

# 2024 BULLDOG EARLY BIRD

CONCORDIA UNIVERSITY, NEBRASKA

FRIDAY, DECEMBER 13 – SATURDAY, DECEMBER 14, 2024

## Friday, December 13, 2024

## TENTATIVE 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 14, 2024

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

|          |                       |       |      |               |     |
|----------|-----------------------|-------|------|---------------|-----|
| 12:00 pm | 3000m Race Walk       | (W/M) | 4:05 | 60 Dash Final | (M) |
| 2:00     | Distance Medley Relay | (W)   | 4:10 | 800           | (W) |
| 2:15     | Distance Medley Relay | (M)   | 4:20 | 800           | (M) |
| 2:30     | 60 Hurdles Prelims    | (W)   | 4:30 | 400           | (W) |
| 2:40     | 60 Hurdles Prelims    | (M)   | 4:40 | 400           | (M) |
| 2:50     | 60 Dash Prelims       | (W)   | 4:50 | 1000          | (W) |
| 3:05     | 60 Dash Prelims       | (M)   | 5:00 | 1000          | (M) |
| 3:20     | 600                   | (W)   | 5:10 | 200           | (W) |
| 3:25     | 600                   | (M)   | 5:30 | 200           | (M) |
| 3:30     | Mile                  | (W)   | 6:00 | 3000          | (W) |
| 3:40     | Mile                  | (M)   | 6:15 | 3000          | (M) |
| 3:50     | 60 Hurdles Final      | (W)   | 6:45 | 4 x 400 Relay | (W) |
| 3:55     | 60 Hurdles Final      | (M)   | 6:55 | 4 x 400 Relay | (M) |
| 4:00     | 60 Dash Final         | (W)   |      |               |     |

