200 Freestly Relay All Region Seed Times

Rk	Team	Reg	Time
1	Morgantown	1	01:45.12
2	Buckhannon Upshur	3	01:47.72
3	John Marshall	1	01:48.60
4	Brooke	1	01:48.83
5	George Washington	4	01:49.19
6	Fairmont Senior	2	01:49.21
7	Parkersburg	1	01:49.78
8	Spring Mills	2	01:50.47
9	Elkins	3	01:50.52
10	Winfield	4	01:50.98
11	Parkersburg South	1	01:51.44
12	Charleston Catholic	3	01:53.00
13	University	1	01:53.12
14	Bridgeport	3	01:54.02
15	Cabell Midland	4	01:54.34
16	Nitro	4	01:56.08
17	Jefferson	2	01:59.65
18	Hurricane	4	01:59.96

200 Freestly Relay All Region Seed Times

Rk	Team	Reg	Reg Time	
1	George Washington	4	01:32.65	
2	Huntington	4	01:32.89	
3	Robert C Byrd	3	01:33.61	
4	Parkersburg	1	01:35.35	
5	Parkersburg South	1	01:35.38	
6	Buchannon Upshur	3	01:35.43	
7	Winfield	4	01:38.84	
8	Jefferson	2	01:39.34	
9	Elkins	3	01:40.39	
10	Wheeling Park	1	01:40.97	
11	Musselman	2	01:41.24	
12	12 Grafton		01:42.10	
13	Hedgesville	2	01:42.65	
14	Bridgeport	3	01:43.23	
15	Brooke	1	01:43.70	
16	Nitro	4	01:43.74	
17	Fairmont Senior	2	01:45.60	
18	Spring Mills	2	01:45.69	