

# CARA TRACK

**Track:** Various competitive athletic events (running, jumping and weight throwing) performed on a running track and on the adjacent field.

Age groups for Boys & Girls: 5-6 (no 4 and under); 7-8; 9-10; 11-12; 13-14; 15-16 This will be determined by their age as of the day following the date of the state meet for the current year.

It is recommended that individuals must compete in their own age bracket. **Participants may move up in age classifications, but not down, in CARA meets only.** (Example: child may participate in the 9-10 age group relay and can also run up in the 11-12 age group relay).

The wearing of spikes at a track meet will be left to the discretion of the meet director; maximum 1/4". No team scores will be kept.

**Time:** Mandatory check in (coaches and volunteers only) at time to be determined by meet director. Meet events begin promptly at designated time. **NOTE:** The number of participants will determine the time it takes to complete a particular event. If the meet is running ahead of schedule, the event will be moved up in time slots accordingly. Coaches are responsible for checking with the announcer for changes in the times of individual events.

**Events:** Maximum four events per person, this can be four running events, four field events or any combination of the two.

**Eligibility:** Participants must come from a CARA agency.

**Awards:** Heat/participation ribbons (places one through eight when track is equipped to do so). Otherwise, six will be awarded. Field events will give 1st-8th place.

## **General Guidelines:**

1. All agencies must send at least one representative to the pre-season coaches/coordinators meeting. Failure to attend will result in a \$50 administration fee charged to the agency.
2. One coach from each agency must attend the coaches meeting prior to each meet. Changes to meet schedules and other information about the current and future meets will be given at this meeting. It is the responsibility of each agency to get this information.
3. The approved meet schedule will be distributed to agencies at the pre-season meeting.

4. The meet director has the authority to cancel any event if the proper equipment, facility or staff is not available or is considered unsafe, with no event being substituted.

**Agency Responsibilities:**

1. Host departments will furnish for near side of the track, one starter, announcer, two clerks of the course, head judge, along with appropriate equipment. Host agency must provide full time coordinator at the meet.
2. It is mandatory that each participating agency that does not host a CARA track meet cover an event at each meet, including providing staff and required equipment. Agency assignments will be made at the pre-season coaches/supervisors MANDATORY meeting (most events will require at least 3 volunteers per meet.)
3. ALL Agencies will be required to provide one person (staff, coach, or trusted volunteer) for EVERY meet. This person will be used to help distribute ribbons at the finish line, keep parents off the track, and any other needs that our Meet Director and Coaches Chairperson sees necessary. This will alleviate the host agency having to staff these positions.
4. Agencies failing to send the required volunteers to any given meet will be charged \$50.00 per person penalty fee to cover hosting agency's paid employees running those events. Local meet directors will report any department's volunteer shortage to the agency supervisors the state chair following the track meet so that fines can be issued. A 2<sup>nd</sup> offense will result in a \$100 per person fine, and 3<sup>rd</sup> offense a \$250 per person fine.
5. If you are not attending the meet, please call the meet director **AT LEAST TWO DAYS PRIOR TO THE MEET**. Failure to call will result in paying the \$50.00 per person penalty, whereas teams who do call will have a \$35.00 per person penalty assessed. Teams that need to call are those responsible for workers. Departments may have another agency cover their event. If the agency covering the event doesn't show, original department must pay fine.
6. The track chair will bill departments not holding to their obligation. Checks are payable to hosting agencies. If there continues to be a problem with a department, it will be brought up to the Ethics Committee. If there continues to be a problem with a department, it will be brought up to the Ethics Committee and reported to the CARA body.

**CARA Track Team fees and registration:**

- |                                  |            |
|----------------------------------|------------|
| 1. <u>Number of Participants</u> | <u>Fee</u> |
| 0-25                             | \$200      |
| 26-50                            | \$300      |
| 51-75                            | \$400      |
| 76-100                           | \$500      |
| 100+                             | \$600      |
2. Host agencies will receive a credit for 1/2 of the team fee to offset meet expenses.

3. Fees must be paid to CPRA prior to the first meet. Late fees will be charged to agencies that have not paid the fee on the following scale:

First meet	\$25
Second meet	\$50
Third meet	\$75
Fourth meet	\$100
State meet	\$150 before can register for the following year.
4. Agencies must register with CPRA through their website by May 1.

### **Event Rules:**

#### **Running Events:**

1. Running events will not be timed (exception: Final meet). False starts. 13 and up: 1st False start is to the field, 2<sup>nd</sup> false start is a DQ. 12 and under no DQ's (starters decision). Starting blocks **WILL NOT** be allowed.
2. For starts in 800-1600 starter will give 2 commands, all other events 3 commands. Distance events should be run in heats of 12-16 when possible, with ages and gender combined if needed, to help keep the meet moving at an acceptable pace.
3. On distance runs- 3 or more steps inside of lane one results in DQ

#### **Hurdles and Relays:**

1. Hurdles: 100 meter at 30" - 13 meters from start, 8.5 meters between 10 hurdles, 10.5 meters to finish.
2. The **15-16 year old boys** will compete in 110 meter hurdles at 30" - 13.72 meters (45 ft) from the starting line, 9.14 metres (30 ft) between 10 hurdles, 14.02 metres (46 ft) to the finish.
3. Relays: 6 x 50 shuttle relay (2 lanes per team). 400 relays, 4 x 100. Co-rec. teams will be allowed to compete as a boys' team in the 4 x 100 relay.
4. Agencies may combine to form teams.

