



# 2019 CARA Track Schedule of Events



## Track Schedule: First Event 9:00 a.m.

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"  
100 M Hurdles 15-16 30" Girls  
110 M 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

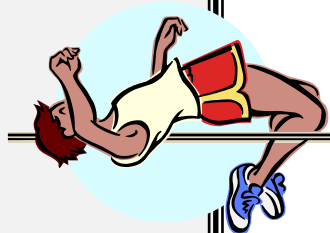
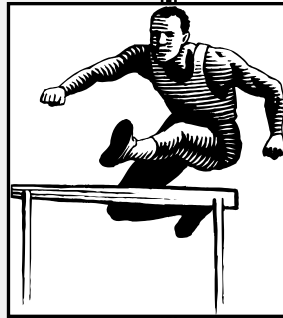
50M Dash 5-6  
50M Dash 7-8

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

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

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 8:30 a.m.

**Heat by 8's**  
**All Heats Get Ribbons**

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

Baseball Throw 5-6  
Baseball Throw 7-8

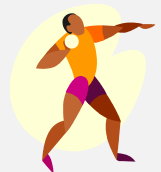
Softball Throw 11-12  
Softball Throw 9-10

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



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

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. If the meet is running ahead of schedule, the event will be moved up one time slot accordingly. Coaches, volunteers, and parents should listen closely for the announcements to the particular events.