



2010 NJDC Schedule as of 7/12/10

- NOTES: 1. HOSPITALITY ROOM AT HYATT OPEN FROM 7 AM TO 10 PM EVERY DAY**
- 2. BREAKFAST IS ONLY FOR REGISTERED GUESTS STAYING AT THE HYATT**

Saturday July 17, 2010

Time	Event	Location
7:00 am—9:00 am	Breakfast (for Hyatt guests only)	Hyatt Hotel
8:00 am – 4:30 pm	Registration	Hyatt Hotel
8:00 am – 4:30 pm	Classification, Excluding Swimming	Hyatt Hotel
8:15 am - 3:35 pm	Swimming Classification by Appointment Only (2 laps)	Lake Forest High School
12:00 noon – 3:00 pm	“On Your Own” Open Track Practice (no NJDC services, e.g., hydration, medical, etc.)	Deerfield High School
2:30 pm and 4:30 pm	Buses Leave from the Hyatt Hotel for Chicago Park District Social	Judd Goldman Sailing Center, Chicago

Sunday July 18, 2010

7:00 am – 9:00 am	Breakfast (for Hyatt guests only)	Hyatt Hotel
8:00 am – 3:00 pm	Registration	Hyatt Hotel
8:00 am – 2:00 pm	Classification Excluding Swimming	Hyatt Hotel
9:00 am – 11:30 am	Coaches/Parent Coaches Track (wheelchair) & Field (w/chair and ambulatory) Clinics	Deerfield High School
10:00 am – 12:00 pm	Handcycling/Tandem Cycling Clinic	Deerfield High School
11:00 am – 1:00 pm	Open Swim Practice	Lake Forest High School
12:00 noon – 3:00 pm	Open Track Practice	Deerfield High School
1:00 pm – 8:30 pm	Concessions/Food Service	Deerfield High School
1:00 pm – 5:00 pm	Team Photos - Must Pre-register	Deerfield High School
5:00 pm – 7:00 pm	5000M Race	Deerfield High School
7:00 pm - 8:30 pm	Opening Ceremonies	Deerfield High School
9:30 pm – 10:30 pm	Coaches’ Meet and Greet	Hyatt Hotel

Monday July 19, 2010

6:00 am- 9:00 am	Breakfast (for Hyatt guests only)	Hyatt Hotel
8:00 am – 2:00 pm	“On Your Own” Open Track Practice (no NJDC services, hydration, etc.)	Deerfield High School
9:30 am- 2:30 pm	Swimming All Events Short Course (200 free, 75 IM, 100 IM, 150 IM, 200 IM, 25 free, 100 free, 50 back, 25 breast, 100 breast, 50 fly, 100 medley relay)	Lake Forest High School
11:00 am – 1:00 pm	Lunch	Lake Forest High School
3:00 pm – 5:00 pm	Social – with the Chicago Bears (Wheelchair football, Beep baseball)	Lake Forest High School
3:30 pm – 8:30 pm	Table Tennis	Lake Forest High School
5:00 pm – 7 pm	Dinner	Lake Forest High School
7:00 pm – 9:00 pm	Scuba Workshop	Hyatt Hotel – Regency A
10:00 pm –11:00 pm	Coaches Meeting	Hyatt Hotel

Tuesday July 20, 2010

6:00 am – 9:00 am	Breakfast (for Hyatt guests only)	Hyatt Hotel
7:30 am –11:30 am	Pentathlon	Deerfield High School
11:00 am –12:30 pm	Lunch	Deerfield High School
12:00 pm - 4:00 pm	Archery	Deerfield High School
4:30 pm – 6:30 pm	Dinner	Lake Forest High School
5:00 pm – 9:30 pm	Swimming All Events Short Course (400 free, 25 fly, 100 fly, 50 breast, 25 back, 100 back, 50 free, 100 free relay, 100 medley relay, 200 free relay, 200 medley relay)	Lake Forest High School
10:00 pm – 11:00 pm	Coaches Meeting	Hyatt Hotel

Wednesday July 21, 2010

6:00 am – 9:00 am	Breakfast (for Hyatt guests only)	Hyatt Hotel
8:00 am –12:00 pm	Field	Deerfield High School
11:30 am - 1:30 pm	Lunch	Deerfield High School
1:00 pm – 5:00 pm	Field	Deerfield High School
5:00 pm – 7:30 pm	Social / Dinner / Sponsor Recognition “Taste of Deerfield”	Jewett Park, Deerfield
6:00 pm – 8:30 pm	Jr. Committee Meeting	Hyatt Hotel
8:30 pm – 9:30 pm	Open Forum	Hyatt Hotel
10:00 pm –11:00 pm	Coaches Meeting	Hyatt Hotel

Thursday July 22, 2010

6:00 am – 9:00 am	Breakfast (for Hyatt guests only)	Hyatt Hotel
7:30 am – 8:30 am	Track Warm-ups	Deerfield High School
9:00 am – 1:00 pm	Track (1500m, 100m, 100m finals)	Deerfield High School
12:00 noon - 2:00 pm	Lunch	Deerfield High School
3:00 pm – 9:00 pm	3 x 3 Basketball / Rock Climbing - Special Appearance by Jay Williams	Lake Forest High School
5:00 pm – 7:00 pm	Dinner	Lake Forest High School
6:00 pm – 9:00 pm	Weightlifting Check-in/2 Rooms	Lake Forest High School
10:00 pm – 11:00 pm	Coaches Meeting	Hyatt Hotel

Friday July 23, 2010

6:00 am – 9:00 am	Breakfast (for Hyatt guests only)	Hyatt Hotel
7:00 am – 8:00 am	Track Warm-ups	Deerfield High School
7:30 am – 9:00 am	Breakfast for Local Sponsors	Deerfield High School
8:30 am – 1:00 pm	Track (800m, 60m, 200m, 800 finals, 60 weave, 20 m, 200m finals)	Deerfield High School
12:00 pm - 2:00 pm	Lunch	Deerfield High School
12:00 pm – 2:00 pm	Weightlifting - Weigh in	Hyatt Hotel – Lake Room
1:30 pm – 3:00 pm	Ambulatory Soccer Clinic and Judo Clinic	Deerfield High School
2:00 pm – 3:00 pm	Weightlifting Training For 1 st Timer Lifters	Hyatt Hotel
3:00 pm – 9:00 pm	Weightlifting	Hyatt Hotel
5:00 pm – 7:00 pm	Pasta Bar Dinner	Hyatt Hotel
8:00 pm - 10:00 pm	“NJDC Idol”	Hyatt Hotel - Hospitality
10:00 pm – 11:00 pm	Coaches Meeting	Hyatt Hotel

Saturday July 24, 2010

6:00 am – 9:00 am	Breakfast (for Hyatt guests only)	Hyatt Hotel
7:00 am – 8:00 am	Track Warm-ups	Deerfield High School
8:30 am – 1:00 pm	Track (1500m finals, 400m, 400m finals, all relays, 100m open)	Deerfield High School
Noon - 2:00 pm	Lunch	Deerfield High School
2:00 pm – 4:00 pm	Kayaking	Skokie Lagoons
6:00 pm – 9:00 pm	Banquet	Marriott Lincolnshire
9:00 pm – midnight	Post-Banquet	Marriott Lincolnshire