



**MOVE
UNITED
JUNIOR
NATIONALS**

**Move United 2021 Junior Nationals presented by The Hartford
Schedule of Events
Thornton/Westminster, Colorado
7/17-23/2021**

SATURDAY, July 17

12:00 PM – 6:30 PM	Classification (Archery) *By appointment	Delta Hotels – Crested Butte
3:00 PM – 6:00 PM	Classification (Swim) *By appointment	Veterans Memorial Aquatic Center
8:30 PM – 9:30 PM	Coaches Meeting	Delta Hotels – Grays Peak

SUNDAY, JULY 18

6:30 AM – 9:00 AM	Breakfast for those within the event room block	Delta Hotels – Atrium
8:30 AM – 11:30 AM	Check-In: Athlete & Coach Junior Nationals	Delta Hotels – Telluride
8:30 AM – 5:00 PM	Classification (T&F) *By appointment	Delta Hotels – Executive Boardroom
8:30 AM – 5:00 PM	Classification (Swim) *By appointment	Veterans Memorial Aquatic Center
9:00 AM – 11:00 AM	Practice - Archery	Trail Winds Park
10:00AM – 4:00 PM	Para Powerlifting Classification *By appointment	Delta Hotels – Crested Butte
10:00 AM – 12:00 PM	Paratriathlon Fitting Session and Q & A (Open House)	VMAC parking lot / Trail Winds Community Path
11:00 AM – 1:00 PM	Lunch	Trail Winds Park Pavillion or Horizon High Cafeteria
12:30 PM – 6:00 PM	Check-In: Athlete & Coach Junior Nationals	Delta Hotels – Telluride
1:00 PM – 5:00 PM	Archery Competition	Trail Winds Park
1:00 PM – 4:00 PM	Practice & Equipment Storage – Track & Field	North Stadium / Mountain Range High
2:00 PM – 4:00 PM	Practice - Swimming	Veterans Memorial Aquatic Center
4:00 PM – 6:00 PM	Paratriathlon Competition	Veterans Memorial Aquatic Center / Trail Winds Community Path
7:00 PM - 7:45PM	Para Powerlifting Athlete Clinic	Delta Hotels – Pikes Peak
8:00 PM – 8:30 PM	New Athlete / Coach Orientation	Delta Hotels – Grays Peak
8:30 PM – 9:30 PM	Coaches' Meeting	Delta Hotels – Grays Peak

MONDAY, JULY 19

5:00 AM – 7:30 AM	Breakfast for those within the event room block	Delta Hotels – Atrium
7:00 AM – 8:00 AM	Swim Warm up	Veterans Memorial Aquatic Center
8:00 AM – 12:00 PM	Swim Competition - Long Course <small>4X50 Medley Relay, 200 Free, 150 IM, 200 IM, 100 Free, 50 Breast, 100 Breast, 50 Free, 50 Back, 100 Back, 50 Fly, 100 Fly, 400M Free, 4X50 Free Relay</small>	Veterans Memorial Aquatic Center
8:30 AM – 11:30 AM	Check-In: Athlete & Coach Junior Nationals	Delta Hotels – Telluride
8:30 AM – 5:00 PM	Classification (T&F) * By appointment	Delta Hotels – Longs Peak
10:00 AM – 12:00 PM	Practice & Equipment Storage – Track & Field	North Stadium / Mountain Range High
11:00 AM – 1:00 PM	Lunch	Horizon High School Cafeteria
1:00 PM – 3:00 PM	Practice & Equipment Storage – Track & Field	North Stadium / Mountain Range High
1:00 PM – 4:00 PM	Check-In: Athlete & Coach Junior Nationals	Delta Hotels – Telluride

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3:00 PM – 5:00 PM	Educational Sessions	Delta Hotels – Grays Peak & Torreys Peak
3:00 PM – 4:30 PM	Powerlifting Weigh-In	Delta Hotels – Crested Butte
4:00 PM – 8:30 PM	Powerlifting Warm Up	Delta Hotels – Pikes Peak
5:00 PM – 5:30 PM	Powerlifting Orientation	Delta Hotels – Pikes Peak
5:30 PM – 8:30 PM	Powerlifting Competition	Delta Hotels – Pikes Peak
	*USA Para Powerlifting Junior Championship	
9:00 PM – 10:00 PM	Coaches' Meeting	Delta Hotels – Grays Peak

