



2024 Track and Field Season

Track and Field is organized by North Vancouver Elementary Athletics Association (NVEAA) and supported by staff volunteers.

Ridgeway is in Zone 4 and field qualification events are:

- **Monday, May 13** - Grade 6/7 Field Meet @Ridgeway (after school)
- **Tuesday, May 14** - Grade 4/5 Field Meet @Brooksbank (after school)
- **Thursday May 16** - Grade 4-7 Triple Jump @ Brooksbank (after school)

Track qualifications (Sprints, Relays, Long Distance) will be Wednesday, **May 22nd from 8:00am – 12:00pm** at Sutherland. Students who qualify for the finals will be participating at Swangard on **Tuesday, June 4th, 2024**.

PRACTICE TIMES:

Track & Field Practice Schedule 2024					
	Monday (4/5 Band)	Tuesday (6/7 Band)	Wednesday (4/5 Band)	Thursday (6/7 Band)	Friday
Before School 8:00- 8:30	6/7 Long jump		6/7 Long Jump	4-7 Long Distance	6/7 High Jump
			6/7 High Jump		
Lunch 12:00 - 12:25	4-7 Long Distance	4/5 Long Jump	6/7 Shot Put	4-7 Triple jump	6/7 Shot Put
	4/5 High Jump		4/5 Long Jump	4/5 High Jump	
After School 3:00-3:30	4/5 Shot Put (back field)	6/7 Sprints & Relays (front field)	4-7 Triple Jump	6/7 Sprints & Relays (front field)	
		4/5 Sprints & Relays (back field)	4/5 Shot P (Back field)	4/5 Sprints & Relays (back field)	

COACHES, SPONSORS(S) AND CHAPERONE(S):

Name	Position	Email
Michaela Woodyard & Tyler Johnson	Grade 4/5 Sprints & Relays	Mwoodyard@sd44.ca , tjohnson@sd44.ca
Christopher Kirkland & Samantha Way	Grade 6/7 Sprints & Relays	CKirkland@sd44.ca , sway@sd44.ca
Michelle Pratt & Janae Chiu	Grade 4-7 Long Distance	MPratt@sd44.ca , Jchiu@sd44.ca
Adrienne Tsonis & Brad Prevette	Grade 4 & 5 Long Jump	Atsonis@sd44.ca , bpratt@sd44.ca
Scott Gale & Alan Tisdall	Grade 6 & 7 Long Jump	Sgale@sd44.ca , atisdall@sd44.ca
Rachel Villavicencio & Heather Gallilee	Grade 4-7 Triple Jump	Rvillavicencio@sd44.ca , hgallilee@sd44.ca
Trevor Baker, Michelle Pratt & Janae Chiu	Grade 4 & 5 High Jump	Tbaker@sd44.ca , mpratt@sd44.ca , ichi@sd44.ca
Jennifer Eby & Kendra Arkinstall	Grade 6 & 7 High Jump	Jeby@sd44.ca , karkinstall@sd44.ca
Erica Jarollahi, Kelly Lee & Roy Hunt	Grade 4 & 5 Shot Put	Ejarollahi@sd44.ca , klee@sdd.ca , ejarollahi@sd44.ca
Andrew Voth & Gabriella Draheim	Grade 6 & 7 Shot Put	Avoth@sd44.ca & gdraheim@sd44.ca