



Adaptive Sports USA 2019 Junior Nationals Schedule

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 – Suite @ Great Wolf
Classification (Swim) *By appointment	8:00am – 5:00pm	Eden Prairie Community Center
Paratriathlon Fitting Session	8:00am – 11:00am	Eden Prairie Community Center (Transition Zone)
Lunch	11:00am – 1:00pm	Eden Prairie Community Center
Registration	12:30pm – 6:30pm	Great Wolf Lodge – Fallen Timbers I
Paratriathlon Pre-Competition Briefing	12:30pm – 1:00pm	Eden Prairie Community Center
Archery Practice	1:00pm – 4:00pm	Eden Prairie High School
Track Practice	1:00pm – 4:00pm	Eden Prairie High School
Paratriathlon Competition	1:00pm – 3:00pm	Eden Prairie Community Center & High School
Swim Practice	1:30pm – 4:00pm	Eden Prairie Community Center
Swim Clinic	3:30pm – 4:30pm	Eden Prairie Community Center
New Athlete / Coach Orientation	6:30pm – 7:30pm	Great Wolf Lodge – Fallen Timbers I
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
200 Free, 75 IM, 100 IM, 150 IM, 200 IM, 25 Free, 100 Free, 50 Back, 25 Breast, 100 Breast, 50 Fly, 100 Medley Relays, 200 Free Relays		
Classification (T&F) * By appointment	8:00am – 5:00pm	Great Wolf Lodge – Suite @ Great Wolf
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	South Metro Public Safety Training Facility
Social Event	7:00pm – 9:00pm	Mall of America GameWorks (4th Floor East)
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
500Y Free, 25 Fly, 100 Fly, 50 Breast, 25 Back, 100 Back, 50 Free, 100 Freestyle Relays, 200 Medley Relays		
Registration	8:00am – 3:00pm	Great Wolf Lodge – Fallen Timbers I
Classification (T&F) * By appointment	8:00am – 3:00pm	Great Wolf Lodge – Suite @ Great Wolf
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 High School
Girls Empowered by Sport Chat	11:30am-12:30pm	Eden Prairie High School - lunch area
Table Tennis Clinic & Fun Round Robin	1:30pm – 3:30pm	Eden Prairie High School
Shooting Competition	1:00pm – 5:00pm	South Metro Public Safety Training Facility
Field Implement Check In	1:00pm – 4:00pm	Eden Prairie High School
New Athlete / Coach Orientation	2:30pm – 3:30pm	Great Wolf Lodge – Fallen Timbers I
Welcome Ceremony – Parade of Athletes	5:00pm – 8:00pm	Eden Prairie High School
Supported by Challenged Athletes Foundation	BBQ to follow Welcome Ceremony	
Coaches' Meeting	9:00pm – 10:00pm	Great Wolf Lodge – Fallen Timbers I



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WEDNESDAY, JULY 17TH

Field Competition	8:00am – 12:00pm	Eden Prairie High School
Track Practice	9:00am – 4:00pm	Eden Prairie High School
Lunch	11:00am – 1:00pm	Eden Prairie High School
Field Competition	1:30pm – 5:30pm	Eden Prairie High School
Educational Session	7:00pm – 8:30pm	Great Wolf Lodge – Fallen Timbers I
<i>CAF High School Adaptive Sports Program Discussion & Transitioning from Playing Adaptive Sports in High School to Playing in College</i>		
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, 100m, 20m, 60m weave, 60m, 800m, Universal Relay, 4 x 100m Relay		
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 Opens, 200m, 400m, Medley Relay, 4 x 400m Relay		
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	GameWorks Mall of America (4th Floor East)

Notes:

Meals are on your own unless noted in schedule for those purchasing lunch.

All practice sessions are unsupervised.