TUESDAY, JULY 20

5:00 AM - 7:30 AM	Breakfast for those within the event room block	Delta Hotels – Atrium
7:00 AM – 8:00 AM	Swim Warm up	Veterans Memorial Aquatic Center
8:00 AM – 12:00 PM	Swim Competition - Short Course <small>4X25 Medley Relay, 200 Free, 25Free, 75 IM, 100 IM, 100 Back, 50 Free, 50 Breast, 25 Breast, 100 Breast, 50 Back, 25 Back, 50 Fly, 100 Free, 25 Fly, 100 Fly, 4X25 Free Relay</small>	Veterans Memorial Aquatic Center
8:00 AM – 3:00 PM	Classification (T&F) * By appointment	Delta Hotels – Longs Peak
8:00 AM – 12:00 PM	Shooting Competition	Trail Winds Recreation Center
8:30 AM – 11:30 AM	Check-In: Athlete & Coach Junior Nationals	Delta Hotels – Telluride
9:00 AM – 12:00 PM	Practice & Equipment Storage - Track & Field	North Stadium / Mountain Range High
9:00 AM – 12:00 PM	Field Implement Check-In	North Stadium / Mountain Range High
11:00 AM – 1:00 PM	Lunch	Horizon High School Cafeteria
12:30 PM – 1:00 PM	New Athlete / Coach Orientation	Horizon High School Cafeteria
12:30 PM – 3:00 PM	Check-In: Athlete & Coach Junior Nationals	Delta Hotels – Telluride
1:00 PM – 3:00 PM	Practice & Equipment Storage - Track & Field	North Stadium / Mountain Range High
1:00 PM – 3:00 PM	Field Implement Check-In	North Stadium / Mountain Range High
1:30 PM – 3:30 PM	Shooting Competition	Trail Winds Recreation Center
5:30 PM – 8:00 PM	Welcome Ceremony	North Stadium
	Parade of Athletes, Vendor Village, Cookout and music.	(Weather back up Horizon gym/cafe)
	Archery, paratriathlon, powerlifting, shooting, swimming awards available for pick-up.	
9:00 PM – 10:00 PM	Coaches' Meeting	Delta Hotels – Grays Peak

WEDNESDAY, JULY 21

5:00 AM - 7:30 AM	Breakfast for those within the event room block	Delta Hotels – Atrium
8:00 AM – 12:00 PM	Field Competition	North Stadium / Mountain Range High
9:00 AM – 4:00 PM	Practice & Equipment Storage - Track	North Stadium / Mountain Range High
9:30 AM – 11:30 AM	Tennis Clinic fueled by US Tennis Association	Mountain Range High
11:00 AM – 1:00 PM	Lunch	North Stadium / Mountain Range High
12:00 PM – 3:00 PM	Check-In: Athlete & Coach Junior Nationals *Track athletes only	Delta Hotels – Telluride
1:00 PM – 5:00 PM	Field Competition	North Stadium / Mountain Range High



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1:30 PM – 3:30 PM	Tennis Clinic fueled by US Tennis Association	Mountain Range High
7:30 PM – 8:15 PM	Goodnight Yoga Session for Athletes	Delta Hotels – Pikes Peak
8:30 PM – 9:30 PM	Coaches’ Meeting	Delta Hotels – Grays Peak

THURSDAY, JULY 22

5:00 AM - 7:30 AM	Breakfast for those within the event room block	Delta Hotels – Atrium
6:30 AM– 7:15 AM	Track Warm up	North Stadium
7:30 AM – 12:00 PM	Track Competition 3000m, 5000m, 100m, 20m, 60m weave, 60m, 4 x 100m Relay	North Stadium
11:00 AM – 1:00 PM	Lunch	North Stadium
1:00 PM – 2:00 PM	OnDemand Live Fitness Session	Horizon High School Gym
1:00 PM – 2:30 PM	Sitting Volleyball (fueled by USA Volleyball)	Horizon High School Gym
4:00 PM– 4:45 PM	Track Warm up Food available for purchase.	North Stadium
5:00 PM - 8:00 PM	Track competition 800m, 200m, Universal Relay	North Stadium
9:00 PM – 10:00 PM	Coaches’ Meeting	Delta Hotels – Grays Peak

FRIDAY, JULY 23

5:00 AM - 7:30 AM	Breakfast for those within the event room block	Delta Hotels – Atrium
6:30 AM – 7:15 AM	Track Warm up	North Stadium
7:30 AM – 11:30 AM	Track Competition 1500m, 100m Open, 400m, 800m Medley Relay, 4x400m Relay	North Stadium
11:00 AM – 12:30 PM	Lunch	North Stadium
12:00 PM – 5:00 PM	Rain Day Make Up	Varies
6:30 PM – 9:30 PM	Closing Dinner Celebration All awards available for pick-up.	TBD

SATURDAY, JULY

6:30 AM - 9:00 AM	Breakfast for those within the event room block	Delta Hotels – Atrium
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Notes:

Practice sessions are unsupervised. You can come and go throughout the timeframe listed.

A Medical Team will be onsite during all posted competition times.

Event venues:



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Delta Hotels by Marriott Denver Thornton - 10 E. 120th Ave., Northglenn, CO 80233

Horizon High School - 5321 E. 136th Ave., Thornton, CO 80602

North Stadium - 12500 Delaware St., Denver, CO 80234

Trail Winds Park - 13500 Holly St., Thornton, CO 80602

Veterans Memorial Aquatic Center - 5310 E. 136th Ave., Thornton, CO 80602