

Orange Empire Conference Championships Preliminaries
Friday, April 22, 2011

****Coaches Scratch Meeting at 9:30 am at the starting line**

<u>Running Events*</u>		<u>Field Events</u>	
12:00pm	Women's 3000m Steeplechase	10:00am	Men's Hammer (<i>Orange Coast</i>)
12:30	Men's 3000m Steeplechase		Women's Pole Vault (<i>Saddleback</i>)
1:30	Women's 1500m		
1:50	Men's 1500m	12:00pm	Women's Long Jump (<i>Golden West</i>)
2:05	Women's 100m Hurdles		
2:15	Men's 110m Hurdles	1:30pm	Women's Shot Put (<i>Fullerton</i>)
2:30	Women's 400m		Men's Javelin (<i>Santiago Canyon</i>)
2:40	Men's 400m		
2:50	Women's 100m	3:30pm	Men's Shot Put (<i>Fullerton</i>)
3:00	Men's 100m		Women's Javelin (<i>Orange Coast</i>)
3:20	Women's 800m		Men's Long Jump (<i>Golden West</i>)
3:30	Men's 800m		
3:45	Women's 400m Hurdles		
3:55	Men's 400m Hurdles		
4:10	Women's 200m		
4:25	Men's 200m		
5:00	Women's 10000m		
6:00	Men's 10000m		

Blocks (*Riverside*)

Hurdle Crew (*Riverside, Santiago Canyon and Santa Ana*)

Clerks Table, Finish Line, Finish Video, Back-up Timer, Results & Awards (*Riverside*)

*****NOTE*****

The running event schedule (including preliminaries) will be strictly adhered to regardless of events finishing early

Orange Empire Conference Championships Finals
Friday, April 29th, 2010

****Coaches Meeting at 9:30 am at the starting line**

<u>Running Events</u>			<u>Field Events</u>
		10:00am	Men's Pole Vault (Saddleback)
3:00	Women's 400m Relay	10:00am	Women's Hammer (<i>Fullerton</i>)
3:05	Men's 400m Relay		
3:10	Women's 1500m	1:00pm	Men's Discus (<i>Saddleback</i>)
3:20	Men's 1500m	1:00pm	Men's Triple Jump (<i>Santiago Canyon</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>Fullerton</i>)
3:55	Men's 400m		
4:05	Women's 100m	4:00pm	Women's Triple Jump (Golden West)
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, & Santiago Canyon

Zone #3 - Saddleback & Santa Ana

Blocks (*Riverside*)

Hurdle Crew (Riverside, Santiago Canyon and Santa Ana)

**Clerks Table, Finish Line, Finish Video, Back-up Timing,
Results & Awards** (*Riverside*)

*****NOTE*****

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