



ECOLE CRESCENT PARK SCHOOL

2440 - 128th STREET, SURREY, B.C. V4A 3W3 • TEL: (604) 535-9101 • FAX: (604) 535-1391

April 5, 2019

Track and Field is starting at Crescent Park Elementary, Morning Conditioning Runs are every Monday, Thursday (starting April 25th) and Friday at 7:50 am in the gym (we start in the gym with warm-up, and then run through the park). Morning runs are rain or shine (we run various relays in the gym when it rains). If anyone arrives late for a morning run and the runners have left the gym, late comers are told not to try and catch-up but to remain at the school for safety reasons. Runners who come out to the morning runs will be invited to the first mini track meet. **Parents are welcomed/encouraged to participate in the morning runs!**

Other track and field practices are also starting. As soon as we know who is coaching which events and the practice times, we will put that information on the school's website.

The first morning run is Friday, April 12th. Please note that there is no Thursday runs until April 25th.

Events are: (times/days: TBA)

Shot Put

Long and Triple Jump

Relays

High Jump (District meet)

Discus (District meet – Pee Wees and Bantams only)

Morning Runs Coaches are: Mr. Davidson, Mrs. Spoor, Mme Hashmi, Ms. Horn, Ms. Fisher, Ms. Laskiwski

***CP is always looking for parents to help coach (we can train you) – if you want to volunteer to help coach a track event, please contact Mrs. Spoor – no specialized training necessary!**

Mini Meets are:

Thursday May 2nd at the South Surrey Track 1:00 – 5:30

Wednesday, May 8th at the South Surrey Track 9:00 – 1:30

Tuesday, May 14th at the South Surrey Track 1:00 – 5:30

All are at the South Surrey Track

District Track Meet is: Monday June 3rd – all day. In the event of a “rain-out”, the new date will be Thursday, June 6th.

I give permission for my child _____ in grade _____ Div: _____

To participate in the morning runs, event practices and the track and field mini meets:

Parent Signature: _____

Parent Email: _____

I am willing to drive students to mini-meets: YES / NO (I will put you on an email list and ask volunteers' week by week.)

*Please return to Mrs. Spoor