**Simplot Games 2020 Trip Details**

Meet is at Holt Arena on the campus of Idaho State University.

Hotel: Clarion Inn 1399 Bench Road Pocatello Idaho 1-480-676-5469

Coach Cable: 801-319-4268 Coach Cary: 801-669-6572 Coach Romney: 801-794-9572

1. Be on time to all bus loadings. When the bus is loading, you should make a habit of being there at least 5 minutes early.

2. Meals: Breakfast meals are covered at the hotels. You are responsible for Lunch and Dinner on Thursday, Friday and Saturday. There is fast food at the arena while we are at the meet.

3.Current Weather Forecast (changes daily, so please check before we go)

Pocatello weather: Thurs High: 40, Low 23 Fri High: 40 Low: 22 Sat High: 40, Low 27

4. Packing Reminders

a. Racing attire (uniform, underwear, socks, shoes, etc,)

b. Running clothes for Thursday, Friday, and Saturday

c. Spikes are not allowed except for 60mH, HJ, LJ and anyone who makes the finals on Saturday.

d. Something to change into after your races

e. Any medications you may need (coaches are not allowed to give you anything)

f. You are responsible for having a water bottle for the bus rides.

g.Homework for your classes (it's a 4 hour bus ride). Make missing school

easier on yourself by doing homework each day.

**Travel Itinerary 2019 – all times subject to change**

**Thursday Feb 13th**

9:30am Load Bus in SFHS bus lane

Lunch on the road

2:00pm Arrive at Holt Arena for track preview and packet pickup

3:30pm Check in to hotel

4:00pm Return to Holt Arena

Dinner at Arena

9:00pm Return to Hotel

10:00pm Room Checks

**Friday Feb 14th (Happy Valentine’s Day)**

6:30am Breakfast at Hotel

7:30am Leave for Arena

Lunch at Arena

5:30pm Return to Hotel

Dinner around Hotel

10:00pm Room Checks

**Saturday Feb 15th**

6:30am Breakfast at Hotel

8:30am Leave for Arena

11:30am Parade of Nations

Lunch at Arena

Leave for home as soon as last athlete finishes competing

Dinner on the road home

Arrive home between 7pm and 10pm