

ORANGE EMPIRE CONFERENCE DOUBLE DUAL MEET
FULLERTON, GOLDEN WEST, SANTA ANA @ FC
Host School: Fullerton College 321 E. Chapman Avenue, Fullerton, CA 92832
Friday, March 23, 2018
ORDER OF EVENTS

FIELD EVENTS Each athlete will receive four attempts in all horizontal events.

1:30 p.m. **Hammer Only –Women, Men to follow – contested @ GWC Thursday, March 22**
11:30 a.m. Javelin – (grass runway) Women, Men to follow
1:00 p.m. Discus – Women followed by Men
1:00-2:45 Long Jump – Men and Women
1:00 High Jump – Men, Women to follow
1:00 Pole Vault – Women, Men to follow
2:15 Shot Put – Women, Men to follow
3:00-4:45 Triple Jump – Men and Women

Throwing Field Events may start earlier if proceeding Field Event finishes earlier.

RUNNING EVENTS

2:30 p.m. 400M Relay Women
2:35 400M Relay Men
2:40 1500M Women
2:50 1500M Men
3:00 100M H Women
3:10 110M HH Men
3:25 400M Women
3:30 400M Men
3:40 100M Women
3:50 100M Men
4:00 800M Women
4:05 800M Men
4:15 400M IH Women
4:25 400M IH Men
4:35 200M Women
4:40 200M Men
4:45 5000M Women
5:15 5000M Men
5:35 1600M Relay Women
5:40 1600M Relay Men

- Each competing school **will provide three volunteer officials**. Supplement 4.252L
- All **entries are due two days prior to meet by March 20th at 6pm on Direct Athletics**. No additional entries are allowed on meet day, only scratches or substitutions advanced from other heats. Supplement 4.251E
- Parking is located in Lot 5; North of the track. Teams may set up on the grass area located on the south side of the track. Please pick up all trash before leaving. Restrooms are located in the 1700 building adjacent to the track.
- **No Gatorade or food allowed on field turf.**
- **3/16" pyramid spikes only allowed on track (no needle spikes, please).** Javelin is thrown off of grass.
- **Certified Athletic Trainer will be available. Please bring your own taping supplies.**