

### THURSDAY, JULY 9, 2026

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

### FRIDAY, JULY 10, 2026

8:00 AM – 12:00 PM	Check-In: Athlete & Coach	Hilton Garden Inn GR East
8:00 AM – 8:00 PM	Midwest Wheelchair Tennis Championship & MWTC-Para Standing Division Tournament	MVP Athletic Club Crahen
8:30 AM – 2:30 PM	Classification (T&F) *By appointment	Springhill Suites Grand Rapids Airport Southeast
12:00 PM – 12:45 PM	Clinic: Preparing for Life and Competition after High School: Skills Goals for Young Adults	Gainey Athletic Complex – Calvin U.
1:00 PM – 2:00 PM	Clinic: Track – Wheelchair & Ambulatory	Gainey Athletic Complex – Calvin U.
	Frame Running: Assessment, Fitting & Saddle Optimization	
	Wheelchair: Distance Racing & Drafting Strategy - limited to athletes 14 and older w/ sub-3 minute 800m time	
	Ambulatory: TBD	
1:00 PM – 4:00 PM	Track & Field Practice / Field Implement Check-In	Gainey Athletic Complex – Calvin U.
1:00 PM – 5:00 PM	Check-In: Athlete & Coach	Hilton Garden Inn GR East
4:00 PM – 6:00 PM	Kids Tennis Clinic hosted by USTA Professional	MVP Athletic Club Crahen
5:00 PM – 7:30 PM	Welcome Ceremony and Social	Gainey Athletic Complex – Calvin U.
6:00 PM – 9:00 PM	Check-In: Athlete & Coach	Hilton Garden Inn GR East
8:30 PM – 9:30 PM	Track & Field Coaches' Meeting	MFB YMCA – Community Room

### SATURDAY, JULY 11, 2026

7:30 AM – 12:30 PM	Junior Throws & Jumps Competition – Ambulatory U17 & U20 Seated U11 & U14	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 & MWTC-Para Standing Division Tournament	MVP Athletic Club Crahen
12:30 PM – 1:45 PM	Clinic: Track – Wheelchair & Ambulatory	Gainey Athletic Complex – Calvin U.
	Frame Running: Gait Extension, Mobility Work, Positioning Adjustments, Coaching & Technique Development	
	Wheelchair: Starts 12:30 PM – 1:00 PM: U11, U14, U17 1:00 PM – 1:30 PM: U20 and older	
	Ambulatory: Running Basics and Q&A	
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 – 3:00 PM	Open Track Practice	Gainey Athletic Complex – Calvin U.
	Clinic: Track – Wheelchair & Ambulatory	

2:00 PM – 3:00 PM	Frame Running: Starts, Times for PBs & Baseline Benchmarking	Gainey Athletic Complex – Calvin U.
	Wheelchair: Racing Basics and Q&A	
	Ambulatory: Starts 2:00 PM – 2:30 PM: U11, U14, U17 2:30 PM – 3:00 PM: U20 and older	
3:30 PM – 8:30 PM	Junior Throws & Jumps Competition – Ambulatory U11 & U14 Seated U17 & U20 Open (Adults) & Masters Jumps Competition	Gainey Athletic Complex – Calvin U.
7:00 PM – 8:00 PM	Educational Session: The Changing Landscape: Free College Access, SSI, and Vocational Rehabilitation for Young People with Disabilities	Springhill Suites Grand Rapids Airport Southeast - Waterfall/Cascade Rooms
7:00 PM – 9:00 PM	Check-In: Athlete & Coach	Hilton Garden Inn GR East

### SUNDAY, JULY 12, 2026

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.
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 & MWTC-Para Standing Division Tournament	MVP Athletic Club Crahen
10:00 AM – 1:00 PM	Track & Field Medal Pick Up	Gainey Athletic Complex – Calvin U.
1:00 PM – 3:00 PM	Check-In: Athlete & Coach	Hilton Garden Inn GR East
3:00 PM – 8:30 PM 3:00 PM – 4:00 PM 4:15 PM	Track competition Track Warm Up Competition Starts 60m, 60m weave, 800m, 200m	Gainey Athletic Complex – Calvin U.
4:30 PM – 7:30 PM	Open (Adults) & Masters Shot Put & Discus	Gainey Athletic Complex – Calvin U.
4:00 PM – 6:00 PM	Track & Field Medal Pick Up	Gainey Athletic Complex – Calvin U.
7:00 PM – 9:00 PM	Check-In: Athlete & Coach	Hilton Garden Inn GR East

