

EAGLE RIDGE ELEMENTARY  
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Tricia Tipper, Acting Principal

## Track and Field Grades 3, 4, 5

During April, grade 3-5 students are participating in track and field lessons, including sprints (100m and 100m relay), long jump, high jump, shotput (grades 4,5 only), and discus (grade 5 only). Lessons are taught by classroom teachers at various times throughout the month. Students should come prepared each day for outside PE, with outdoor running shoes.



The District Track Meet is on Friday, May 23<sup>rd</sup> at Coquitlam Town Centre Stadium. On Thursday, May 1<sup>st</sup> and Friday, May 2<sup>nd</sup>, we will have two afternoons (12:50-2:43) for Track Meet Tryouts. Students will have the opportunity to try out for events they are interested in for the District Track Meet. At the conclusion of Tryouts, we will select students for the Eagle Ridge track meet team.

We are only able to select students who meet the district's minimum standard for an event, and we have a limited number of student spots for each event/grade/gender. Grade 4 and 5 students hoping to participate in distance running events MUST attend Como Lake Relay Team practices. This applies to 400m, 800m, and 1,500m events. Grade 3 students hoping to participate in 400m and 800m events will attend lunch time practices April 21, 23, 28, 30. We will only select students who show a consistent positive attitude, strong effort, and meet all behaviour expectations.

If you have any questions, please feel free to contact your child's teacher.