



ARKANSAS®

2020 TRACK CAMP SCHEDULE

Thursday, July 9th:

11am-12:30pm:	Camp Check-in @ Dorms
1pm- 3pm:	General Warm-up/ Drills
3:30pm-4:30pm:	Guest Speaker
5pm- 6pm:	Dinner at Dining Hall
6:30pm- 8pm:	Breakout Sessions by event groups at the track
8:00pm:	Commuter Camper Pick-up
	Address: John McDonnell Field, 10 S. Razorback Road, Fayetteville AR, 72701
10:30pm:	Lights out

Friday, July 10th:

7am- 8am:	Breakfast at Dining Hall
8:30 am:	Commuter Campers arrive at outdoor track
	Address: John McDonnell Field, 10 S. Razorback Road, Fayetteville AR, 72701
8:30 am- 10am:	Breakout Sessions by event groups at track
10:30am- 11:45am:	Med Balls/ Dynamic Flexibility
12p- 1pm:	Lunch at Fulbright Dining Hall
1:30pm- 3:15pm:	Breakout Sessions by event groups
3:30pm- 4:30pm:	Guest Speaker
5pm- 6pm:	Dinner at Fulbright Dining Hall
6:30pm- 8pm:	Breakout Sessions by event groups at the track (skills & drills)
8:00pm:	Commuter Camper Pick-up
	Address: John McDonnell Field, 10 S. Razorback Road, Fayetteville AR, 72701
10:30pm:	Lights out

Saturday, July 11th:

7am- 8am:	Breakfast at Dining Hall
8:30 am:	Commuter Campers arrive at outdoor track
	Address: John McDonnell Field, 10 S. Razorback Road, Fayetteville AR, 72701
8:30am- 9:30am:	Guest Speaker
9:30am- 10:45am:	Breakout Sessions by event groups at the track (circuit stations)
11am- 12pm:	Free time
12pm-1pm:	Lunch at Dining Hall
1:30pm- 3:15pm:	General Session at track
3:30pm- 4:30pm:	Guest Speaker
5pm- 6pm:	Dinner at Dining Hall
6:30pm- 8pm:	Breakout Sessions by event groups at the track (skills & drills)
8:00pm:	Commuter Camper Pick-up
	Address: John McDonnell Field, 10 S. Razorback Road, Fayetteville AR, 72701
10:30pm:	Lights out

Sunday, July 12th:

7am- 8am:	Breakfast at Dining Hall
8:30 am:	Commuter Campers arrive at outdoor track
8:45am- 11:30am	Camp Track Meet at Outdoor Track
	Address: John McDonnell Field, 10 S. Razorback Road, Fayetteville AR, 72701
12p- 1pm:	Lunch at Dining Hall
1:15pm- 2pm:	Meet with Group Leaders (Evaluation & tips)
2pm:	Camp Ends- Parent Pick-up
	Address: John McDonnell Field, 10 S. Razorback Road, Fayetteville AR, 72701
2pm-2:45pm:	Check-out at Dorms