



2025 FRANSON LAST CHANCE MEET INFORMATION

May 8th, 9th & 10th

[Updated: 05/07/2025]

Get the best qualifying opportunities for all events!!!

EVENT HIGHLIGHTS

- Pacing Lights by **“Wavelight”**, music, and perfect evening racing conditions for middle/distance races under the lights at APU.
- FloTrack live stream.
- **New fast track** surface by Beynon.
- Friday - Collegiate and Elite preliminary heats for the 100m and 100/110 Hurdles with finals for both sections on Saturday.
- Afternoon **tailwinds for Long Jump** on Friday, and Triple Jump on Saturday creates the best conditions for each event and allows for easier doubling.
- Afternoon tailwinds for Pole Vault.
- The Hammer and Javelin throws are on Friday at Claremont College for **optimal conditions** and a safer environment. Shot Put and Discus at APU on Saturday.
- **Low team registration price** of \$500 per gender (does not include Javelin or Hammer fee's).

REGISTRATION

Registration Window:

OPEN: Monday, March 14th @ 12:00 AM Pacific Time.

CLOSE: Monday, May 5th @ 6:00 PM Pacific Time.

Accepted Entries Posted: **Tuesday, May 6th @ 6:00 PM Pacific Time.**

Scratches: Tuesday, May 6th @ 6:00 PM Pacific Time. Send Scratches to Meet Directors:
aisennock@apu.edu (distance) / jhoyt@apu.edu (all other events)

Heat Sheets Posted:

Wednesday, May 7th @ 7:00 PM Pacific Time [via Finished Results Website]

Standards: Only entries hitting time **STANDARDS** are guaranteed.

- Must have been run on or after January 1st, 2024.
- If using a “speculative” mark, **YOU MUST** link performance in the notes to be considered.

General Information:

- The only method for entry is online through DirectAthletics under the meet name: **APU Franson Last Chance**.
- Meet Schedule, Information and Standards will be posted via [APU Athletics](#) & [Franson Last Chance Website](#).

- Accepted Entries, Heat Sheets and Live Results will be posted via [Finished Results](#) and [Franson Last Chance](#) Website.
- Must hit **MEET ENTRY STANDARDS** to guarantee competition. We will fill ALL fields to capacity with non-standard entries when possible.
- **Registration for Javelin and Hammer:** <https://www.directathletics.com/meets/track/89865.html>

Entry Fees:

- Entry fees must be paid online through direct athletics before entries close.
- Entry Fees are only entry fees, not a competition fee. **No Refunds.**
- **Hammer and Javelin** are \$40 per entry and must be paid online and entered separately through Direct Athletics under the meet name: **APU Franson Last Chance Javelin and Hammer**
- **Collegiate Entry: Team Entry Cap Fee** (\$500 per gender - does not include Hammer or Javelin entries) must be paid online through direct athletics before entries close. \$40 per event entered. \$50 per entry in the 800m, 1500, Steeple, 5K. \$60 for all 10K entries.
- **Individual/Open Entry:** \$40 per event entered. \$50 for 800m, 1500m, 3000m SC and 5K. \$60 for 10K.

DECATHLON AND HEPTATHLON MEET INFORMATION

Decathlon and Heptathlon registration is open and is separately listed at Direct Athletics under the meet name: **APU Franson Decathlon and Heptathlon** - \$250 per entry. To keep the competition moving fast, opening bar for high jump (Heptathlon 1.40, Decathlon 1.70m) Opening bar for decathlon pole vault 3.60m. Contact jhoyt@apu.edu with questions.

Specific meet information can be found at:

<https://athletics.apu.edu/sports/2019/4/30/azusa-pacific-home-track-meets-2019.aspx>

SPORTS MEDICINE

- A certified athletic trainer will be on site at all times during the meet to provide first aid, ice and emergency care.
- All teams and individuals competing are highly encouraged to bring their athletic trainers to the meet. If NOT traveling with an athletic trainer and/or you have any specific treatment requests, please notify Krystal Montes [kmontes@apu.edu] at least 48 hours in advance of the competition.
- Traveling athletic trainers should be stationed/set up in the allowable team camp areas listed below.
- APU SM is located at the SE corner of the track. Ice will be available as well as emergency response an hour prior to scheduled event start time.

TEAM CAMPS

- Teams will be permitted to set up tents and station Athletic Trainers in the following areas:
 - On Dillon Rec Field.

