

Orange Empire Conference Championships Preliminaries

Friday, April 21, 2017

****Coaches Scratch Meeting at 9:45 am at the starting line**

<u>Running Events*</u>		<u>Field Events</u>	
12:00pm	Women's 3000m Steeplechase	10:00am	Men's Hammer (<i>Saddleback</i>)
12:30	Men's 3000m Steeplechase		Women's Pole Vault (<i>Saddleback</i>)
1:30	Women's 1500m		
1:50	Men's 1500m	12:00pm	Women's Long Jump (<i>Golden West</i>)
2:05	Women's 100m Hurdles		
2:15	Men's 110m Hurdles	1:30pm	Women's Shot Put (<i>Fullerton</i>)
2:30	Women's 400m		Men's Javelin (<i>Orange Coast</i>)
2:40	Men's 400m		
2:50	Women's 100m	3:30pm	Men's Shot Put (<i>Fullerton</i>)
3:00	Men's 100m		Women's Javelin (<i>Orange Coast</i>)
3:20	Women's 800m		Men's Long Jump (<i>Golden West</i>)
3:30	Men's 800m		
3:45	Women's 400m Hurdles		
3:55	Men's 400m Hurdles		
4:10	Women's 200m		
4:25	Men's 200m		
5:00	Women's 10000m		
6:00	Men's 10000m		

Blocks (*Riverside*)

Hurdle Crew (*Riverside and Santa Ana*)

Clerks Table, Finish Line, Finish Video, Back-up Timer, Results & Awards (*Riverside*)

*****NOTE*****

The running event schedule (including preliminaries) will be strictly adhered to regardless of events finishing early. As we have done in the past few years due to low numbers in certain events, we reserve right to change the time schedule of the preliminary running events to avoid large time gaps in between races. We will send this information out via email on Wednesday, April 19, the day after entries are due.

Orange Empire Conference Championships Finals

Friday, April 28th, 2017

****Coaches Meeting at 9:45 am at the starting line**

<u>Running Events</u>		<u>Field Events</u>	
		10:00am	Men's Pole Vault (Saddleback)
3:00	Women's 400m Relay	10:00am	Women's Hammer (<i>Fullerton</i>)
3:05	Men's 400m Relay		
3:10	Women's 1500m	1:00pm	Men's Discus (<i>Fullerton</i>)
3:20	Men's 1500m	1:00pm	Men's Triple Jump (<i>Golden West</i>)
3:30	Women's 100m Hurdles		Women's High Jump (<i>Santa Ana</i>)
3:40	Men's 110m Hurdles		
3:50	Women's 400m	3:30pm	Men's High Jump (<i>Saddleback</i>)
3:55	Men's 400m		
4:05	Women's 100m	4:00pm	Women's Triple Jump (<i>Golden West</i>)
4:10	Men's 100m		Women's Discus (<i>Orange Coast</i>)
4:15	Women's 800m		
4:20	Men's 800m		
4:30	Women's 400m Hurdles		
4:40	Men's 400m Hurdles		
4:50	Women's 200m		
5:00	Men's 200m		
5:10	Women's 5000m		
5:40	Men's 5000m		
6:05	Women's 1600m Relay		
6:15	Men's 1600m Relay		

Relay Zone Judges:

Zone #1 - Fullerton & Golden West
Zone #2 - Riverside & Orange Coast
Zone #3 - Saddleback & Santa Ana

Blocks (*Riverside*)

Hurdle Crew (*Riverside and Santa Ana*)

**Clerks Table, Finish Line, Finish Video, Back-up Timing,
Results & Awards** (*Riverside*)

*****NOTE*****

**The running event schedule will be strictly adhered to
regardless of events finishing early**