



Mid-Atlantic SuCo 2026

Schedule

Monday

Arrive/Get Settled 3:00pm
Dinner 6:00pm
Large Group..... 7:30pm
Small Groups 9:00pm
Free Time..... 9:30pm
Quiet Hours..... 11:00pm

Free Time..... 1:00pm
Dinner 6:00pm
Large Group 7:30pm
Small Groups 9:00pm
Free Time..... 9:30pm
Quiet Hours..... 11:00pm

Tuesday

Breakfast..... 8:00am
Morning Meditations 8:45am
Seminar 1 9:30am
Seminar 2 10:30am
Lunch 12:00pm
Free Time..... 1:00pm
Dinner 6:00pm
Large Group 7:30pm
Small Groups 9:00pm
Free Time..... 9:30pm
Quiet Hours..... 11:00pm

Thursday

Breakfast 8:00am
Morning Meditation 8:30am
Seminar 1 9:30am
Seminar 2 10:30am
Lunch 12:00pm
Tournament..... 1:00pm
Free Time..... 1:00pm
Large Group..... 4:00pm
RUFormal (Dinner Out).. 5:00pm
Free Time..... 8:30pm
Quiet Hours..... 11:00pm

Wednesday

Breakfast..... 8:00am
Morning Meditations 8:45am
Seminar 1 9:30am
Seminar 2 10:30am
Lunch 12:00pm

Friday

Breakfast..... 8:00am
Pack up..... 8:30am
Worship and Reflection.. 9:30am
Depart 11:00am