



2026 Franson Last Chance

Final Meet Schedule

* Updated: [05/05/2026] *

Thursday May 7th, 2026	
Events	
Decathlon	
Time	Event
1:00 PM	100m
1:45 PM	Long Jump
2:45 PM	Shot Put
4:15 PM	High Jump
6:00 PM	400m
Heptathlon	
1:30 PM	100m Hurdles
2:15 PM	High Jump
4:15 PM	Shot Put
5:30 PM	200m

Friday May 8th, 2026

Track Events		
Afternoon Session		
Time	Event	Notes
1:30 PM	Men's 110m Hurdles Preliminary	Top 8 times advance to Saturday's Final
2:00 PM	Women's 100 Hurdles Preliminary	Top 8 times advance to Saturday's Final
2:30 PM	NCAA III and NAIA Men's 100m Preliminary	Top 8 times advance to Saturday's Final
2:45 PM	NCAA II Men's 100m Preliminary	Top 8 times advance to Saturday's Final
3:00 PM	Open and NCAA I Men's 100m Preliminary	Top 8 times advance to Saturday's Final
3:15 PM	NCAA II and III Women's 100m Preliminary	Top 8 times advance to Saturday's Final
3:45 PM	Open and NCAA I Women's 100m Preliminary	Top 8 times advance to Saturday's Final
Evening Session		
Time	Event	Notes
7:00 PM	Women's 800m [9 heats]	Slow to Fast
7:30 PM	Men's 800m [16 heats]	Fast to Slow
8:20 PM	Men's 5,000m [5 heats]	Slow to Fast
9:40 PM	Women's 5,000m [3 heats]	Fast to Slow
10:40 PM	Men's 10,000m [1 heat]	-
11:15 PM	Women's 10,000m [1 heat]	-

Decathlon		
Time	Event	Notes
1:00 PM	110m Hurdles	-
1:40 PM	Discus Throw	-
2:45 PM	Pole Vault	-
4:45 PM	Javelin Throw	-
5:55 PM	1500m	-
Heptathlon		
10:00 AM	Long Jump	South Runway
11:00 AM	Javelin	-
12:00 PM	800m	-
Field Events at Citrus College		
1:00 PM	Men's Hammer Throw	1 Flight, 9 to finals
2:30 PM	Women's Hammer Throw	1 Flight, 9 to finals
Field Events at Azusa Pacific University		
12:00 PM	Men's High Jump	-
12:00 PM	Women's Long Jump	3 Flights, 9 to finals
2:30 PM	Women's High Jump	-
3:00 PM	Men's Long Jump	3 Flights, 9 to finals
<i>*The Decathlon/Heptathlon will be on a rolling schedule. Approximate times are listed above</i>		

Saturday May 9th, 2026

Track Events		
Afternoon Session		
Time	Event	Notes
12:00 PM	<i>Welcome Prayer & National Anthem</i>	
12:10 PM	Women's 4x100m	-
12:15 PM	Men's 4x100m	-
12:45 PM	Women's 100m Hurdles Final	-
1:10 PM	Men's 110m Hurdles Final	-
1:25 PM	Women's 400m	-
1:50 PM	Men's 400m	-
2:25 PM	Women's Divisions II and III combined 100m Final	One Heat
2:30 PM	Women's NCAA I and Open 100m Final	One Heat
2:35 PM	Men's NCAA III and NAIA 100m Final	One Heat
2:38 PM	Men's NCAA II 100m Final	One Heat
2:42 PM	Men's NCAA I and Open 100m Final	One Heat
3:00 PM	Women's 400m Hurdles	-
3:15 PM	Men's 400m Hurdles	-
3:30 PM	Women's 200m Final	-
4:00 PM	Men's 200m Final	-
4:30 PM	Women's 4x400m Final	-
4:45 PM	Men's 4x400m Final	-
Evening Session		
Time	Event	Notes
7:00 PM	Women's 1,500m [8 heats]	Slow to Fast
7:50 PM	Men's 1,500m [15 heats]	Fast to Slow
9:00 PM	Women's 3,000m SC [2 heats]	Fast to Slow
9:30 PM	Men's 3,000m SC [3 heats]	Fast to Slow

Field Events		
Time	Event	Notes
10:00 AM	Men's Javelin	One Flight, 9 to finals
10:00 AM	Men's B Pole Vault	Entries below 4.70
12:00 PM	Women's Shot Put	One Flight, 9 to finals
12:00 PM	Men's Discus	2 Flights, 9 to finals
12:00 PM	Women's Triple Jump	2 Flights, 9 to finals
1:00 PM	Men's A Pole Vault	Entries above 4.70
1:30 PM	Women's Javelin	One Flight, 9 to finals
2:30 PM	Men's Triple Jump	One Flight, 9 to finals
3:00 PM	Women's Discus	One Flight, 9 to finals
3:00 PM	Women's Pole Vault	-
3:00 PM	Men's Shot Put	One Flight, 9 to finals