



2022 Move United Junior Nationals presented by The Hartford
Schedule of Events
July 16-22, 2022 Metro Denver, CO

FRIDAY, JULY 15

9:30 AM – 5:00 PM	Classification (Archery) *By appointment	Marriott Westminster
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SATURDAY, JULY 16

9:30 AM – 5:00 PM	Classification (Archery) *By appointment	Marriott Westminster
9:30 AM – 5:00 PM	Classification (Swim) *By appointment	Veterans Memorial Aquatic Center (VMAC)
3:00 PM – 6:00 PM	Check-In: Athlete & Coach Junior Nationals	Marriott Westminster
4:30 PM – 6:30 PM	Paratriathlon Bike Fitting Session & Course Review	VMAC / Trail Winds Park
8:00 PM – 8:30 PM	Paratriathlon Briefing Meeting	Marriott Westminster
8:30 PM – 9:30 PM	Coaches Meeting	Marriott Westminster

SUNDAY, JULY 17

6:30 AM – 9:00 AM	Breakfast for those within the host hotel room block	Marriott Westminster
7:30AM – 8:30 AM	Paratriathlon course open for transitions set up	VMAC / Trail Winds Park
8:30 AM – 11:30 AM	Check-In: Athlete & Coach Junior Nationals	Marriott Westminster
8:30 AM – 5:00 PM	Classification (Track & Field) *By appointment	Marriott Westminster
9:00 AM – 10:30 AM	Paratriathlon Competition	VMAC / Trail Winds Park
9:30 AM – 5:00 PM	Classification (Swim) *By appointment	VMAC
10:00 AM - 1:00 PM	Indoor Adaptive Climbing Clinic *Sign up required online to participate	Trail Winds Recreation Center
10:30 AM – 12:00 PM	Practice (Archery)	Trail Winds Park
11:00 AM – 1:00 PM	Lunch*	Trail Winds Park
2:00 PM – 5:00 PM	Check-In: Athlete & Coach Junior Nationals	Marriott Westminster
1:00 PM – 5:00 PM	Archery Competition	Trail Winds Park
1:00 PM – 4:00 PM	Practice & equipment storage – Track & Field	North Stadium
2:00 PM – 4:00 PM	Practice (Swimming)	VMAC
3:00 PM – 6:00 PM	Swimming Clinic	VMAC
7:15 PM – 8:00 PM	Para Powerlifting Athlete Clinic fueled by USA Para Powerlifting	Marriott Westminster
8:00 PM – 8:30 PM	New Athlete / Coach Orientation	Marriott Westminster
8:30 PM – 9:30 PM	Coaches' Meeting	Marriott Westminster

MONDAY, JULY 18

5:00 AM – 7:30 AM	Breakfast for those within the host hotel room block	Marriott Westminster
7:00 AM – 8:00 AM	Swim Warm Up	VMAC
8:00 AM – 1:00 PM	Swim Competition – Short Course <i>4X25 Medley Relay, 200 Free, 25 Free, 75 IM, 100 IM, 100 Back, 50 Free, 50 Breast, 25 Breast, 100 Breast, 50 Back, 25 Back, 50 Fly, 25 Fly, 100 Fly, 4X25 Free Relay</i>	VMAC
8:30 AM – 11:30 AM	Check-In: Athlete & Coach Junior Nationals	Marriott Westminster
8:30 AM – 5:00 PM	Classification (Track & Field) * By appointment	Marriott Westminster
10:00 AM – 12:00 PM	Practice & Equipment Storage – Track & Field	North Stadium
10:00 AM - 1:00 PM	Indoor Adaptive Climbing Clinic *Sign up required online to participate	Trail Winds Recreation Center



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11:00 AM – 1:00 PM	Lunch*	VMAC
12:30 PM – 1:15 PM	Shooting 101 Clinic	Trail Winds Recreation Center
12:30 PM – 2:30 PM	Practice (Shooting)	Trail Winds Recreation Center
1:00 PM – 3:00 PM	Practice & Equipment Storage – Track & Field	North Stadium
1:00 PM – 4:00 PM	Check-In: Athlete & Coach Junior Nationals	Marriott Westminster
3:30 PM – 5:00 PM	Education Session - Accessing the Pipeline to Competition	Marriott Westminster
3:00 PM – 4:30 PM	Para Powerlifting Weigh-In	Marriott Westminster
4:00 PM – 8:30 PM	Para Powerlifting Warm Up	Marriott Westminster
5:00 PM – 5:30 PM	Para Powerlifting Orientation	Marriott Westminster
5:30 PM – 8:30 PM	Para Powerlifting Competition	Marriott Westminster
9:00 PM – 10:00 PM	Coaches' Meeting	Marriott Westminster

