

High Octane Lakeshore Catholic Invitational Swamp Meet 2024

Friday May 10th, 2024

Track Events			
10:00 AM - 10:40 AM	OG	2000 M Steeple	Timed Section 40 mins
	OB	2000 M Steeple	
10:40 AM - 11:10 AM	NG	3000 M	Timed Section 30 mins
	NB	3000 M	
11:10 AM - 12:10 PM	NG	300 M Hurdles	Timed Section 1 hour
	JG	300 M Hurdles	
	SG	400 M Hurdles	
	NB	300 M Hurdles	
	JB	400 M Hurdles	
	SB	400 M Hurdles	
12:10 PM - 12:40 PM	JG	3000 M	Timed Section 30 mins
	JB	3000 M	
12:40 PM - 2:25 PM	NG	200 M	Timed Section 1 hour 45 mins
	NB	200 M	
	JG	200 M	
	JB	200 M	
	SG	200 M	
	SB	200 M	
2:25 PM - 2:55 PM	SG	3000 M	Timed Section 30 mins
	SB	3000 M	
2:55 PM - 4:10 PM	NG	800 M	Timed Section 1 hour 15 mins
	NB	800 M	
	JG	800 M	
	JB	800 M	
	SG	800 M	
	SB	800 M	
4:10 PM - 5:30 PM	NG	4 x 100 M	Timed Section 1 hour 20 mins
	NB	4 x 100 M	

Field Events						
Time	LJ	TJ	HJ	DIS	JAV	SP
10:00 AM - 11:15 AM	SB	JB	JG	NB	NG	SG
11:15 AM - 12:30 PM	SG	SB	JB	JG	NB	NG
12:30 PM - 1:45 PM	JG	SG	SB	JB	NG	NB
1:45 PM - 3:00 PM	NB	JG	SG	SB	JB	NG
3:00 PM - 4:15 PM	NG	NB	JG	SG	SB	JB
4:15 PM - 5:30 PM	JB	NG	NB	JG	SG	SB



JG	4 x 100 M
JB	4 x 100 M
SG	4 x 100 M
SB	4 x 100 M