

## 2026 Seacoast Championships at Exeter High School

<b>Time</b>	<b>Track Events</b>
4:25	100 Meter Trials (Boys, then Girls)
	110/100 Meter Hurdle Trials (Boys, then Girls)
	4x800 Meter Relay (Girls, then Boys for all remaining events)
	100/110 Meter Hurdle Finals
	100 Meter Finals
	1600 Meter
	4 x 100 Meter
	400 Meter
	300 Meter Hurdles
	800 Meter
	200 Meter
	3200 Meter
	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

Followed by:

**Boys-** Triple Jump, High Jump,  
Shot Put, Pole Vault

**Girls-** Long Jump, Discus

The second round of field events will begin immediately after the first round finishes.

## Past Team Champions

	<u>Girls</u>	<u>Boys</u>
<b>2025</b>	<b>Exeter</b>	<b>Portsmouth</b>
2024	Portsmouth	Winnacunnet
2023	Exeter	Coe Brown
2022	Exeter	Oyster River
2021	Not Held - COVID	Not Held - COVID
2020	Not Held - COVID	Not Held - COVID
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