

Ridin' Turbo Lakeshore Catholic Invitational Swamp Meet 2024

Friday April 26th, 2024

Track Events		
10:00 AM - 12:40 PM	NG 100 M NB 100 M JG 100 M JB 100 M SG 100 M SB 100 M	Timed Section 2 hours 40 mins
12:40 PM - 1:20 PM	Mixed Open Sprint Medley 200, 200, 400, 800	Timed Section 40 mins
1:20 PM - 3:00 PM	NG 400 M NB 400 M JG 400 M JB 400 M SG 400 M SB 400 M SB 400 M	Timed Section 1 hours 40 mins
3:00 PM - 4:00 PM	NG 1500 M NB 1500 M JG 1500 M JB 1500 M SG 1500 M SB 1500 M	Timed Section 1 hour
4:00 PM - 5:00 PM	NG 80 M Hurdles NB 100 M Hurdles JG 80 M Hurdles JB 100 M Hurdles SG 100 M Hurdles SB 100 M Hurdles	Timed Section 1 hour
5:00 PM - 5:30 PM	OG 4 x 400 M Relay OB 4 x 400 M Relay	Timed Section 30 mins

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

