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2018 Cross-Country Camp Schedule

July 19-21, 2018

Thursday

1:30 p.m. to 2:30 p.m.	Registration and Check-in at High Rise 5
4:00 p.m.	Camper Orientation at High Rise 5
5:30 p.m.	Dinner
6:45 p.m.	Meet in Front of Residence Hall (High Rise 5)
7:00-9:00 p.m.	Evening Session
9:00 p.m.	Commuter pick-up at High Rise 5 (217 Jessup Rd)
9:00 p.m. to 10:00 p.m.	Free-time
10:00 p.m.	Dorm Curfew (10:45 p.m. room/bed checks; 11:00 p.m. lights out)

Friday

7:30 a.m.	Wake-up and Breakfast
8:45 a.m.	Meet in front of High Rise 5 & depart for session (Commuter drop-off at High Rise 5)
9:00 to 11:00 a.m.	Session One
11:30 a.m.	Lunch
1:15 p.m.	Meet in front of High Rise 5 & depart for afternoon session
1:30-4:30 p.m.	Session Two
5:30 p.m.	Dinner
6:45 p.m.	Meet in front of High Rise 5 & depart for evening session
7:00 p.m.	Session Three—Running games
9:00 p.m.	Commuter pick-up at High Rise 5
10:00 p.m.	Dorm Curfew (10:45 p.m. room/bed-checks; 11:00 p.m. lights out)

Saturday

7:00 a.m.	Wake-up and Breakfast
8:30 a.m.	Meet in front of High Rise 5 (Commuter drop-off at High Rise 5)
9:00 a.m.	Warm-up for race
10:00 a.m.	Cross Country Relays/Fun Run (Frisbee Golf course across Jessup Rd from RPCC)
11:00 a.m.	Camp wrap-up @ Frisbee Golf course
11:30 a.m.	Commuter pick-up at High Rise 5
11:30 a.m.-12:00 p.m.	Resident pick-up at High Rise 5

All campers should bring: work out gear, a sport bottle and sunscreen! Resident campers will need a pillow, bedding, one fan, alarm clock, toiletries, swimsuit, towels and other personal items.

Please note, schedule subject to change