

# 2019 CONCORDIA POLAR DOG

CONCORDIA UNIVERSITY - BULLDOG FIELD HOUSE

SATURDAY, JANUARY 19, 2019

## ***FINAL Schedule***

### **Multi Events** (*Women's Pentathlon*)

1:30 pm	60 Hurdles	(W) pentathlon
2:10	High Jump	(W)
3:30	Shot Put	(W)
4:15	Long Jump	(W)
5:00	800	(W)

### **Field Events**

2:00 pm	Weight Throw	(M)	Followed by Weight Throw	(W)
2:00	Long Jump	(W)	Followed by Long Jump	(M) North Runway
2:00	Triple Jump	(M)	Competed on infield runway	
2:00	Pole vault	(W)	Followed by Pole Vault	(M)
4:15 <i>estimated</i>	Triple Jump	(W)	North Runway	
4:30	High Jump	(W)	Followed by High Jump	(M)
5:00 <i>estimated</i>	Shot Put	(M)	Followed by Shot Put	(W)

## **RUNNING EVENTS - ROLLING SCHEDULE** (*We won't go more than 15min ahead*)

1:00 pm	3000m Race walk	(W)	3:40	60 Dash Final	(W)
1:30	3000m Race walk	(M)	3:45	60 Dash Final	(M)
2:00	60 Hurdles Prelims	(W)	3:50	600	(W)
2:10	60 Hurdles Prelims	(M)	3:55	600	(M)
2:20	60 Dash Prelims	(W)	4:05	1000	(W)
2:30	60 Dash Prelims	(M)	4:10	1000	(M)
2:40	Mile	(W)	4:20	200	(W)
2:50	Mile	(M)	4:30	200	(M)
3:00	800	(W)	4:45	5000	(W)
3:05	800	(M)	5:15	5000	(M)
3:10	400	(W)	5:40	4 x 800 Relay	(W)
3:15	400	(M)	5:50	4 x 800 Relay	(M)
3:30	60 Hurdles Final	(W)	6:00	4 x 400 Relay	(W)
3:35	60 Hurdles Final	(M)	6:05	4 x 400 Relay	(M)