### MONDAY, JULY 13, 2026

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 (Para Powerlifting) *By appointment	Springhill Suites Grand Rapids Airport Southeast - Cascade Room
8:30 AM – 5:00 PM	Classification (Swim) *By appointment	Mary Free Bed YMCA
9:00 AM – 12:00 PM	Shooting – Equipment Inspection & Open Practice	MSA Fieldhouse

10:00 AM – 1:00 PM	Track & Field Medal Pick Up	Gainey Athletic Complex – Calvin U.
11:30 AM – 12:00 PM	The Hartford Gifting Moment	Gainey Athletic Complex – Calvin U.
1:00 PM – 5:00 PM	Classification (Archery) *By appointment	Springhill Suites Grand Rapids Airport Southeast - Boardroom
2:00 PM – 4:00 PM	Paratriathlon / Aquathlon Course Preview & Briefing Meeting	Millennium Park – Boat House
2:00 PM – 4:30 PM	Para Powerlifting Officials Certification Training *Prior sign up required	Springhill Suites Grand Rapids Airport Southeast - Waterfall Room
2:00 PM – 5:00 PM	Shooting – Equipment Inspection & Open Practice	MSA Fieldhouse
3:30 PM – 5:00 PM	Boccia 101 Clinic	MSA Fieldhouse
5:00 PM – 6:00 PM	The Adaptive Sport Pipeline in Michigan; Grassroots to College to High Performance Initiatives	Mary Free Bed YMCA – Meeting Room
6:00 PM – 7:30 PM	Move United Para-College Recruiting Showcase	Mary Free Bed YMCA – Community Room
6:00 PM – 8:00 PM	Para Powerlifting Competition Weigh In *Prior sign up required	Mary Free Bed YMCA – Classroom
7:30 PM – 9:00 PM	Check-In: Athlete & Coach	Hilton Garden Inn GR East
8:00 PM – 8:30 PM	Boccia & Shooting Coaches' Meeting	Mary Free Bed YMCA – Community Room
8:30 PM – 9:00 PM	Para Powerlifting Coaches' Meeting	Mary Free Bed YMCA – Community Room

### TUESDAY, JULY 14, 2026

7:00 AM – 10:30 AM	Paratriathlon & Aquathlon Competition	Millennium Park – Boat House
7:00AM – 7:45 AM	Paratriathlon & Aquathlon Course Open for Transitions Set Up	
8:15 AM	Competition Starts	
8:00 AM – 11:00 AM	Check-In: Athlete & Coach	Hilton Garden Inn GR East
8:30 AM – 12:00 PM	Shooting Competition Qualifying Round *By sign up	MSA Fieldhouse
8:30 AM – 5:00 PM	Classification (Archery) *By appointment	Springhill Suites Grand Rapids Airport Southeast - Waterfall Room
8:30 AM – 5:00 PM	Classification (Swim) *By appointment	Mary Free Bed YMCA
9:00 AM – 12:00 PM	Boccia Competition	MSA Fieldhouse
9:00 AM – 10:30 AM	Swimming – Practice Session 1	Mary Free Bed YMCA
10:30 AM – 12:00 PM	Swimming – Practice Session 2	Mary Free Bed YMCA
11:00 AM – 1:00 PM	Lunch *pre-purchase	Mary Free Bed YMCA & MSA Fieldhouse
12:00 PM – 8:00 PM	Para Powerlifting Competition	Mary Free Bed YMCA
12:00 PM – 2:30 PM	Weigh-In	Classroom
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 Fieldhouse
1:30 PM – 3:45 PM	Experienced Swimmer - Para Swimming Development Clinic	Mary Free Bed YMCA - Pool/Community Room
1:30 PM – 5:30 PM	Shooting Competition Qualifying Round *By sign up	MSA Fieldhouse
3:15 PM – 5:00 PM	Beginner Swimmer - Para Swimming Development Clinic	Mary Free Bed YMCA - Pool/Community Room
6:00 PM – 7:30 PM	Clinic: Discover Field Hockey; A Sport for All, A Sport for Life	Mary Free Bed YMCA - Tennis Courts
6:00 PM – 7:30 PM	Clinic: Wheelchair Softball with the West Michigan Rollin Whitecaps	Mary Free Bed YMCA - Softball Field
7:00 PM – 8:00 PM	Check-In: Athlete & Coach	Hilton Garden Inn GR East
9:00 PM – 9:45 PM	Swimming Coaches' Meeting	Mary Free Bed YMCA - Community Room

