

2023 SEACOAST TRACK AND FIELD CHAMPIONSHIP MEET

Hosted by Exeter High School

Date: Friday, May 19th 2023

Start Time: 3:45pm

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

- Entries must be submitted on Direct Athletics by Wednesday, May 18th
- 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.
- The meet will be electronically timed by Speed Sport Timing (Live results @ sstresults.com)
- **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" (will go up in 6" increments), Boys HJ 5'3", Girls HJ 4'3" (will go 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** 100m Dash Trials, 110/100m Hurdles Trials, 4x800m Relays, 100/110m Hurdle Finals, 100m Dash Finals, 1600m, 4x100, 400m, 300m IH, 800m, 200m, 3200m, 4x400m. **All running events will be girls followed by boys, with the exception of the Dash and Hurdle Trials which will be Boys followed by Girls.**
- 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.
- **This year we are going back to using qualifying standards for track events and we will be accepting a specified number of entries per field event. We ask that you use these standards as a guide when entering your athletes and remember that this is a Championship meet. Athletes entered should be able to meet the event standard.**
- We trust that you will enter honest seed times & distances. Seed times must be FAT. Please convert hand times by rounding up and adding .24
- Athletes must be in school issued uniforms and relay teams must be in the 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 Track and Top Field Performer of the Meet for both the girls and boys.
- Ribbons will be awarded for 1st through 6th place and individual event winners will receive a T-Shirt that says Seacoast Champion.
- 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.
- Buses should not arrive before 2:45. School dismissal is at 2:30 and entrance and exit are very congested at that time.
- **Seacoast area schools from all divisions are invited. The meet will be held Rain or Shine**

Entry Standards for 2023:

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Event	Boys	Girls
110 H/100H	19.64	19.94
300H	50.24	56.54
100m	12.54	14.74
200m	25.84	29.94
400m	59.24	68.94
800	2:14.24	2:45.24
1600	5:04.24	6:00.24
3200	11:15.24 (Top 12 Entries)	13:00.24 (Top 12 Entries)
Shot Put	Top 18 Entries	Top 18 Entries
Discus	Top 18 Entries	Top 18 Entries
High Jump	Top 18 Entries	Top 18 Entries
Javelin	Top 18 Entries	Top 18 Entries
Long Jump	Top 18 Entries	Top 18 Entries
Triple Jump	Top 18 Entries	Top 18 Entries
Pole Vault	Top 12 Entries	Top 12 Entries
Relays	1 Entry Per Team	1 Entry Per Team

Coaches - Please remember that this is a Championship Meet. The standards above are guidelines for your entries. Athletes should have a realistic shot of hitting them to be entered in the meet.

Questions? Nate Leveille nathan.levaille2@gmail.com 603- 953-4275
Laura Smith lsmith@saul6.org 603-770-8797

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

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Checks made payable to Exeter Track & Field Boosters

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

Seacoast Championship Meet 2023

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 = _____