



## Mundy Road TRACK & FIELD 2026

### INFORMATION FOR PARENTS

Mundy Road Parents,

Our track and field gym program has started. This is for grade 3, 4, and 5 students, where they participate in 6 track and field events with the purpose of exploring and learning the techniques of each event. This takes place during class time.

Once our **TRACK & FIELD** lessons are complete, students have the option of trying out for events they are interested in, to show they can meet the district standards to possibly attend the district track meet. If your child wants to try out, please ensure your child knows when the try outs take place as there will not be make up sessions. Unfortunately, not all students who meet the standard for a particular event attend the district track meet. Our school can only bring a specific number of children who have met the standard in their event. Students in each grade/gender who have met the standards may be invited to attend the track meet. Our goal is to send as many students to the track meet as possible.

The district track meet for our school is **THURSDAY, MAY 21, 2026 at Coquitlam Town Centre Stadium**. Permission forms for students invited to attend the track meet will be distributed on May 11 and need to be returned by May 14 (very important). We will require parent drivers to attend the track meet.

**Please find the events/coaches/practice locations and the schedule below:**

<u>Event</u>	<u>Location on the school grounds</u>	<u>Teacher Coach</u>
High jump	Gym	Mrs. McLean/Ms. Croft
Long jump	Long jump pit	Mrs. Koper
Relays (no tryouts; students selected from runners who meet standards and attend track meet)	Gravel field	Mr. Deutschmann
400 m/ 800 m	Gravel field	Ms. Kraemer
100 m sprints	Gravel field	Ms. LaFleur
Shot Put (grade 5 only)	Grass field	Mr. Porter

See back for schedule

# Track & Field TRY OUT Schedule

## Track Information 2026 for Parents

Monday	Tuesday	Wednesday	Thursday	Friday
April 20	April 21	April 22 Early Dismissal @ 1:50pm for Student Led Conferences	April 23 Early Dismissal @ 1:50pm for Student Led Conferences	April 24 <b>PRO-D</b> (school based)
April 27 Sprints (Gr. 3,4,5) @ 12:10pm	April 28 Sprints (Gr. 3,4,5) @ 12:10pm	April 29 High Jump (Gr. 3) @ 12:10pm 400m (Gr. 4) @ 12:10pm	April 30 High Jump (Gr. 4) 12:10pm 400m (Gr. 5) @ 12:10pm	May 1 High Jump (Gr. 5) @ 12:10pm 400m (Gr. 3) @ 12:10pm
May 4 Long Jump (Gr. 4) @ 12:10pm Shot Put (Gr. 5) @ 12:10pm	May 5 Long Jump (Gr. 5) @ 12:10pm Shot Put (Gr. 4) @ 12:10pm	May 6 Long Jump (Gr. 3) @ 12:10pm 800m (Gr. 3/4/5) @ 12:10pm	May 7	May 8
May 11 <b>Track notices out to students</b>	May 12 Relay Practice @ 12:10pm	May 13 Relay Practice @ 12:10pm	May 14 Notices due from students	May 15 <b>PRO-D DAY</b> (school based)
May 18 <b>VICTORIA DAY</b>	May 19	May 20	May 21 <b>TRACK MEET</b> @ Town Centre Stadium	May 23

**PLEASE POST THIS SCHEDULE ON YOUR FRIDGE OR  
SOMEWHERE WHERE IT CAN BE SEEN. 😊**