

## TEXAS TECH CHAMPIONS TRACK & FIELD CAMP TENTATIVE SCHEDULE

MEAL TIMES: Breakfast @ 8am Lunch @ 11:45am Dinner @ 7:30pm\*

\*Dinner will only be provided to OVERNIGHT CAMPERS. Local commuter campers may come back to camp after dinner for evening activity, if they choose to do so.

Wednesday, June 18, 2008

1:00-2:00PM: Camper check in will be held in the basement of the Stangel/Murdough dormitory.  
2:00-2:30PM: Camper orientation.  
2:50PM: Leave dorm for RP Fuller track and Field complex.  
3:00-4:00PM: Warm up and drills at track.  
4:00-5:00PM: Active lecture at track  
Event specific work  
7:00PM: DAY CAMPER PICK UP AT RP FULLER TRACK.  
7:30PM: Dinner for overnight campers.  
8:30PM: Evening activity.  
10:00PM: Must be back in room.  
11:00PM: LIGHTS OUT!

Thursday, June 19 – Friday June 20, 2008

6:30AM: WAKE UP!  
7:00AM: All campers (day & overnight) walk from dorm to track for general warmup.  
8:00AM: Breakfast at dorm.  
8:45AM: Lecture  
10:00AM: Event specific work at track.  
11:45AM: Lunch at dorm.  
1:00PM: Lecture  
2:00-3:30PM: Active Lecture  
3:30-5:15PM: Free time at dorm.  
5:30PM: Event specific work at track.  
7:00PM: Day camper pickup at track.  
7:30PM: Dinner for overnight campers.  
8:30PM: Evening activity (go to rec center pool on Friday 9-10pm)  
10:00PM: Must be back in room.  
11:00PM: LIGHTS OUT!

Saturday, June 21, 2008

7:00AM: All campers (day & overnight) leave dorm for general warmup at track.  
8:00AM: Breakfast at dorm.  
8:45AM: Lecture  
9:30AM: Event specific work at track  
11:15AM: Return to dorm for checkout.  
11:30AM: Camp Checkout.