



**City of
Thornton**

2011 CARA Track Program

The City of Thornton coordinates a summer youth track program for boys and girls ages 5-16 (age on 07/24/11). In keeping with the CARA (Colorado Association of Recreational Athletics) philosophy, the emphasis is on having fun while improving individual skills. Program dates are June 6- July 23 with practices held twice per week on Monday and Wednesday mornings or Tuesday and Thursday evenings at Century Middle School and Meets held on Saturdays at various locations along the Front Range.

Registration

Ages 5-8: \$50 for Thornton residents or \$60 for nonresidents
Ages 9-16: \$80 for Thornton residents or \$96 for nonresidents

Walk-in registration: Margaret W. Carpenter Recreation Center (11151 Colorado Boulevard) or Thornton Community Center (2211 Eppinger Boulevard) February 16 – June 5

Phone-in registration: (720) 977-5901 (Visa/MC/Discover accepted)

Internet registration: www.cityofthornton.net (Visa/MC/Discover accepted). Please call (720) 977-5901 to get initial set-up for Web registration.

Practices

Practices are held Mondays and Wednesdays, 8-9 a.m. (ages 5-8) or 9-11 a.m. (ages 9-16) at Century Middle School (130th and Lafayette) or Tuesdays and Thursdays, 5:30-6:30 p.m. (ages 5-8) or 6:30-8:30 p.m. (ages 9-16). Summers can be busy so feel free to switch practices at any time!

Uniforms & Equipment

A team shirt will be provided to each participant and must be worn at the meets on Saturdays. There are restrictions on spikes which change from track to track. Please speak with the head coach for guidelines.

Birth Certificates

Participants must submit a copy of their Birth Certificate to coaches during the first week of practice. It doesn't happen very often, but if an opposing coach requests proof of age for a participant, we must present a copy of the birth certificate. The Hershey meet is open to boys and girls ages 9-14 (on 12/31/11) and we must have a copy of the birth certificate by June 12. The aging date for CARA is July 24, 2011 (the age you are on that date is the division you will compete in).

Transportation

Parents and players are responsible for transportation to all practices and meets. Carpooling is encouraged and the best way to set this up is by getting to know the other parents.

General Track Meet Information

Meets on Saturdays can seem very chaotic to new participants and parents. When taking your child to a soccer, football or baseball game, there is a set time they need to be there and a pretty clear time of when they will be done. Track meets are different. There is a scheduled order of events, but since the



number of participants varies from week to week, exact times cannot be scheduled for each event. In addition, each meet director may change the order of age groups within each event to help make the event flow more smoothly. Field events will begin at 8 a.m. and running events will begin at 8:30 a.m. Please listen closely for the first call for your event or ask a coach what events are currently running. A 12' x 12' orange City of Thornton canopy will be set up in the bleachers and will serve as a check in point and information booth. Look for the blue and white City of Thornton flag!

What to Bring to the Meets:

- Water!
Bring a lot more than you'll think you need! Gatorade is good too. Pop, not so good. A cooler with ice is always nice.
- Sunscreen!
Even when it's cloudy you can get a good sunburn!
- Books, games, iPods!
Anything to help pass the time while waiting between events.
- Snacks or a light lunch!
Fruit and energy bars are a good idea.
- Umbrellas/canopies/chairs!
Feel free to bring your own shade and chairs. Some stadiums have trees, some don't.
- A good attitude!
It's going to be a long day, might as well make the best of it!

Meet Check-In/Escort Responsibilities

When you first arrive, please check in with a coach at the orange City of Thornton canopy located in the bleachers. Coaches will escort younger children (typically ages 5-8) from the tent to the staging area for their running events and any field events located on the infield (due to space limitations, parents are not typically permitted on the field). Each track meet is set up differently. At some, the standing long jump and baseball/softball throw will be outside the stadium, at others it will be on the infield. Parents are responsible for going to the finish area to pick up their child when they are finished with all running events and any field events located on the track. You will want to be there to encourage and congratulate your child. Don't forget to bring the camera! At some meets, certain field events are held outside of the track area (baseball/softball throw, shot put, discus, standing long jump, etc.) and parents are responsible for escorting their child to and from these events. With the large number of people at each meet, it is very important that you arrange a meeting place should you become separated from your child. This could be at the City of Thornton tent or your own area that you may have set up near the track.

Group Warm-Up

If you wish to participate in the morning group warm up, arrive at the City canopy no later than 7:40 a.m. Coaches will escort participants down to the field and back to the bleachers when we are done (event directors usually start clearing the field around 7:50 a.m.).

I'm Late!

Traffic was bad, Dad couldn't wake up, the dog ate my lucky socks! If you're late, no problem. Check in at our orange canopy and a coach can tell you where we're at in the schedule. Jump into the next event!

Weather

Practices and meets are rarely cancelled, please come prepared for the weather conditions. Please call (720) 977-5908 for practice or meet cancellation information.



