

**2010 CARA State Track Meet**  
**July 24<sup>th</sup>, 2010**  
**Longmont High School**

Please read the following information about the state track meet:

**Start Time:** Coaches meeting will be at **7:15am**, with first running and field events starting at **7:30 am**. Please note the earlier start time.

**Stickers:** All athletes must have a sticker for each event they participate. Coaches are responsible for making stickers prior to the meet. If possible, please provide computer-generated stickers, as this allows easier translation of names than handwritten labels. The stickers must be in this format:

Name	Agency
Age Group / Gender	Event

Please use standard mailing labels. **LABELS WILL NOT BE AVAILABLE AT THE MEET. COACHES MUST SUPPLY THE LABELS.**

**Events:** Each child may participate in, up to, **THREE** events (any combination of running or field). In regards to relays, please note the following:

1. If one boy is on the team, then the relay runs as a boy's team.
2. The oldest person on relay determines the age of each relay team.
3. The 4x100M relay DOES NOT count as one of three events.

**Event Map/Schedule:** Both the event site map and the schedule of events are included in this packet. Please make copies for your parents/athletes as we will not have many extras at the meet itself.

**Field Events:** Agencies that ran events all year long are still required to run that event for the state meet. Please keep all result sheets with the stickers on them. At the conclusion of your event, figure out the top 8 for each age group/gender, and then turn the results into the tent near the goal post. Please try to get this information down to the awards tent as soon as possible. We will provide a sheet for you to record the top 8 finishers for your event. You will return this along with ALL results papers to the awards tent.

**Running Events:** Please make sure that your parents/athletes are aware that we will run prelims/finals in certain events. These events include the 50, 100, and 200 for *certain age groups*. Please refer to the time schedule to see which events are against time and which are prelims/finals.

**Volunteers:** As this meet is the largest we will run this year (due to number of events), volunteers are needed. If you can volunteer or offer any volunteers from your agency, please contact Laurie Rice (970-218-6835, or [lrice@psdschools.org](mailto:lrice@psdschools.org)). We are hoping for 18 volunteers at the finish line at all times to keep things running smoothly. **If we do not have enough volunteers, we won't be able to run both sides of the track in the shuttle relay, the 50, and the 100, which will slow down this meet immensely. Please help if possible!!!**

**Awards:** Finalist ribbons/certificates will be awarded for top eight positions. Heat ribbons will be awarded in relays. Heat ribbons will continue to be distributed as we have done in all meets.

**Recreational Meet:** While we will be having finals and awards, this is still a recreational meet. The highest level of sportsmanship must be displayed at all time from the athletes, coaches and spectators. Any displays of poor sportsmanship will result in removal from the stadium. Also, to keep this recreational, all participants must have competed in 2 CARA meets this season, we are relying on the honesty of the coaches to enforce this rule.

If you have any questions, please contact the CARA Track Committee Chairman, Reed Davis at [ReedD@ssprd.org](mailto:ReedD@ssprd.org), or Coaches Committee Chair, Laurie Rice ([lrice@psdschools.org](mailto:lrice@psdschools.org)), or Host Site Director Rene Kingsley ([rene.kingsley@ci.longmont.co.us](mailto:rene.kingsley@ci.longmont.co.us)).

Thank you for all your help and cooperation this season, and if you have any questions, don't hesitate to contact us.

**Let's have a great meet!!!**