



City of Loveland Track & Field Parent Information Packet

City of Loveland – Summer 2026

Website: www.teamsideline.com/loveland



Welcome

Thank you for registering for the City of Loveland's Track and Field program! This packet contains essential information about practices, meets, policies, and contacts to help ensure a smooth and fun season. Please keep this packet handy throughout the season. You can also visit the teamsideline website which will have updated info! [Teamsideline.com/loveland](https://teamsideline.com/loveland)

Philosophy











CARA (Colorado Association of Recreational Athletics) is a recreational league for youth ages 5–16. The focus is on learning and participation rather than competition. This is NOT a competitive club track team. It is more of a team of individuals who pursue sport for learning and fun. Every participant receives a ribbon based on placement. Athletes are encouraged to choose their own events, with guidance from coaches.

The City of Loveland emphasizes:

- Skill development
- Equal participation
- Sportsmanship
- Fun and friendly competition
- A safe, recreational environment

Coaches & Contacts

The coaches on our staff are all great people and have experience with track and field. The philosophy of our team is to have high school or college athletes give back as role models and teachers of the events.

Name	Role	Contact Info
Erin Milligan	Head Coach	 303.548.5296  erinamilligan@gmail.com
Tom Olson	Head Co-Coach	 1tomolson@gmail.com
Bella Miller	Assistant Coach	 970.420.4094  bella.miller5678@gmail.com
Madison Pierson	Assistant Coach	 970.581.8109
Jayda Nix	Assistant Coach	 720.469.5421
Claire Pierson	Assistant Coach	 970.488.9804
Adalyn Koopman	Assistant Coach	 970.836.4041
Jolie Rinehart	Assistant Coach	 970.692.4698
Ivy Merrill	Assistant Coach	 970.218.0472
Giovannie Hernandez	Assistant Coach	 970.804.5792
Justin Martinez	Assistant Coach	 303.618.4384
Rylee Vinzant	Assistant Coach	 970.694.6114
Kevin Burleson	Assistant Coach	 970.617.4488
Deontaye Christoper	Assistant Coach	 970.213.8096


Interested in volunteering? Contact Savannah Maldonado 970.962.2445

Practice Info

Practice sessions will begin with a warm-up and running form drills, followed by skill development and event-specific practice. Coaches will provide instruction and feedback throughout. We also incorporate training games to keep practices engaged and fun.

Parent Guidelines:

Parents of children **8 and under** must remain at the practice site to assist with any situations that may arise (e.g., bathroom needs, minor injuries, nervousness, etc.). Parents of children **9 and up** are **highly encouraged** to stay and support during practice as well!

 Location: Loveland High School – 920 W 29th St, Loveland, CO 80538

 Schedule:

Date	5–8 Year Olds	9–16 Year Olds
Tue 6/2	8:15–9:15am	9:30–11:00am
Thu 6/4	8:15–9:15am	9:30–11:00am
Tue 6/9	8:15–9:15am	9:30–11:00am
Thu 6/11	8:15–9:15am	9:30–11:00am
Tue 6/16	8:15–9:15am	9:30–11:00am
Thu 6/18	8:15–9:15am	9:30–11:00am
Tue 6/23	8:15–9:15am	9:30–11:00am
Thu 6/25	8:15–9:15am	9:30–11:00am
Tue 6/30	No Practice	
Thu 7/2	No Practice	
Tue 7/6	8:15–9:15am	9:30–11:00am
Thu 7/9	8:15–9:15am	9:30–11:00am
Tue 7/14	8:15–9:15am	9:30–11:00am
Thu 7/16	8:15–9:15am	9:30–11:00am (Last Practice)

Your child will need the following for practices:

- 1. WATER** – Please make sure your child has water for **every** practice and track meet. If possible, put your name on the water bottle.
- 2. SHOES** – Either a cross-training shoe or a RUNNING SHOE. (Your child will benefit by using the later.) ¼ inch spikes are allowed for C.A.R.A.
- 3. UNIFORM** – clothing appropriate for running, jumping and/or throwing. Please be ready for weather changes during the season as well.
- 4. Sunscreen and bug spray**
- 5. Please NO casts or jewelry at practice or at meets!**

