



CFL Invitational Combine Schedule

Friday March 8th, 2024 – Waterloo Fieldhouse (Waterloo, ON)

7:00am – Registration

8:00am – Height & Weight, Hand, Arm & Wingspan Measurements, Video Shot,
Vertical Jump, Bench Press

11:30am – 40's, Short Shuttle, 3 Cone Drill, Broad Jump,

2:00pm – Positional Drills & One on One's

2:00pm – OL/DL Drills & one on one's

3:00pm – QB, RB/LB Drills & one on one's (Pass Protection & Routes)

4:00pm – WR/DB Drills & one on one's

5:00pm – Long Snappers workout

5:30pm – Announcement of Players invited to National Combine

**Note, timing and order of events is subject to change at the discretion of the CFL.*

