**Adusted 3/16 Schedule**

**Franson Classic, March 19th 2022**
*Named in honor of APU Hall of Fame Coach Dr. Terry Franson*

Meet Notes:

* All heats and flights will be seeded best marks in first flight or heat.
* 4 attempts for throws and horizontal jumps.
* Pole Vault Bar Progression: Women: 2.50, 2.70, 2.90, 3.05 (+15)
* Men: 3.20, 3.40, 3.60, 3.80, 4.0, 4.15 (+15)
* High Jump Bar opening height: 1.40 (+5 to 1.170, +3 after)
* Men: 1.70 (+5 to 2.0, +3 after)

March 19, 2022

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| Running Event Schedule | Field Event Schedule |
| 1:00 PM Terry Franson Introduction * Prayer, National Anthem

1:10 PM Women’s 4x100m 1 heat1:15 PM Men’s 4x100m 1 heat1:30 PM Women’s 3000m SC 1 heat1:45 PM Men’s 3000m SC 1 heat2:10 PM Women’s 100m H 4 heats2:45 PM Men’s 110m H 2 heats3:00 PM Women’s 400m 3 heats3:10 PM Men’s 400m 5 heats3:35 PM Women’s 100m 4 heats3:50 PM Men’s 100m 8 heats4:15 PM Women’s 800m 2 heats4:25 PM Men’s 800m 5 heats4:55 PM Women’s 400m H 2 heats5:10 PM Men’s 400m H 2 heats5:30 PM Women’s 200m 8 heats5:55 PM Men’s 200m 9 heats6:25 PM Women’s 4x400m 1 heat6:35 PM Men’s 4x400m 2 heats6:50 PM Women’s 1500m 2 heats7:10 PM Men’s 1500m 3 heats7:30 PM Women’s 5000m 1 heat8:00 PM Men’s 5000m 2 heats | 10:00 AM Women’s Javelin 2 flights of 1210:00 AM Women’s High Jump 1 flight of 1810:00 AM Men’s Long Jump 3 flights of 1212:00 PM Men’s High Jump 1 flight of 1012:00 PM Men’s Javelin 2 flights of 1112:00 PM Women’s Long Jump 2 flights of 141:00 PM Women’s Pole Vault 1 flight of 202:00 PM Women’s Discus 2 flights of 102:00 PM Men’s Shot Put 3 flights of 102:00 PM Men’s Triple Jump 1 flight of 173:30 PM Men’s Pole Vault 1 flight of 114:00 PM Men’s Discus 3 flights of 104:00 PM Women’s Shot Put 2 flights of 134:00 PM Women’s Triple Jump 1 flight of 19 |

**Additional Meet Details:**

* Spike Check: Athletes will have their spike length checked at the Clerking Tent at the SW entrance to the track. Only 1/4” pyramid or shorter will be permitted on the track. After entering the track, running event athletes are encouraged to put their competition shoes on in the corner of the track behind the 110 Hurdle Starting line. Field event athletes should report to the official at their event.
* Implement certification will be located at the Finish Line Tent and must be completed by noon.
* Parking: In the main lot next to Cougar Stadium off of N. Citrus Drive.
* Team camps will only be permitted in the stadium or parking lot. Locker room and shower use can be made available for college teams upon request.
* Rules: NCAA rules will dictate the procedures of the meet.
* Covid protocol will be announced 2 weeks prior to the competition. At this time the only restriction is to be masked if not competing.
* $5 admission for spectators.

**HEAT SHEETS AND ATHLETE CHECK-IN PROCEDURES**

* Updated meet schedule, heats, and flights will be posted at Finished Results and at the APU track webpage. Heat sheets will also be available at the Finish Line Tent.
* Running events: Report 20 minutes prior to your start time and pick up a hip number at the Clerking/spike-check tent at the SW track entry gate near the 100m starting line. Athletes will be let onto the track and allowed a short warmup on the track. Longer warmups should be completed on Dillon Recreation Filed across the parking lot from the track entrance.
* Field Event athlete check-in times:
	+ Pole Vaulters - 60 minutes prior to the event start time.
	+ High Jumpers - 45 minutes prior to the event start time.
	+ Throwers and Horizontal Jumpers should check in at their event 30 minutes prior to their start times.

SPORTS MEDICINE CONSIDERATIONS

* Your SM staff should be stationed in your designated team area.
* APU SM is located at the SE corner of the track. Ice will be available as well as emergency response.
* If you will NOT be traveling with an Athletic Trainer and/or you have any specific treatment requests please notify Rachelle Cyrus (rcyrus@apu.edu) at least 48 hours in advance.
* All attendees should have body temperatures at or below the established level of safety (100.4 degrees).