



2018 Washington Summer Track & Field Camp July 16th – 19th, 2018

CHECK-IN (Monday, July 16th) from 11:40am-12:00pm

- Campers will report on the first day at 11:40 at the Outdoor Track | **See Drop Off/Parking Map** |
- Check in on Tuesday through Thursday will be between 11:45am-12:00pm
- Temporary parking is available in the E-18 Parking Lot || [Click to Download TEMPORARY Parking Pass](#) ||. Please be aware that if you plan to stay and watch camp, you will need to pay for parking. Paid parking is available in the E-1 Lot and accepts credit cards only.

CHECK-OUT (Daily) at 5:00pm

- Camp will conclude daily at 5:00pm. Campers may be training in other athletic facilities, but will always return to the Outdoor Track by 5:00pm for checkout.
 - Temporary parking is available in the E-18 Parking Lot || [Click to Download TEMPORARY Parking Pass](#) ||.
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GENERAL DAILY SCHEDULE

A general agenda for the week is as follows:

(Sunday/Thursday will be abbreviated to accommodate Check In/Check Out.)

12:00-2:00pm	Training Session in Event Area of Choice
2:00-3:00pm	Snack Break and Lecture (Nutrition, Strength Training, Motivation)
3:05-5:00pm	Training Session #2 in same event area, or move to another event

Frequently Asked Questions

- Athletes are welcome to specialize and only work on their event area for the entire camp, or they can move around and try multiple events. Those that are unsure our camp staff can help gear athletes in the right direction.
- Athletes should come dressed in proper workout attire, and are welcome to bring spikes, but spikes are not necessary.
- Athletes are encouraged to bring their own field event implements, but implements are available.
- Please dress according to weather. Be prepared for 90 degrees and sun, or 50 and rain!
- This is NOT an overnight camp. Campers are responsible for securing their own housing.

Contact Information

- Email Camp Director Jason Drake @ jzdrake@gmail.com or call the camp phone at 206-240-3343 with any questions.
- Please check your email regularly as this is our primary way we communicate. Any additional information that we need to convey as the camp draws closer will be passed on to you via the e-mail address that you supplied when you signed up for camp. Please make it a habit to check your e-mail daily; this will eliminate any confusion and or miscommunication.



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TRACK CAMP PARKING MAP

