

CARA TRACK

EVENTS

Summer 2011

AGES: 5 & 6

50 Meter Dash
100 Meter Dash
200 Meter Dash
6x50 Meter Relay
Baseball Throw
Standing Long Jump

AGES: 7 & 8

50 Meter Dash
100 Meter Dash
200 Meter Dash
400 Meter Dash
800 Meter Run
6x50 Meter Relay
Baseball Throw
Standing Long Jump

AGES: 9 & 10

100 Meter Dash
200 Meter Dash
400 Meter Dash
800 Meter Run
1600 Meter Run
4x100 Meter Relay
Shot Put
Long Jump
High Jump
Softball Throw

AGES: 11 & 12

100 Meter Hurdles
100 Meter Dash
200 Meter Dash
400 Meter Dash
800 Meter Run
1600 Meter Run
4x100 Meter Relay
Shot Put
Discus
Triple Jump
Long Jump
High Jump
Softball Throw

AGES: 13 & 14

100 Meter Hurdles
100 Meter Dash
200 Meter Dash
400 Meter Dash
800 Meter Run
1600 Meter Run
4x100 Meter Relay
Shot Put
Discus
Triple Jump
Long Jump
High Jump

AGES: 15 & 16

100/110 Meter Hurdles
100 Meter Dash
200 Meter Dash
400 Meter Dash
800 Meter Run
1600 Meter Run
4x100 Meter Relay
Shot Put
Discus
Triple Jump
Long Jump
High Jump



