

Seacoast Championships at Exeter High 2022

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>
2019	Exeter		Exeter
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