CHECK IN PROCEDURES

All Track Races

- Check-in, **Shoe Check (¼" pyramid only)**, and hip numbering will be done at the same time at the Southwest corner of the track entry gate near the 100m start.
- **Check In:** 60 minutes or more prior to your race start time at the clerking tent.
- **10 minutes prior to your race**, return to the start of your event area. You can get final strides in the outer lanes after races cut in. Longer Warm Ups should be completed on Dillon Recreation Field across the parking lot from the track entrance. **BE LISTENING FOR HEAT NUMBERS TO BE CALLED.** Races will go off within a minute of previous heat finishing.

- **Friday Rounds** for 100 meters and 100/110 Hurdles. After entries close, we will post the number of preliminary heats and advancement procedures using Rule 12.3.

FIELD EVENTS

- Check in at their event. **Shoe Check (¼" pyramid maximum. Javelin and high jump ⅜" pyramid allowed)**
- **Pole Vaulters:** 60 minutes prior to their section start time.
- **High Jumpers:** must check in 45 minutes prior to the start time or will be scratched. Measuring one's approach mark must be completed 30 minutes prior to event start time.
- **Throwers & Horizontal Jumpers:** 30 minutes prior to their flights start time or immediately after the proceeding flight concludes.
- **Implement certification 9:00 AM - 1:00 PM** next to the finish line tent.
- **Hammer and Javelin** Check-in at event area 30 minutes prior to competition start time or immediately after the preceding competition has been completed. Implements will be certified 1 hour prior to competition start time at Claremont College throwing area.

NCAA RULES REGARDING LANE VIOLATIONS AND SHOE REQUIREMENTS

- Lane Violations: Officials will be closely monitoring the turns and lane lines and disqualifying competitors stepping on the lane line or curb more than once in a race.
- Footwear: The NCAA requires that all shoes be in compliance with the World Athletics approved shoe list [<https://www.worldathletics.org/about-iaaf/documents/technical-information>].
- **Random shoe checks** at the conclusion of events will take place. **Any competitor found competing in shoes that are not found on the World Athletic shoe list will be disqualified.**

LIVE STREAMING [FLOTRACK]

- The Franson Last Chance Meet will be live streamed through Flotrack. Flotrack Subscription Required. Link: [Franson Last Chance Live Stream](#)

PACING



Wavelight Pacing Lights for all races 800m and up.

For Distance Races:

- **800m** TBA
- **1,500m:** TBA
- **5,000m:** TBA
- **10,000m:** TBA
- **3,000m SC:** TBA

NOTE: For the fastest heat in the 1500m, 3k SC, 5k and 10k we do have **funding available** for post-collegiate athletes interested in pacing. Email Ayrton Ledesma-Isennock with inquiries at aisennock@apu.edu

MEET ENTRY STANDARDS

EVENT	MEN	WOMEN
100m	11.70	13.40
200m	24	27.40
400m	51.5	61
800m	2:10	2:30
1500m	4:30	5:30
3000 SC	10:15	12:30
5000m	16:30	19:30
10000m	33:00:00	41:00:00
110m H / 100m H	16.00	16.50
400m H	58.50	67
High Jump	Opening height 1.75	Opening height 1.40
Pole Vault	Opening height 4.10	Opening height 3.10
Long Jump	6.65	5.0
Triple Jump	Take-off board is at 12.20m	Take-off board is at 10m
Shot Put	11	10
Discus	33m	30m
Javelin	40m	30m

2025 TENTATIVE MEET SCHEDULE

Thursday, May 8th

1:00 PM **Decathlon** 100m (Long Jump 2:00, Shot Put 3:00, High Jump 4:00, 400m 5:30 PM)

1:30 PM **Heptathlon** 100m Hurdles (High Jump 2:35, Shot Put 4:00, 200m 5:00 PM)

Friday, May 9th

[UPDATED MAY 2, 2025]

9:00 AM to 10:00 AM Hammer Weigh ins

10:00 AM Women's Hammer start. Men to follow Women

12:30 PM to 1:30 PM Javelin Weigh ins

2:00 PM Women's Javelin start. Men to follow Women

****The Decathlon/Heptathlon will be on a rolling schedule. Approximate times are listed below.**

1:00 PM Decathlon 110 Hurdles (**1:40 PM DT, 2:45 PM PV, 4:00 PM JT, 5:30 PM 1500m)

1:00 PM Heptathlon Long Jump (South Runway) (**Javelin 2:00 PM, 800m 3:30 PM)

2:00 PM Women's Long Jump (North Runway. 3 Flights and Finals) ,

4:30 PM Men's Long Jump (South Runway. 2 Flights and Finals).

