



SHAPE America Virtual National Convention & Expo Schedule at-a-Glance

Tuesday, April 13, 2021	
10:00 a.m. - 5:00 p.m.	Special Events & Lectures
5:00 p.m. - 6:00 p.m.	Big Feats Virtual Race
6:00 p.m. - 7:00 p.m.	Exhibit Hall Preview
7:00 p.m. - 9:00 p.m.	Opening General Session & Keynote

Wednesday, April 14, 2021	
10:00 a.m. - 10:30 a.m.	Morning Wellness
10:30 a.m. - 11:15 a.m.	Coffee Talks
11:30 a.m. - 12:15 p.m.	Session 1
12:30 p.m. - 1:00 p.m.	Exclusive Exhibit Hall Hours
1:00 p.m. - 1:45 p.m.	Session 2
2:00 p.m. - 2:45 p.m.	Lunch & Learn
3:00 p.m. - 3:15/3:30 p.m.	Fun!
3:30 p.m. - 4:15 p.m.	Session 3
4:30 p.m. - 5:00 p.m.	Exclusive Exhibit Hall Hours
5:00 p.m. - 5:30 p.m.	Afternoon Wellness
5:30 p.m. - 6:15 p.m.	Session 4
6:30 p.m. - 7:00 p.m.	Family Fun!
7:00 p.m. - 8:00 p.m.	Adult Social Event

Thursday, April 15, 2021	
10:00 a.m. - 10:30 a.m.	Morning Wellness
10:30 a.m. - 11:15 a.m.	Coffee Talks
11:30 a.m. - 12:15 p.m.	Session 1
12:30 p.m. - 1:00 p.m.	Exclusive Exhibit Hall Hours
1:00 p.m. - 1:45 p.m.	Session 2
2:00 p.m. - 2:45 p.m.	Lunch & Learn
3:00 p.m. - 3:15/3:30 p.m.	Tech Time
3:30 p.m. - 4:15 p.m.	Session 3
4:30 p.m. - 5:00 p.m.	Exclusive Exhibit Hall Hours
5:00 p.m. - 5:30 p.m.	Afternoon Wellness
5:30 p.m. - 6:15 p.m.	Session 4
6:30 p.m. - 7:00 p.m.	Family Fun!
7:00 p.m. - 8:00 p.m.	Adult Social Event

Friday, April 16, 2021	
10:00 a.m. - 10:30 a.m.	Morning Wellness
10:30 a.m. - 11:15 a.m.	Coffee Talks
11:30 a.m. - 12:15 p.m.	Session 1
12:30 p.m. - 1:00 p.m.	Exclusive Exhibit Hall Hours
1:00 p.m. - 1:45 p.m.	Session 2
2:00 p.m. - 2:45 p.m.	Lunch & Learn
3:00 p.m. - 3:15/3:30 p.m.	Fun!
3:30 p.m. - 4:15 p.m.	Session 3
4:30 p.m. - 5:00 p.m.	Exclusive Exhibit Hall Hours
5:00 p.m. - 5:30 p.m.	Afternoon Wellness
5:30 p.m. - 6:15 p.m.	Session 4
6:30 p.m. - 7:00 p.m.	Family Fun!
7:30 p.m. - 9:00 p.m.	Closing Keynote Presentation & Social Event

Saturday, April 17, 2021	
10:00 a.m. - 3:00 p.m.	Lectures, Special Events, Awards
3:00 p.m. - 4:00 p.m.	Big Feats Virtual Race

****All times listed are in Eastern Daylight Time****