

23
July

SUN

2:30-3:30PM

CHECK-IN

RHO Parking Lot

4:00 PM

Afternoon Run

Meet in Alumni Park

5:00-6:30 PM

Dinner

Waves Cafe

6:30-8:00 PM

**Evening Session: Ice
Breakers**

Tari Frahm Rokus Field

10:00 PM

Lights Out

24
July

MON

7:30-8:30 AM

Breakfast
Waves Cafe

8:30-11 AM

Run @ Malibu Creek
Leave from Firestone
Fieldhouse

11 AM - 1:30 PM

Lunch
Waves Cafe

2:30-4:30 PM

**Afternoon Session:
Drills + Second Run**
Alumni Park

5:00-6:00 PM

Free Swim Time
Raleigh Runnels
Memorial Pool

6:00-7:00 PM

Dinner
Waves Cafe

7:00-8:30 PM

**Evening Session: Q+A
w. Student Athletes**
Trophy Room

10:00 PM

Lights Out

25
July

TUES

7:30-8:30 AM

Breakfast
Waves Cafe

8:30-10:00 AM

Run @ Zuma
Leave from Firestone
Fieldhouse

10 AM - 1:30 PM

Beach Time
Zuma Beach

12:00 PM

Lunch
Zuma Beach

3:00-5:00 PM

**Afternoon Session:
Scavenger Hunt Run**
Miller House

5:00-6:30 PM

Dinner
Waves Cafer

6:30-8:00 PM

**Evening Session: Goal
Setting for Success**
Trophy Room

10:00 PM

Lights Out

26
July

WED

7:30-8:30 AM

Breakfast
Waves Cafe

8:30 AM

**Run @ Sycamore w. Nike
Shoe Activation**
Leave from Firestone
Fieldhouse

11 AM - 1:30 PM

Lunch
Waves Cafe

2:00 - 3:30 PM

**Afternoon Session:
Relative Energy
Deficiency in Sport w.
Melissa Lodge**
Trophy Room

5:00-6:00 PM

Free Swim Time
Raleigh Runnels
Memorial Pool

6:00 - 7:00 PM

Dinner
Waves Cafe

7:30 - 9:00 PM

Evening Session: TBD
Miller House

10:00 PM

Lights Out

27
July

THUR

7:30-8:30 AM

Breakfast
Waves Cafe

9:00 AM

Time Trial Run
Alumni Park

11:00 AM - NOON

CHECK OUT