

# 2026 CONCORDIA POLAR DOG

CONCORDIA UNIVERSITY, NEBRASKA

FRIDAY, JANUARY 23, 2026

## **TENTATIVE Schedule**

### **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	Pole vault	(W)	Followed by Pole Vault	(M)
2:00	Long Jump	(M)	Followed by Triple Jump	(M) Infield Runway
4:00 <i>estimated</i>	Shot Put	(M)	Followed by Shot Put	(W)
4:00	High Jump	(W)	Followed by High Jump	(M)

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

2:30	60 Hurdles Prelims	(W)	4:50	400	(W)
2:40	60 Hurdles Prelims	(M)	5:00	400	(M)
2:50	60 Dash Prelims	(W)	5:15	1000	(W)
3:05	60 Dash Prelims	(M)	5:25	1000	(M)
3:20	800	(W)	5:35	200	(W)
3:25	800	(M)	5:50	200	(M)
3:35	600	(W)	6:10	5000	(W)
3:45	600	(M)	6:30	5000	(M)
3:55	60 Hurdles Final	(W)	6:50	3000m Race Walk	(W/M)
4:00	60 Hurdles Final	(M)	7:20	4 x 400m Relay	(W)
4:05	60 Dash Final	(W)	7:25	4 x 400m Relay	(M)
4:10	60 Dash Final	(M)	7:35	4x800m Relay	(W)
4:15	Mile	(W)	7:45	4x800m Relay	(M)
4:30	Mile	(M)			

