Seeding Regulation for Easterns 2017

Dash and Hurdles:

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

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 1600 and 4X400 and 4X800:

Seeded heats last.

3200 and DM:

1 heat

High Jump: Girls Opening Height - 5-0

Boys Opening Height - 6-0

Pole Vault: Girls vault first this year

Boys Opening Height - 13-6

Girls Opening Height - 11-0

LJ, TJ, Shot

Trials will be in flights with seeded flight last.

Flights set up at meet after check in.

8 athletes to the finals.