### WEDNESDAY, JULY 15, 2026

7:00 AM – 12:30 PM 7:00 AM – 7:45 AM 8:00 AM	Swim Competition – Long Course Warm Up Competition Starts Order of events: 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, 200 Medley Relay	Calvin Univ. – Venema Aquatic Center
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 Fieldhouse
9:30 AM – 12:00 PM	Archery – Practice	Mary Free Bed YMCA
10:00 AM – 11:30 AM	Adaptive Judo & Self-Defense Clinic	Kroc Center
10:00 AM – 1:00 PM	Swim Medal Pick Up	Calvin Univ. – Venema Aquatic Center
10:30 AM – 12:00 PM	Shooting Competition Finals (SH2 & MU90/91)	MSA Fieldhouse
11:00 AM – 1:00 PM	Lunch *pre-purchase	Calvin Univ. & MSA Fieldhouse
1:30 PM – 4:00 PM	Practice – Archery	Mary Free Bed YMCA
3:00 PM – 8:00 PM 3:00 PM – 3:45 PM 4:00 PM	Swim Competition – Short Course Warm Up Competition Starts Order of events: 200 Free, 25 Free, 75 IM, 100 IM, 100 Back, 50 Free, 50 Breast, 25 Breast, 100 (4x25) Medley Relay	Calvin Univ. – Venema Aquatic Center
6:00 PM – 8:00 PM	Swim Medal Pick Up	Calvin Univ. – Venema Aquatic Center
7:00 PM – 8:00 PM	Check-In: Athlete & Coach *Only athletes beginning competition on Thursday	Hilton Garden Inn GR East
9:00 PM – 9:30 PM	Archery Coaches' Meeting	Mary Free Bed YMCA - Community Room

### THURSDAY, JULY 16, 2026

7:00 AM – 12:30 PM 7:00 AM – 7:45 AM 8:00 AM	Swim Competition – Short Course Warm Up Competition Starts Order of events: 100 Breast, 50 Back, 100 Free, 25 Back, 50 Fly, 25 Fly, 100 Fly, 100 (4X25) Free Relay	Calvin Univ. – Venema Aquatic Center
8:00 AM – 1:00 PM	Archery Competition	Mary Free Bed YMCA
8:00 AM – 8:45 AM	Check-In / Official Practice / Equipment Inspection	
9:00 AM	Competition Starts	
10:00 AM – 1:00 PM	Swim Medal Pick Up	Calvin Univ. – Venema Aquatic Center
11:00 AM – 1:00 PM	Lunch	Calvin Univ. & Mary Free Bed YMCA
6:30 PM – 9:00 PM	Closing Celebration – Dessert and Awards Pre-registration required. All remaining awards are available for pick-up.	Grand Rapids Public Museum

### VENUE ADDRESSES

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

Mary Free Bed YMCA  
5500 Burton St SE, Grand Rapids, MI 49546

Millenium Park  
1415 Maynard Ave SW, Walker, MI 49534

MSA Fieldhouse  
5435 28th St Ct SE, Grand Rapids, MI 49546

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

Veneman Aquatic Center - Calvin University  
3195 Knight Way Southeast, Grand Rapids, MI 49546