TUESDAY, JULY 19

5:00 AM – 7:30 AM	Breakfast for those within the host hotel room block	Marriott Westminster
7:00 AM – 8:00 AM	Swim Warm up	VMAC
8:00 AM – 12:00 PM	Swim Competition - Long Course <i>4X50 Medley Relay, 200 Free, 150 IM, 200 IM, 100 Free, 50 Breast, 100 Breast, 50 Free, 50 Back, 100 Back, 50 Fly, 100 Fly, 400M Free, 4X50 Free Relay</i>	VMAC
8:00 AM – 12:00 PM	Classification (Track & Field) * By appointment	Marriott Westminster
8:00 AM – 12:00 PM	Shooting Competition	Trail Winds Recreation Center
8:30 AM – 11:30 AM	Check-In: Athlete & Coach Junior Nationals	Marriott Westminster
9:00 AM – 12:00 PM	Practice & equipment storage - Track & Field	North Stadium
9:00 AM – 12:00 PM	Field Implement Check-In	North Stadium
11:00 AM – 1:00 PM	Lunch*	VMAC & Trail Winds Recreation Center
12:30 PM – 1:00 PM	New Athlete / Coach Orientation	Marriott Westminster
12:30 PM – 3:00 PM	Check-In: Athlete & Coach Junior Nationals	Marriott Westminster
1:00 PM – 3:00 PM	Practice & Equipment Storage - Track & Field	North Stadium
1:00 PM – 3:00 PM	Field Implement Check-In	North Stadium
1:30 PM – 3:30 PM	Shooting Competition	Trail Winds Recreation Center
6:30 PM – 8:30 PM	Welcome Ceremony (Doors open at 6:15 PM) <i>Parade of Athletes, dessert, and music. Awards available for pick-up.</i>	North Stadium (Mountain Range High inclement weather)
9:00 PM – 10:00 PM	Coaches' Meeting	Marriott Westminster

WEDNESDAY, JULY 20

5:00 AM – 7:30 AM	Breakfast for those within the host hotel room block	Marriott Westminster
7:30 AM – 11:00 AM	Field Competition	North Stadium / Mountain Range High
9:00 AM – 10:30 AM	Wheelchair Tennis Clinic fueled by US Tennis Association	Mountain Range High Tennis Courts
11:00 AM – 1:00 PM	Lunch*	North Stadium
12:00 PM – 2:00 PM	Practice & Equipment Storage - Track	North Stadium
12:00 PM – 3:00 PM	Check-In: Athlete & Coach Junior Nationals <i>*Track and wheelchair tennis athletes only</i>	Marriott Westminster
12:00 PM – 3:00 PM	Field Competition	North Stadium / Mountain Range High



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12:30 PM – 2:00 PM	Wheelchair Tennis Clinic fueled by US Tennis Association	Mountain Range High Tennis Courts
4:00 PM – 7:00 PM	Field Competition	North Stadium / Mountain Range High
7:30 PM – 8:15 PM	Education Session - Expanding DEI Initiatives in Competitive Adaptive Sport	Marriott Westminster
7:30 PM – 8:15 PM	Athlete Session - Mental Performance Coaching	Marriott Westminster

THURSDAY, JULY 21

5:00 AM - 7:30 AM	Breakfast for those within the host hotel room block	Marriott Westminster
6:30 AM – 7:15 AM	Track Warm up	North Stadium
7:30 AM – 12:00 PM	Track Competition <i>3000m, 5000m, 100m, 4 x 100m Relay, Universal Relay</i>	North Stadium
9:00 AM – 11:00 AM	Wheelchair Tennis Game Day fueled by US Tennis Association	Mountain Range High Tennis Courts
11:00 AM – 1:00 PM	Lunch*	North Stadium
1:00 PM – 3:00 PM	Cycling Clinic	Mountain Range High School
3:30 PM – 4:15 PM	Track Warm up <i>Food available for purchase.</i>	North Stadium
4:30 PM – 8:00 PM	Track competition <i>60m, 60m weave, 800m, 200m</i>	North Stadium
9:00 PM – 10:00 PM	Coaches' Meeting	Marriott Westminster

FRIDAY, JULY 22

5:00 AM - 7:30 AM	Breakfast for those within the host hotel room block	Marriott Westminster
6:30 AM – 7:15 AM	Track Warm up	North Stadium
7:30 AM – 12:30 PM	Track Competition <i>1500m, 100m Open, 20m, 400m, 800m Medley Relay, 4x400m Relay</i>	North Stadium
11:00 AM – 12:30 PM	Lunch*	North Stadium
1:00 PM – 5:00 PM	Rain Day Make Up	Varies
6:30 PM – 9:00 PM	Closing Dinner Celebration <i>Pre-registration required. All awards available for pick-up.</i>	Marriott Westminster

SATURDAY, JULY 23

6:30 AM - 9:00 AM	Breakfast for those within the host hotel room block	Marriott Westminster
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Notes:

*Lunch tickets and Closing Celebration tickets must be pre-purchased, if desired.

Practice sessions are unsupervised. You can come and go throughout the timeframe listed.

A Medical Team will be onsite during all posted competition times.

Extracurricular activities and clinic descriptions can be found at <https://moveunitedjuniornationals.org>