

THE HARTFORD NATIONALS

Schedule of Events

THURSDAY, JULY 11, 2024

8:30 AM – 5:00 PM Classification (T&F) *By appointment Hyatt Regency – 2nd floor

FRIDAY, JULY 12, 2024

8:00 AM – 11:00 AM	Check-In: Athlete & Coach	Hyatt Regency – Riverchase Ballroom
8:30 AM – 2:30 PM	Classification (T&F) *By appointment	Hyatt Regency – 2 nd floor
1:00 PM – 3:00 PM	Check-In: Athlete & Coach	Hyatt Regency – Riverchase Ballroom
2:00 PM – 5:00 PM	Track & Field Practice / Field Implement Check-In	Spain Park H.S.
7:00 PM – 8:30 PM	Riverchase Galleria Social at BumperNets	Galleria Mall
7:00 PM – 9:00 PM	Check-In: Athlete & Coach	Hyatt Regency – Riverchase Ballroom
8:00 PM – 8:30 PM	New Athlete / Coach Orientation	Hyatt Regency – Wynfrey D/E
8:30 PM – 9:30 PM	Coaches' Meeting	Hyatt Regency – Wynfrey D/E

SATURDAY, JULY 13, 2024

5:00 AM – 8:00 AM	Breakfast for those within the host hotel room block	Hyatt Regency – Wynfrey A/B
7:30 AM – 12:30 PM	Junior Field & Jumps Competition – U17 and U20 Open (Adults) Long Jump & High Jump Competition	Spain Park H.S.
8:00 AM – 11:00 AM	Check-In: Athlete & Coach	Hyatt Regency – Riverchase Ballroom
9:00 AM – 11:00 AM	Open Track Practice / Field Implement Check-In	Spain Park H.S.
9:00 AM – 12:00 PM	Wheelchair Tennis Tournament	Spain Park H.S.
10:00 AM – 12:00 PM	Wheelchair Tennis Drop In and Tryout the Sport	Spain Park H.S.
11:00 AM – 1:00 PM	Lunch *pre-purchase	Spain Park H.S.
1:00 PM – 3:00 PM	Check-In: Athlete & Coach	Hyatt Regency – Riverchase Ballroom
1:30 PM – 2:30 PM	Field Implement Check-In (Sunday competitors only)	Spain Park H.S.
1:30 PM – 5:00 PM	Wheelchair Tennis Drop In and Tryout the Sport	Spain Park H.S.
1:30 PM – 7:00 PM	Wheelchair Tennis Tournament	Spain Park H.S.
2:00 PM – 7:00 PM	Junior Throws & Jumps Competition – U11 and U14	Spain Park H.S.
3:00 PM – 7:00 PM	Open Track Practice	Spain Park H.S.
7:00 PM – 9:00 PM	Check-In: Athlete & Coach	Hyatt Regency – Riverchase Ballroom
7:30 PM – 8:30 PM	Educational Session for Athletes – Sport Nutrition to Enhance Performance	Hyatt Regency – 2 nd floor
7:30 PM – 8:30 PM	Educational Session for Coaches – Connection-Based Coaching	Hyatt Regency – 2 nd floor
8:30 PM – 9:30 PM	Coaches' Meeting	Hyatt Regency – Wynfrey D/E

SUNDAY, JULY 14, 2024

5:00 AM – 8:00 AM	Breakfast for those within the host hotel room block	Hyatt Regency – Wynfrey A/B
6:30 AM – 12:30 PM	Track Competition	Spain Park H.S.
6:30 AM – 7:15 AM	Track Warm Up	
7:30 AM	Competition Starts 3000m, 5000m, 100m, 4 x 100m Relay, Universal Relay	
7:30 AM – 12:30 PM	Open (Adults) Shot Put & Discus	Spain Park H.S.
8:00 AM – 11:00 AM	Check-In: Athlete & Coach	Hyatt Regency – Riverchase Ballroom
9:00 AM – 12:00 PM	Wheelchair Tennis Tournament	Spain Park H.S.
11:00 AM – 1:00 PM	Lunch *pre-purchase	Spain Park H.S.
1:00 PM – 3:00 PM	Check-In: Athlete & Coach	Hyatt Regency – Riverchase Ballroom
1:30 PM – 7:00 PM	Wheelchair Tennis Tournament	Spain Park H.S.
2:30 PM – 7:00 PM	Track competition	Spain Park H.S.
2:30 PM – 3:15 PM	Track Warm Up	
3:30 PM	Competition Starts 60m, 60m weave, 800m, 200m	