#### **Field Events:**

1. Field events will be two jumps, puts or throws for all age groups.

#### **Shot Put:**

- 11-12 year old boys and girls; 6 pound shot
- 13-14 year old boys and girls; 4 kilo shot
- 15-16 year old girls; 4 kilo shot
- 15-16 year old boys; 12 pound shot

#### **Softball/Baseball throws:**

1. 12" ball will be used for Softball throw and Official Major League Baseball for baseball throw.
2. Boundaries will be 30 feet wide. Any throws outside the boundary will be considered a fault.
3. The throw may be from either a standing position or on the run.

4. Each legal throw will be measured to the spot where the ball first lands.

### **Standing Long Jump:**

1. Standing Long Jump will be on a flat surface. A Long Jump pit may be used.
2. A competitor may rock forward and backward, lifting heels and toes alternately on the surface, but may not lift either foot completely off the ground or slide it along in any direction on the ground
3. Both feet must be parallel to each other and equal distance from the scratch line before jumping.
4. Both feet must leave the ground at the same time.

### **High Jump:**

1. All jumps must be off of 1 foot. Referee has final decision if bar was cleared:
2. Min heights:
  - 9-10 year olds 3'2"
  - 11-12 year olds 3'8"
  - 13-14 year old girls 4'0"
  - 13-14 year old boys 4'2"
  - 15-16 year old girls 4'0"
  - 15-16 year old boys 4'6"
3. Starting heights may be adjusted as season progresses and it is determined that heights are not suitable for that year's participants.

### **Discus:**

1. 1 kilo weigh discus for all ages except 15-16 year old boys will use the 1.6 kilo.

### **Final (State) Meet:** (The following pertains only to the final meet).

1. The final meet of the season will be the CARA State Meet. The host agency with assistance of the coaches committee and track committee will run this meet.
2. In the case of inclement weather, every attempt shall be made to safely hold the meet. In the case of lightning, the 30/30 rule will be utilized, that is to say if lightning and thunder are within 30 seconds of each other the meet will be stopped and participants asked to seek shelter, and the meet shall be resumed 30 minutes after the lightning and thunder are no longer within 30 seconds of the facility. If cancellation is necessary, the meet will not be rescheduled. (Comment: Most tracks that are used to host a state meet are not scheduled by recreation agencies. In many cases the track would not be available on the following day or week. Also, many agencies do not have the budget to pay coaches for an extra week.
3. Only CARA agency participants are allowed to compete in this event. . The coach will have responsibility to clear all participants from their team.
4. Heat ribbons shall be given in all events.

5. Coaches meeting will be held 1/2 hour prior to starting.
6. The track committee will be responsible for assistance with the state meet.
7. The State meet, while is more competitive than the other meets, is still a recreational meet. Times will not be posted. If coaches want times, they will have to time from the stands. If acts of poor sportsmanship are displayed, the person committing them must be removed from the site. If the meet director, the CARA track Chair and members of the committee decide that the meet is losing its recreational focus, changes to the schedule or format may be made at the meet.

### **Event List Boys and Girls:**

#### **Ages 5 & 6**

50 Meter Dash  
 100 Meter Dash  
 200 Meter Dash  
 6 x 50 Meter Relay  
 Baseball Throw  
 Standing Long Jump

#### **Ages 7 & 8**

50 Meter Dash  
 100 Meter Dash  
 200 Meter Dash  
 400 Meter Dash  
 6 x 50 Meter Relay  
 Baseball Throw  
 Standing Long Jump

#### **Ages 9 & 10**

100 Meter Dash  
 200 Meter Dash  
 400 Meter Dash  
 800 Meter Dash  
 1600 Meter Run  
 4 x 100 Meter Relay  
 Softball Throw  
 Long Jump  
 High Jump

#### **Ages 11 & 12**

100 Meter Hurdles  
 100 Meter Dash  
 200 Meter Dash  
 400 Meter Dash  
 800 Meter Dash  
 1600 Meter Run  
 4 x 100 Meter Relay  
 Softball Throw  
 Shot Put  
 Discus  
 Long Jump  
 High Jump

#### **Ages 13 & 14**

100 Meter Hurdles  
 100 Meter Dash  
 200 Meter Dash  
 400 Meter Dash  
 800 Meter Dash  
 1600 Meter Run  
 4 x 100 Meter Relay  
 Shot Put  
 Discus  
 Long Jump  
 High Jump

#### **Ages 15 & 16**

100 Meter Hurdles (G)  
 110 Meter Hurdles (B)  
 100 Meter Dash  
 200 Meter Dash  
 400 Meter Dash  
 800 Meter Dash  
 1600 Meter Dash  
 4 x 100 Meter Relay  
 Shot Put  
 Discus  
 Long Jump  
 High Jump