

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: Wheelchair Track Drafting Practice & Distance Strategy with Daniel Romanchuk & Susannah Scaroni *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	Gainey Athletic Complex – Calvin U.
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 Track Starts with Daniel Romanchuk & Susannah Scaroni	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: Wheelchair Track Basics - Q&A with Daniel Romanchuk & Susannah Scaroni	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 6:30 AM – 7:15 AM: 7:30 AM	Track Competition Track Warm Up Competition Starts 1500m, 20m, 400m, 800m Medley Relay	Gainey Athletic Complex – Calvin U.
7:30 AM – 12:30 PM	Open (Adults) & Masters Javelin & Club	Gainey Athletic Complex – Calvin U.

The Hartford NATIONALS

2025 Schedule of Events

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	Gainey Athletic Complex – Calvin U.
12:30 PM – 1:20 PM	So Everybody Can Move: The Power of Grassroots Advocacy (Lunch Tent)	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 4:00 PM– 5:15 PM 5:30 PM	Track competition Track Warm Up Competition Starts 60m, 60m weave, 800m, 200m	Gainey Athletic Complex – Calvin U.
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

MONDAY, JULY 14, 2025

6:30 AM – 12:30 PM 6:30 AM – 7:15 AM 7:30 AM	Track Competition Track Warm Up Competition Starts 3000m, 5000m, 100m, 4 x 100m Relay, Universal Relay	Gainey Athletic Complex – Calvin U.
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 *pre-purchase	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 & Boccia 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 7:00AM – 7:45 AM 8:15 AM	Paratriathlon & Aquathlon Competition Paratriathlon & Aquathlon Course Open for Transitions Set Up Competition Starts	Millennium Park – Boat House
8:00 AM – 11:00 AM	Check-In: Athlete & Coach	Hilton Garden Inn GR East

The Hartford NATIONALS

2025 Schedule of Events

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 Qualifying Round *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 *pre-purchase	Mary Free Bed YMCA & MSA Woodland
12:00 PM – 8:00 PM 12:00 PM – 2:30 PM 2:30 PM – 7:30 PM 3:30 PM – 6:00 PM 6:00 PM – 8:00 PM	Para Powerlifting Competition Weigh-In Warm Up Benches Open Rookie & NextGen Competition Elite & Legends Competition	Mary Free Bed YMCA
1:00 PM – 5:00 PM	Boccia Competition	MSA Woodland
1:30 PM – 5:00 PM	Shooting Competition Qualifying Round *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

2025 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 *Only athletes beginning competition on Wednesday PM or Thursday	Hilton Garden Inn GR East
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 *pre-purchase	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 Pre-registration required. All remaining awards are available for pick-up.	MSA Woodland