



CFL Eastern Regional Combine Schedule

Friday, March 11th – Scitec Dome (Baie D’Urfe, Quebec)

8:15am – Registration

9:00am – Height & Weight, Hand & Arm Measurements, Video Shot, Vertical Jump, Bench Press

10:30am – 40’s, Short Shuttle, 3 Cone Drill, Broad Jump,

12:00pm – Positional Drills & One on One’s

12:15pm – OL/DL Drills

12:30pm – OL/DL One on one’s

12:45pm – QB, RB/LB Drills

1:00pm – RB/LB One on one’s (Pass Protection & Routes)

1:15pm – RB/LB Special Teams Drill

1:30pm – WR/DB Drills

1:45pm – WR/DB One on one’s

2:00pm – WR/DB Special Teams Drill

2:15pm – Long Snappers/Punters/Kickers

2:30pm – Announcement of Players invited to National Combine

