1950s;
• Metroplan began operations in 1955 by interlocal agreement as a voluntary association of local governments.
• Anniversaries of Metroplan and Little Rock Air Force Base (LRAFB) are inexorably linked, as LRAFB was a large catalyst in the formation of Metroplan.
• Initial plans included “Proposed Highway System” (1956), Preliminary Development Plan for Pulaski County (1957), and “Plan for Half Million People” (1957).
• Early park plans included A Preliminary Report on the Recreational Use of Lake Maumelle, Site Layouts for a Basic Recreational Plan on Lake Maumelle (1958) and A Plan for Burn Parks (1959).

1960s;

1970s;
• In 1970, the Metropolitan Planning Area Commission of Pulaski County reorganized as a council of local governments and changed its name to Metroplan.
• Published Open Space Plan and Program in 1970.
• In 1971, partnered with Arkansas Chapter of the American Institute of Architects to create a park/open space design for the Pulaski County banks of the Arkansas River, which would become Riverfront Park.
• Since 1972, Metroplan has been the area's designated Metropolitan Planning Organization (MPO).
• Metroplan became the trustee for Central Arkansas Transit (CAT) in 1972.
• Designated lead agency for water quality planning in 1977.
• Designated lead agency for air quality and waste disposal planning in 1978.

1980s;
• Published Maumelle Corridor Control Access Plan in 1981.
• Proposed South loop on E-W border of Pulaski County in 1983.
• Completed Fourche Creek Urban Runoff Project and Lake Maumelle Clean Lakes Project in 1982.
• Central Arkansas Transit Authority (CATA) formally spun off in 1988.
• Metroplan became the administrative agent for Pulaski County 911 in 1989.
• Established public policy research program in 1989 – publishing An Analysis of State General Revenue Turnback in Arkansas, Jail Overcrowding In Pulaski County: A Preliminary Assessment, Arkansas Local Government Tax Capacity, and Metropolitan Regional Solid Waste Study.

1990s;
• In 1991, Congress passed the Intermodal Surface Transportation Efficiency Act (ISTEA).
• Also in 1991, Metroplan initiated its broadest reorganization since 1970 — narrowing its focus to transportation and the implementation of ISTEA.
• Central Arkansas Regional Transportation Study (CARTS) replaced the Pulaski County Area Transportation Study (PATS) in 1991.
• Transportation Advisory Council (TAC) formed in 1991.
• In 1995, METRO 2020 long-range transportation plan adopted.
• In 1997, Metroplan partnered with three other organizations to administer Ozone Action Days.
• In 1998, Transportation Equity Act for the 21st Century replaced ISTEA.
2000s:
- Published METRO 2025 in 2000.
- In 2000, Metroplan received the National Award for Outstanding Leadership in Metropolitan Transportation Planning from the Association of Metropolitan Planning Organizations.
- Metroplan became the host agency for Clean Cities in 2000.
- In 2001, held initial meeting of small and large water systems.
- Published CARTS Intelligent Transportation System (ITS) Plan in 2002.
- In 2003, helped incorporate the Mid-Arkansas Water Alliance (MAWA) to secure long-term sources of high quality drinking water.
- Metroplan assisted CATA in planning River Rail trolley system, beginning routes in 2004.
- In 2007, Metroplan assisted with the planning and funding for the Big Dam Bridge and Two Rivers Park Bridge projects.
- Metroplan hosted the Association of Metropolitan Planning Organizations (AMPO) National Conference in 2007, setting a record for attendance.
- Metroplan won national awards for Benton Planning Studies Report and Walkable Cabot planning.
- In 2008, Metroplan created and published a bike map for Central Arkansas.
- Operation Bottleneck set public feedback record with more than 3,000 responses in 2008.
- Metroplan established Green Agenda program for the region in 2008.
- In 2009, Metroplan coordinated American Recovery and Reinvestment Act (ARRA) projects in central Arkansas. SAFETEA-LU was passed by Congress.

2010s:
- In 2010, MAWA coordinated the signing of the Greer’s Ferry reallocation project that secures high-quality water supplies for decades to come.
- Metroplan created CARTS Infrastructure Exchange to stretch non-federal dollars in 2010.
- In 2011, Metroplan Board formally adopted the Central Arkansas Green Agenda.
- Two Rivers Park Bridge officially opened on July 23, 2011.
- In 2011 the Metroplan Board voted to expand the CARTS area by an additional 857 square miles.
- With coordinating assistance by Metroplan staff, on May 23, 2012 regional leaders signed the Arkansas River Trail MOU.
- In 2012, MAP-21 (Moving Ahead for Progress in the 21st Century) replaced SAFETEA-LU.
- Conway-Little Rock Express Bus Feasibility Study completed in 2013.
- In 2013, Metroplan released the I-630 Guideway Alignment Study, which illustrated and identified a possible future 12.3-mile-long light rail line.
- In 2013, Metroplan teamed with the U of A Community Design Center for development of a management plan for Lake Conway-Point Remove Watershed.
- In 2013, seven areas in Little Rock, North Little Rock, Conway, Mayflower, and Vilonia were chosen to receive Jump Start grant assistance.
- Imagine Central Arkansas was adopted in December, 2014.
- In 2015, Central Arkansas Transit became Rock Region Metro.
- Metroplan celebrated its 60th Anniversary in 2015.