



**2023 Move United Nationals  
Schedule of Events**

All registered athletes and coaches must visit Check-In at the Hyatt Regency Birmingham  
BEFORE your competition begins.

**SATURDAY, July 8, 2023**

8:30 AM – 5:00 PM	Classification (Archery) *By appointment	Hyatt Regency Birmingham
8:30 AM – 5:00 PM	Classification (T&F) * By appointment	Hyatt Regency Birmingham
8:30 AM – 5:00 PM	Classification (Swim) *By appointment	Lakeshore Foundation
1:00 PM – 6:00 PM	Powerlifting National Technical Officials Training	Lakeshore Foundation
1:00 PM – 6:00 PM	Check-In: Athlete & Coach	Hyatt Regency Birmingham
1:00 PM – 5:00 PM	Track and Field Para Officials Training	TBD
2:30 PM – 4:00 PM	Swimming Clinic 1 *Repeated in clinic 2	Lakeshore Foundation
3:30 PM – 5:00 PM	Sitting Volleyball Clinic	Lakeshore Foundation
4:30 PM – 6:00 PM	Swimming Clinic 2 *Repeat of clinic 1	Lakeshore Foundation
6:30 PM – 7:00 PM	Paratriathlon Briefing Meeting	Hyatt Regency Birmingham
8:30 PM – 9:30 PM	Coaches' Meeting	Hyatt Regency Birmingham

**SUNDAY, JULY 9, 2023**

6:30 AM – 9:00 AM	Breakfast for those within the host hotel room block	Hyatt Regency Birmingham
7:00 AM – 11:00 AM	Paratriathlon Competition	Oak Mountain State Park
7:00AM – 7:45 AM:	Paratriathlon Course Open for Transitions Set Up	
8:00 AM:	Competition Starts	
8:30 AM – 11:30 AM	Check-In: Athlete & Coach	Hyatt Regency Birmingham
8:30 AM – 5:00 PM	Classification (Archery) *By appointment	Hyatt Regency Birmingham
8:30 AM – 5:00 PM	Classification (T&F) *By appointment	Hyatt Regency Birmingham
8:30 AM – 5:00 PM	Classification (Swim) *By appointment	Lakeshore Foundation
8:30 AM – 11:00 AM	Practice - Archery	Hoover Met Stadium
10:00 AM – 11:30 AM	Powerlifting Clinic	Lakeshore Foundation
11:00 AM – 1:00 PM	Lunch	Lakeshore Foundation
12:00 PM – 8:00 PM	Powerlifting Competition	Lakeshore Foundation
12:00 PM – 2:30 PM:	Weigh-In	
2:30 PM – 7:30 PM:	Warm Up Benches Open	
3:30 PM – 6:00 PM:	Rookie & NextGen Competition	
6:00 PM – 8:00 PM:	Elite & Legends Competition	
1:00 PM – 6:00 PM	Check-In: Athlete & Coach	Hyatt Regency Birmingham
1:00 PM – 4:00 PM	Practice & Equipment Storage – Track & Field	Spain Park High School
2:00 PM – 4:00 PM	Practice - Swimming	Lakeshore Foundation
2:30 PM – 4:30 PM	Practice - Archery	Hoover Met Stadium
6:00 PM – 8:00 PM	Social	Lakeshore Foundation
7:00 PM – 7:30 PM	New Athlete / Coach Orientation	Lakeshore Foundation
9:00 PM – 10:00 PM	Coaches' Meeting	Hyatt Regency Birmingham

