

# 2023 CONCORDIA POLAR DOG

CONCORDIA UNIVERSITY - BULLDOG FIELD HOUSE

SATURDAY, JANUARY 21, 2023

## **FINAL Schedule**

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

9:30 am	60 Hurdles	(W)
10:00	High Jump	(W)
11:15	Shot Put	(W) <i>Pentathlon Shot Put will be contested on the high jump apron</i>
12:00	Long Jump	(W) <i>Pentathlon Long Jump will be contested on the infield runway</i>
12:45	800	(W)

### **Field Events**

12:00 pm	Weight Throw	(M)	Followed by Weight Throw	(W)
12:00	Shot Put	(W)	<i>Women's Shot Put will be contested on the high jump apron</i>	
12:00	Long Jump	(W)	Followed by Triple Jump	(W) North Runway
12:00	Pole vault	(W)	Followed by Pole Vault	(M)
2:00	Long Jump	(M)	Followed by Triple Jump	(M) Infield runway
4:00	High Jump	(W)	Followed by High Jump	(M)
5:00 estimated	Shot Put	(M)		

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

2:00 pm	3000m Race Walk	(W/M)	5:25	60 Dash Final	(W)
<del>3:00</del>	<del>Distance Med. Relay</del>	<del>(W)</del>	5:30	60 Dash Final	(M)
3:15	Distance Med. Relay	(M)	5:35	1000	(W)
3:30	60 Hurdles Prelims	(W)	5:45	1000	(M)
3:40	60 Hurdles Prelims	(M)	5:55	Mile	(W)
3:55	60 Dash Prelims	(W)	6:10	Mile	(M)
4:10	60 Dash Prelims	(M)	6:25	200	(W)
4:25	800	(W)	6:45	200	(M)
4:30	800	(M)	7:05	5000	(W)
4:35	400	(W)	7:35	5000	(M)
4:45	400	(M)	8:00	4 x 400 Relay	(W)
4:55	600	(W)	8:10	4 x 400 Relay	(M)
5:10	600	(M)			
5:15	60 Hurdles Final	(W)			
5:20	60 Hurdles Final	(M)			

