

PRELIMINARIES
FRIDAY, APRIL 19

RUNNING EVENTS			FIELD EVENTS		
1:00	3000m Steeplechase	W	10:00	Men's Javelin (OCC)	Soccer Field
1:20	3000m Steeplechase	M		Women's Hammer (Saddleback)	
1:40	1500m	W		Men's LJ (Santiago Canyon)	
2:00	1500m	M			
2:15	100H	W	Noon	Men's SP (Fullerton)	
2:30	110H	M		Men's HJ (Santa Ana)	
2:45	400m	W		Women's PV (Santa Ana)	
2:55	400m	M			
3:10	100m	W			
3:25	100m	M			
3:50	800m	W	2:00	Women's Discus (Golden West)	
4:05	800m	M		Women's LJ (Santiago Canyon)	
4:20	400H	W			
4:40	400H	M			
5:00	200m	W			
5:15	200m	M			
5:30	10K	W		Blocks & Hurdles (Riverside)	
6:30	10K	M			

Times are tentative based upon entries. Will be finalized after entries close.

FINALS
FRIDAY, APRIL 26

RUNNING EVENTS			FIELD EVENTS		
2:00	4x100	W	10:00	Women's Javelin (OCC)	(Soccer Field)
2:05	4x100	M		Men's Hammer (Saddleback)	
2:10	1500m	W		Women's HJ (Santa Ana)	
2:20	1500m	M			
2:30	100H	W			
2:35	110H	M	Noon	Women's TJ (Santiago Canyon)	
2:45	400m	W		Men's PV (Golden West)	
2:55	400m	M		Women's SP (Fullerton)	
3:00	100m	W			
3:05	100m	M			
3:10	800m	W	2:00	Men's Discus (Golden West)	
3:15	800m	M		Men's TJ (OCC)	
3:25	400H	W			
3:35	400H	M			
3:45	200m	W		Relays: Zone 1--OCC & Fullerton	
3:50	200m	M		Zone 2--Golden West & RCC	
4:00	5K	W		Zone 3--Saddleback & Santiago Canyon	
4:30	5K	M			
5:00	4x400	W		Blocks & Hurdles (Riverside)	
5:15	4x400	M			