

**Cape Cod XC Running Camp
2020 Daily Schedule**

Tuesday, August 18

1:00 – 2:45 pm Check-in
2:45– 3:15 pm Orientation at the Theater
3:15 – 4:00 pm Pre-run stretching
4:00 – 5:30 pm Afternoon run
5:30 – 6:00 pm Showers
6:00 – 6:30 pm Dinner – Dinning Hall
6:30 – 7:30 pm Guest Speaker – TBA
7:30 – 9:45 pm Walk to Cobbies/Beach walk.
10:15 pm Curfew
10:30 pm Bedtime!
10:45 pm – 7:30 am Lights out. Quiet Hours



Wednesday, August 19

7:30 am Revelry – Wake up & hit the deck running
7:45 – 8:45 am Easy run/Stretch
8:45 – 9:15 am Breakfast –Dinning Hall
9:15 – 9:30 am Showers
9:30 – 11:00 am Pool
11:30 – 1:00 pm Yoga for Runners, Team Competition Talent Show Rehearsals, Subway Picnic Lunch
1:00 – 3:15 pm Afternoon Activities – Swim!
3:15 – 4:00 pm Pre-run stretching
4:00 – 5:30 pm Afternoon run
5:30 – 6:00 pm Showers
6:00 – 6:30 pm Dinner – Dinning Hall
6:30 – 7:30 pm Guest Speaker – College choices
7:30 – 9:45 pm Recreation – Games & Fun
10:15 pm Curfew 10:30 pm Bedtime!
10:45 pm – 7:15 am Lights out. Quiet Hours

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Thursday, August 20

7:30 am Revelry – Wake up & hit the deck running
7:45 – 8:45 am Easy run/Stretch
8:45 – 9:15 am Breakfast –Dinning Hall
9:15 – 9:30 am Showers
9:30 – 11:00 am Breakout session – Pool
11:00 – 12:00 pm Marathon Sports
12:00 – 12:45 pm Free time
12:45 – 1:15 pm Lunch –Dinning Hall
1:15 – 3:15 pm Afternoon Activities
3:15 – 4:00 pm Pre-run stretching
4:00– 5:30 pm Afternoon run
5:30 – 6:00 pm Showers
6:00 – 6:30 pm Dinner – Dinning Hall
6:30 – 7:30 pm Guest Speaker – Jason Saretsky - Harvard
7:30 – 10:00 pm Recreation – Talent Show followed by a Beach Bonfire
10:15 pm Curfew 10:30 pm Bedtime!
10:45 pm – 7:15 am Lights out. Quiet Hours



Friday, August 21

7:30 am Revelry – Wake up & hit the deck running
7:45 – 8:45 am Easy run/Stretch
8:45 – 9:15 am Breakfast –Dinning Hall
9:15 – 9:30 am Showers
9:30 – 11:00 am Pool time
11:00 – 12:00 am Free time
12:00 – 1:00 pm Lunch
1:00 – 3:15 pm Yoga for Runners, Beach Time, Team Competition Rehearsals
3:15 – 4:00 pm Pre-run stretching
4:00 – 5:30 pm Afternoon run
5:30 – 6:00 pm Showers
6:00 – 6:30 pm Dinner – Dinning Hall
6:30 – 7:30 pm Guest Speaker-TBA
7:30 – 9:45 pm Recreation
10:15 pm Curfew
10:30 pm Bedtime!
10:45 pm – 7:15 am Lights out. Quiet Hours

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Saturday, August 22

6:30 am Revelry – Wake up & hit the deck running
7:00 – 7:30 am Race warm-up
7:30 – 8:00 am The Snake River Run - 12th annual race.
8:45 – 9:15 am Breakfast – Dining Hall
9:15 – 12: 45 am Free time – Xbox final comp
12:45 – 1:15 pm Lunch – Dining Hall
1:15 – 3:15 pm Free time
3:15 – 4:00 pm Pre-run stretching
4:00 – 5:30 pm Afternoon run
5:30 – 6:00 pm Showers
6:00 – 6:30 pm Dinner – Dining Hall
6:30 – 7:30 pm Guest Speakers
7:30 – 10:00 pm Camp Team Competition Dance-off & Dance!
11:00 pm Curfew 11:30 pm Bedtime!
11:30 pm – 7:30 am Lights out. Quiet Hours



Sunday, August 23

7:00 am- Wake-Up, Pack, Pre Clean & Organize Team Cabin Areas For Check-Out
7:45 – 8:30 am Easy run/Stretch/Showers/Final Cabin Cleaning
8:45 – 9:15 am Breakfast –Dinning Hall
9:30 am Bus leaves
10:00 – 11:00am Check-out for others