

2010 CARA State Track Meet Schedule of Events July 24th, 2010 – Longmont High School

**COACHES MEETING:
START TIME:
(Running/Field)**

**7:15 AM
7:30 AM**

FIRST CALL:

7:15 AM

1600	Meter Run	(Against Time)	9-10	
1600	Meter Run	(Against Time)	11-12	
1600	Meter Run	(Against Time)	13-14	
1600	Meter Run	(Against Time)	15-16	
100	Meter Hurdles	(Against Time)	11-12	30"
100	Meter Hurdles	(Against Time)	13-14	30"
100	Meter Hurdles	(Against Time)	15-16	30" Girls
110	Meter Hurdles	(Against Time)	15-16	36" Boys
6x50	Shuttle Relay	(Heat Ribbons Only)	5-6	
6x50	Shuttle Relay	(Heat Ribbons Only)	7-8	

Girls 100 & 50M and 5-6 6x50 Shuttle Relay Events will be run on the near side of the track
Boys 100 & 50M and 7-8 6x50 Shuttle Relay Events will be run on the far side of the track

100	Meter Dash	(Prelims)	9-10	
100	Meter Dash	(Prelims)	11-12	
100	Meter Dash	(Against Time)	5-6	
100	Meter Dash	(Prelims)	7-8	
100	Meter Dash	(Prelims)	13-14	
100	Meter Dash	(Against Time)	15-16	
50	Meter Dash	(Prelims)	5-6	
50	Meter Dash	(Prelims)	7-8	
200	Meter Dash	(Against Time)	15-16	
200	Meter Dash	(Prelims)	13-14	
200	Meter Dash	(Prelims)	11-12	
200	Meter Dash	(Prelims)	9-10	
200	Meter Dash	(Against Time)	7-8	
200	Meter Dash	(Against Time)	5-6	

*****Half hour Lunch Break*****

Note: If the meet is ahead of schedule, Coaches 4x100 relay will be run as soon as break starts.

50	Meter Dash Finals		7-8	
50	Meter Dash Finals		5-6	
800	Meter Run	(Against Time)	7-8	
800	Meter Run	(Against Time)	9-10	
800	Meter Run	(Against Time)	11-12	
800	Meter Run	(Against Time)	13-14	
	Meter Run	(Against Time)	15-16	
100	Meter Dash Finals		7-8	
100	Meter Dash Finals		9-10	
100	Meter Dash Finals		11-12	
100	Meter Dash Finals		13-14	
400	Meter Dash Finals	(Against Time)	7-8	
400	Meter Dash Finals	(Against Time)	9-10	
400	Meter Dash Finals	(Against Time)	11-12	
400	Meter Dash Finals	(Against Time)	13-14	
400	Meter Dash Finals	(Against Time)	15-16	
200	Meter Dash Finals		9-10	
200	Meter Dash Finals		11-12	
200	Meter Dash Finals		13-14	
4x100	Meter Relay	(Against Time)	9-10	
4x100	Meter Relay	(Against Time)	11-12	
4x100	Meter Relay	(Against Time)	13-14	
4x100	Meter Relay	(Against Time)	15-16	

Note: Meet Directors reserve the right to modify schedule as needed