

# **XC Camp 2010**

Camp starts **MONDAY, AUGUST 16<sup>th</sup>** through  
**FRIDAY, AUGUST 27<sup>th</sup>**

Theses days will consist of two sessions...

**Morning Session-** 7:00 to no later than 10:30

**Evening Session-** 6:30 to no later than 8:30

**NOTE: Camp is part of the season- if you are unable to attend due to commitments (vacations, wark, transportation issues) contact Mr. READ ASAP!!!**

## **ALSO...**

**\*\* This year each runner must come to camp with a wrist watch that has a stopwatch function\*\***

**\*\*Do not forget to turn in your \$25 activity fee or your physical form if you have not done so already\*\***

**\*\*Make sure to bring a water bottle with you to practice too\*\***

### **Girls Time Trial Times**

Senior- 23:40

Junior- 24:10

Sophomore- 24:50

Freshman – 26:00

