

HIGH OCTANE LAKESHORE CATHOLIC INVITATIONAL SWAMP MEET

FRIDAY APRIL 25TH, 2025

TRACK EVENTS			
10:00 AM - 10:30 AM	NG	3000M	TIMED SECTION
	NB	3000M	30 MINS
10:30 AM - 11:30 AM	NG	300M HURDLES 30"	TIMED SECTION
	JG	300M HURDLES 30"	1 HOUR
	SG	400M HURDLES 30"	
	NB	300M HURDLES 33"	
	JB	300M HURDLES 33"	
	SB	400M HURDLES 36"	
11:30 AM - 12:00 PM	JG	3000M	TIMED SECTION
	JB	3000M	30 MINS
12:00 PM - 2:00 PM	NG	200M	TIMED SECTION
	JG	200M	2 HOURS
	SG	200M	
	NB	200M	
	JB	200M	
	SB	200M	
2:00 PM - 2:30 PM	SG	3000M	TIMED SECTION
	SB	3000M	30 MINS
2:30 PM - 4:00 PM	NG	800M	TIMED SECTION
	JG	800M	1.5 HOURS
	SG	800M	
	NB	800M	
	JB	800M	
	SB	800M	
	PADA	800M	
4:00 PM - 5:30 PM	NG	4 X 100 RELAY	TIMED SECTION
	JG	4 X 100 RELAY	1.5 HOURS
	SG	4 X 100 RELAY	
	NB	4 X 100 RELAY	
	JB	4 X 100 RELAY	
	SB	4 X 100 RELAY	

FIELD EVENTS						
TIME	LJ	TJ	HJ	JAV	SP	PV
10:00 - 11:15	NG	JG	SB	SG	JB	OG
11:15 - 12:30	NB	NG SG	JB	SB	JG	OB
12:30 - 1:45	SG	NB JB	NG	JB	SB	
1:45 - 3:00	JG	SB	SG	NG	NB	
3:00 - 4:15	JB		JG	NB	NG	
4:15 - 5:30	SB		NB	JG	SG	

