



## CROSS COUNTRY

### 2018 LUMBERJACK CROSS COUNTRY CAMP AGENDA

#### Wednesday, July 18

12:00- 2:00pm	Check In/Registration	<b>Dorm</b>
2:00- 3:00pm	Welcome & Orientation	<b>Dorm Meeting Room</b>
3:00- 5:00pm	Run + Active Isolated Stretching	<b>Flagstaff Urban Trail</b>
5:30-6:30pm	Dinner	NAU Dining Hall
7:30-9:00pm	Opening Session	<b>South Field</b>
9:00pm	Pickup for Commuters	<b>Dorm</b>
10:00pm	In room/Lights out	

#### Thursday, July 19

7:00am	Wake Up	
7:30am	Drop-off for Commuters	<b>Dorm</b>
7:30-8:00am	Breakfast	NAU Dining Hall
8:00-9:00am	Morning Session	<b>Dorm</b>
9:30- 11:00am	Morning Run	<b>TBD</b>
11:30am-1:00pm	Lunch/Break	<b>Dorm / NAU Dining Hall</b>
2:00-3:00pm	Afternoon Session	<b>Dorm</b>
3:30-5:00pm	AIS + Shakeout Run	<b>Dorm</b>

5:30-6:30pm	Dinner	NAU Dining Hall
7:30-9:00pm	Outdoor Session	<b>Dorm</b>
9:00pm	Pickup for Commuters	<b>Dorm</b>
10:00pm	In room/Lights out	

### **Friday, July 20**

7:00am	Wake Up	
7:30am	Drop-off for Commuters	<b>Dorm</b>
7:30-8:00am	Breakfast	NAU Dining Hall
8:00-9:00am	Morning Session	<b>Dorm</b>
9:30- 11:00am	Morning Run	<b>TBD</b>
11:30am-1:00pm	Lunch/Break	<b>Dorm / NAU Dining Hall</b>
2:00-3:00pm	Afternoon Session	<b>Dorm</b>
3:30-5:00pm	AIS + Shakeout Run	<b>Dorm</b>
5:30-6:30pm	Dinner	NAU Dining Hall
7:30-9:00pm	Outdoor Session	<b>Dorm</b>
9:00pm	Pickup for Commuters	<b>Dorm</b>
10:00pm	In room/Lights out	

### **Saturday, July 21**

7:00am	Wake Up	
7:30am	Drop-off for Commuters	<b>Dorm</b>
7:30-8:00am	Breakfast	NAU Dining Hall
8:00-9:00am	Morning Session	<b>Dorm</b>
9:30- 11:00am	Morning Run	<b>TBD</b>
11:30am-1:00pm	Lunch/Break	<b>Dorm</b>
2:00-3:00pm	Afternoon Session	<b>Dorm</b>

3:30-5:00pm	AIS + Shakeout Run	<b>Dorm</b>
5:30-6:30pm	Dinner	NAU Dining Hall
7:30-9:00pm	Outdoor Session	<b>Dorm</b>
9:00pm	Pickup for Commuters	<b>Dorm</b>
10:00pm	In room/Lights out	

**Sunday, July 22**

7:00am	Wake Up	
7:30am	Drop-off for Commuters	<b>Dorm</b>
7:30-8:30am	Run + Active Isolated Stretching	NAU Track + TBA
8:30-9:30am	Breakfast	NAU Dining Hall
9:30-10:30am	Pack and Check out	
10:30-11:30am	Closing Session	<b>Dorm</b>
12:00pm on	Departures & Pickup for Commuters	<b>Dorm</b>