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3:30 PM – 7:00 PM	Open (Adults) Javelin & Club	Spain Park H.S.
7:00 PM – 9:00 PM	Classification (Shooting) *By appointment	Hyatt Regency – 2 nd floor
7:00 PM – 9:00 PM	Check-In: Athlete & Coach	Hyatt Regency – Riverchase Ballroom
7:30 PM – 8:30 PM	Educational Session – Funding Opportunities for Athletes with a Disability Going to College	Hyatt Regency – Wynfrey C
9:00 PM – 10:00 PM	Coaches' Meeting	Hyatt Regency – Wynfrey D/E

MONDAY, JULY 15, 2024

5:00 AM – 8:00 AM	Breakfast for those within the host hotel room block	Hyatt Regency – Wynfrey A/B
6:30 AM – 12:30 PM	Track Competition	Spain Park H.S.
6:30 AM – 7:15 AM:	Track Warm Up	
7:30 AM:	Competition Starts	
	1500m, 20m, 400m, 800m Medley Relay	
8:00 AM – 11:00 AM	Check-In: Athlete & Coach	Hyatt Regency – Riverchase Ballroom
8:30 AM – 5:00 PM	Classification (Shooting) *By appointment	Hyatt Regency – 2 nd floor
8:30 AM – 5:00 PM	Classification (Swim) *By appointment	Lakeshore Foundation
10:00 AM – 11:30 AM	Wheelchair Tennis Clinic	Spain Park H.S.
11:00 AM – 11:30 AM	The Hartford Gifting Moment	Spain Park H.S.
11:00 AM – 1:00 PM	Lunch	Spain Park H.S.
1:00 PM – 3:00 PM	Check-In: Athlete & Coach	Hyatt Regency – Riverchase Ballroom
1:00 PM – 3:00 PM	Shooting – Open Practice Time	Finley Center
3:00 PM – 4:30 PM	Welcome Ceremony Social	Hoover Met Complex
	Sport clinics: Boccia, Cycling, Sitting Volleyball, Wheelchair Fencing	
5:00 PM – 7:30 PM	Welcome Ceremony	Hoover Met Stadium
8:30 PM – 9:00 PM	Paratriathlon Briefing Meeting	Hyatt Regency – Wynfrey D/E
9:00 PM – 10:00 PM	Coaches' Meeting	Hyatt Regency – Wynfrey D/E

TUESDAY, JULY 16, 2024

5:30 AM – 8:30 AM	Breakfast for those within the host hotel room block	Hyatt Regency – Wynfrey A/B
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	
8:00 AM – 11:00 AM	Check-In: Athlete & Coach	Hyatt Regency – Riverchase Ballroom
8:30 AM – 5:00 PM	Classification (Archery) *By appointment	Hyatt Regency – 2 nd floor
8:30 AM – 5:00 PM	Classification (Swim) *By appointment	Lakeshore Foundation
9:00 AM – 10:30 AM	Swimming Clinic 1 (*Repeated in clinic 2)	Lakeshore Foundation
9:00 AM – 12:00 PM	Shooting Competition Preliminaries *By sign up	Finley Center
11:00 AM – 12:30 PM	Swimming Clinic 2 (*Repeat of clinic 1)	Lakeshore Foundation
11:00 AM – 1:00 PM	Lunch	Lakeshore Foundation
12:00 PM – 8:00 PM	Powerlifting Competition	Lakeshore Foundation & Finley Center
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 – 3:00 PM	Check-In: Athlete & Coach	Hyatt Regency – Riverchase Ballroom
1:30 PM – 4:30 PM	Shooting Competition Preliminaries *By sign up	Finley Center
2:00 PM – 3:30 PM	Practice Session 1 – Swimming	Lakeshore Foundation
3:30 PM – 5:00 PM	Practice Session 2 – Swimming	Lakeshore Foundation
6:00 PM – 8:00 PM	Lakeshore Foundation Social	Lakeshore Foundation
7:00 PM – 8:00 PM	Move United Para-College Recruiting Showcase	Lakeshore Foundation
7:00 PM – 9:00 PM	Check-In: Athlete & Coach	Hyatt Regency – Riverchase Ballroom

