

***Orange Empire Conference Preliminaries***  
**Friday, April 23<sup>rd</sup>, 2010**

**Running Events\***

12:00pm	Women's 3000m Steeplechase
12:30	Men's 3000m Steeplechase
1:30	Women's 1500m
1:50	Men's 1500m
2:05	Women's 100m Hurdles
2:15	Men's 110m Hurdles
2:30	Women's 400m
2:40	Men's 400m
2:50	Women's 100m
3:00	Men's 100m
3:20	Women's 800m
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

**Field Events**

10:00am	Men's Hammer ( <i>Santa Ana</i> )
	Women's Pole Vault ( <i>Fullerton</i> )
12:00pm	Men's Javelin ( <i>Riverside</i> )
	Women's Long Jump ( <i>Golden West</i> )
12:30pm	Women's Shot Put ( <i>Santiago Canyon</i> )
1:00pm	Men's Pole Vault ( <i>Saddleback</i> )
3:00pm	Women's Javelin ( <i>Santa Ana</i> )
3:30pm	Men's Long Jump ( <i>Fullerton</i> )

**Blocks &Hurdles** (*Orange Coast*)

**Clerks Table, Finish Line, Finish Video,  
Results & Awards** (*Santiago Canyon*)

**\*\*\*NOTE\*\*\***

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

***Orange Empire Conference Championships***  
**Friday, April 30<sup>th</sup>, 2010**

**Running Events**

3:00 Women's 400m Relay  
3:05 Men's 400m Relay  
3:10 Women's 1500m  
  
3:20 Men's 1500m  
3:30 Women's 100m Hurdles  
3:40 Men's 110m Hurdles  
3:50 Women's 400m  
3:55 Men's 400m  
4:05 Women's 100m  
4:10 Men's 100m  
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  
4:50 Men's 200m  
5:00 Women's 5000m  
5:30 Men's 5000m  
5:50 Women's 1600m Relay  
6:00 Men's 1600m Relay

**Field Events**

10:00am Women's Hammer (*Santa Ana*)  
  
12:30pm Men's Discus (*Riverside*)  
  
1:00pm Men's Triple Jump (*Golden West*)  
Women's High Jump (*Saddleback*)  
  
3:30pm Men's High Jump (*Fullerton*)  
  
4:00pm Men's Shot Put (*Saddleback*)  
Women's Triple Jump (*Riverside*)  
Women's Discus (*Golden West*)

**Relay Zone Judges:**

Zone #1 - Fullerton & Santa Ana  
Zone #2 - Riverside, Orange Coast, & Santiago Canyon  
Zone #3 - Saddleback & Golden West

**Blocks & Hurdles** (*Orange Coast*)

**Clerks Table, Finish Line, Finish Video,  
Results & Awards** (*Santiago Canyon*)

**\*\*\*NOTE\*\*\***

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