

**Lakeshore Catholic High Octane Invitational**  
**Lakeshore Catholic High School**  
**Friday April 25th, 2025 (10:00 am - 5:30 pm)**

**Location:**

Niagara Olympic Club is located on 78 Louth St, St. Catharines, On L2S 2T4.

**Facility:**

Niagara Olympic Club has an 8-lane 400m rubberized track with a steeplechase water jump. Inside the track is a grass field for javelin competition along with a rubberized runway for this event. Outside the track area are 2 long jump runways, pole vault pit, shot put area, discus circle with a cage and a high jump area.

**Officiating:**

There will be **NO OFFICIATING** duties for participating schools. All duties will be operated by volunteers and AO officials. Head track official will be St. Francis; head jumps official will be St. Francis and head throws official will be Philip Pocock.

**Age Classification:**

Novice - under age 15 as of January 1st, of the current school year, and in grade 9.

Junior - under age 16 as of January 1st, of the current school year.

Senior - under age 20 as of January 1st, of the current school year.

**Eligibility:**

This meet is open to high school athletes only. Athletes must be entered by their coach and a school coach must be present at all times throughout the meet.

**Entry Fee:**

Individual Events - \$10.00 per event

Relay Events - \$12.00 per event

**Maximum Team Fee - \$500.00 Max**

Please make your **school cheque** (no personal cheques can be accepted) to Lakeshore Catholic High School and bring your cheques the day of the meet. Receipts will be issued upon payment.

**Entry Details:**

Each school may enter a maximum of 3 students per age group per event. Only 2 relay teams per level/gender. Field events do not require a mark. All field event competitors will get a minimum of 3 attempts and a maximum of 6 attempts based on time and number of entries in each event.

**Online Entries & Deadline:**

Use the "Online T&F entry procedure" document to help you register your team using the code **34LW9F** and input your entries. The website is [www.trackdatabase.com](http://www.trackdatabase.com). Entries will be accepted online up until **Wednesday April 23rd, 2025 @ 06:00 pm**. No changes of athletes or events will be made on race day. No post entries will be accepted.

**Meet Convenors:**

Austin Huh ([austin.huh@ncdsb.com](mailto:austin.huh@ncdsb.com)), Bernie Tessier ([bernie.tessier@ncdsb.com](mailto:bernie.tessier@ncdsb.com))

**Meet Entries:**

Dave Ropret ([ropretdave@gmail.com](mailto:ropretdave@gmail.com))