices will start on Monday, April 20th, 2026.**

At our organizational assembly, teachers will be outlining and clarifying coaches' expectations. These are outlined on the following page. Please reinforce these expectations with your child.

As we are planning to take a large team to the meet (**will be hosted at Coquitlam Town Centre**) and **will require the assistance of parent drivers for this track and field experience. If you can support this event, please ensure that you have the following completed and submitted to the office: Volunteer Application and Driver's form-go to sd43.schoolcashonline.com to complete. A Police Information Check-see office for form. Lastly, an ICBC Driver's Abstract-Driving Record-go to ICBC.com and complete and send a copy to Ms. Sather. If you have any questions, please contact the office and they will let you know if all of your forms are up to date.**

We will also require the assistance of **two or three parent volunteers** to act as officials at the District Track Meet. Any parents interested in volunteering to assist at the District Track Meet on **Thursday, May 21st, 2026**, please contact Mr. Urquhart at **burquhart@sd43.bc.ca** by the end of April.

The staff at Blakeburn Elementary is looking forward to a successful track and field season. We thank you in advance for your cooperation.

Sincerely,

Blakeburn Elementary Coaching Staff

Blakeburn Elementary School

Coaches Expectations

1. Attend all practices:
 - if you miss a practice, bring a note from your parents to explain your absence (coaches will be taking attendance)
2. Attend practices with proper clothing:
 - shorts, t-shirts, track suits, ‘running shoes’, sweat pants
3. Good Behaviour:
 - listen to your coach and follow directions
 - poor behavior will result in you being asked to leave the practice
4. Good Attitude:
 - try your best at all times
 - don’t get discouraged
 - be respectful towards your coach(es) and other students
5. Good Sportsmanship:
 - encourage and help others at the practice
 - work at being a part of a team that will be representing our school at the District Track Meet on **Thursday, May 21st, 2026.**

List of Events:

100 Meters	Grades 3, 4, & 5	(4 students per grade/ gender)
400 Meters	Grades 3, 4, & 5	(3 students per grade/ gender)
800 Meters	Grades 3, 4 & 5	(2 students per grade/ gender)
1500 Meters	Open (2 boys and 2 girls per school)	
4 x 100 Meter Relay	Grades 3, 4, & 5	(4 students per grade/ gender)
Medley Relay	Grades 3, 4, & 5	(4 students per grade/ gender)
Long Jump	Grades 3, 4, & 5	(4 students per grade/ gender)
High Jump	Grades 3, 4, & 5	(4 students per grade/ gender)
Shot Put	Grades 4 & 5	(4 students per grade/ gender)
Discus	Grade 5	(4 students per grade/ gender)