



2023 CARA Track SOUTHERN DIVISION



Schedule of Events

Track Schedule:

First Event at 9:00 a.m.

1600M Run 9-16 Boys & Girls

6x50 M Shuttle Relay 5-6 Coed

6x50M Shuttle Relay 7-8 Coed

400M Dash 9-10 Girls

400M Dash 9-10 Boys

400M Dash 11-12 Girls

400M Dash 11-12 Boys

400M Dash 7-8 Girls

400M Dash 7-8 Boys

400M Dash 13-16 Girls

400M Dash 13-16 Boys

50M Dash 5-6 Girls

50M Dash 5-6 Boys

50M Dash 7-8 Girls

50M Dash 7-8 Boys

100M Dash 9-10 Girls

100M Dash 9-10 Boys

100M Dash 11-12 Girls

100M Dash 11-12 Boys

100M Dash 13-16 Girls

100M Dash 13-16 Boys

100M Dash 5-6 Girls

100M Dash 5-6 Boys

100M Dash 7-8 Girls

100M Dash 7-8 Boys

800M Run 9-10 Girls & Boys*

800M Run 11-12 Girls & Boys*

800M Run 13-16 Girls & Boys*

*Combine however needed

200M Dash 5-6 Girls

200M Dash 5-6 Boys

200M Dash 7-8 Girls

200M Dash 7-8 Boys

200M Dash 9-10 Girls

200M Dash 9-10 Boys

200M Dash 11-12 Girls

200M Dash 11-12 Boys

200M Dash 13-16 Girls

200M Dash 13-16 Boys

4x100m Relay 9-10 Girls

4x100m Relay 9-10 Boys

4x100m Relay 11-12 Girls

4x100M Relay 11-12 Boys

4x100M Relay 13-16 Girls

4x100M Relay 13-16 Boys

Field Events Schedule: Events begin at 8:30 a.m.

Heat by 8's

All Heats Get Ribbons

8:30 Start Pit 1:

Running Long Jump 13-16 Girls

Running Long Jump 13-16 Boys

Running Long Jump 11-12 Girls

Running Long Jump 11-12 Boys

Running Long Jump 9-10 Girls

Running Long Jump 9-10 Boys

8:30 Start:

Softball Throw 9-10 Girls

Softball Throw 9-10 Boys

Softball Throw 11-12 Girls

Softball Throw 11-12 Boys

Baseball Throw 5-6 Girls

Baseball Throw 5-6 Boys

Baseball Throw 7-8 Girls

Baseball Throw 7-8 Boys

8:30 Start – Pit 2:

Standing Long Jump 5-6 Girls

Standing Long Jump 5-6 Boys

Standing Long Jump 7-8 Girls

Standing Long Jump 7-8 Boys

8:30 Start – Shot Put Ring:

Shot Put 11-12 Girls 6# Shot

Shot Put 11-12 Boys 6# Shot

Shot Put 13-14 Girls 4K Shot

Shot Put 13-14 Girls 4K Shot

Shot Put 15-16 Girls 4K Shot

Shot Put 15-16 Boys 12# Shot

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.