

# PRINCETON UNIVERSITY

## BOYS CROSS COUNTRY CAMP

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August 1 – 4, 2024

*For day campers the fee includes instruction, lunch/dinner and a camp t-shirt. For overnight campers the fee includes instruction, meals, housing and a camp t-shirt.*

#### Day 1 – Thursday, August 1

**2:00p | Check-In at Baker Rink**

3:30p | Camp Orientation at the dorm / Introductory Run (2-6 miles)

6:00p | Dinner

7:15p | Meet Outside the Dorms

7:30p | Guest Speaker

8:15p | Group Activity (kickball or movie, weather dependent)

**9:15p | Wawa Trip**

**| Day Camper Pick-Up at Wawa**

10:00p | Lights Out

#### Day 2 – Friday, August 2

6:45a | Wake Up & Breakfast

**7:00a | Day Campers Drop-Off at Wawa**

7:15a | Meet Outside Dorm / Morning Workout and Run

9:00a | Breakfast

11:00a | Meet Outside Dorm / Strength Training at Jadwin Gym

12:15p | Lunch

1:30p | Meet Outside the Dorm

2:00p | Camp Counselor Panel and Healthy Training, Brooke Harvey

3:15p | Walk to Dillon Gym / Swim and Pool Run

5:00p | Return to Dorms

6:00p | Dinner

7:30p | Guest Speaker

8:30p | Group Activity

**9:15p | Wawa Trip**

**| Day Camper Pick-Up at Wawa**

10:00p | Lights Out

### **Day 3 – Saturday, August 3**

6:45a | Wake Up & Breakfast

**7:00a | Day Campers Drop-Off at Wawa**

7:15a | Meet Outside Dorm / Morning Workout and Run

9:00a | Breakfast

11:00a | Meet Outside Dorm / Guest Speaker

12:15p | Lunch

1:45p | Meet Outside the Dorm / Walk to XC Course

2:15p | Strides and Drills at XC Course

2:30p | Run on XC Course

4:00p | Walk to Dillon Gym / Swim and Pool Run

6:00p | Dinner – Pizza Party

7:30p | Guest Speaker

8:30p | Ice Cream Social

**9:15p | Wawa Trip**

**| Day Camper Pick-Up at Wawa**

10:00p | Lights Out

### **Day 4 – Sunday, August 4**

6:45a | Wake Up & Breakfast

**7:00a | Day Campers Drop-Off at Wawa**

7:15a | Meet Outside Dorm / Morning Workout and Run

9:00a | Breakfast

10:00a | Pack Bags and Clean Dorm Room

11:00a | Camp Wrap-Up Talk with Coach Vigilante

**12:00p | Check-Out at Baker Rink / Return Room/Meal Cards**