**Orange Empire Conference Double Dual Meet**

**Riverside, Saddleback @ Orange Coast College**

**March 23, 2018**

**ORDER OF EVENTS**

**Field Events:**

11:00am Men’s & Women’s Hammer **(*Men first, Women to follow*)**

12:45pm Men’s & Women’s Discus **(*Men first, Women to follow*)**

1:30pm Men’s & Women’s Long Jump **(*combined*)** **(1:30 – 3:30 Open Pit)**

2:00pm Women’s & Men’s Pole Vault **(*Women first, Men to follow*)**

2:00pm Men’s & Women’s Javelin **(*Men first, Women to follow*)**

3:00pm Men’s & Women’s Shot Put **(*Men first, Women to follow*)**

3:00pm Women’s & Men’s High Jump **(*Women first, Men to follow*)**

3:45pm Men’s & Women’s Triple Jump (***combined***) **(3:45 – 5:15 Open Pit)**

**\* *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

3:10 110 Hurdles Men

3:25 400 Women

3:30 400 Men

3:40 100 Women

3:50 100 Men

4:00 800 Women

4:05 800 Men

4:15 400 Hurdles Women

4:25 400 Hurdles Men

4:35 200 Women

4:45 200 Men

4:55 5000 Women

5:20 5000 Men

5:40 1600 Meter Relay Women

5:45 1600 Meter Relay Men