

Dear parents,

With spring finally here, we are excited to now turn our full attention to the track & field program. All students from Grades 3-7 are invited to participate in track & field. Practices will begin next week and will continue until the end of the track season in June. Practices will be held at various locations, so please consult the accompanying calendar.

We will be returning to Swangard Stadium for the CISVA Track & Field Championships this year. It remains imperative however, that parents arrange a ride for their child to this meet. Our school bus can only take 30 students to the CISVA Championship meet.

Students going to track practice are to meet promptly at 2:50pm behind the school, by the adventure playground, lined up in their grades. Attendance will be taken at track practice. Children will be checked off when they are picked up after practice. Please notify the teacher in charge (i.e. if your child is at shot put practice, you should notify the shot put coach) when you take your child home. Parents can pick up their child from the park/school after practice.

Below is a list of practice times for the various events. These days and times may change.

**PLEASE CONSULT THE TRACK CALENDAR FOR PRACTICE DAYS AND LOCATIONS**

**\*Please note: Any changes to future practices will be communicated ahead of time\***

Event	Date & Time	Location	Start date
<b>Track</b>			
SPRINTS & RELAYS (Gr. 3-7)	Wednesday's (Gr. 3-7) 3:00 - 4:00	@ Templeton	April 16th
MIDDLE DISTANCE (Gr. 3-7)	Tuesday's (Gr 3-7) 7:45 - 8:45	@ Empire	April 22nd
<b>Field</b>			
SHOT PUT (Gr. 4-7)	Tuesday's 3:00 - 4:00	@ OLS	April 15th
DISCUS (Gr. 5-7)	Tuesday's 3:00 - 4:00	@ OLS	April 22nd
LONG JUMP (Gr. 3-7)	Thursday's (Gr. 3&4) 3:00 - 4:00	@ OLS	April 24th
	Friday's (Gr 5-7) 7:45 - 8:45	@ OLS	April 25th
HIGH JUMP (Gr. 4-7)	Friday's (Gr. 6&7) 7:45 - 8:45	@ OLS	April 25th
	Monday's (Gr. 4&5) 7:45 - 8:45	@ OLS	April 28th

**Please note: Due to safety concerns and time restraints with the high jump event we are only able to take 2 boys and 2 girls from each grade for practices.**

**While all students are encouraged to join track, it should be noted to students and parents that our practices and the early track meets, as well as PE classes, are used to evaluate our track & field athletes, and will help us determine our final roster for the CISVA Championship meet in June.**

The first meet in April allows us to enter up to six students in most track events, and therefore those who join track are **encouraged** to attend this meet. This allows all students an opportunity to participate in one or more events. Coaches will decide what events students will take part in. The **CISVA meet** in May and June stipulates that we can enter only one athlete in each event, and therefore the field is narrowed to our top athlete in each event. Students **must qualify** for this meet.

Below is a list of the track & field meets that OLS will be attending this year.  
**Please note: Students will be notified by their head coach before each meet as to what events they will be participating in.**

<u>DATE</u>	<u>MEET</u>	<u>GRADES</u>	<u>LOCATION</u>
April 24th	St. Pius Mini Meet	Grades 3-4	Empire Field
April 28th	Friar's Track Meet	Grades 3-7	Swangard Stadium
May 12th	Holy Cross Meet	Grades 3-7	SFU Stadium
May 21st	OLS Friendship Meet	Grades 3-7	Mercer Stadium
May 26th	OLS Team Practice for CISVA	Grades 3-7	Swangard Stadium
May 28th & June 4th	CISVA Championships	Grades 3-7	Swangard Stadium

**Please sign the attached consent form if you allow your child to participate in all track & field practices including off site practices and track meets. Return the signed form to your child's classroom teacher by Monday, April 14th.**

The CISVA Elementary Athletic Commission is asking each school to provide two parent volunteers (preferable one male and one female) who would be responsible for monitoring and supervising the boys and girls washrooms and the main concourse for one half hour period on either Wednesday May 28th or Wednesday June 4th at the CISVA track meet. Any parent able to volunteer their time please indicate on your child's consent form.

Thank you for your support and cooperation and I hope to see you at the upcoming track meets!

