

2019 SEACOAST TRACK AND FIELD CHAMPIONSHIP MEET

Hosted by Exeter High School

Date: Friday, May 17, 2019

Start Time: 3:45pm

Entry Fee: \$200 for both Girls and Boys teams, \$100 for only Boys or only Girls team
\$20 per individual (Please make checks payable to: Exeter Track and Field Boosters)

- Entries must be submitted on Direct Athletics by Wednesday, May 15th
- 1/8 or 1/4 pyramid spikes are permitted (no needles)
- There will be a concession stand open and Championship Meet T-Shirts will be sold.
- **Coe Brown has once again generously volunteered to let us use their implement weighing/certification system. ALL implements will be certified, so marks for the throws will count for M.O.C. standards.**
- **Field Events will start at 3:45 pm** - Boys LJ, Girls TJ, Girls HJ, Boys Discus, Girls Shot, Boys and Girls Javelin and Girls Pole Vault will be first. Opening Heights- Boys PV 8'7" Girls 6'7" Boys HJ 5'3", Girls HJ 4'3" (bar goes up in 2" increments)
- The second round of field events will need to start by 5:45.
- ****Note - If a girl is pole vaulting or high jumping and is in the 4x800 relay, she will be permitted to jump opening height at 3:30.
- **Track Events will start at 3:55** - Girls followed by Boys – 4x800, 100m Trials, 100/110m Hurdles, 100m, 1600m, 4x100, 400m, 300m IH, 800m, 200m, 3200m, 4x400m
- Athletes will get 3 throws and jumps, with the top 8 going to finals. Finals will start immediately after the final flight of each event.
- All qualifying standards for running events are F.A.T. Entries should be F.A.T. or handheld times that have been converted to F.A.T. Proper seeding of times is important because all events will be finals except 100m. Exeter has an 8 Lane Track.
- Athletes must be in school issued uniform and relay teams must be same uniform colors.
- All federation rules apply.
- Scoring will go 10-8-6-4-2-1
- The Seacoast Championship Traveling Trophy will go to the winning team for the girls and boys. Plaques will be awarded for the Top Meet Performer for both the girls and boys. Ribbons will be awarded from 1st through 6th place and individual event winners will receive a T-Shirt that says Seacoast Champion. (Each athlete will be limited to one T-Shirt, even if they win multiple events.)
- No one will be allowed on the infield except coaches and competitors in their events.
- **Boys Javelin will throw off of a track surface! Sneakers or Track spikes only, no cleats or long spikes are allowed. Girls will throw off a grass surface. Please Plan Accordingly.**
- The Exeter High School Track Facility does not have lights, so the meet will need to move along efficiently. Please advise your athletes to be ready to go. The meet will start at 3:45. Field Event Judges will allow athletes to throw or jump in another flight if needed. Jumps 1 foot under the qualification standard and throws 5 feet under the qualification standard will not be measured.
- Buses should not arrive before 2:45. School dismissal is at 2:30 and entrance and exit are very congested at that time.
- The meet will have Electronic Timing.
- **Seacoast area schools from all divisions are invited. The meet will be held Rain or Shine**

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Qualifying Standards for Seacoast Championship Meet

*All running event standards are F.A.T. - please convert hand times

Event	Boys	Girls
110H	18.64	19.64
300H	47.24	56.24
100m	12.14	14.14
200m	24.84	28.94
400m	56.74	68.24
800m	2:12.24	2:40.24
1600m	5:04.24	6:00.24
3200m	11:15.24	13:00.24
Shot Put	36'0"	26'0"
Discus	102'0"	72'0"
High Jump	5'6"	4'6"
Javelin	127'0"	78'0"
Long Jump	18'0"	14'3"
Triple Jump	36'0"	28'6"
Pole Vault	8'6"	6'6"
4x800, 4x400, 4x100	No standard.	

Questions? Nate Leveille nathan.levaille2@gmail.com 603- 953-4275
 Laura Smith ljsmith@sau16.org 603-770-8797

Please Send Registration Form to the Athletic Department at Exeter High School.

Checks made payable to Exeter Track & Field Boosters

Address: **Exeter High Athletic Department
 1 Blue Hawk Drive
 Exeter NH, 03833**

Seacoast Championship Meet 2018

School _____ Boys _____ Girls _____
 Boys Coach Name _____ Phone _____ Email _____
 Girls Coach Name _____ Phone _____ Email _____

Please Circle:

Paid Registration for: Both Teams: \$200 Boys Only: \$100 Girls Only: \$100

Individual Athletes: # _____ x 20 = _____