

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
9:00 AM – 11:30 AM	Para Track and Field Coaches Training	Hyatt Regency – Wynfrey C
1:00 PM – 3:00 PM	Check-In: Athlete & Coach	Hyatt Regency – Riverchase Ballroom
1:00 PM – 5:00 PM	Para Track and Field Coaches Training	Hyatt Regency – Wynfrey C
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	Spain Park H.S.
	Open (Adults) Long Jump & High Jump Competition	
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 – Eat to Compete	Hyatt Regency – Wynfrey C
7:30 PM – 8:30 PM	Educational Session for Coaches – Connection-Based Coaching – USOPC	Hyatt Regency – WyndSOR (1 st floor)
Coaching Education Resources		
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 Medal pick-up for Saturday field events & Sunday AM track and field events	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.

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2:30 PM– 3:15 PM: 3:30 PM:	Track Warm Up Competition Starts 60m, 60m weave, 800m, 200m	
3:30 PM – 7:00 PM 7:00 PM – 9:00 PM 7:30 PM – 8:30 PM	Open (Adults) Javelin & Club Check-In: Athlete & Coach Educational Session – SSI and Vocational Rehab – The Keys to Getting Approved	Spain Park H.S. Hyatt Regency – Riverchase Ballroom 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 6:30 AM – 12:30 PM 6:30 AM – 7:15 AM: 7:30 AM:	Breakfast for those within the host hotel room block Track Competition Track Warm Up Competition Starts 1500m, 20m, 400m, 800m Medley Relay	Hyatt Regency – Wynfrey A/B Spain Park H.S.
8:00 AM – 11:00 AM 8:30 AM – 5:00 PM 10:00 AM – 11:30 AM 11:00 AM – 11:30 AM 11:00 AM – 1:00 PM 1:00 PM – 3:00 PM 1:00 PM – 3:00 PM 3:00 PM – 4:30 PM	Check-In: Athlete & Coach Classification (Swim) *By appointment Wheelchair Tennis Clinic The Hartford Gifting Moment Lunch Check-In: Athlete & Coach Shooting – Open Practice Time Welcome Ceremony Social Sport clinics: Boccia, Cycling, Sitting Volleyball, Wheelchair Fencing	Hyatt Regency – Riverchase Ballroom Lakeshore Foundation Spain Park H.S. Spain Park H.S. Spain Park H.S. Hyatt Regency – Riverchase Ballroom Finley Center Hoover Met Complex
3:00 PM – 5:30 PM	Medal pick-up for Saturday field events & Sunday AM track and field events	Hoover Met Complex – Move United Info Table
5:00 PM – 7:30 PM 8:30 PM – 9:00 PM 9:00 PM – 10:00 PM	Welcome Ceremony Paratriathlon Briefing Meeting Coaches' Meeting	Hoover Met Stadium Hyatt Regency – Wynfrey D/E Hyatt Regency – Wynfrey D/E

TUESDAY, JULY 16, 2024

5:00 AM – 8:00 AM 7:00 AM – 11:00 AM 7:00AM – 7:45 AM: 8:00 AM	Breakfast for those within the host hotel room block Paratriathlon Competition Paratriathlon Course Open for Transitions Set Up Competition Starts	Hyatt Regency – Wynfrey A/B Oak Mountain State Park
8:00 AM – 11:00 AM 8:30 AM – 5:00 PM 8:30 AM – 5:00 PM 9:00 AM – 10:30 AM 9:00 AM – 12:00 PM 10:00 AM – 11:30 AM 11:00 AM – 12:30 PM 11:00 AM – 1:00 PM 12:00 PM – 8:00 PM 12:00 PM – 2:30 PM:	Check-In: Athlete & Coach Classification (Archery) *By appointment Classification (Swim) *By appointment Swimming Clinic 1 (*Repeated in clinic 2) Shooting Competition Preliminaries *By sign up Adaptive Boxing Clinic Swimming Clinic 2 (*Repeat of clinic 1) Lunch Powerlifting Competition Weigh-In	Hyatt Regency – Riverchase Ballroom Hyatt Regency – 2 nd floor Lakeshore Foundation Lakeshore Foundation Finley Center Lakeshore Foundation Lakeshore Foundation Lakeshore Foundation Lakeshore Foundation & Finley Center
2:30 PM – 7:30 PM: 3:30 PM – 6:00 PM: 6:00 PM – 8:00 PM: 1:00 PM – 3:00 PM 1:30 PM – 5:00 PM 2:00 PM – 3:30 PM	Warm Up Benches Open Rookie & NextGen Competition Elite & Legends Competition Check-In: Athlete & Coach Shooting Competition Preliminaries *By sign up Practice Session 1 – Swimming	Hyatt Regency – Riverchase Ballroom Finley Center Lakeshore Foundation

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
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
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 *Only athletes beginning competition on Wednesday PM or Thursday	Hyatt Regency – Riverchase Ballroom
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 – 2 nd 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 *Only athletes beginning competition on Thursday	Hyatt Regency – Riverchase Ballroom
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* *Only athletes beginning competition on Thursday	Hyatt Regency Birmingham
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