

# CARA Track and Field 2019

## METRO DIVISION

APEX, Aurora, Denver Central, Denver Northeast, Foothills, Golden, Highlands Ranch, Lakewood, Parker, Sprint50, South Jeffco, South Suburban, Wheat Ridge

## NORTHERN DIVISION

Berthoud, Brighton, Broomfield, Carbon Valley, Eaton, Estes Valley, Fort Collins, Fort Morgan, Greeley, Hyland Hills, Longmont, Northglenn, Thompson Rivers, Thornton, Windsor

## SOUTHERN DIVISION

Canon City, Pueblo, Widefield

## Meet Schedule

	<b>Northern</b>	<b>Metro</b>	<b>Southern</b>
<b>June 15</b>	<b>Eaton High School - hosts: Eaton &amp; Ft. Collins</b> 114 Park Avenue, Eaton, CO 80615	<b>Evie Dennis Complex - host: Denver Northeast</b> 4800 Telluride St Denver CO 80249	<b>Evie Dennis Complex - host: Denver Cheetahs</b> 4800 Telluride St Denver CO 80249
<b>June 22</b>	<b>Brighton High School - host: Brighton</b> 270 S 8th Ave, Brighton, CO 80601	<b>Jeffco Stadium - host: Lakewood</b> 500 Kipling St, Lakewood, CO 80226	<b>Pueblo - host: Pueblo</b>
<b>June 29</b>	<b>Roosevelt High School -host: TRPR</b> 616 N 2nd St, Johnstown, CO 80534	<b>Jeffco Stadium - host: Foothills</b> 500 Kipling St, Lakewood, CO 80226	<b>Canon City - host: Canon City</b>
<b>July 6</b>	<b>NO CARA TRACK MEET - HAPPY 4TH OF JULY WEEKEND!!</b>		
<b>July 13</b>	<b>Northridge High School - host: Greeley</b> 100 71st Avenue, Greeley, CO 80634	<b>All City Stadium - host: Denver Central</b> 1500 S. Franklin St, Denver CO 80218	<b>Widefield - host: Widefield</b>
<b>July 20 - State Meet</b>	<b>Jeffco Stadium - host: APEX</b>		

<b>Events</b>	<b><u>NORTHERN</u></b>	<b><u>METRO</u></b>	<b><u>SOUTHERN</u></b>
Standing Long Jump	Longmont, Berthoud	Denver Northeast	Widefield
Long Jump	Greeley, Windsor	Lakewood, Aurora	Widefield
Softball Throw	Thornton, Fort Morgan	South Suburban	Pueblo
Baseball Throw	Broomfield	Wheat Ridge, Golden	
High Jump	TRPR, Eaton	Highlands Ranch	
Shot Put	Northglenn	South Jeffco	
Discus	Brighton	Parker	
Staging	Fort Collins	Apex, Foothills	Canon City
Far Side - if needed	Carbon Valley, Hyland Hills, Estes Valley (Floaters)	Denver Central, Sprint50	

- Host agency will run the finish line and is responsible for the announcer and starter.
- Agencies will run both boys and girls events at divisional meets and must have all necessary equipment to run event.
- Agencies will provide 1 person to help at the finish line. This can be a coach, staff member, or trusted parent.
- Failure to run your event or provide FL staff will result in a fine to your agency (per rule book)
- Final meet, Metro agencies will run boys events; Northern agencies will run girls events
- Host agencies is required to have a full time recreation professional on site.
- Agencies can use parent volunteers to help run events, but must have on agency shirt and must know how to run the event.

