



CROSS COUNTRY STATE CHAMPIONSHIPS

5,000 METERS | CARROLLTON, GA



TAKE YOUR PERFORMANCE TO NEW HEIGHTS

JULY 7 - 12 • JULY 14 - 19
UNIVERSITY OF ALABAMA IN HUNTSVILLE

This week-long overnight camp is open to middle and high school runners ages 12-18 and is designed to enhance their running skills. Nestled in the foothills of the southern Appalachian mountains, this camp offers an immersive experience led by highly trained staff.

What you can expect:

- Guest appearances by college/professional coaches and athletes
- Educational sessions will cover proper running technique, speed, form and team building
- Seminars on running-related topics including nutrition, goal setting, and footwear
- Scenic running views, multiple running locations and unforgettable fun!

Secure your spot today



GET STATE MEET RESULTS

MileSplit

