

APU Franson Last Chance, May 12-13

Meet changes (5/11/23 @ 12:00 PM):

- We have adjusted the distance carnivals due to heat. 1500's and Steeples have been flipped. Be sure to follow this adjusted schedule.
- A qualifying round has been added to the men's 100m. Entries faster than 10.80 were automatically admitted into the preliminary round.
- Hammer throw will be contested at Claremont College.
- See check-in procedures below

For more information, contact seansmith@apu.edu

APU FRANSON LAST CHANCE COMPETITION SCHEDULE

Friday, May 12

Friday Track Prelims and Multi

1:00 PM	Decathlon 100m (LJ 1:40, SP 2:40, HJ 3:40, 400m 5:45)
1:30 PM	Heptathlon 100m Hurdles (HJ 2:10, SP 3:40, 200m 4:40)
1:40 PM	Women's 100 Hurdles Prelims
2:10 PM	Men's 110m Hurdles Prelims
2:30 PM	Men's 100m Qualifying Rounds (7 heats. Heat winners plus top 3 times advance)
2:50 PM	Women's 100m Prelims (7 heats, heat winner plus top time advance)
3:30 PM	Men's 100m Prelims (6 heats, heat winner plus top 2 times advance)

Distance Carnival

7:00 PM	Women's 800m	6 Heats [Fast to Slow]
7:20 PM	Men's 800m	12 Heats [Fast to Slow]
8:00 PM	Women's 5000m	2 Heats [Slow to Fast]
8:40 PM	Men's 5000	4 Heats [Slow to Fast]
9:50 PM	Women's 10000m	1 Heat
10:10 PM	Men's 10000m	1 Heat

Friday Field Events at APU Track

12:00 PM	Men's Javelin (followed by women's javelin)
2:00 PM	Men's Discus (followed by Women's Discus)
2:30 PM	Men's Long Jump (south pit)
3:30 PM	Women's Long Jump (north pit)

Friday Hammer Throw – Contested at Claremont College hammer field

9:00 AM	Implement certification (at Claremont)
10:00 AM	Women's Hammer (followed by Men's Hammer)

Saturday, May 13

1:00 PM	Welcome and National Anthem
1:10 PM	Women's 4x100m
1:15 PM	Men's 4x100m
1:30 PM	Decathlon 110 H
1:40 PM	Men's 110m H FINALS
1:55 PM	Women's 100m H FINALS
2:05 PM	Women's 400m
2:15 PM	Men's 400m
2:35 PM	Women's 100m FINALS
2:40 PM	Men's 100m FINALS
2:50 PM	Women's 400m H
3:05 PM	Men's 400m H
3:30 PM	Women's 200m
3:50 PM	Men's 200m
4:20 PM	Heptathlon 800m
4:30 PM	Women's 4x400m
4:45 PM	Men's 4x400m

Distance Carnival

6:45 PM	Women's 4x800m Relay	1 Heat
7:00 PM	Women's 1500m	6 Heats [Slow to Fast]
7:40 PM	Men's 1500m	10 Heats [Slow to Fast]
8:40 PM	Women's 3000m SC	1 Heat
9:00 PM	Men's 3000m SC	2 Heats [Slow to Fast]

Saturday Day Field Events

12:30 PM	Women's Pole Vault (West pit)
12:30 PM	Men's Shot Put (Women to follow)
12:30 PM	Women's Triple Jump
1:00 PM	Men's High Jump (Women to follow)
2:00 PM	Heptathlon Long Jump (rolling schedule for Javelin, and 800m)
2:00 PM	Men's Pole Vault (East Pit)
2:15 PM	Decathlon Discus (rolling schedule for pole vault, javelin, and 1500m)
3:00 PM	Men's Triple Jump

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 next to the Finish Line Tent on the infield 11:00-1:00 on both days.
- Parking: In the main lot next to Cougar Stadium off of N. Citrus Drive.
- Team camps will only be permitted in the stadium or on the edge of Dillon Rec Field. Locker room and shower use can be made available for college teams upon request.
- Rules: NCAA rules will dictate the procedures of the meet.
- Free admission for spectators.

HEAT SHEETS AND ATHLETE CHECK-IN PROCEDURES

- Sprints and hurdles: **Check in NO LATER than 30 minutes prior to your event. (updated 5/8/23) at the Clerking/spike-check tent at the SW track entry gate near the 100m starting line.** 10 minutes prior to your race, athletes will be let onto the track and allowed a short warmup on the track. Longer warmups should be completed on Dillon Recreation Field across the parking lot from the track entrance.
- Distance carnival (800, 1500, 5k, 10k, Steeple): **Check in NO LATER than 30 minutes prior to your event. (updated 5/8/23). Friday Check-In Open 5:30 to 9:30 PM. Saturday Check-In Open 5:30 to 8:30 PM**
- 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 the event start time.

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.

