

Orange Empire Conference Double Dual Meet
Fullerton, Santa Ana @ Golden West College
March 24, 2016

ORDER OF EVENTS

Field Events:

11:00am	Men's & Women's Hammer <i>(Men first, Women to follow)</i>
12:45pm	Men's & Women's Discus <i>(Men first, Women to follow)</i>
1:30pm	Men's & Women's Long Jump <i>(combined) (1:30 – 3:30 Open Pit)</i>
2:00pm	Women's & Men's Pole Vault <i>(Women first, Men to follow)</i>
2:00pm	Men's & Women's Javelin <i>(Men first, Women to follow)</i>
3:00pm	Men's & Women's Shot Put <i>(Men first, Women to follow)</i>
3:00pm	Women's & Men's High Jump <i>(Women first, Men to follow)</i>
3:45pm	Men's & Women's Triple Jump <i>(combined) (3:45 – 5:15 Open Pit)</i>

** In all field events (except for PV and HJ), each competitor will be permitted four (4) attempts.*

**Each competing school will provide at least three (3) volunteer workers at regular season conference competitions (per OEC Track & Field Supplement).*

Running Events:

2:30	400 Meter Relay	Women
2:35	400 Meter Relay	Men
2:40	1500	Women
2:50	1500	Men
3:00	100 Hurdles	Women
3:05	110 Hurdles	Men
3:10	400	Women
3:15	400	Men
3:20	100	Women
3:25	100	Men
3:30	800	Women
3:35	800	Men
3:40	400 Hurdles	Women
3:50	400 Hurdles	Men
3:55	200	Women
4:00	200	Men
4:05	5000	Women
4:40	5000	Men
5:05	1600 Meter Relay	Women
5:10	1600 Meter Relay	Men