

2022 CFL NATIONAL COMBINE SCHEDULE

THURSDAY MARCH 24th (Westin Harbour Castle)

2:00 PM – 10:00 PM Player Medicals
2:00 PM – 10:00 PM Measurements & Flexibility Tests

FRIDAY MARCH 25th (Westin Harbour Castle)

9:00 AM – 4:30 PM Player Medicals
9:00 AM – 4:30 PM Measurements & Flexibility Tests
10:00 AM – 3:30 PM Global Player Interview Sessions
4:30 PM Group meeting with all participants
5:00 PM – 6:30 PM Height/Weight Measurements & Video Shoot
7:30 PM – 9:30 PM National Player Interview Sessions

SATURDAY MARCH 26th (Westin Harbour Castle)

9:45 AM – 11:45 AM National Interview Sessions
2:00 PM Global Players begin circuit
 Vertical Jump
 Order: WRs, LBs, QBs, RBs, DL, OL
2:45 PM National Players begin circuit **approximate time**
 Vertical Jump
 Order: DBs, WRs, LBs, QBs, RBs, DL, OL
3:45 PM Bench Press warmups begin
4:00 PM Global Players begin Bench Press
 Order: WRs, LBs, QBs, RBs, DL, OL
5:00 PM National Players begin Bench Press **approximate time**
 Order: DBs, WRs, LBs, QBs, RBs, DL, OL
8:00 PM – 10:00 PM National Interview Sessions





CANADIAN FOOTBALL LEAGUE

SUNDAY MARCH 27th (University of Toronto)

- 9:00 AM - 9:50 AM OL/DL begin on-field tests
- 40-yard dash – Global DL
 - 3 Cone – National DL
 - Shuttle – National OL
 - Broad Jump – National OL & Global OL
- 10:00 AM – 10:45 AM OL/DL Indy drills & one-on-ones
- 10:45 AM – 11:00 AM Long Snappers workout
- 11:00 AM – 12:45 PM LB/QB/RB/DB/WR on-field tests
- 40-yard dash – Global LBs, QB, RBs & WRs
 - 3 Cone – National LBs, QBs & RBs
 - Shuttle – National DBs
 - Broad Jump – National WRs
- 1:00 PM – 2:00 PM RB/LB/QB Indy drills & one-on-ones
- 2:00 PM - 3:00 PM WR/DB Indy drills & one-on-ones

