

2018 POLAR DOG INVITE

CONCORDIA UNIVERSITY - BULLDOG FIELD HOUSE

FRIDAY, JANUARY 19, 2018

FINAL Schedule

Multi EVENTS *(Women's Pentathlon Only)*

3:30 pm	60 Hurdles	(W)	
4:10 <i>estimated</i>	High Jump	(W)	
5:30 <i>estimated</i>	Shot Put	(W)	Wood Ring in high jump area
6:15 <i>estimated</i>	Long Jump	(W)	West Infield Sand Pit
7:00 <i>estimated</i>	800m	(W)	

FIELD EVENTS

4:00 pm	Weight Throw	(M)	Followed by Weight Throw (W)
4:00	Long Jump	(W)	Followed by Long Jump (M) – North Sand Pit
4:00	Triple Jump	(M)	West Infield Sand Pit
4:00	Pole Vault	(W)	Followed by Pole Vault (M)
6:30	High Jump	(W)	Followed by High Jump (M)
6:15 <i>estimated</i>	Triple Jump	(W)	North pit
7:00 <i>estimated</i>	Shot Put	(M)	Followed by Shot Put (W)

RUNNING EVENTS - WE WILL NOT GO MORE THAN 10MIN AHEAD OF SCHEDULE

4:00 pm	60 Hurdles Prelims	(W)
4:10	60 Hurdles Prelims	(M)
4:20	60 Dash Prelims	(W)
4:25	60 Dash Prelims	(M)
4:30	Mile	(W)
4:40	Mile	(M)
4:50	800	(W)
5:00	800	(M)
5:10	400	(W)
5:20	400	(M)
5:30	60 Hurdles Final	(W)
5:35	60 Hurdles Final	(M)
5:40	60 Dash Final	(W)
5:45	60 Dash Final	(M)
5:50	600	(W)
5:55	600	(M)
6:05	1000	(W)
6:15	1000	(M)
6:20	200	(W)
6:40	200	(M)
7:00	5000	(W)
7:30	5000	(M)
7:50	4 x 800 Relay	(W)
8:05	4 x 800 Relay	(M)
8:15	4 x 400 Relay	(W)
8:20	4 x 400 Relay	(M)

