

Tentative (4/8/19) Clifty Falls Qualifications 2019

Summer conditioning begins June 3, 2019. Camp begins July 22nd .

Camp Day 1--All team members welcome

Location: White River Campground

Day One. Meet at White River Campground. 7:00 AM (tentative). Bring camping gear for overnight at White River and all other gear for Clifty if eligible. Day One is open to all team members who are physically able to complete 3 runs in 24 hours. We will camp overnight and all non-varsity level runners will need a ride for departure by 9:30 Tuesday July 23rd.

Qualifications to Continue to Clifty Falls Camp.

All Senior Athletes who have keep an accurate training log during the summer and who have been a good influence on the younger athletes.

1. Varsity Level Runners: 17:50 5K pace runners. The current Varsity Awards Standard. Is an automatic qualification.
2. Top 15-20 performers in Time Trial Week on Monday July 15th. Camp Fees due July 17th. If unable to participate in time trial on 7/15 due to vacation, athlete must communicate to coaching staff and set up a date for a time trial prior to departure if interested in attending camp.
3. A Completed, accurate and informational Running Log, collected the week of July 15th for review and confirmation.