

PRINCETON UNIVERSITY

TRACK & FIELD CAMP

Track & Field Overnight Camp

June 17-20, 2024

Track & Field Camp – Day 1

- 12:00p | Check-In at Baker Rink (all campers)
- 2:00p | Camp Orientation
- 5:00p | Dinner
- 6:45p | Event- Specific Activities
- 8:45p | Day Camper Pick-Up near Jadwin Gym
| Overnight Campers Walk to Dorms
- 10:30p | In Dorm Room / Lights Out

Track & Field Camp – Day 2

- 7:30a | Breakfast
- 9:00a | Meet in Front of Dorm / Walk to Weaver Stadium
| Day Camper Drop-Off near Jadwin Gym
- 9:15a | Event-Specific Activities
- 11:45a | Lunch
- 1:30p | Guest Speaker – Weight Room
- 2:45p | Swim in DeNunzio Pool
- 5:00p | Dinner
- 6:45p | Event-Specific Activities
- 8:30p | Day Camper Pick-Up near Jadwin Gym
| Overnight Campers Walk to Dorms
- 10:30p | In Dorm Room / Lights Out

Track & Field Camp – Day 3

- 7:30a | Breakfast
- 9:00a | Meet in Front of Dorm / Walk to Weaver Stadium
| Day Camper Drop-Off near Jadwin Gym
- 9:15a | Event-Specific Activities
- 11:45a | Lunch
- 1:30p | General Training – General Strength, Medball and Core
- 2:45p | Q & A with Student-Athletes
- 3:45p | Video Review with Event Coaches

Track & Field Camp – Day 3 (cont.)

- 5:00p | Dinner
- 6:45p | Event-Specific Activities
- 8:30p | Day Camper Pick-Up near Jadwin Gym
- | Overnight Campers Walk to Dorms
- 10:30p | In Dorm Room / Lights Out

Track & Field Camp – Day 4

- 7:30a | Breakfast
- 9:00a | Camp Track Meet
- | Day Camper Drop-Off at Weaver Stadium
- 12:00p | Conclusion of Track & Field Camp
- | Day Camper Pick-Up near Jadwin Gym
- 1:00p | Overnight Camper Check-Out at Baker Rink