

Husker Track and Field Summer Camp
June 12-14, 2024
General Schedule

| WEDNESDAY- June 12 | | THURSDAY-June 13 | | FRIDAY- June 14 | |
|-------------------------|------------------------------|-------------------------|--------------------------|-------------------------|-----------------------------------|
| | | 7:00AM | Wake Up | 7:00AM | Wake Up |
| | | 7-8am | Breakfast | 7-8am | Breakfast |
| | | 9:00AM | | | |
| | | Training Session | Session #2 | 9:00AM | Dorm Check out |
| | | | | | |
| | | | | 10:00AM | Training Session |
| | | | | Training Session | Husker Track and Field Camps meet |
| | | | | | |
| | | 11:30 AM | Free Time | | |
| 2-3pm | Registration | Noon | Lunch | Noon | Depart for home |
| 3pm | " | | | | |
| 3:30pm | Camp Intro | 1:30PM | Nutritionist -Speaker | | |
| 4pm | | | | | |
| Training Session | Session #1 | 2:30 AM | T | | |
| | | Training session | Session 3 | | |
| | | | | | |
| 6:00PM | Dinner | | | | |
| | | | | | |
| 7:00PM | Ice Breaker | | | | |
| | | | | | |
| 7:30PM | Activity or Training Session | | | | |
| | | 5:00PM | Free Time | | |
| | | 6:00PM | Dinner | | |
| 9:00PM | Back in Dorms | | | | |
| | " | | | | |
| | " | 7:00PM | Session 4 | | |
| 10:30PM | Room Check / Lights Out | Training session | | | |
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| | | 9:00PM | Social Activity in Dorms | | |
| | | | | | |
| | | 10:30PM | Room Check / Lights Out | | |
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