

THE HARTFORD NATIONALS

Schedule of Events

THURSDAY, JULY 10, 2025

8:30 AM – 5:00 PM	Classification (T&F) *By appointment	Holiday Inn Grand Rapids Airport
6:00 PM – 8:00 PM	Midwest Wheelchair Tennis Championship Up/Down Social	MVP Athletic Club Crahen

FRIDAY, JULY 11, 2025

8:00 AM – 11:00 AM	Check-In: Athlete & Coach	Hilton Garden Inn GR East
8:00 AM – 8:00 PM	Midwest Wheelchair Tennis Championship	MVP Athletic Club Crahen
8:30 AM – 2:30 PM	Classification (T&F) *By appointment	Holiday Inn Grand Rapids Airport
1:00 PM – 3:00 PM	Check-In: Athlete & Coach	Hilton Garden Inn GR East
1:00 PM – 4:00 PM	Track & Field Practice / Field Implement Check-In	Gainey Athletic Complex – Calvin U.
1:30 PM – 2:30 PM	Clinic: Racing Drafting with Daniel Romanchuk *Intended for athletes 14 and older with 800m time sub-3 minutes	Gainey Athletic Complex – Calvin U.
2:00 PM – 4:00 PM	Youth Beginner Tennis Clinic	MVP Athletic Club Crahen
5:00 PM – 7:30 PM	Welcome Ceremony and Social	MSA Woodland
7:00 PM – 9:00 PM	Check-In: Athlete & Coach	Hilton Garden Inn GR East
8:30 PM – 9:30 PM	Track & Field Coaches' Meeting	Holiday Inn Grand Rapids Airport

SATURDAY, JULY 12, 2025

7:30 AM – 12:30 PM	Junior Throws & Jumps Competition – U17 and U20	Gainey Athletic Complex – Calvin U.
8:00 AM – 11:00 AM	Check-In: Athlete & Coach	Hilton Garden Inn GR East
8:00 AM – 8:00 PM	Midwest Wheelchair Tennis Championship	MVP Athletic Club Crahen
9:30 AM – 11:00 AM	Clinic: Get Down with Sitting Volleyball!	Mary Free Bed YMCA
11:00 AM – 1:00 PM	Lunch *pre-purchase	Gainey Athletic Complex – Calvin U.
12:45 PM – 1:15 PM	Clinic: Wheelchair Starts with Daniel Romanchuk	Gainey Athletic Complex – Calvin U.
1:00 PM – 3:00 PM	Check-In: Athlete & Coach	Hilton Garden Inn GR East
1:30 PM – 2:30 PM	Field Implement Check-In (Sunday competitors only)	Gainey Athletic Complex – Calvin U.
1:30 PM – 2:30 PM	Clinic: Q&A with Daniel Romanchuk	Gainey Athletic Complex – Calvin U.
1:30 PM – 3:00 PM	Open Track Practice	Gainey Athletic Complex – Calvin U.
3:30 PM – 5:00 PM	Clinic: Get Down with Sitting Volleyball!	Mary Free Bed YMCA
3:30 PM – 8:30 PM	Junior Throws & Jumps Competition – U11 and U14 Open (Adults) & Masters Jumps Competition	Gainey Athletic Complex – Calvin U.
7:00 PM – 9:00 PM	Check-In: Athlete & Coach	Hilton Garden Inn GR East

SUNDAY, JULY 13, 2025

6:30 AM – 12:30 PM	Track Competition	Gainey Athletic Complex – Calvin U.
6:30 AM – 7:15 AM	Track Warm Up	
7:30 AM:	Competition Starts 1500m, 20m, 400m, 800m Medley Relay	
7:30 AM – 12:30 PM	Open (Adults) & Masters Javelin & Club	Gainey Athletic Complex – Calvin U.
8:00 AM – 11:00 AM	Check-In: Athlete & Coach	Hilton Garden Inn GR East
8:00 AM – 2:00 PM	Midwest Wheelchair Tennis Championship	MVP Athletic Club Crahen
11:00 AM – 1:00 PM	Lunch *pre-purchase Medal pick-up for Saturday field events & Sunday AM track and field events	Gainey Athletic Complex – Calvin U.
1:00 PM – 3:00 PM	Check-In: Athlete & Coach	Hilton Garden Inn GR East
4:00 PM – 8:30 PM	Track competition	Gainey Athletic Complex – Calvin U.
4:00 PM – 5:15 PM	Track Warm Up	
5:30 PM:	Competition Starts 60m, 60m weave, 800m, 200m	
5:30 PM – 8:30 PM	Open (Adults) & Masters Shot Put & Discus	Gainey Athletic Complex – Calvin U.
7:00 PM – 9:00 PM	Check-In: Athlete & Coach	Hilton Garden Inn GR East

