

**\*\*Sample-Daily Schedule\*\***  
**2024 Brevard Distance Runners Camp**

**SUNDAY**

11am-5pm Registration  
Meet in gym parking lot (far one) for one of the Afternoon Run on campus, Beginning times 3:00 and 4:00  
5-7:00 pm Dinner in the Dining Hall - Must wear shirt, shoes & wristband at all times  
**7:45 pm General Camper Meeting - Ingram Auditorium-Mandatory**  
8:30 pm Ice Cream Social - Gym Parking Lot  
10:00 pm Dorm Meetings for Campers - Report to your designated area & bring sheet of general policies  
Floor Leaders will cover rules & daily room check  
10:45 pm Lights Out

**MONDAY**

5:45 am Wake-up for everyone 5:55 report to gym parking lot, 6:00 leave for runs  
7:30-9:30 am Breakfast  
Free Time: See Recreation activities or Adidas Lounge  
11:00 am Morning Block – Meet in Main Gym – **Be in Running Shoes– Bring water bottle**  
11:30 am-1 pm Lunch & Free Time: See Recreation activities or Adidas Lounge  
1:15 pm Afternoon Block Session – Meet in Main Gym – **Be in Running Shoes & Running Attire**  
3:45 pm Meet in the Gym Parking Lot for Afternoon Work-outs:  
Core (Aux gym) Yoga (Main gym)  
Runs - Grouped by Distance and Speed Recreation Activities  
Weight Room – By Groups Exercise Bingo (Ingram Auditorium)  
5-7:00 pm Dinner  
7:15 pm Speakers/Breakout Sessions: Ingram Auditorium  
8:30 pm Following Sessions: Recreation (Dodgeball, Adidas Lounge, etc – or Free Time)  
10:00 pm Report to your Room, Room Check and Preparation for Lights Out  
**10:30 pm Lights Out**

**TUESDAY**

5:45 am Wake-up for everyone 5:55 report to gym parking lot, 6:00 leave for runs  
7:30-9:30 am Breakfast  
Free Time: See Recreation activities or Adidas Lounge  
11:00 am Morning Block – Meet in Main Gym – **Be in Running Shoes– Bring water bottle**  
11:30 am-1 pm Lunch & Free Time: See Recreation activities or Adidas Lounge  
1:15 pm Afternoon Block Session – Meet in Main Gym – **Be in Running Shoes & Running Attire**  
3:45 pm Meet in the Gym Parking Lot for Afternoon Work-outs:  
Core (Aux gym) Yoga (Main gym)  
Runs - Grouped by Distance and Speed Exercise Bingo (Ingram Auditorium)  
Weight Room – By Groups Recreation Activities  
5-7:00 pm Dinner  
7:15 pm Speakers/Breakout Sessions: Ingram Auditorium  
8:30 pm Following Sessions: Recreation (Basketball, Adidas Lounge, etc – or Free Time)  
10:00 pm Report to your Room, Room Check and Preparation for Lights Out  
**10:30 pm Lights Out**

**WEDNESDAY**

5:45 am Wake-up for everyone 5:55 report to gym parking lot, 6:00 leave for runs  
7:30-9:30 am Breakfast  
Free Time: See Recreation activities or Adidas Lounge  
11:00 am Morning Block – Meet in Main Gym – **Be in Running Shoes– Bring water bottle**  
11:30 am-1 pm Lunch & Free Time: See Recreation activities or Adidas Lounge  
1:15 pm Afternoon Block Session – Meet in Main Gym – **Be in Running Shoes & Running Attire**  
3:45 pm Meet in the Gym Parking Lot for Afternoon Work-outs:  
Core (Aux gym)  
Runs - Grouped by Distance and Speed Recreation Activities  
Weight Room – By Groups Exercise Bingo (Ingram Auditorium)  
5-7:00 pm Dinner

7:00 pm Camp Olympics-Meet at Gym at 7:00 pm-Wear Running Shoes  
10:00 pm Report to your Room, Room Check and Preparation for Lights Out  
**10:30 pm Lights Out**

## THURSDAY

5:45 am Wake-up for everyone 5:55 report to gym parking lot, 6:00 leave for runs  
7:30-9:30 am Breakfast  
Free Time: See Recreation activities or Adidas Lounge  
11:00 am Morning Block – Meet in Main Gym – **Be in Running Shoes– Bring water bottle**  
11:30 am-1 pm Lunch & Free Time: See Recreation activities or Adidas Lounge  
1:15 pm Afternoon Block Session – Meet in Main Gym – **Be in Running Shoes & Running Attire**  
3:45 pm Meet in the Gym Parking Lot for Afternoon Work-outs:  
Core (Aux gym) Yoga (Main gym)  
Runs - Grouped by Distance and Speed Exercise Bingo (Ingram Auditorium)  
Weight Room – By Groups Recreation Activities  
5-7:00 pm Dinner  
7:15 pm Speakers/Breakout Sessions: Ingram Auditorium  
8:30 pm Following Sessions: Recreation (Adidas Lounge, etc – or Free Time)  
10:00 pm Report to your Room, Room Check and Preparation for Lights Out  
**10:30 pm Lights Out**

## FRIDAY

5:45 am Everyone Wake-Up!  
John Rock Graduation Run (make sure you get a snack from the Gym Lobby)  
5:55 am First group reports to Gym, leaves at 6 am-rest of the groups to follow (review in coaches mtg)  
9:30 am-12 pm BRUNCH (No Morning Block)  
1:15 pm Afternoon Block Session – Meet in Main Gym – **Be in Running Shoes & Running Attire**  
2:45 pm Meet in the Gym Parking Lot for Afternoon Work-outs:  
Core (Aux gym) Exercise Bingo (Ingram Auditorium)  
Runs - Grouped by Distance and Speed Yoga (Main gym)  
Weight Room – By Groups Recreation Activities  
4-5 pm Room Inspection - Must be in your room  
5-7 pm Dinner  
7:00 pm Final Room Inspection before being released to assembly  
7:30 pm Closing Assembly in Ingram Auditorium  
9:15 pm Immediately following Final Assembly-Camper Dance in Aux Gym or other activities announced  
9:30-11:00 pm Early Key Returns in Gym Lobby  
**Lights Out 30 minutes after the dance ends**

## SATURDAY

7-9 am Return Room Keys in **Dining Hall**-no deposits will be returned after you leave  
7-9 am Breakfast  
9:00 am Check Out-Room must be clean and empty by 9am! Move to Beam Lobby if awaiting pickup after 9