

2023 CARA TRACK (Updated 3/13/23)

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 official 4 and under age group): 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.** (Example: child may participate in the 9-10 age group relay and can also run up in the 11-12 age group relay if it is skill appropriate at the Coaches Discretion).

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. Coach Meeting is at 8am, Volunteer Meeting at 8:15am. Meet events begin promptly at designated time. **NOTE:** The number of participants will determine the time it takes to complete a particular event. The meet is on a rolling schedule, and events will begin after the completion of the previous event. 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 & **MUST BE WEARING THEIR AGENCY SHIRT/JERSEY**

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, we will have participant ribbons for heats with more than 8.

General Guidelines:

1. All agencies must send at least one representative and the Coordinator to the pre-season coaches/coordinators meeting on MAY 31st at 6pm (Location TBD). Failure to attend will result in a \$50 administration fee charged to the agency. Entire Coaching Staff is welcome to come. It is highly encouraged that the person running your assigned Field Event be present.
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. Please be sure to be present and on time.

3. The approved meet schedule will be distributed to agencies at the pre-season meeting. If you are interested in hosting a meet, please contact Wes Dulin at westond@fhprd.org.
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.
5. All teams must have their runners check in at the Staging Tents in order to participate in the event. Failure to do so will result in those runners not being able to run in that event.
6. Coaches and event staff MUST have on a shirt designating them as a Coach/staff of your team. Otherwise, they will not be allowed on track, in staging or event areas.

Weather Guidelines:

1. The Website www.teamsideline.com/CARA will be updated if a Meet will be cancelled.
2. If we can make the determination on Friday before the meet, we will send e-mail communication out to all coaches and Coordinators. It is then each team's responsibility to communicate that with the parents.
3. If there is inclement weather overnight or during the meet, the Meet Director will make the final decision. They will work with the Coaches Chair and the Coaches on site to make the call. If anything is postponed or cancelled, the Coach of each team will be responsible for communicating with their team.
4. LIGHTNING POLICY – We will default to the Host Agency Policy & Meet Director's discretion regarding Lightning. If the host agency does not have a policy in place, we will defer to the CHSAA Guidelines
https://chsaanow.com/documents/2021/7/27//LightningPolicy_NFHUpdated_March2018.pdf?id=415
5. Any cancelled Track Meets will not be rescheduled.

Agency Responsibilities:

1. Host agencies will furnish an = 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 all participating agencies 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 staff/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. There will be a volunteer meeting at 8:15am to check-in, hand out shirts, and give assignments for the day. These folks will receive a volunteer shirt so gatekeepers know who they are to allow them on track. There will be a finish line Volunteer Schedule given out at the Coach/Coordinator Meeting.

4. Agencies failing to send the required volunteers to any given meet will be charged \$100.00 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 2nd offense will result in a \$250 per person fine, and 3rd offense a \$500 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 \$100.00 per person penalty, whereas teams who do call will have a \$50.00 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 and reported to the CARA body.
7. Issues that happen during the meet should follow a strict chain of command: Parent/Athlete>Team Head Coach>Agency Coordinator or Meet Director (if during the meet)>Division Chair>Track Chair. If issues can be handled after the meet, then it should wait until after the meet. Point of Emphasis: Parents & Athlete issues should only be directed to their team's Head Coach.

CARA Track Team fees and registration:

1.

<u>Number of Participants</u>	<u>Fee</u>
0-25	\$250
26-50	\$375
51-75	\$500
76-100	\$625
100+	\$750
2. Host agencies will receive a credit for 100% discount of the team fee to offset meet expenses. Co-Hosting agencies will receive a 50% discount.
3. Agencies must register with CPRA through their website between April 3-May 26.
4. Agencies must submit team roster to CARA Track Chairperson by June 12th at 10am for invoicing of Team Fee by CPRA. Roster needs to be sent to Wes Dulin at westond@fhprd.org.
5. Invoices will be sent out by June 16th from CPRA. Fees must be paid to CPRA prior to the July 15th Meet. Late fees will be charged to agencies that have not paid the fee on the following scale:

July 22	\$50
July 29	\$100

August 5	\$150
August 12	\$200
Later than that	\$250 before can register for the following year.

Field Event Rules:

Running Events:

1. Running events will not be timed. False starts. 13 and up: 1st False start is to the field, 2nd false start is a DQ. 12 and under no DQ's (starters decision). Starting blocks **WILL NOT** be allowed.
2. Heat ribbons shall be given in all events. **There will be no guaranteed ribbons for the relay events.**
3. For starts in 800-1600 starter will give 2 commands, all other events 3 commands. Distance events should be run in larger heats when possible depending on number of participants in that event, with ages and gender combined if needed, to help keep the meet moving at an acceptable pace.
4. On distance runs - 3 or more steps inside of lane one results in DQ
5. Athletes should only compete in events that are appropriate for their skill and ability level at Meets. (Example: If a child cannot not complete 4 laps running, they should not participate in the 1600m at the meet. They can practice it at their team's practice).

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 36" - 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). 4 x 100 Relay will include Coed teams to compete as a boys' team in the 4 x 100 relay.
4. Agencies may combine to form teams.
5. Relay teams must be formed PRIOR to the first call for Relay Event.

Field Events:

1. Field events will be two jumps, puts or throws for all age groups.
2. Runners participating in the 1600m and Hurdles will be given priority during Field Events to complete their event and prepare for their running event.

Shot Put:

- 11-12 year old boys and girls; 6 pound shot
- 13-14 year old boys and girls; 4 kilo/8 pound shot
- 15-16 year old girls; 4 kilo/8 pound shot
- 15-16 year old boys; 12 pound shot

- 2 attempts, a scratch will be allowed 1 do-over
- Must use Event Staff Shot Put for attempts

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.

Running Long Jump:

1. 8-8:25am will be the only time athletes can do practice jumps.
2. Jumpers will have 2 attempts at their jump. **There will be no practice jumps once the event begins.**
3. All Jumpers must jump from the line. Stepping over the line will be marked a foul.
4. The distance, or the 'jump' is measured from the front edge of the foul line to the first landing point of the athlete.

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.
5. Measurements will be taken from front of cone to back of heel.

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 & 13-14 year old girls 3'6"
 - 13-14 year old boys & 15-16 year old girls 4'0"
 - 15-16 year old boys 4'4"
3. Starting heights may be adjusted as season progresses and it is determined that heights are not suitable for that year's participants.
4. Participants will have 3 attempts to clear the bar. If successful, bar will be raised 2" each successful clear.

Discus:

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

2. Will run oldest to youngest, boys first, then girls.
3. 2 attempts, must throw forward hand
4. Walk out back half when done.
5. Sector or Foot on or over ring will result in scratch.

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 be responsible for clearing all participants from their team.
4. Heat ribbons shall be given in all events. **There will be no guaranteed ribbons for relays.**
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 is still a recreational meet, just combining all 3 divisions. There will be no timing. 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 (Highlighted Events will not be available for Southern Division Meets):

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