

The Nike 2019 USAW National Championships

Powered by Rogue Fitness

Memphis, TN - May 9-12

What?	Where?	When?
SHUTTLE TO THE VENUE	N/A	Venue is attached
Check In, Credential Pick Up	The Guest House (Meet Hotel) in Front of Rock and Blues Rooms (Thurs) Competition Venue (Fri-Sun) Soundstage by Graceland	Thursday: 2:00 PM - 8:00 PM Friday - Sunday: 7:30 AM - 8:00 PM
Training Hall	Competition Hotel (Thu-Sun) The Guest House	Thursday: 2:00 PM - 8:00 PM Friday - Sunday: During competition times
Off-Site Training	N/A	N/A
Weigh In	The Guest House Gospel AND Blues Room	Always 2 hours prior to competition
USADA Testing	You will be notified by USADA personnel	You will be notified by USADA personnel
Verification of Final Entries Meeting	ONLINE MEETING	Wednesday 10:00 AM - 10:30 PM MOUNTAIN TIME
New Athlete & Coach Briefing	The Guest House Rock Room	Thursday 2:00 PM - 3:00 PM
USADA All-Athlete Briefing	The Guest House Rock Room	Thursday 3:00 PM - 4:00 PM
Technical Officials Briefing	The Guest House Blues Room	Thursday 4:00 PM - 5:00 PM
Athlete Ally/RISE Joint Training	The Guest House Rock Room	Thursday 4:00 PM - 5:00 PM
High Performance Selection Procedures	The Guest House Rock Room	Thursday 5:30 PM - 6:00 PM
Technical Conference	The Guest House Rock Room	Thursday 6:00 PM - 7:00 PM
Awards	Competition Hall	Presented after Each "A" Session
Check Scale	The Guest House Country Room	24h
Sauna	LA Fitness 1285 Ridgeway Rd, Memphis, TN 38119	5am - 11pm