

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>)
3:15	Women's 1500m	2:30pm	Women's Long Jump (<i>Riverside</i>)
3:25	Men's 1500m		
3:40	Women's 100m Hurdles	2:30pm	Women's Shot Put (<i>Saddleback</i>)
3:45	Men's 110m Hurdles		Men's Javelin (<i>Orange Coast</i>)
3:55	Women's 400m		
4:05	Men's 400m		
4:15	Women's 100m		
4:30	Men's 100m		
4:45	Women's 800m	4:30pm	Men's Shot Put (Fullerton)
4:55	Men's 800m		Women's Javelin (<i>Golden West</i>)
5:05	Women's 400m Hurdles		
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**

