



## CROSS COUNTRY CAMP TENTATIVE SCHEDULE

### Equipment:

Spikes (optional)  
Running Shoes  
Swimsuit/ towel (For after mountain run)  
Personal water bottle  
No personal equipment will be shared

### Sunday, July 7, 2024

3:30 p.m. - 4:30 p.m.	Final Registration <ul style="list-style-type: none"><li>Please eat and hydrate before coming to registration</li></ul>
5:00	Camp Meeting**- Outside of female dorm
6:00	Session 1 ( <b>XC Groups</b> and T&F) <ul style="list-style-type: none"><li>A snack will be provided (Pizza or sandwich) after session</li></ul>
10:30	Be in your room for <b>Room Check!</b>
11:00	Lights out!

### Monday, July 8, 2024

7:00 a.m.	<b>Breakfast</b>
9:00	Gamelands Run ( <b>XC</b> ) / Session 2 (T&F)
11:30	<b>Lunch</b>
1:00 p.m.	College Panel/Circuit Stations to follow at the Indoor Track
4:30	<b>Dinner</b>
6:00	2 <sup>nd</sup> Run/Dynamic Stretching ( <b>XC</b> ) / Session 3 (T&F)
10:30	Be in your room for <b>Room Check!</b>
11:00	Lights outs!

### Tuesday, July 9, 2024

7:00 a.m.	<b>Breakfast</b>
9:00	Rails-To-Trails Run ( <b>XC</b> ) / Session 4 (T&F)
11:30	<b>Lunch</b>
1:00 p.m.	Injury Prevention @ East Area Locker Room
2:00	Sport Psychology @ East Area Locker Room
4:30	<b>Dinner</b>
6:00	<b>CAMP TRACK MEET</b> – <i>Open to Parent(s)/Legal Guardian(s)/Family</i> Sign-ups will take place during the afternoon session
10:30	Be in your room for <b>Room Check!</b>
11:00	Lights outs!



# SPORT CAMPS

[GoPSUsports.com/camps](https://GoPSUsports.com/camps)

## Wednesday, July 10, 2024

7:30 a.m.

### **Breakfast**

9:00

Whipple's Dam Run (**XC Group**) / Session 5 (T&F Group)

11:30

**XC Group** will have picnic at Whipple's Dam / Check out, return room key (T&F Group)

1:00 p.m.

Check out, return room key (**XC Group**)

**Please arrange for a specific time and place to pick up your camper.**