

2021 CONCORDIA POLAR DOG

CONCORDIA UNIVERSITY - BULLDOG FIELD HOUSE

FRIDAY, JANUARY 22, 2021

Friday, January 22, 2021

FINAL Schedule

Field Events

4:00 pm	Weight Throw	(M)	Followed by Weight Throw	(W)
4:00	Long Jump	(W)	Followed by Triple Jump	(W) North Runway
4:00	Triple Jump	(M)	Followed by Long Jump	(M) Infield Runway
4:00	Pole vault	(W)	Followed by Pole Vault	(M)
6:00	High Jump	(W)	Followed by High Jump	(M)
6:30	Shot Put	(M)	Followed by Shot Put	(W)

RUNNING EVENTS - WILL NOT GO MORE THAN 5-10MIN AHEAD OF SCHEDULE

3:45	Coaches Meeting @ start/finish area		6:35	600	(W)
4:30	4 x 800 Relay	(W)	6:45	600	(M)
4:55	60 Hurdles Prelims	(W)	6:55	400	(W)
5:05	60 Hurdles Prelims	(M)	7:05	400	(M)
5:15	60 Dash Prelims	(W)	7:15	1000	(W)
5:25	60 Dash Prelims	(M)	7:25	1000	(M)
5:35	800	(W)	7:35	200	(W)
5:45	800	(M)	7:45	200	(M)
6:05	Mile	(M)	7:55	5000	(W)
6:15	60 Hurdles Final	(W)	8:20	5000	(M)
6:20	60 Hurdles Final	(M)	8:40	4 x 400 Relay	(W)
6:25	60 Dash Final	(W)	8:45	4 x 400 Relay	(M)
6:30	60 Dash Final	(M)			

