

Track and Field Practice Schedule

In preparation for the upcoming district track and field 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 lunchtime) parents may need to arrange alternate drop-off and pick up arrangements 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 Blackburn’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: Tuesday, April 22nd, 2025

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:15 - 8:40	High Jump Grade 3/4 Mr. Urquhart <hr/> Discus Gr. 5 Ms. Ciolfitto/ Ms. Verhaeghe	High Jump Gr. 5 Ms. Brown/ Ms. Wong	Relays/ 100M Mr.Urquhart/ Ms. Wade	High Jump Gr. 5 Ms. Brown/ Ms. Wong	Relays/ 100M Mr. Urquhart/ Ms. Wade
12:25-12:55	Long Jump (Gr.5) Ms. Hartl/Ms. Harris	Long Jump (Gr. 3 only) Ms. Pagazzi/ Ms. Anderson <hr/> Shot Put Grade 4/5 Mr. Hughes/ Mr. Kitts	Long Jump (Gr.5) Ms. Hartl/ Ms. Harris <hr/> High Jump Grade 3/4 Mr. Urquhart	Long Jump (Gr.4 only) Ms. Pagazzi/ Ms. Anderson	
2:50 - 3:20	Distance: (Gr. 3-5) (400,800,1500) Ms. Rodgers/ Mr. Urquhart/ Ms. Sales	Discus Gr. 5 Ms. Ciolfitto/ Ms. Verhaeghe	Distance: (Gr. 3-5) (400,800,1500) Ms. Rodgers/ Mr. Urquhart/ Ms. Sales		

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

Friday, April 25th: Pro. D.; Tuesday, May 6th: no after school practice; Monday, May 19th: Victoria Day

District Track Meet is on Wednesday, MAY 21st, 2025

FYI: We are planning to take a large team to the meet and will need to rely on parent drivers. 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.