

# 2022 BULLDOG EARLY BIRD

CONCORDIA UNIVERSITY - BULLDOG FIELD HOUSE  
FRIDAY, DECEMBER 9 – SATURDAY, DECEMBER 10, 2022

## Friday, December 9, 2022

## FINAL Schedule

### Multi Events (estimated start times)

|         |            |                |         |           |                |
|---------|------------|----------------|---------|-----------|----------------|
| 2:00 pm | 60 Hurdles | (W) pentathlon | 2:15 pm | 60 Dash   | (M) heptathlon |
| 2:35    | High Jump  | (W)            | 2:50    | Long Jump | (M)            |
| 3:35    | Shot Put   | (W)            | 3:30    | Shot Put  | (M)            |
| 4:20    | Long Jump  | (W)            | 4:10    | High Jump | (M)            |
| 5:05    | 800        | (W)            |         |           |                |

## Saturday, December 10, 2022

### Multi Events (estimated start times)

|          |            |                |
|----------|------------|----------------|
| 9:00 am  | 60 Hurdles | (M) heptathlon |
| 9:35     | Pole Vault | (M)            |
| 11:00 pm | 1000       | (M)            |

### Field Events

|          |              |     |                          |                    |
|----------|--------------|-----|--------------------------|--------------------|
| 12:00 pm | Weight Throw | (M) | Followed by Weight Throw | (W)                |
| 12:00    | 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)                |
| 3:00     | Shot Put     | (M) | Followed by Shot Put     | (W)                |
| 2:30     | High Jump    | (W) | Followed by High Jump    | (M)                |

### RUNNING EVENTS – WILL NOT GO MORE THAN 10 MINUTES AHEAD OF SCHEDULE

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