Air Quality

Rules of Thumb for Air Quality

1. The City of Loveland treats air quality the same as our weather protocols. We allow our coaches to make the decision to cancel/postpone practices due to weather/air quality.
 - a. With multiple field locations throughout the city, the weather/air quality can vary greatly between locations.
 - b. The weather/air can change in a matter of minutes.
2. Parents/players are encouraged to use their own judgment when deciding what is best for the health of their players.
3. If the average EPA PM 2.5 AQI for the City of Loveland and adjacent field locations reaches 150-199, games/practices will be modified (allow more breaks, modify intensity, etc.) if the average exceeds 200, programs will be cancelled for the safety and welfare of players and coaches. No teams may practice outdoors or participate in games when this threshold level is reached.
4. If the City decides to cancel practices, we will do our best to cancel 45 min. prior.
5. The City of Loveland uses purpleair.com or airnow.gov air quality monitoring website and will base decisions on the data provided.

Heat Protocol

Rules of Thumb for Heat Protocols


1. The City of Loveland treats heat conditions similarly to our weather and air quality protocols. We allow our coaches to make the decision to cancel or postpone practices due to extreme heat conditions.
 - a. Weather conditions can change in a matter of minutes.
2. Parents/players are encouraged to use their own judgment when deciding what is best for the health and safety of their players.
3. The risk of heat-related illness from vigorous sports activity increases as temperatures and humidity rise. The body generates heat that cannot be dissipated readily when ambient temperatures exceed 85°F, depending on humidity levels. Hot weather conditions are considered at any point where the Heat Index reaches or exceeds 90°F. Coaches should follow the procedures below based on conditions:
 - a. Heat Index up to 89°F: Normal play and regular hydration patterns.
 - b. Heat Index of 90°–95°F: Mandatory water breaks every 25 minutes.
 - c. Heat Index of 96°–102°F: Mandatory water breaks every 15 minutes and modification of activities/intensity as needed.
 - d. Heat Index over 103°F (at the start of training): All outdoor activities and practices will be cancelled for the safety and welfare of players and coaches. No teams may practice outdoors when this threshold is reached.
4. If the City decides to cancel practices, we will do our best to cancel 45 min. prior.


Events Taught


The following events will be taught during the season:


- Running: 50m, 100m, 200m, 400m, 800m, 1600m
- Relays: 4×100, 6×50 shuttle
- Jumps: Long jump, standing long jump, high jump,
- Throws: Shot put, discus, baseball throw
- Hurdles: 100m hurdles


Track Meets

 Arrive at least 30 minutes before the track meet begins. We will do a team warm up before the start of the meet, make sure to meet at the team tent.

 Track meet start time will always begin at 8 am. Field events will start at 8 am and running events will begin at 9 am. Please note that hosts have the right to change the schedule if needed. Athletes are able to sign up for any 4 events (no official sign up is required) Please see schedule of events. (end of packet)

 There will be a canopy provided for track meets to provide a shady, cool place to sit under. At times it may be set up in the stands or in a grassy area. The team will try to sit together, but this can be difficult at some locations. Please try to sit under or near the canopy while you are at the track meet in the event that someone needs to be notified quickly. All the coaches will be nearby wearing team shirts. There will always be a coach near the camp area.


 Check-In/Out: Athletes must check in and out with one of the Loveland coaches for safety.

 Parents of children under 6 may escort them around. Please remember we will have coaches taking kiddos to staging from the finish line. All other spectators must stay off the track and infield. Violations could result in the athlete being disqualified from a particular event, the whole meet, or possibly a cancellation of the track meet in progress.

New Rule for Northern Meets!

To help our meets run faster, we will now be using both the near side and far side for select events. Please pay close attention to where your athlete is running.

- **6x50 Meter Shuttle**
 - Near side: 3–4 and 5–6 year olds
 - Far side: 7–8 year olds
- **50 Meter Dash & 100 Meter Dash**
 - Boys: Far side
 - Girls: Near side
- **Field Event Update**
 - There will no longer be a softball throw for ages 9+.
 - Athletes ages 9+ will now compete in the 2 kg shot put instead.


