**Camp meeting is open to and optional for parent(s)/legal guardian(s). The camp meeting allows for the opportunity to meet the camp director and camp staff members and have questions answered.**

**CROSS COUNTRY CAMP II: JULY 21-24, 2019**

**Equipment:** Spikes (optional)  Running Shoes  Swim Suit / Towel (For after mountain run)

**Dorm Rooms:** Bed Linens are provided. Pillow, Blankets & Towels are NOT provided. Small refrigerators and microwaves are in the dorm rooms. Fans are highly recommended. Rooms are NOT air-conditioned.

**PENN STATE CROSS COUNTRY CAMP & DISTANCE RUNNING – “TENTATIVE” SCHEDULE**

**Sunday, July 21**
- 1:00 p.m. - 2:30 p.m.  Final Registration
- 3:00  Camp Meeting**-  Outside of female dorm
- 4:30  Dinner (All meals served in Pollock Dining Commons.)
- 6:30  Rails to Trails Run
- 10:30  Be in your dorm room for Room Check!
- 11:00  Lights out!

**Monday July 22**
- 7:30  Breakfast
- 9:00  Gamelands Run – 3-6-9-12 mile loop
- 11:30  Lunch
- 1:00 p.m.  College Panel @ East Area Locker Room/Training Talk
- 4:30  Dinner
- 6:30  Campus Loop Run - 2nd run for the day
- 10:30  Be in your dorm room for Room Check!
- 11:00  Lights out!

**Tuesday, July 23**
- 7:30  Breakfast
- 9:00  Lower Trail Run - 11 mile flat trail (distance could be 6 to 11 miles)
- 12:00 p.m.  Lunch (Picnic at the trail head)
- 3:00  Sport Psychology Talk
- 4:30  Dinner
- 6:30  Campus Loop Run - 2nd run for the day
- 10:30  Be in your dorm room for Room Check!
- 11:00  Lights out!

**Wednesday, July 24**
- 7:30 a.m.  Breakfast
- 9:00  Whipples Dam Mountain Run – 12 mile logging road (Distance could be 4-12 miles)
- 11:30  Lunch at Whipples Dam (Bring a towel to swim in the lake after your run.)
- 2:00 p.m.  Check out, Turn in key

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

**NOTE** **Camp meeting is open to and optional for parent(s)/legal guardian(s). The camp meeting allows for the opportunity to meet the camp director and camp staff members and have questions answered**