



Southern Division of the Colorado Association of Recreation Athletics

PARENT & SPECTATOR GUIDELINES

The Southern Division of the Colorado Association of Recreation Athletics (CARA) Track Program expects all participants and spectators to follow all CARA rules and expectations. Here are some highlights for the 2026 CARA Track Season:

- Only coaches, staff, and volunteers are permitted on the track or infield. Parents and spectators must stay in designated areas. Parents/spectators may assist the youth athlete in moving to the check-in/staging area, but are expected to return promptly to the designated spectating areas.
- If any issues arise during a meet, please notify your team/agency staff. Do not approach or address the meet volunteers or workers without your team/agency staff.
- During the meets, athletes are responsible for listening closely to public announcements so they do not miss their events