



CFL Ontario Regional Combine Schedule

Thursday, March 10th – Waterloo Fieldhouse (Waterloo, ON)

8:45am – Registration

10:00am - Height & Weight, Hand & Arm Measurements, Video Shot, Vertical Jump, Bench Press

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

12:30pm – Positional Drills & One on One's

12:30pm – OL/DL Drills

12:45pm – OL/DL One on one's

1:00pm – QB, RB/LB Drills

1:15pm – RB/LB One on one's (Pass Protection & Routes)

1:30pm – WR/DB Drills

1:45pm – WR/DB One on one's

2:00pm – Long Snappers/Punters/Kickers

2:15pm – Announcement of Players invited to National Combine

