



Spokane High School Invitational

Friday January 19th – Sunday January 21st, 2024

WHAT TO BRING:

Black competition singlet and black shorts
Team Hoodie and black sweatpants.
Warm Up shoes and competition spikes
Water bottles
Packed lunch for Saturday and Sunday at the track
\$40 in cash to give D for dinner Friday and Saturday
(see menu below) and \$10-\$20 for grocery stop on
way back to Missoula Sunday
Blanket/Pillow and PG DVD's for bus ride

FRIDAY, JANUARY 24th, 2025 **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, opposite Benton Ave - south of UM soccer fields
 - Please drop off/park vehicles in parking 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 (local time) Hotel
 - **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 or parent chaperone.
 - Girls in girls rooms – boys in boys rooms NO EXCEPTIONS
- 4:00 p.m. TEAM MEETING in the hotel lobby and then head to track for race prep/competition.
 - **The Podium 511 West Dean Ave, Spokane WA 99201 509-279-7000**
- 6:00 p.m.- 7:00 p.m. Athletes walk back to hotel
- 7:00 p.m. to 9:00 p.m. Dinner is served in hotel lobby (\$20 in cash)
 - Dinner: Garlic cheese bread, salad and dressing, Chicken Penne, Italian Sausage Penne, Marinara Penne, beverage, and cookies.
- 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

SATURDAY, JANUARY 25th, 2025

- 6:00 a.m. to 10:00 a.m. Breakfast provided at the hotel – pack lunch for long day at the track
- 7:00 a.m. Athletes can collect their cell phones and competition numbers (bib) from parent chaperones in the lobby
- 2 Buses to the track
 - 7:30 a.m. First Bus departs for the track (subject to change)
 - Boys LJ, Girls LJ, Girls PV, Girls 800m, Boys 800m, Girls 60mH, Boys 60mH
 - 10:00 a.m. Second Bus departs for the track
 - All remaining athletes
- 6:00 p.m.- 8:00 p.m. Athletes walk back to hotel
- 7:00 p.m. to 9:30 p.m. Dinner is served in hotel lobby (\$20 in cash)
Dinner: Sourdough bread, salad and dressing, Lasagna, Chicken Parmesan, Fettucine Alfredo, beverage, and cookies
- 10:00 p.m. – 10:30 p.m. Athletes in assigned rooms
- 10:30 p.m. QUIET
- 11:00 p.m. Lights out

SUNDAY, JANUARY 26th, 2025

- 6:00 a.m. to 10:00 a.m. Breakfast provided at the hotel
- 7:00 a.m. Athletes can collect their cell phones from parent chaperones in lobby
- 2 Buses to the track ATHLETES ARE CHECKING OUT OF THEIR ROOMS
 - If going home with a parent please organize travel bags as these cannot be left on the bus
 - 7:30 a.m. First Bus departs for track
 - Girls Triple Jump, Boys Triple Jump, Freshman 200m, Boy's High Jump
 - 10:00 a.m. Second Bus departs for the track
 - All remaining athletes
- 6:00 p.m. ETD from track after the completion of all events
- GROCERY STORE STOP for dinner \$10-\$20
- 10:00 p.m. ETA Missoula same location as drop off Dornblaser Stadium.

LINKS TO MEET INFORMATION:

[Meet Information](#)

[Schedule \(subject to change based on entries so keep checking\)](#)

[Live Results](#)

[Live Streaming](#)

PARENT CHAPERONES:

Katie Gibson (406) 544 1882

Randi Meyer (406) 830 7818

COACHES:

Zane Reneau (406) 529 9126

Kahsiah Benson (406) 439 1477

Mike Crockett (920) 213 8600

Dave Krueger (406) 240 9686

Rowley Dupras (406) 830 4315

Jaden Foster (406) 274 8611

Lance Osler (406) 552 2001

Jaydon Green (208) 724 9778

Noah Ramirez (971) 334 4148

Audrey Shingleton (360) 808 9448

D Cummins (406) 529 2013