

2019 CONCORDIA EARLY BIRD

CONCORDIA UNIVERSITY - BULLDOG FIELD HOUSE

FRIDAY, DECEMBER 13 – SATURDAY, DECEMBER 14, 2019

Friday, December 13, 2019

FINAL Schedule

Multi Events (estimated start times)

| | | | | | |
|---------|------------|----------------|---------|-----------|----------------|
| 4:00 pm | 60 Hurdles | (W) pentathlon | 4:15 pm | 60 Dash | (M) heptathlon |
| 4:35 | High Jump | (W) | 4:50 | Long Jump | (M) |
| 5:35 | Shot Put | (W) | 5:30 | Shot Put | (M) |
| 6:20 | Long Jump | (W) | 6:10 | High Jump | (M) |
| 7:05 | 800 | (W) | | | |

Saturday, December 14, 2019

Multi Events (estimated start times)

| | | |
|----------|------------|----------------|
| 10:00 am | 60 Hurdles | (M) heptathlon |
| 10:35 | Pole Vault | (M) |
| 12:00 pm | 1000 | (M) |

Field Events

| | | | | |
|----------|--------------|-----|--------------------------|--------------------|
| 11:00 am | Weight Throw | (M) | Followed by Weight Throw | (W) |
| 12:00 pm | Long Jump | (W) | Followed by Triple Jump | (W) North Runway |
| 12:00 | Triple Jump | (M) | Followed by Long Jump | (M) Infield Runway |
| 12:00 | Pole vault | (W) | Followed by Pole Vault | (M) |
| 2:00 | Shot Put | (M) | Followed by Shot Put | (W) |
| 2:30 | High Jump | (W) | Followed by High Jump | (M) |

RUNNING EVENTS – We will keep to the time schedule for running events.

| | | | | | |
|---------|--------------------|-----|------|---------------|-----|
| 1:00 pm | 60 Hurdles Prelims | (W) | 2:45 | 600 | (M) |
| 1:10 | 60 Hurdles Prelims | (M) | 2:50 | 400 | (W) |
| 1:20 | 60 Dash Prelims | (W) | 2:55 | 400 | (M) |
| 1:30 | 60 Dash Prelims | (M) | 3:00 | 1000 | (W) |
| 1:40 | 800 | (W) | 3:10 | 1000 | (M) |
| 1:50 | 800 | (M) | 3:20 | 3000 | (W) |
| 2:00 | Mile | (W) | 3:35 | 3000 | (M) |
| 2:10 | Mile | (M) | 3:45 | 200 | (W) |
| 2:20 | 60 Hurdles Final | (W) | 3:50 | 200 | (M) |
| 2:25 | 60 Hurdles Final | (M) | 4:00 | 4 x 800 Relay | (W) |
| 2:30 | 60 Dash Final | (W) | 4:10 | 4 x 800 Relay | (M) |
| 2:35 | 60 Dash Final | (M) | 4:20 | 4 x 400 Relay | (W) |
| 2:40 | 600 | (W) | 4:25 | 4 x 400 Relay | (M) |

