



Ridgeway Elementary

420 8th Street East, North Vancouver, BC, V7L 1Z5

Ph. (604)903-3740 Fax. (604)903-3741

www.sd44.ca/school/ridgeway

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

<u>Name</u>	<u>Position</u>	<u>Email address</u>
Mr. Kirkland	Coach Sprint/Relays 6/7	ckirkland@sd44.ca
Ms. Way	Coach Sprint/Relays 6/7	sway@sd44.ca
Ms. Woodyard	Coach Sprints/Relays 4/5	mwoodyard@sd44.ca
Ms. Holly	Coach Sprints/Relays 4/5	hmciver@sd44.ca
Ms. Pratt	Coach High Jump 6/7	mpratt@sd44.ca
Ms. Chiu	Coach High Jump 6/7	ichiu@sd44.ca
Mr. Prevetie	Coach Long Distance	bprevetie@sd44.ca
Mr. Tisdall	Coach 4-7 Long Jump	atisdall@sd44.ca
Mr. Gale	Coach 6/7 Long Jump	sgale@sd44.ca
Ms. Villavicencio	Coach Triple Jump 4-7	rvillavicencio@sd44.ca
Ms. Lacey	Coach Triple Jump 4-7	kfacey@sd44.ca
Ms. Arkinstall	Coach High Jump 4/5	karkinstall@sd44.ca
Ms. Danieli	Coach High Jump 4/5	Sdanieli@sd44.ca
Ms. Jarollahi	Coach Shot Put 4/5	ejarollahi@sd44.ca
Ms. Jacobson	Coach Shot Put 4/5	mjacobson@sd44.ca
Ms. Yu	Coach Shot Put 4/5	hyu@sd44.ca
Miss. Morris	Coach Shot Put 6/7	Dmorris@sd44.ca
Mr. Voth	Coach Shot Put 6/7	Avoth@sd44.ca
Mrs. Draheim	Coach Shot Put 6/7	gdraheim@sd44.ca

PRACTICE TIMES:

Practice before school will start at 8:00am until the bell and practice after school is from 3:00pm – 3:45pm.

Ridgeway's Track and Field Schedule 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School		4/5 Long Jump	6/7 Long Jump		4/5 High Jump
			4/5 High Jump		
Lunch 12:25	6/7 Long Jump	4/5, 6/7 Triple Jump	6/7 High Jump	Just Dance	6/7 High Jump
			6/7 Shotput (Voth)	Just Dance	6/7 Shotput (Morris)
After School	4/5 Shot Put - back field	6/7 sprints and relays - front field	4-7 Long Distance	6/7 sprint - front field	
	4/5,6/7 Triple Jump	4-7 Long Distance	4/5 Shot Put - back field	4/5 sprint relay - back field	