



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

SATURDAY, July 17

9:30 AM – 9:00 PM	Classification (Archery) *By appointment	Delta Hotels – Crested Butte
10:30 AM – 7:00 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 host hotel 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 – 5:30 PM	Classification (Swim) *By appointment	Veterans Memorial Aquatic Center
9:00 AM – 11:00 AM	Practice - Archery	Trail Winds Park
9:30 AM – 5:00 PM	Para Powerlifting Classification *By appointment	Delta Hotels – Crested Butte
10:00 AM – 12:00 PM	Paratriathlon Fitting Session and Q & A (Open House)	Veterans Memorial Aquatic Center
11:00 AM – 1:00 PM	Lunch	Trail Winds Park – Pavillion
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
2:00 PM – 4:00 PM	Practice - Swimming	Veterans Memorial Aquatic Center
4:00 PM – 6:00 PM	Paratriathlon Competition fueled by USA Triathlon Foundation	Veterans Memorial Aquatic Center / Trail Winds Park Community Path
7:00 PM - 7:45PM	Para Powerlifting Athlete Clinic fueled by USA Para Powerlifting	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 host hotel 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 Fueled by the Challenged Athletes Foundation</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
11:00 AM – 1:00 PM	Lunch	Horizon High School Cafeteria
1:00 PM – 3:00 PM	Practice & Equipment Storage – Track & Field	North Stadium
1:00 PM – 4:00 PM	Check-In: Athlete & Coach Junior Nationals	Delta Hotels – Telluride
3:00 PM – 5:00 PM	Educational Sessions fueled by Move United & Lakeshore Foundation	Delta Hotels



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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
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 host hotel 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. Fueled by the Challenged Athletes Foundation.</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
9:00 AM – 12:00 PM	Field Implement Check-In	North Stadium
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
1:00 PM – 3:00 PM	Field Implement Check-In	North Stadium
1:30 PM – 3:30 PM	Shooting Competition	Trail Winds Recreation Center
5:30 PM – 8:00 PM	(Doors open at 5 PM) Welcome Ceremony Parade of Athletes, dinner and music. Archery, paratriathlon, powerlifting, shooting, swimming awards available for pick-up.	North Stadium (Weather back up Horizon gym/cafe)
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 host hotel room block	Delta Hotels – Atrium
7:30 AM – 12:00 PM	Field Competition	North Stadium / Mountain Range High
9:00 AM – 4:00 PM	Practice & Equipment Storage - Track	North Stadium
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
12:00 PM – 3:00 PM	Check-In: Athlete & Coach Junior Nationals *Track athletes only	Delta Hotels – Telluride
2:00 PM – 6:30 PM	Field Competition	North Stadium / Mountain Range High
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



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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 host hotel room block	Delta Hotels – Atrium
6:30 AM– 7:15 AM	Track Warm up	North Stadium
7:30 AM – 12:00 PM	Track Competition	North Stadium
	3000m, 5000m, 100m, 20m, 60m weave, 60m, 4 x 100m Relay, Universal Relay	
11:00 AM – 1:00 PM	Lunch	North Stadium
1:00 PM – 2:00 PM	OnDemand Live Fitness Session	Trail Winds Recreation Center
1:00 PM – 2:30 PM	Sitting Volleyball fueled by USA Volleyball	Trail Winds Recreation Center
4:00 PM– 4:45 PM	Track Warm up	North Stadium
	Food available for purchase.	
5:00 PM - 8:00 PM	Track competition	North Stadium
	800m, 200m	
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 host hotel room block	Delta Hotels – Atrium
6:30 AM – 7:15 AM	Track Warm up	North Stadium
7:30 AM – 11:30 AM	Track Competition	North Stadium
	1500m, 100m Open, 400m, 800m Medley Relay, 4x400m Relay	
11:00 AM – 12:30 PM	Lunch	North Stadium
12:00 PM – 5:00 PM	Rain Day Make Up	Varies
6:30 PM – 9:00 PM (Doors open at 6 PM)	Closing Dinner Celebration	Children’s Museum Denver
	Pre-registration required. All awards available for pick-up.	

SATURDAY, JULY 24

6:30 AM - 9:00 AM	Breakfast for those within the host hotel 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.