[UPDATED MAY 7, 2025]

Sprints and Hurdle Preliminary Rounds **Due to the number of open entries, there will be one section for the 110/100 Hurdles and one section for Women's 100m. Men's 100m will have open and a collegiate sections.**

2:00 PM Men's 110m Hurdles Preliminary (3 Heats. Top 8 times advance to Saturday's Final)

3:00 PM	Women's 100 Hurdles Preliminary (3 Heats, Top 8 times advance to Saturday's Final)
3:30 PM	Collegiate Men's 100m Preliminary (7 Heats. Winners plus top 17 times to Friday's Semi-Final)
3:50 PM	Elite Men's 100m Preliminary (5 Heats. Heat winners plus top 19 times to Friday's Semi-Final)
4:10 PM	Women's 100m Preliminary (7 Heats. Heat winners plus top 17 times to Friday's Semi-Final)
4:40 PM	Collegiate Men's 100m Semi-Final (3 Heats. Winners plus top 5 times to Saturday's Final)
4:55 PM	Elite Men's 100m Semi-Final (3 Heats. Winners plus top 5 times to Saturday's Final)
5:10 PM	Women's 100m Semi-Final (3 Heats. Winners plus top 5 times to Saturday's Final)

DISTANCE CARNIVAL [[UPDATED MAY 6, 2025](#)]

6:00 PM	Women's 800m [Slow to Fast: 8-9 heats]
6:30 PM	Men's 800m [Slow to Fast: 12-13 heats]
7:15 PM	Men's 5000m Heat 1
7:31 PM	Women's 5000m Heat 1
7:51 PM	Men's 5000m Heat 2
8:07 PM	Women's 5000m Heat 2
8:27 PM	Men's 5000m Heat 3
8:43 PM	Women's 5000m Heat 3 [Fastest Section]
9:03 PM	Men's 5000m Heat 4 [Fastest Section]
9:25 PM	Men's 10000m Heat 1
10:00 PM	Women's 10000m Heat 1
10:40 PM	Men's 10000m Heat 2 [Fastest Section]

Done by 11:10pm

SATURDAY, MAY 10TH

FIELD EVENTS [[UPDATED MAY 6, 2025](#)]

11:00 AM	Men's Shot Put (2 Flights and Finals)
11:00 AM	Women's Discus (2 Flights and Finals)
11:00 AM	Men's Pole Vault (B Flight)
12:00 PM	Men's High Jump (14 entered)
1:00 PM	Men's Pole Vault (A Flight) - estimated start time following completion of the men's B pole vault.
1:00 PM	Men's Triple Jump(2 Flights and Finals)
2:00 PM	Men's Discus (2 Flights and Finals)
2:00 PM	Women's High Jump (21 entered)
2:00 PM	Women's Shot Put (1 Flight and Finals)
3:30 PM	Women's Pole Vault - estimated start time following the completion of the men's A pole vault.
3:30 PM	Women's Triple Jump (2 Flights and Finals)

RUNNING EVENTS [[UPDATED MAY 6, 2025](#)]

1:00 PM	Welcome and National Anthem
1:10 PM	Women's 4x100m
1:15 PM	Men's 4x100m
1:35 PM	Men's 110m H FINAL
1:45 PM	Women's 100m H FINAL
1:55 PM	Women's 400m
2:10 PM	Men's 400m
2:30 PM	Women's 100m FINAL
2:34 PM	Men's 100m FINAL
2:47 PM	Men's Elite 100m FINAL
3:00 PM	Women's 400m H
3:20 PM	Men's 400m H
3:40 PM	Women's 200m

4:00 PM Men's 200m
4:30 PM Women's 4x400m
4:40 PM Men's 4x400m

DISTANCE CARNIVAL [UPDATED MAY 6, 2025]

8:00 PM Women's 1500m [Slow to Fast: 7 heats]
8:45 PM Men's 1500m [Slow to Fast: 11-12 heats]
9:50 PM Women's 3000m SC [Slow to Fast: 2 heats]
10:20 PM Men's 3000m SC [Slow to Fast: 2 heats]

Done by 10:45pm

MEET / PARKING MAP

