



Adaptive Sports USA 2019 Junior Nationals Schedule



TENTATIVE SCHEDULE as of 12/16/18

Subject and likely to change slightly and revised schedule will be posted online in January.

SATURDAY, JULY 13TH

Classification (Swim) *By appointment 2:00pm – 5:00pm Eden Prairie Community Center

SUNDAY, JULY 14TH

Registration 8:00am – 11:30am Great Wolf Lodge – Fallen Timbers I
Classification (Archery/T&F) *By appointment 8:00am – 5:30pm Great Wolf Lodge – TBD
Classification (Swim) *By appointment 8:00am – 3:00pm Eden Prairie Community Center
Paratriathlon Fitting Session 8:00am – 11:00am Round Lake Park
Lunch 11:00am – 1:00pm Round Lake Park
Registration 12:30pm – 6:30pm Great Wolf Lodge – Fallen Timbers I
Swim Clinic 1:00pm – 2:00pm Eden Prairie Community Center
Archery Practice 1:00pm – 4:00pm Eden Prairie High School
Track Practice 1:00pm – 4:00pm Eden Prairie High School
Swim Practice 1:00pm – 4:00pm Eden Prairie Community Center
Paratriathlon Competition 3:00pm – 5:00pm Round Lake Park
New Athlete / Coach Orientation 6:30pm – 7:30pm Great Wolf Lodge – Fallen Timbers I
Social Event 6:30pm – 8:30pm TBD
Coaches' Meeting 8:30pm – 9:30pm Great Wolf Lodge – Fallen Timbers I

MONDAY, JULY 15TH

Swim Warm up 7:00am – 8:00am Eden Prairie Community Center
Short Course Swim Competition 8:00am – 12:00pm Eden Prairie Community Center
Classification (T&F) * By appointment 8:00am – 5:00pm Great Wolf Lodge – TBD
Registration 8:00am – 12:00pm Great Wolf Lodge – Fallen Timbers I
Track Practice 9:00am – 3:00pm Eden Prairie High School
Lunch 11:00am – 1:00pm Eden Prairie High School
Archery Competition 1:00pm – 5:00pm Eden Prairie High School
Shooting Clinic 5:00pm – 7:00pm TBD
Social Event 7:00pm – 9:00pm TBD
Coaches' Meeting 8:30pm – 9:30pm Great Wolf Lodge – Fallen Timbers I

TUESDAY, JULY 16TH

Swim Warm up 7:00am – 8:00am Eden Prairie Community Center
Short Course Swim Competition 8:00am – 12:00pm Eden Prairie Community Center
Registration 8:00am – 3:00pm Great Wolf Lodge – Fallen Timbers I
Classification (T&F) * By appointment 8:00am – 3:00pm Great Wolf Lodge – TBD
Field Implement Check In 9:00am – 11:00am Eden Prairie High School
Track Practice 9:00am – 3:00pm Eden Prairie High School
Lunch 11:00am – 1:00pm Eden Prairie Community Center
Table Tennis Clinic & Fun Round Robin 1:30pm – 3:30pm Eden Prairie High School
Shooting Competition 1:00pm – 5:00pm
Field Implement Check In 1:00pm – 4:00pm Eden Prairie High School
New Athlete / Coach Orientation 3:00pm – 4:00pm Great Wolf Lodge – Fallen Timbers I



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Welcome Ceremony – Parade of Athletes	6:00pm – 8:00pm	Eden Prairie High School / Round Lake
Coaches' Meeting	9:00pm – 10:00pm	Great Wolf Lodge – Fallen Timbers I
WEDNESDAY, JULY 17TH		
Field Competition	8:00am – 12:00pm	Eden Prairie High School
Lunch	11:00am – 1:00pm	Eden Prairie High School
Track Practice	9:00am – 4:00pm	Eden Prairie High School
Field Competition	1:30pm – 5:30pm	Eden Prairie High School
Educational Session: School Inclusion & College Bound	7:00pm – 8:00pm	Great Wolf Lodge – Fallen Timbers I
Social Event	6:30pm – 8:30pm	Great Wolf Water Park
Coaches' Meeting	9:00pm – 10:00pm	Great Wolf Lodge – Fallen Timbers I
THURSDAY, JULY 18TH		
Track Warm up	6:30am – 7:15am	Eden Prairie High School
Track Competition	7:30am – 11:30am	Eden Prairie High School
*3000m, 5000m, 200m, 20m, 60m weave, 60m, 800m		
Lunch	11:00am – 1:00pm	Eden Prairie High School
Track Competition	12:30pm – 2:00pm	Eden Prairie High School
Powerlifting Weigh-In	3:30pm – 5:00pm	Great Wolf Lodge – TBD
Powerlifting Warm Up	4:00pm – 9:00pm	Great Wolf Lodge – Fallen Timbers I & II
Powerlifting Competition	5:30pm – 9:00pm	Great Wolf Lodge – Fallen Timbers I & II
*USA Para Powerlifting Junior Championship		
Coaches' Meeting	9:30pm – 10:30pm	Great Wolf Lodge – Fallen Timbers I
FRIDAY, JULY 19TH		
Track Warm up	6:30am – 7:15am	Eden Prairie High School
Track Competition	7:30am – 11:30am	Eden Prairie High School
*1500m, 100m, 400m, 100m Opens, Relays		
Lunch	11:00am – 1:00pm	Eden Prairie High School
Track Competition	12:30pm – 2:00pm	Eden Prairie High School
Rain Day Make Up	12:00pm – 5:00pm	Eden Prairie High School
Closing Celebration	6:30pm – 9:30pm	Mall of America

Notes:

Meals are on your own unless noted in schedule for those on Meal Plan.

All practice sessions are unsupervised.