THE HARTFORD NATIONALS

Schedule of Events

MONDAY, JULY 14, 2025

6:30 AM – 12:30 PM	Track Competition	Gainey Athletic Complex – Calvin U.
6:30 AM – 7:15 AM	Track Warm Up	
7:30 AM:	Competition Starts	
	3000m, 5000m, 100m, 4 x 100m Relay, Universal Relay	
8:00 AM – 11:00 AM	Check-In: Athlete & Coach	Hilton Garden Inn GR East
8:30 AM – 5:00 PM	Classification (Archery) *By appointment	Holiday Inn Grand Rapids Airport
8:30 AM – 5:00 PM	Classification (Swim) *By appointment	Mary Free Bed YMCA
9:00 AM – 12:00 PM	Shooting – Open Practice Time	MSA Woodland
11:00 AM – 1:00 PM	Lunch	Gainey Athletic Complex – Calvin U.
11:30 AM – 12:00 PM	The Hartford Gifting Moment	Gainey Athletic Complex – Calvin U.
2:00 PM – 4:00 PM	Paratriathlon/Aquathlon Course Preview	Millennium Park – Boat House
2:00 PM – 5:00 PM	Evaluation (Boccia) *By appointment	MSA Woodland
2:00 PM – 5:00 PM	Boccia 101 Clinic	MSA Woodland
2:00 PM – 5:00 PM	Shooting – Open Practice Time	MSA Woodland
7:00 PM – 8:00 PM	Can I Really Go to College for Free if I have a Disability?	Holiday Inn Grand Rapids Airport
7:00 PM – 8:00 PM	Stay in The Game: Discussing Shoulder Health and Injury Prevention in Adaptive Sports	Holiday Inn Grand Rapids Airport
7:00 PM – 9:00 PM	Check-In: Athlete & Coach	Hilton Garden Inn GR East
8:00 PM – 8:30 PM	Paratriathlon & Aquathlon Briefing Meeting	Holiday Inn Grand Rapids Airport
8:30 PM – 9:00 PM	Shooting Coaches' Meeting	Holiday Inn Grand Rapids Airport
9:00 PM – 9:30 PM	Para Powerlifting Coaches' Meeting	Holiday Inn Grand Rapids Airport

TUESDAY, JULY 15, 2025

7:00 AM – 10:30 AM	Paratriathlon & Aquathlon Competition	Millennium Park – Boat House
7:00 AM – 7:45 AM	Paratriathlon & Aquathlon Course Open for Transitions Set Up	
8:00 AM:	Competition Starts	
8:00 AM – 11:00 AM	Check-In: Athlete & Coach	Hilton Garden Inn GR East
8:30 AM – 5:00 PM	Classification (Archery) *By appointment	Holiday Inn Grand Rapids Airport
8:30 AM – 5:00 PM	Classification (Swim) *By appointment	Mary Free Bed YMCA
9:00 AM – 12:00 PM	Boccia Competition	MSA Woodland
9:00 AM – 12:00 PM	Shooting Competition Preliminaries *By sign up	MSA Woodland
10:00 AM – 11:30 AM	Clinic: Adaptive Judo & Self Defense	Mary Free Bed YMCA – Studio 2
11:00 AM – 1:00 PM	Lunch	Mary Free Bed YMCA & MSA Woodland
12:00 PM – 8:00 PM	Para Powerlifting Competition	Mary Free Bed YMCA
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 – 5:00 PM	Boccia Competition	MSA Woodland
1:30 PM – 5:00 PM	Shooting Competition Preliminaries *By sign up	MSA Woodland
2:00 PM – 3:30 PM	Swimming – Practice Session 1	Mary Free Bed YMCA
3:30 PM – 5:00 PM	Swimming – Practice Session 2	Mary Free Bed YMCA
5:00 PM – 8:00 AM	Food & Fun Social	Mary Free Bed YMCA
6:00 PM – 7:30 PM	Clinic: Para Pickleball	Mary Free Bed YMCA
6:00 PM – 8:00 PM	Clinic: Wheelchair Softball	Mary Free Bed YMCA
7:00 PM – 8:00 PM	Check-In: Athlete & Coach	Hilton Garden Inn GR East
9:00 PM – 10:00 PM	Swimming Coaches' Meeting	Holiday Inn Grand Rapids Airport