 Loveland is assigned to help with a station at each meet. Please consider volunteering—students can earn service hours! If no one signs up, coaches will assign someone.

Volunteers will simply hand out ribbons at the finish line. There will be a brief volunteer meeting at **8:30 AM at the finish line**.

To avoid being out there all day, volunteers will be split into **AM and PM shifts**:

- **PM Shifts: 6/13, 6/27**
Events: 100m Dash through 4x100m Relay
- **AM Shifts: 6/20, 7/11**
Events: 1600m Run through 50m Dash

Please help when you can—we really appreciate it!

 Reminder, please do not bring your pets to track meets they will not be allowed inside the complexes.

Travel & Transportation

Parents are responsible for all transportation to and from meets. Coaches are not allowed to transport athletes. If a child is left without a ride, every effort will be made to contact guardians. If unreachable, local authorities may be called.

Uniforms & Equipment

- Team t-shirts must be worn to meets
- No sagging shorts or bare chests
- No sports bras as outerwear
- Equipment is borrowed from LHS Track & Field—no horseplay allowed

* Violations of these uniform and equipment rules will create unsafe conditions and will result in disciplinary actions until the situation is resolved.

Conduct Policy

All participants and parents are expected to behave respectfully at practices and meets. Fighting, horseplay, or profanity will result in removal. Ongoing issues may result in dismissal from the team.

Grievance Procedure

Please bring any issues to the Head Coach first. If unresolved, contact the Program Supervisor. If necessary, a private conference of all parties involved will be used to help gather information about the problem. Final concerns can be escalated to the Director of Youth Sports if needed.

Refund Policy

No refunds will be issued after the season has started.

Track Meet Schedule (Start Time: 8:00am)

Date	Location	Notes
June 13	Eaton High School 1661 Collins St, Eaton CO 80615	
June 20	Fort Collins High School 3400 Lambkin Way, Fort Collins CO 80525	
June 27	Roosevelt High School 3349 Roosevelt Pkwy, Johnstown CO 80534	
July 11	Eaton High School 1661 Collins St, Eaton CO 80615	
July 18	Northern Championship Meet Either Roosevelt or District 6 Stadium in Greeley	*we will keep you posted on this

Weekly Meet Emails

Coach E will be sending out weekly emails with all the information you need for each track meet, including maps.

Please make sure we have your **correct contact information**, so you don't miss any important updates!

We use email that is associated with your household account when you register. If you need us to send it to another email, please let Savannah or Erin know ASAP!



CARA TRACK & FIELD



PARENT & SPECTATOR GUIDELINES

- **SPORTSMANSHIP SHOULD BE DISPLAYED BY ATHLETES, COACHES, SPECTATORS AT ALL TIMES.**
- Trust coaches your coaches to get your child to where they need to be.
- Parents should not bring kids to staging, this is the coaches responsibility. Parents are not allowed in the Staging area and will be asked to leave.
- Stay off track area and watch from the stands or sidelines, please do not walk with or in the way of staff. Please be aware of areas that spectators are allowed and please move if asked.
- Understand that the staff are trained to do this, please let them do their jobs.
- Issues need to go to their agency's Head Coach or Coordinator. Please do not approach staff or other coaches regarding issues.
 - Chain of command:
 - Parent/Athlete→Team Head Coach→ Coordinator (Meet Director if at meet)→ Division Chair→ CARA Chair
- NO PETS! Do not bring animals, we will contact police for pets left in hot vehicles.
- Bring CASH for gate fee. There will be a \$3 Gate fee for most meets, please be prepared with CASH.
- Move tents if asked, staff has a reason they aren't just being mean.
- Pay attention to roped off areas.
- Make sure your child has a team shirt on (they will not be allowed to race if not wearing one). If you need a shirt, please contact your team's Head Coach or Coordinator.
- Listen to the announcements. Make sure your child gets to their team tent if not already there when their race is called to be brought down to Staging by a Coach.
- Be responsible for your area, please clean up trash and help keep our facilities clean.
- This is a Recreational Program. HAVE FUN!



**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

Shot Put 9-10 2kg

****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.

