

Orange Empire Conference Track & Field Prelims and Finals
April 22nd & 29th, 2022 @ Golden West College
Meet Information

- Entries:** Entries are due through www.directathletics.com by Tuesday, April 19th @ 6:00pm. There will be no adds nor scratches after this deadline. After the deadline, all athletes will be considered declared and the failure to participate rule will be in effect.
- Entry Fee:** Entry fees include all 3 championship meets and will be **\$2450 per school (includes men and women's programs)**. **Make checks payable to: Golden West College Track & Field** (mail checks to 15744 Goldenwest St., Huntington Beach, Ca 92647 Attn. Athletics/Monique Henderson). **The deadline for all entry fees is February 7, 2022.**
- Seeding:** Seeding and advancement will adhere to the So Cal Regional guidelines.
- Weigh ins:** Implement certification will be available from 10:00-1:00 on the day of the meets. Implements not meeting standards will be tagged and impounded until the conclusion of the meet. Legal implements will be marked and returned to the athletes to take to their event areas.
- Field Events:** All horizontal jumps and throws athletes will receive six (6) attempts without reordering. Vertical jumps will be conducted as one flight and will continue straight through the order until a champion is determined.
- Warm up:** All warm ups will be conducted on the practice fields west of the stadium. Absolutely NO warming up on the main field or the track will be allowed. Field event venues will open up 30 minutes before the event start for warm ups (60 minutes for the pole vault). Events will start on time.
- Restrooms:** Restrooms are located outside of the south end of the track and on the adjacent soccer fields.
- Team areas:** Teams may set up tents on the soccer fields or on the grass area on the north end of the track
- COVID Precautions:** It is requested that all coaches and athletes wear a mask while not competing or warming up, including when moving from area to area or when in their team area. Additionally, Coaches and athletes are asked to practice appropriate social distancing when inside the athletic complex. Coaches and athletes should not leave the stadium complex to access any other part of campus.
- Spikes:** 3/16th or 1/4" maximum, pyramid style spike ONLY on the track, runways, and take-offs. **ABSOLUTELY NO NEEDLE OR CHRISTMAS TREE SPIKES ARE ALLOWED.** The javelin will be thrown from an all-weather approach.
- Check-in:** Field event athletes must check in with the event official at the event area prior to the first event attempt. Track athletes must check in at the clerk's table located at the north end of the track prior to their event to receive their hip numbers.
- Coaching Areas:** Coaches should feel free to coach their athletes from any convenient location with the stadium complex. However, coaches must remain off any competition surface.
- Officials and Helpers:** Please provide 3 – 4 volunteers to help in listed event areas (see schedule for team assignments). USAT&F Officials will provide officiating at each event.
- Results:** Results will be posted on directathletics.com following each event. Hard copies will be made available to coaches at the conclusion of each day.

Awards:	Medals will be provided to the top Three (3) athletes in each event and the top three (3) relay teams. Medals will be awarded to athletes immediately after their event concludes.
Athletic Trainers:	Certified Athletic Trainers will be on site for the duration of the meets.
Parking/Drop-off:	Parking is Lot J off of Gothard Ave.
Spectators:	Currently, spectators will not be allowed on campus or within the stadium.
COVID Protocol:	Athletes should remain in their team areas except when competing, for bathroom use, and for warm-ups. Warm-ups are only allowed on the soccer field. Masks must always be worn, except when warming up or competing. Athletes must exit their event area immediately after their competition and wear their masks when returning to their team area. Absolutely no loitering or spectating on the in-field.

Orange Empire Conference Championships Preliminaries

Friday, April 22, 2022

****Coaches Meeting at 12:15 pm at the starting line. Each team is asked to bring 3-4 volunteers for assigned events.**

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

Blocks (*Golden West*)

Hurdle Crew (GWC & Santa Ana)

*****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 20, the day after entries are due.

Orange Empire Conference Championships Finals

Friday, April 29, 2022

****Coaches Meeting at 11:45 am at the starting line. Each team is asked to bring 3-4 volunteers for assigned events.**

<u>Running Events</u>		<u>Field Events</u>	
		12:00pm	Women's Hammer (Golden West)
3:00	Women's 400m Relay	12:30pm	Men's Pole Vault (<i>Orange Coast</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>Riverside</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>Riverside</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 (*Golden West*)

Hurdle Crew (Golden West and Saddleback)

*****NOTE*****

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

