

Orange Coast College
Order of Events
OEC Opponent @ OCC

Field Events – Dual Meet Scoring (individual points 5, 3, 1)

12:00 PM	Men's and Women's Hammer combined
2:00 PM	Men's Javelin, Women's Shot
2:00	Men's High Jump, Women's Pole Vault
2:00	Men's and Women's Long Jump (2:00 – 3:30 finals only)
3:00**	Women's Javelin, Men's Shot
---	Men's Pole Vault, Women's High Jump (to follow like events respectively)
3:45	Men's and Women's Triple Jump (3:45 – 5:15 finals only)
4:00**	Men's and Women's Discus combined

* Field event order/start times @ OCC home meets may be different than OEC supplement due to location of Javelin, Hammer & Discus ring. Start times are based on safety of other considerations as Javelin and Hammer is thrown on the infield. In all field events (except for PV and HJ) each competitor will have 4 measured attempts.

** Event may start earlier if proceeding event finishes early.

Running Events – Dual Meet Scoring (individual points 5, 3, 1; relays points 5, 0)

3:00	400 Meter Relay	Women
3:05	400 Meter Relay	Men
3:10	1500 Meters	Women
3:20	1500 Meters	Men
3:30	100 Hurdles	Women
3:35	110 Hurdles	Men
3:40	400	Women
3:45	400	Men
3:50	100	Women
3:55	100	Men
4:00	800	Women
4:05	800	Men
4:10	400 IH	Women
4:15	400 IH	Men
4:20	200	Women
4:25	200	Men
4:30	3000	Women
4:45	3000	Men
5:00	1600 Meter Relay	Women
5:05	1600 Meter Relay	Men

- Each competing school **will provide three volunteer officials** at regular season conference competitions. Supplement 4.252L. The starter will not allow the meet to run ahead of schedule, unless mutually agreed upon by all of the colleges competing. Supplement 4.252C.
- All entries are due two days prior to meet by 6pm on Direct Athletics. No additional entries are allowed on meet days, only scratches or substitutions advanced from other heats. Supplement 4.251D
- Parking is located in Lot G, North end of track, Teams may set up in bleachers or in grass area located at north end of track. Please pick up all trash before leaving. Restrooms are located in Fitness center, lower level
- 3/16" pyramid spikes only allowed on track surface and field event approach areas.