Sincerely,



Mr. L. Crozier

# OLS TRACK & FIELD SCHEDULE

April - May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>April 1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b> <b>TRACK NOTICES DUE</b>	<b>15</b> First shot put practice 3:00 - 4:00 @ OLS	<b>16</b> First sprint practice 3:00 - 4:00 @ Templeton Track	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b> First middle distance practice 7:45 - 8:45 @ Empire First discus practice 3:00 - 4:00 @ OLS	<b>23</b> Sprint practice 3:00 - 4:00 @ Templeton Track	<b>24</b> St. Pius Mini Meet @ Empire Field 9:00 - 12:00 pm First long jump practice (Gr.3-4) 3:00 - 4:00 @ OLS	<b>25</b> First high jump (6&7) & long jump practice (Gr.5-7) 7:45 - 8:45 @ OLS	<b>26</b>
<b>27</b>	<b>28</b> Friar's Track Meet @ Swangard Stadium 10:00 - 3:00pm	<b>29</b> Middle distance practice 7:45 - 8:45 @ Empire Discus & Shot put practice 3:00 - 4:00 @ OLS	<b>30</b> Sprint practice 3:00 - 4:00 @ Templeton Track	<b>May 1</b> Long jump practice (Gr.3-4) 3:00 - 4:00 @ OLS	<b>2</b> High jump (6&7) & long jump practice (Gr.5-7) 7:45 - 8:45 @ OLS	<b>3</b>

# OLS TRACK & FIELD SCHEDULE

## May - June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>May 4</b>	<b>5</b> High jump practice (Gr.4&5) 7:45 - 8:45 @ OLS	<b>6</b> Middle distance practice 7:45 - 8:45 @ Empire Discus & Shot put practice 3:00 - 4:00 @ OLS	<b>7</b> Sprint practice 3:00 - 4:00 @ Templeton Track	<b>8</b> Long jump practice (Gr.3-4) 3:00 - 4:00 @ OLS	<b>9</b> High jump (6&7) & long jump practice (Gr.5-7) 7:45 - 8:45 @ OLS	<b>10</b>
<b>11</b>	<b>12</b> Holy Cross Meet @ SFU Stadium 10:30 - 3:00pm	<b>13</b> Middle distance practice 7:45 - 8:45 @ Empire Discus & Shot put practice 3:00 - 4:00 @ OLS	<b>14</b> Sprint practice 3:00 - 4:00 @ Templeton Track	<b>15</b> Long jump practice (Gr.3-4) 3:00 - 4:00 @ OLS	<b>16</b> High jump (6&7) & long jump practice (Gr.5-7) 7:45 - 8:45 @ OLS	<b>17</b>
<b>18</b>	<b>19</b> High jump practice (Gr.4&5) 7:45 - 8:45 @ OLS	<b>20</b> Middle distance practice 7:45 - 8:45 @ Empire Discus & Shot put practice 3:00 - 4:00 @ OLS	<b>21</b> OLS Friendship Meet @ Mercer Stadium 10:00 - 2:00pm	<b>22</b> Long jump practice (Gr.3-4) 3:00 - 4:00 @ OLS	<b>23</b> High jump (6&7) & long jump practice (Gr.5-7) 7:45 - 8:45 @ OLS	<b>24</b>
<b>25</b>	<b>26</b> OLS TEAM PRACTICE FOR CISVA @ Swangard 12:00 - 3:00pm	<b>27</b> Middle distance practice 7:45 - 8:45 @ Empire Discus & Shot put practice 3:00 - 4:00 @ OLS	<b>28</b> CISVA CHAMPIONSHIPS DAY 1 @ Swangard	<b>29</b> Long jump practice (Gr.3-4) 3:00 - 4:00 @ OLS	<b>30</b> High jump (6&7) & long jump practice (Gr.5-7) 7:45 - 8:45 @ OLS	<b>31</b>
<b>June 1</b>	<b>2</b>	<b>3</b>	<b>4</b> CISVA CHAMPIONSHIPS DAY 2 @ Swangard	<b>5</b>	<b>6</b>	<b>7</b>

## TRACK & FIELD PRACTICE SCHEDULE

As of April 2025

Day / Times	Monday	Tuesday	Wednesday	Thursday	Friday
7:45 - 8:45 am	High Jump (Grades 4 & 5) @ OLS	Middle Distance @ Empire Track			High Jump (Grades 6 & 7) & Long Jump (Grades 5 - 7) @ OLS
12:15 - 12:45 pm					
3:00 - 4:00 pm		Shot put & Discus (Grades 5-7) @ OLS	Sprints (Grades 3-7) @ Templeton Track	Long Jump (Grades 3-4) @ OLS	