

Seacoast Championships at Exeter High 2019

Times are approximate times

| Time | Track Events Girls first, followed by Boys |
|------|---|
| 3:55 | 4 x 800 |
| 4:20 | 100 Meter Trials |
| 4:40 | 100/110 Meter Hurdles <small>Finals No Trials for Hurdles</small> |
| 4:55 | 100 Meter Finals |
| 5:05 | 1600 Meter |
| 5:25 | 4 x 100 Meter |
| 5:40 | 400 Meter |
| 5:55 | 300 Meter Hurdles |
| 6:10 | 800 Meter |
| 6:25 | 200 Meter |
| 6:40 | 3200 Meter |
| 7:15 | 4 x 400 Meter |
| 7:30 | Awards |

Field Events

3:45 **Boys** - Long Jump, Discus, Javelin,
Girls - Triple Jump, High Jump,
 Shot Put, Pole Vault, Javelin

5:15 **Boys** - TJ, HJ, Shot, PV
Girls - LJ, Discus,

Past Team Champions

| | <u>Girls</u> | <u>Boys</u> |
|------|--------------|-------------|
| 2018 | Exeter | Winnacunnet |
| 2017 | Exeter | Coe Brown |
| 2016 | Oyster River | Exeter |
| 2015 | Coe Brown | Portsmouth |
| 2014 | Winnacunnet | Portsmouth |
| 2013 | Coe Brown | Exeter |
| 2012 | Exeter | Exeter |
| 2011 | Exeter | Exeter |
| 2010 | Exeter | Exeter |
| 2009 | Exeter | Timberlane |
| 2008 | Winnacunnet | Winnacunnet |
| 2007 | Exeter | Exeter |
| 2006 | Winnacunnet | Exeter |
| 2005 | Exeter | Exeter |
| 2004 | Exeter | Exeter |
| 2003 | Exeter | Exeter |