# MOVE UNITED NATIONALS

## 2023 Move United Nationals Schedule of Events

### MONDAY, JULY 10, 2023

5:00 AM – 7:30 AM	Breakfast for those within the host hotel room block	Hyatt Regency Birmingham
7:00 AM – 12:00 PM	Seniors Swim Competition - Short Course	Birmingham CrossPlex
	7:00 AM – 7:45 AM: Swim Warm Up	
	8:00 AM: Competition Starts	
	200 Free, 75 IM, 100 IM, 100 Back, 50 Free, 50 Breast, 100 Breast, 50 Back, 50 Fly, 100 Fly	
8:00 AM – 2:00 PM	Archery Competition	Hoover Met Stadium
9:30 AM – 11:30 AM	Check-In: Athlete & Coach	Hyatt Regency Birmingham
8:30 AM – 2:30 PM	Classification (T&F) * By appointment	Hyatt Regency Birmingham
10:00 AM – 12:00 PM	Track & Field Practice & Equipment Storage / Field Implement Check-In	Spain Park High School
11:00 AM – 1:00 PM	Lunch	Hoover Met Stadium & Birmingham CrossPlex
2:00 PM – 7:30 PM	Youth Swim Competition - Short Course	Birmingham CrossPlex
	2:00 PM – 2:45 PM: Swim Warm Up	
	3:00 PM: Competition Starts	
	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	
2:30 PM – 5:00 PM	Track & Field Practice & Equipment Storage / Field Implement Check-In	Spain Park High School
6:00 PM – 8:00 PM	Check-In: Athlete & Coach	Hyatt Regency Birmingham
7:30 PM – 8:30 PM	Educational Session - Increase Financial Awareness of Post-secondary Opportunities for Athletes with Disabilities	Hyatt Regency Birmingham
9:00 PM – 10:00 PM	Coaches' Meeting	Hyatt Regency Birmingham

### TUESDAY, JULY 11, 2023

5:00 AM - 7:30 AM	Breakfast for those within the host hotel room block	Hyatt Regency Birmingham
7:00 AM – 1:00 PM	All Swim Competition - Long Course	Birmingham CrossPlex
	7:00 AM – 7:45 AM: Swim Warm Up	
	8:00 AM: Competition Starts	
	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	
8:00 AM – 1:30 PM	Junior Field Competition	Spain Park High School
9:30 AM – 11:30 AM	Check-In: Athlete & Coach	Hyatt Regency Birmingham
9:00 AM – 12:00 PM	Track (only) Practice & Equipment Storage	Spain Park High School
11:00 AM – 11:30 AM	The Hartford Gifting Moment	Spain Park High School
11:00 AM – 1:00 PM	Lunch	Birmingham CrossPlex & Spain Park High School
12:30 PM – 1:00 PM	New Athlete / Coach Orientation	Hyatt Regency Birmingham
1:00 PM – 3:00 PM	Check-In: Athlete & Coach	Hyatt Regency Birmingham
1:00 PM – 4:00 PM	Practice – Shooting	Finley Center
2:30 PM – 4:00 PM	Track & Field Practice & Equipment Storage / Field Implement Check-In	Spain Park High School
4:00 PM – 5:30 PM	Welcome Ceremony Pre-Game Activities	Hoover Met Complex
	Sport clinics: blind soccer, cycling, and wheelchair rugby	
5:30 PM – 8:00 PM	Welcome Ceremony	Hoover Met Stadium



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8:30 PM – 9:30 PM	Check-In: Athlete & Coach	Hyatt Regency Birmingham
9:00 PM – 10:00 PM	Coaches' Meeting	Hyatt Regency Birmingham

**WEDNESDAY, JULY 12, 2023**

5:00 AM - 7:30 AM	Breakfast for those within the host hotel room block	Hyatt Regency Birmingham
8:00 AM – 1:30 PM	Junior Field Competition	Spain Park High School
8:00 AM – 1:30 PM	Open and Masters Track Competition	Spain Park High School
	8:00 AM – 8:45 AM: Track Warm Up	
	9:00 AM: Competition Starts	
	100m, 400m	
9:00 AM – 11:30 AM	Shooting Competition	Finley Center
9:00 AM – 11:30 AM	Junior Wheelchair Tennis Tournament	Hoover Met Complex
11:00 AM – 1:00 PM	Lunch	Finley Center & Spain Park High School
	School	
1:30 PM – 5:00 PM	Shooting Competition	Finley Center
1:30 PM – 5:00 PM	Junior Wheelchair Tennis Tournament	Hoover Met Complex
2:30 PM – 4:00 PM	Track & Field Practice & Equipment Storage / Field Implement Check-In (Thursday or Friday competitors)	Spain Park High School
5:00 PM – 8:00 PM	Adult Wheelchair Tennis Tournament	Hoover Met Complex
5:00 PM – 8:00 PM	Open and Masters Track Competition	Spain Park High School
	5:00 PM – 5:45 PM: Track Warm Up	
	6:00 PM: Competition Starts	
6:00 PM – 8:00 PM	Check-In: Athlete & Coach	Hyatt Regency Birmingham
	*Only athletes beginning competition on Thursday or Friday	
7:00 PM – 8:30 PM	Social	TBD

