



**MOUNTAIN WEST YOUTH**  
TRACK AND FIELD CLUB

**Spokane High School invitational**  
**ITINERARY AND INFORMATION**

Saturday January 15<sup>th</sup> – Sunday January 16<sup>th</sup>, 2022

SATURDAY, JANUARY 15<sup>th</sup>, 2022

**DEPART 2:00 p.m.**

- 2:00 p.m. Depart from the parking lot of Dornblazer UM OUTDOOR Track Stadium (south of the track between the track and student housing/mountain line bus stop)
  - Girls sit with girls – Boys sit with boys
- 5:00 p.m. ETA HOTEL (local time)
  - **Holiday Inn Express and Suites**  
**N. 801 Division St, Spokane, WA 99202**  
**509-328-8505**
- 4 athletes to a room – rooms have been assigned there will be no changes unless done so by the coach
  - Girls in girl's rooms – boys in boy's rooms NO EXCEPTIONS
- 6:00 p.m. Dinner
  - **the old spaghetti factory**  
**152 South Monroe St, Spokane WA 99201**  
**509-624-8916**
- 10:00 p.m. all athletes in assigned rooms
  - **All electronic devices will be handed to the parent chaperones and returned at 7:00 a.m. (breakfast) the following morning. NO EXCEPTIONS. Not doing so is a violation of our rules and code of conduct.**
- 10:30 p.m. QUIET
- 11:00 p.m. Lights out

SUNDAY, JANUARY 16<sup>th</sup>, 2020

- 6:00 a.m. to 10:00 a.m. Breakfast provided at the hotel
- 2 Buses to the track
  - **The Podium**  
**511 West Dean Ave, Spokane WA 99201**  
**509-279-7000**
  - 7:45 a.m. First Bus departs for the track (subject to change)
    - Girls HJ, Girls PV, Girls LJ, Boys LJ, Girls 60mH, Boys 60mH
  - 9:30 a.m. Second Bus departs for the track
    - All other events

- Upon entry to the track facility athletes need to present:
  - **proof of Vaccination or neg test result taken 72 hours prior to 2 pm Saturday (departure)**
- Athletes need to provide their own lunch/snacks and drinks for a long day at the track
- 5:00 p.m. ETD from competition
- GROCERY STORE STOP for dinner \$10-\$20
- 10:00 p.m. ETA Dornblazer Stadium (same location as Saturday departure)

***Along with a great positive attitude please bring the following:***

- \$50 Money for dinner Saturday night and snacks for track if you do not have packed a lunch, and stop at grocery store on way home
- Vaccination card or negative test result (to be presented to the track organizers not us)
- Mask
- Warm up shoes
- Racing shoes with 1/4 "pins
- Uniform (team singlet and hoodie)
- **Shorts and Sweatpants need to be BLACK (matching team tops)**
- Water Bottles
- Blanket and pillow for comfortable ride in the bus/suburban and long day at the track
- DVD's suitable PG 14 for the bus ride NO R rated movies allowed

**LINK TO MEET INFORMATION CAN BE FOUND HERE (From the Meet Organizing Committee):**

***\*Including Schedule – Please note this is subject to change***

<https://irp.cdn-website.com/8f22770e/files/uploaded/Spokane%20High%20School%20Invitational%20-%20Meet%20Packet%20-%20Update%201229.pdf>

**CONTACT INFORMATION FOR COACHES AND CHAPERONES:**

D 406 5292013 (coach)  
 Christina Wekkin 406 370 5902 (coach)  
 Kahsiah 406 439 1477 (coach)  
 Zane 406 529 9126 (coach)  
 Justin 406 690 2912 (coach)  
 Nick 406 529 9997 (coach)  
 Dylan 406 529 1020 (coach)  
 Tracy Wekkin 406 370 5905 (chaperone)  
 Wendy Palma 406 370 2516 (chaperone)  
 Ryan Palma 406 370 2517 (chaperone)