

PRINCETON UNIVERSITY

TRACK AND FIELD CAMP

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July 2 - 4, 2022

Camp includes instruction and a camp t-shirt. Campers will need to be dropped off and picked up each day. Hotel and travel arrangements are not provided. Campers must secure their own overnight accommodations. Information on local accommodations is available upon request. Lunch will be available each day for an additional add-on fee.

DAY 1

- 9:00a** | Check-in / Jadwin Gym Lobby
- 9:30a** | Orientation
- 10:00a | Warm-up
- 10:20a | Skill Instruction
- 12:40p | Cool Down
- 1:00p | Lunch
- 2:30p | Skill Instruction
- 4:30p | Cool Down
- 5:00p** | Pick-up

DAY 2

- 9:00** | Arrive & Meet at Weaver Stadium
- 9:15a | Skill Instruction
- 12:00p | Lunch
- 1:30p | Skill Instruction
- 4:00p | Throwers' Video Review
- 4:30p | Sprint / Hurdle / Jumps – Cool Down
- 5:00p** | Pick-up at Weaver Stadium

DAY 3

- 9:00a** | Arrive & Meet at Weaver Stadium
- 9:15a | Skill Instruction
- 12:00p | Lunch
- 1:30p | Skill Instruction
- 2:45p | Cool Down
- 3:00p | Pick-up at Weaver Stadium