

2018 CARA Track State Meet Information

The State Meet will be held on Saturday, July 21st at North Stadium. This meet will be the only meet of the season that brings together both the Northern and Metro Division. The following is all necessary information regarding this year's state meet.

- 6am- Host staff eligible to enter facility
- 6:30am- Head Coaches only
- 7am- Entrance open to public (**There is a \$2.00 gate fee for spectators 18 and up**)
- The state meet will run as a normal CARA track meet (no timing, heat ribbons only).
- The schedule (see following page) is the normal schedule with two minor adjustments:
 - Start time for field events will be **8:00** and start time for running events will be **8:30**.
 - There will be a coaches 4x100 meter relay after the 100 and prior to the 400. Any teams who wish to run a coaches relay will need to sign-up at the coaches meeting in the morning.
- The coaches meeting will be held at **7:45** at the finish line tent; all teams must send a coach to this meeting.
- Agencies will be in charge of running their assigned field event. Northern agencies will run **girls** events and Metro agencies will run **boys** events. Please see the list below for a reminder of agency responsibilities.

	Metro (boys)	Northern (girls)
Standing Long Jump	Montbello, Golden	Longmont, Berthoud
Long Jump	Lakewood, Aurora	Greeley, CVPRD,
Softball Throw	South Suburban	Thornton, Fort Morgan
Baseball Throw	Wheat Ridge	Broomfield
High Jump	Highlands Ranch	TRPR, Eaton
Shot Put	South Jeffco	Northglenn
Discus	Parker	Brighton
Far Side	Denver, Sprint50	Windsor, Hyland Hill

- Longmont (host agency) will be in charge of the **finish line** (as well as the starter, and announcer). Each team is still required to offer a volunteer to help at the finish line and/or gates. There will be a volunteer meeting following the coaches meeting in the morning.
- Fort Collins and Apex/Foothills will be in charge of **staging**.
 - Stagers will make their best attempt to mix up heats of Northern and Metro agencies so that athletes have the opportunity to race against new people. **Please do not switch your athletes into different heats/lanes after they have already been assigned.**
- Windsor, Sprint 50 and Denver will be in charge of the **far side** (boys 50/100, 7-8 shuttle relays) and must supply volunteers to hand out ribbons and a starter for these events.
- Athletes are still allowed to do up to **4 events**. Please remind your athletes they may not do more than 4.
- Due to the large number of competitors, please remind parents that the meet may not end until late afternoon.
- **Sportsmanship will continue to be a point of emphasis at this meet—remind all coaches, parents, and competitors to be respectful of each other and any volunteers helping to run the meet.**

Let's have a great end of the year meet!

Track Schedule:
All events begin at 8:30

1600M Run 9-10
1600M Run 11-12
1600M Run 13-14
1600M Run 15-16

100M Hurdles 11-12 30"
100M Hurdles 13-14 30"
100M Hurdles 15-16 30"- Girls
110M Hurdles 15-16 36"- Boys



6x50 M Shuttle Relay 5-6
6x50M Shuttle Relay 7-8

800M Run 9-10
800M Run 11-12
800M Run 13-14
800M Run 15-16



50M Dash 3-4
50M Dash 5-6
50M Dash 7-8

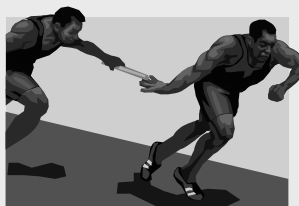
100M Dash 13-14
100M Dash 15-16
100M Dash 3-4
100M Dash 5-6
100 M Dash 7-8
100M Dash 9-10
100M Dash 11-12



Coaches 4x100 Meter Relay

400M Dash 7-8
400M Dash 9-10
400M Dash 11-12
400M Dash 13-14
400M Dash 15-16

200M Dash 3-4
200M Dash 5-6
200M Dash 7-8
200M Dash 9-10
200M Dash 11-12
200M Dash 13-14
200M Dash 15-16



4x100m Relay 9-10
4x100M Relay 11-12
4x100M Relay 13-14
4x100M Relay 15-16

Field Events Schedule:
All events begin at 8:00

Heat By 8's
All Heats Get Ribbons

Standing Long Jump 7-8
Standing Long Jump 5-6
Standing Long Jump 3-4



Baseball Throw 3-4
Baseball Throw 5-6
Baseball Throw 7-8

Softball Throw 11-12
Softball Throw 9-10

Running Long Jump 15-16
Running Long Jump 13-14
Running Long Jump 11-12
Running Long Jump 9-10

High Jump 9-10 Min. Ht. = B & G @ 3'2"
High Jump 11-12 Min. Ht. = B & G @ 3'8"
High Jump 13-14 Min. Ht. = B @ 4'2, G @ 4'
High Jump 15-16 Min. Ht. = B @ 4'6, G @ 4'

Discus 15-16
Discus 13-14
Discus 11-12



Shot Put 11-12 6#
Shot Put 13-14 4K
Shot Put 15-16 Girls 4K, Boys 12#

Please Note: The number of participants will determine the time it takes to complete an event. Coaches, volunteers, and parents should listen closely for the announcements to the particular events.

All participants, Coaches and Spectators are expected to show good sportsmanship at all times.