



**2026 CARA Track-Schedule of Events
Northern & Metro Divisions**
Coach Meeting – 7:45am at Finish Line
Volunteer Meeting – 8:30am at Finish Line



**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 3-4 / 5-6 – **NEAR SIDE**
 6x50M Shuttle Relay 7-8 – **FAR SIDE**

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

****50M & 100M – BOYS ON FAR SIDE****

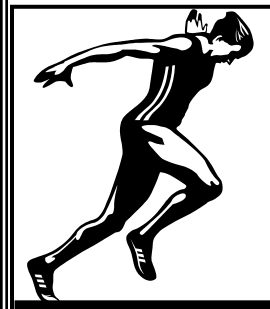
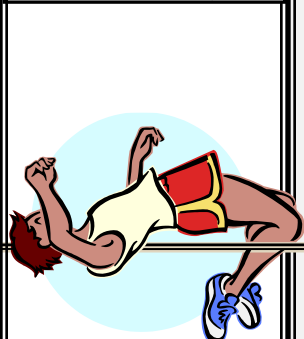
50M Dash 3-4
 50M Dash 5-6
 50M Dash 7-8

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

 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 a.m.**

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



Standing Long Jump 7-8
 Standing Long Jump 3-4 / 5-6
 Standing Long Jump – Last Chance

Baseball Throw 3-4 / 5-6
 Baseball Throw 7-8
 Baseball Throw – Last Chance

Softball Throw 15-16
 Softball Throw 13-14
 Softball Throw 11-12
 Softball Throw 9-10
 Softball Throw – Last Chance

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

Discus 15-16
 Discus 13-14
 Discus 11-12
 Discus – Last Chance

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

****NOTE: Field Event PRIORITY will go to athletes competing in the 1600M & Hurdles.**

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.