



2026 CARA Track

Southern Division Schedule of Events
Coaches Meeting 7:45am



Track Schedule: First Event 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

4x400M Relay **Combined**
4x400M Relay **Competitive**

Field Events Schedule: Events begin at 8:00 a.m.

Heat by 8's
All Heats Get Ribbons

8:00 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

8:00 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

8:00 Start – Shot Put Ring
Shot Putt 9 -10 Girls 6# Shot
Shot Putt 9-10 Boy's 6# Shot
Shot Putt 11-12 Girls 6# Shot
Shot Putt 11-12 Boys 6# Shot
Shot Putt 13-14 Girls 4K Shot
Shot Putt 15-16 Girls 4K Shot
Shot Putt 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 for events being called.