



**MOUNTAIN WEST YOUTH**  
TRACK AND FIELD CLUB

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

Saturday January 14<sup>th</sup> – Sunday January 15<sup>th</sup>, 2023

SATURDAY, JANUARY 14<sup>th</sup>, 2023

**DEPART 12:00 p.m.**

- 12:00 p.m. Depart from the parking lot of Dornblazer UM OUTDOOR Track Stadium
  - The track is located off Higgins St, south of the soccer fields
  - Please drop off/park vehicles in the parking lot south of the actual track, between the track and student housing/mountain line bus stop)
  - **Holiday Motor Coach – contact China Wendell 406-880-4531**
  - Girls sit with girls – Boys sit with boys
- 3:00 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
- 4:15 p.m. Depart hotel for track for pre meet/competition – please see schedule as it has been updated: [Meet Schedule](#)
  - **The Podium**  
**511 West Dean Ave, Spokane WA 99201**  
**509-279-7000**
- Dinner Saturday January 14<sup>th</sup> (set menu \$25 to be paid to coach/chaperone)
  - **Centennial Restaurant**  
**303 W North River Dr**  
**Spokane 99201**  
**844-733-3305**
- 6:15 p.m. First Bus departs track for dinner all athletes not competing Saturday evening.
- 9:00 p.m. Second Bus departs track for dinner all athletes who are competing Saturday evening.
- 10:00 p.m. – 10:30 p.m. 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 15<sup>th</sup>, 2020

- 6:00 a.m. to 9:30 a.m. Breakfast provided at the hotel
- 2 Buses to the track
  - 7:45 a.m. First Bus departs for the track (subject to change)
    - Boys LJ, Girls LJ, Girls PV, Girls 60mH, Boys 60mH, Girls 60m, Boys 60m
  - 9:30 a.m. Second Bus departs for the track
    - All other events
- Athletes need to provide their own lunch/snacks and drinks for a long day at the track
- 7:30 p.m. ETD from competition
- GROCERY STORE STOP for dinner \$10-\$20
- 11:59 p.m. ETA Dornblazer Stadium (same location as Saturday departure)

**LINKS TO MEET INFORMATION:**

[Meet Information](#)

[Schedule](#)

[Live Results](#)

**PARENT CHAPERONES:**

Wendy Palma (406) 370 2516

Ryan Palma (406) 370 2517

**TEAM DOCTOR:**

Dr Amy Berglund (406) 531 9159

**COACHES:**

Zane Reneau (406) 529 9126

Tori Nichols (406) 465 5475

Kahsiah Benson (406) 439 1477

Chris Jones (406) 788 8438

Nate Bache (406) 531 3041

D Cummins (406) 529 2013

Christina Wekkin (406) 370 5902