

RIDIN' TURBO LAKESHORE CATHOLIC INVITATIONAL SWAMP MEET

THURSDAY MAY 8TH, 2025

TRACK EVENTS			
10:00 AM - 10:30 AM	OG	2000 M STEEPLE CHASE	TIMED SECTION
	OB	2000 M STEEPLE CHASE	30 MINS
10:30 AM - 1:00 PM	NG	100 M	TIMED SECTION
	NB	100 M	2.5 HOURS
	JG	100 M	
	JB	100 M	
	SG	100 M	
	SB	100 M	
	PABA	100 M	
1:00 PM - 2:00 PM	NG	1500 M	TIMED SECTION
	NB	1500 M	1 HOUR
	JG	1500 M	
	JB	1500 M	
	SG	1500 M	
	SB	1500 M	
2:00 PM - 3:00 PM	NG	80 M HURDLES 30"	TIMED SECTION
	JG	80 M HURDLES 30"	1 HOUR
	SG	100 M HURDLES 30"	
	NB	100 M HURDLES 33"	
	JB	100 M HURDLES 36"	
	SB	110 M HURDLES 36"	
3:00 PM - 4:45 PM	NG	400 M	TIMED SECTION
	NB	400 M	1 HOUR 45 MINS
	JG	400 M	
	JB	400 M	
	SG	400 M	
	SB	400 M	
4:45 PM - 5:30 PM	MIX	SPRINT MEDLEY	TIMED SECTION
	OG/OB	200, 200, 400, 800	45 MINS

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