**THURSDAY, JULY 13, 2023**

5:00 AM - 7:30 AM	Breakfast for those within the host hotel room block	Hyatt Regency Birmingham
6:30 AM – 12:30 PM	Track Competition	Spain Park High School
	6:30 AM – 7:15 AM: Track Warm Up	
	7:30 AM: Competition Starts	
	3000m (All), 5000m (All), 100m (Juniors), 4 x 100m Relay (Juniors), Universal Relay (Juniors)	
7:30 AM – 12:30 PM	Open and Masters Field Competition	Spain Park High School
9:00 AM – 11:30 AM	Shooting Competition	Finley Center
9:00 AM – 11:30 AM	Junior Wheelchair Tennis Tournament	Hoover Met Complex
10:30 AM – 12:00 PM	Tennis Clinic – Youth	Hoover Met Complex
11:00 AM – 1:00 PM	Lunch	Finley Center & Spain Park High School
	School	
1:30 PM – 5:00 PM	Shooting Competition	Finley Center
1:30 PM – 5:00 PM	Junior Wheelchair Tennis Tournament	Hoover Met Complex
3:30 PM – 5:00 PM	Field Implement Check-In (Friday competitors)	Spain Park High School
3:30 PM – 8:00 PM	Junior Track competition	Spain Park High School
	3:30 PM– 4:15 PM: Track Warm Up	
	4:30 PM: Competition Starts	
	60m, 60m weave, 800m, 200m	
4:30 PM – 8:00 PM	Field – Rain Day Make Up for All Ages	Spain Park High School
5:00 PM – 6:00 PM	Tennis Clinic – Adults	Hoover Met Complex



## 2023 Move United Nationals Schedule of Events

5:00 PM – 8:00 PM Adult Wheelchair Tennis Tournament Hoover Met Complex  
6:00 PM – 8:00 PM Check-In: Athlete & Coach Hyatt Regency Birmingham  
\*Only athletes beginning competition on Friday

### **FRIDAY, JULY 14, 2023**

5:00 AM - 7:30 AM Breakfast for those within the host hotel room block Hyatt Regency Birmingham  
6:30 AM – 12:30 PM Junior Track Competition Spain Park High School  
6:30 AM – 7:15 AM: Track Warm Up  
7:30 AM: Competition Starts  
1500m, 100m Open, 20m, 400m, 800m Medley Relay  
7:30 AM – 12:30 PM Open and Masters Field Competition Spain Park High School  
9:00 AM – 11:30 AM Shooting Competition Finley Center  
9:00 AM – 11:30 AM Junior Wheelchair Tennis Tournament Hoover Met Complex  
11:00 AM – 12:30 PM Lunch Finley Center &  
Spain Park High School  
Finley Center  
6:30 PM – 9:00 PM Closing Dinner Celebration  
Pre-registration required. All awards available for pick-up.

### **SATURDAY, JULY 15, 2023**

6:30 AM - 9:00 AM Breakfast for those within the host hotel room block Hyatt Regency Birmingham

#### **Notes:**

Practice sessions are unsupervised. You can come and go throughout the timeframe listed.  
A Medical Team will be onsite during all posted competition times.

#### **Venue Addresses**

##### Hyatt Regency Birmingham – The Wynfrey Hotel

1000 Galleria Circle  
Birmingham, AL 35244

##### Birmingham Crossplex

2340 Crossplex Blvd.  
Birmingham, AL 35208

##### Finley Center

5508 Stadium Trace Parkway  
Hoover, 35244

##### Hoover Met Complex

5508 Stadium Trace Parkway  
Hoover, 35244  
Birmingham, AL 35242

##### Hoover Met Stadium

5500 Stadium Trace Pkwy  
Hoover, AL 35244

##### Lakeshore Foundation

4000 Ridgeway Drive  
Birmingham, AL 35209

##### Oak Mountain State Park

200 Terrace Drive  
Pelham, AL 35124

##### Spain Park High School

4700 Jaguar Drive