

Lockport Friday May 7

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|--------------------------|--------------|-------------|-------------|------------------------|--------------------------|---------|
| <u>3200 RELAY</u> | 400 m | 400m | 800m | <u>3200 RUN</u> | Hayden | Wade |
| Andrew | 1:08 | 1:16 | 2:24 | 800 m | 2:36 | 2:28 |
| Austin | 1:16 | 1:20 | 2:36 | 800 m | 2:31 | 2:34 |
| Luke | 1:13 | 1:19 | 2:32 | 800 m | 2:36 | 2:41 |
| Trevor | 1:10 | 1:17 | 2:27 | 800 m | 2:43 | 2:53 |
| Total | | | 10:00 | Total | 10:26 | 10:36 |
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| | | | | | | |
| <u>800 RUN</u> | 400 m | 400m | 800m | | | |
| Bryce | 60.0 | 59.0 | 1:59 | | | |
| Adam | 63.0 | 65.0 | 2:08 | | | |
| Trevor | 70.0 | 79.0 | 2:29 | | | |
| | | | | | | |
| | | | | | | |
| <u>1600 RUN</u> | Drew | Roman | Hayden | | <u>1600 RELAY</u> | |
| 400 m | 1:06 | 1:06 | 1:09 | | Wade | 56.8 |
| 400 m | 1:07 | 1:13 | 1:16 | | Anthony | 55.0 |
| 400 m | 1:09 | 1:15 | 1:19 | | Adam | 56.7 |
| 400 m | 1:07 | 1:12 | 1:17 | | Drew | 53.2 |
| Total | 4:29 | 4:46 | 5:01 | | Total | 03:41.7 |