Picking Events

Completely up to the participant! Try something new or do what you're best at. Need help? Ask your coach or parents. You can do up to four events at each meet (three at the State Meet) and they can be any combination of running or field events from the following list:

5 & 6 Boys and Girls

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

7 & 8 Boys and Girls

50, 100, 200, 400, 800 Meter Dash
6X50 Meter Relay
Baseball Throw
Standing Long Jump

9 & 10 Boys and Girls

100, 200, 400, 800 Meter Dash
4 x 100 Meter Relay
Shot Put (6 lbs.)
High Jump (minimum 3'2")
Softball Throw (12")
Running Long Jump

11 & 12 Boys and Girls

100, 200, 400, 800 Meter Dash
1600 Meter Run
4 x 100-Meter Relay
Shot Put (6 lbs.)
High Jump (minimum 3' 8")
Softball Throw (12")
Running Long Jump
Discus (1 kilo)
Triple Jump
100 Meter Hurdles (30")

13 & 14 Boys and Girls

100 Meter Hurdles (30")
100, 200, 400, 800 Meter Dash
1600 Meter Run
4 x 100 Meter Relay
Shot Put (4 kilo)
Discus (1 kilo)
Triple Jump
Running Long Jump
High Jump (minimum 4'0")

15 & 16 Boys and Girls

100 Meter Hurdles:
(Girls- 33" 100M,
Boys- 36" 110M)
100, 200, 400, 800
Meter Dash
1600 Meter Run
4 x 100 Meter Relay
Shot Put: (Girls- 4 kilo,
Boys- 12 lbs.)
Discus (Girls- 1 kilo,
Boys- 1.6 kilo)
Triple Jump
Running Long Jump
High Jump (Girls min.-
4'0", Boys min. 4'6")



Timeline

The 2011 Meet Schedule will be posted in May at:

<http://www.caratrack.com/index.html>

February 16: Registration begins

June 6: Practice begins

June 11: First meet

June 18: Hershey Meet

July 23: State Meet

CARA Track 2011 Schedule of Events

*The age order within each event will change from one meet to the next and is at the discretion of the Meet Director. Please listen for first call or check with a coach if you are unsure where we are.

Field Events (8 a.m. starts):

Standing Long Jump 7-8	High Jump 9-10	Shot Put 9-10
Standing Long Jump 5-6	High Jump 11-12	Shot Put 11-12
	High Jump 13-14	Shot Put 13-14
Baseball Throw 5-6	High Jump 15-16	Shot Put 15-16
Baseball Throw 7-8		
	Discus 15-16	Softball Throw 11-12
Running Long Jump 15-16	Discus 13-14	Softball Throw 9-10
Running Long Jump 13-14	Discus 11-12	
Running Long Jump 11-12		Triple Jump (begins after first long jump closes)
Running Long Jump 9-10		

Running Events (8:30 a.m. start):

1600M 9-10	50M 5-6	200M 5-6
1600M 11-12	50M 7-8	200M 7-8
1600M 13-14		200M 9-10
1600M 15-16	100M 13-14	200M 11-12
	100M 15-16	200M 13-14
100M Hurdles 11-12 (30")	100M 5-6	200M 15-16
100M Hurdles 13-14 (30")	100M 7-8	
100M Hurdles 15-16 (Girls 30")	100M 9-10	4 x 100M 9-10
110M Hurdles 15-16 (Boys 36")	100M 11-12	4 x 100M 11-12
		4 x 100M 13-14
6 x 50M Relay 5-6	400M 7-8	4 x 100M 15-16
6 x 50M Relay 7-8	400M 9-10	
	400M 11-12	
800M 7-8	400M 13-14	
800M 9-10	400M 15-16	
800M 11-12		
800M 13-14		
800M 15-16		

Hershey State Track Meet

This is a special meet for 9-14 year olds only (age on 12/31/11). Events and rules are slightly different than CARA meets and pre-registration is required along with a copy of participant's birth certificate. For more information, please log on to <http://www.hersheystrackandfield.com/>. Winners at the State Meet have a chance to participate in the National Finals held in Hershey, Pennsylvania, in August. Airfare and accommodations for the participant and one parent are paid for by Hershey.

Volunteers

With 125+ participants and five coaches, we rely heavily on volunteers. Volunteers help with escorting young children to the proper staging areas and in running events at each meet. For more information, please contact mike.coulter@cityofthornton.net or call (720) 977-5914, or speak with one of the coaches.

Updates

Visit www.cityofthornton.net and type "CARA Track" in the search box and go to the CARA Track page for updates to this information.

Sportsmanship

Athletes, coaches and parents are required to display exemplary sportsmanship at all times. Will a mistake in judging ever be made? Probably. But we choose how to react to the situation and it is much more important to set a good example for the young minds we are influencing than to prove we are right, or worse, make a spectacle of the situation! Please alert and allow coaches to deal with specific problems that may arise. When others think of the City of Thornton team, let's be known for our good sportsmanship!



The Olympic Creed reads:

"The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered, but to have fought well."