

Seeding Regulation for Easterns 2025

Dash and Hurdles:

Trials: 32 fastest times to the semis – no starting blocks

Trials are pre-seeded. Look for heat and lane on fence next to track

Semis: 4 winners and next 4 fastest times to the finals – no blocks

Finals: Starting blocks may be used - supplied by the Armory

4X200m relay:

Lane 6 will not be used – 3 turn stagger for first two legs.

5 lanes in trials – lane preference: 5, 4, 3, 2, 1.

2 section final – (8 teams on time) – lane preference: 5, 4, 3, 2.

Fastest in 2nd heat.

200:

Trials on time. – 8 fastest to 2 heat Final

Lane preference in Trials: 5, 6, 4, 3, 2, 1.

Lane preference in Finals: 5,4,3,2.

400:

Final on Time

Lane preference: 5, 6, 4, 3, 2, 1.

Seed order determined by games committee

800 and 1 mile and 4X400 and 4X800:

Seeded heats last.

Seed order determined by games committee

2 mile and DM:

1 heat

High Jump: Girls Opening Height - 4-10

Boys Opening Height - 6-0

Pole Vault: Boys vault first this year

Boys Opening Height - 12-6

Girls Opening Height - 9-6

LJ, TJ, Shot

Trials will be in flights with seeded flight last.

8 athletes to the finals.