



**2025 FRANSON LAST CHANCE
MEET STANDARDS
May 8th, 9th & 10th**

Notes:

- We are not giving refunds for athletes who are entered but do not hit the 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