THE HARTFORD NATIONALS

Schedule of Events

WEDNESDAY, JULY 16, 2025

7:00 AM – 12:30 PM	Swim Competition – Long Course	Calvin Univ. – Venema Aquatic Center
7:00 AM – 7:45 AM:	Warm Up	
8:00 AM:	Competition Starts	
Order of events:	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 – 11:00 AM	Check-In: Athlete & Coach	Hilton Garden Inn GR East
	*Only athletes beginning competition on Wednesday PM or Thursday	
8:00 AM – 9:30 AM	Shooting Competition Finals (SH1 & VI)	MSA Woodland
9:30 AM – 12:00 PM	Archery – Practice	Mary Free Bed YMCA
10:30 AM – 12:00 PM	Shooting Competition Finals (SH2 & MU90/91)	MSA Woodland
11:00 AM – 1:00 PM	Lunch	Calvin Univ. & MSA Woodland
1:30 PM – 4:00 PM	Practice – Archery	Mary Free Bed YMCA
3:00 PM – 8:00 PM	Swim Competition – Short Course	Calvin Univ. – Venema Aquatic Center
3:00 PM – 3:45 PM:	Warm Up	
4:00 PM:	Competition Starts	
Order of events:	100 (4x25) Medley Relay, 200 Free, 25 Free, 75 IM, 100 IM, 100 Back, 50 Free, 50 Breast, 25 Breast	
7:00 PM – 8:00 PM	Check-In: Athlete & Coach	Hilton Garden Inn GR East
9:00 PM – 9:30 PM	Archery Coaches' Meeting	Holiday Inn Grand Rapids Airport

THURSDAY, JULY 17, 2025

7:00 AM – 12:30 PM	Swim Competition – Short Course	Calvin Univ. – Venema Aquatic Center
7:00 AM – 7:45 AM:	Warm Up	
8:00 AM:	Competition Starts	
Order of events:	100 (4X25) Free Relay, 100 Breast, 50 Back, 100 Free, 25 Back, 50 Fly, 25 Fly, 100 Fly	
8:00 AM – 1:00 PM	Archery Competition	Mary Free Bed YMCA
11:00 AM – 1:00 PM	Lunch	Calvin University & Mary Free Bed YMCA
5:30 PM – 8:30 PM	Closing Dinner Celebration	MSA Woodland
	Pre-registration required. All remaining awards are available for pick-up.	

THE HARTFORD NATIONALS

Schedule of Events

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

Gainey Athletic Complex – Calvin University
1661 E Paris Ave SE
Grand Rapids, MI 49546

Hilton Garden Inn Grand Rapids East
2321 E Beltline Ave SE
Grand Rapids, MI 49546

Holiday Inn Grand Rapids Airport
3063 Lake Eastbrook Blvd SE
Grand Rapids, MI 49512

Mary Free Bed YMCA
5500 Burton Street Southeast
Grand Rapids, MI 49546

Millennium Park – Boat House
1415 Maynard Ave SW
Walker, MI 49534

MSA Woodland
2100 28th Street Southeast
Grand Rapids, MI 49508

MVP Athletic Club Crahen
115 Crahen Ave NE
Grand Rapids, MI 49525

Venema Aquatic Center – Calvin University
3195 Knight Way Southeast
Grand Rapids, MI 49546