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9:00 PM – 10:00 PM Coaches' Meeting Hyatt Regency – Wynfrey D/E

WEDNESDAY, JULY 17, 2024

5:00 AM – 8:00 AM Breakfast for those within the host hotel room block Hyatt Regency – Wynfrey A/B

7:00 AM – 12:00 PM Swim Competition – Short Course Birmingham CrossPlex
 7:00 AM – 7:45 AM: Swim Warm Up
 8:00 AM: Competition Starts
 100 (4x25) Medley Relay, 200 Free, 25 Free, 75 IM, 100 IM, 100 Back, 50 Free, 50 Breast, 25 Breast

8:00 AM – 11:00 AM Check-In: Athlete & Coach Hyatt Regency – Riverchase Ballroom
 *Only athletes beginning competition on Wednesday PM or Thursday

8:30 AM – 10:00 AM Shooting Competition Finals (SH1 & VI Youth & Adult) Finley Center

8:30 AM – 5:00 PM Classification (Archery) *By appointment Hyatt Regency – 2nd floor

9:00 AM – 11:00 AM Practice – Archery Hoover Met Stadium

10:30 AM – 12:00 PM Shooting Competition Finals (SH2 Youth & Adult) Finley Center

11:00 AM – 1:00 PM Lunch Finley Center & Birmingham CrossPlex

1:00 PM – 3:00 PM Check-In: Athlete & Coach Hyatt Regency – Riverchase Ballroom
 *Only athletes beginning competition on Thursday

1:30 PM – 3:30 PM Practice – Archery Hoover Met Stadium

3:00 PM – 8:00 PM Swim Competition – Short Course Birmingham CrossPlex
 3:00 PM – 3:45 PM: Swim Warm Up
 4:00 PM: Competition Starts
 100 (4X25) Free Relay, 100 Breast, 50 Back, 100 Free, 25 Back, 50 Fly, 25 Fly, 100 Fly

7:00 PM – 9:00 PM Check-In: Athlete & Coach* Hyatt Regency Birmingham
 *Only athletes beginning competition on Thursday

9:00 PM – 9:45 PM Coaches' Meeting Hyatt Regency – Wynfrey D/E

THURSDAY, JULY 18, 2024

5:00 AM – 8:00 AM Breakfast for those within the host hotel room block Hyatt Regency – Wynfrey A/B

7:00 AM – 12:30 PM Swim Competition – Long Course Birmingham CrossPlex
 7:00 AM – 7:45 AM: Swim Warm Up
 8:00 AM: Competition Starts
 200 Medley Relay, 200 Free, 150 IM, 200 IM, 100 Free, 50 Breast, 100 Breast, 50 Free, 50 Back, 100 Back, 50 Fly, 100 Fly, 400 Free, 200 Free Relay

8:00 AM – 1:00 PM Archery Competition Hoover Met Stadium

11:00 AM – 1:00 PM Lunch Hoover Met Stadium & Birmingham CrossPlex

6:00 PM – 9:00 PM Closing Dinner Celebration Finley Center
 Pre-registration required. All awards are available for pick-up.

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Notes:

You may come and go throughout the timeframe listed for practice sessions.

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

All outdoor competitions are at the mercy of the weather. If severe weather comes into the area and will not pass in time to allow for the session to be completed, some or all events scheduled for that timeframe may be cancelled.

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 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
Birmingham, AL 35242