



SPORT CAMPS

GoPSUsports.com/camps

TRACK AND FIELD CAMP TENTATIVE SCHEDULE

Equipment:

Spikes
Running Shoes
Throwing Implements (javelin, shot, discus)
Pole Vaulters (bring your own pole)

Personal water bottle
No personal equipment will be shared

Sunday, July 7, 2024

3:30 p.m. - 4:30 p.m. Final Registration
▪ Please eat and hydrate before coming to registration
5:00 Camp Meeting** - Outside of female dorm
6:00 Session 1 (**T&F** and XC Groups)
▪ A snack will be provided (Pizza or sandwich) after session
10:30 Be in your room for **Room Check!**
11:00 Lights out!

Monday, July 8, 2024

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

Tuesday, July 9, 2024

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

Penn State Sport Camps Office
Gardner House, Elm Road, University Park, PA 16802
Phone: (814) 865-0561 Fax: (814) 865-8883 Email: sportcampinfo@psu.edu
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Wednesday, July 10, 2024

7:30 a.m.

Breakfast

9:00

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

11:30

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

1:00 p.m.

Check out, return room key (XC Group)

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

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