



OSAA / U.S. Bank / Les Schwab Tires  
**2009 3A-2A-1A TRACK & FIELD STATE CHAMPIONSHIPS**  
May 15-16, 2009  
Western Oregon University, Monmouth, OR



## SPECTATOR INFORMATION

Additional information available on the OSAA website, [www.osaa.org/track/](http://www.osaa.org/track/)

1. **EMERGENCY PLAN:** In the event of an emergency, natural disaster, fire, war, etc. that forces postponement or cancellation of an OSAA State Championship event, information will be posted to the home page of the OSAA website (osaa.org) and distributed to statewide media outlets. A recorded message will also be accessible by calling the OSAA office at 503.682.6722, ext. 0.

### Friday, May 15

Gates open - 9 a.m.

Field Events begin – 11 a.m.

Track open 9:45 a.m. – 10:45 a.m.

Running Events begin – 11 a.m.

### Saturday, May 16

Gates open - 9 a.m.

Field Events begin – 10:30 a.m.

Track open 10:45 a.m. – 11:45 a.m.

Running Events begin - Noon

2. **ADMISSION:** All persons must have a ticket or pass to enter. No dogs allowed inside the stadium

a. **General Admission Tickets:**

Two-Day Ticket	Adults – \$15	Students – \$9
General Admission – (any day)	Adults – \$8	Students – \$5

b. **Online Tickets:** [www.osaa.org/tickets/](http://www.osaa.org/tickets/)

Pre-order Two-Day tickets for the 3A-2A-1A Track & Field State Championships. Tickets are available online until 10 a.m., May 12. All orders will be placed at the event Will Call window and available for pick-up beginning May 15.

3. **LODGING AND VISITOR INFORMATION:** Schools are to make their own arrangements for lodging.

a. **Headquarter Hotel – Comfort Suites Salem:** [www.choicehotels.com](http://www.choicehotels.com)

The Comfort Suites Salem is the OSAA Headquarter Hotel for 3A-2A-1A Track & Field at Western Oregon University. Contact Dorane Pederson, General Manager, at 503.585.9705 to receive special rate information. Remember to mention that you are an OSAA member school.

b. **Visitor Information:** [www.travelsalem.com](http://www.travelsalem.com)

Visit the Salem Convention and Visitors Bureau online or call them at 800.874.7012 for more information about dining, shopping, lodging, and more while in Salem.

4. **SPECTATOR CONDUCT AT OSAA SANCTIONED EVENTS:** (OSAA Handbook, Executive Board Policies)

"In addition to the general expectations included in the OSAA Constitution, Rule 3, that school officials "...shall take all reasonable measures to ensure that the school's students and supporters maintain a sportsmanlike attitude toward all events..." the following specific expectations regarding spectator conduct **at all OSAA sanctioned events, including regular and post season competition**, are provided: (**Revised Fall 2008**)

- A. **All cheers, comments and actions shall be in direct support of one's team. No cheers, comments or actions shall be directed at one's opponent or at contest officials. Some examples of inappropriate conduct or actions that are not permitted are: turning backs, holding up newspapers or jeering at cheerleaders during opposing team introductions; disrespecting players by name, number or position; negative cheers or chants; throwing objects on the floor. (Revised Fall 2008)**
- B. Spectators are not permitted to have signs or banners (larger than 8 ½ by 11 inches), confetti, balloons or glass containers. Spectators are required to wear shirts.
- C. Spectators are not permitted to have artificial noisemakers. Some examples of artificial noisemakers are Thunder Stix, cowbells, clappers and air horns.

D. Spectators shall not be permitted to use vulgar/offensive **or racially/culturally insensitive** language. **Spectators shall not be permitted to engage in any racially / culturally insensitive action. (Revised Fall 2008)**

5. **CAMPUS DINING HALL:** Valsetz Food Court, shirts and shoes required, no roller blades, or bicycles in the building. **Only cash or checks accepted for payment. Debit and credit cards are NOT ACCEPTED.**

**Monday – Friday**

Breakfast	Lunch	Dinner	*Late Night
7 a.m. – 10:30 a.m.	11 a.m. – 2 p.m.	5 p.m. – 8 p.m.	8 p.m. – 11 p.m.

**Saturday – Sunday**

Brunch	Dinner	*Late Night
10 a.m. – 2 p.m.	5 p.m. – 6:30 p.m.	6:30 p.m. – 11 p.m.

6. **AWARDS:**

- a. **Trophies** – Champion through fourth place trophies will be awarded in each classification for boys and girls at the conclusion of the championships on Saturday.
- b. **Medals** – Champion through 8<sup>th</sup> place medals will be awarded in each event. We would appreciate your cooperation by ensuring that your participants follow these instructions.
  - 1) **Running Events** – Participants will be escorted directly to the awards stand following each final running event.
  - 2) **Field Events** – Participants should report to the awards stand immediately once the award winners for that field event are announced.
- c. **Qwest Athlete of the Meet** – The top scoring male and female athlete in each classification be recognized as that classification’s Qwest Athlete of the Meet. The winners will be announced over the PA and will receive a certificate and commemorative gift from Qwest the week following the championships. The certificate and gift will be mailed to the student’s athletic director.

7. **STATE CHAMPIONSHIP RESULTS:** [www.osaa.org/track/](http://www.osaa.org/track/)

Results for all preliminaries and finals will be posted on-site at WOU. All results, plus team standings, will be posted to the OSAA website each day of the championships.

**SOUVENIR INFORMATION**

*Additional information available on the OSAA website, [www.osaa.org/track/](http://www.osaa.org/track/)*

1. **SPORTS U MERCHANDISE:** [www.osaastore.com](http://www.osaastore.com)

- a. **Finals Site:** Sports U will be on-site at Western Oregon University with a wide variety of Track & Field State Championship souvenir merchandise. Stop by the merchandise booth to purchase t-shirts, sweatshirts, letterman patches, lapel pins, hats and much more. Items not sold at the event will be available for purchase online after the state championships while supplies last.
- b. **Official Letterman Patches:** Get your official OSAA Track & Field State Championship letterman patch on-site at Western Oregon University or by ordering online. Forget to get one last year? You can order an official letterman patch for any year in any OSAA activity by ordering online.
- c. **Sports U Contact Information:** Sports U is the official merchandise vendor of the OSAA. For more information, contact Sports U at 888.221.2051 or via email at [erics@sportsu-store.com](mailto:erics@sportsu-store.com).

2. **NORTHWEST SPORTS PHOTOGRAPHY (NSP):** [www.4nsp.com](http://www.4nsp.com)

- a. **Action and Awards Photos:** NSP will shoot photos throughout Friday and Saturday during all field and running events. Photos taken on Friday will be available for purchase on Saturday at NSP’s booth near the concession stand. These action photos, along with action photos from Saturday and awards presentation photos, will be available online for purchase by Monday evening following the event.
- b. **NSP Contact Information:** NSP is the official photographer of the OSAA. For more information, contact NSP at 800.446.5758 or via email at [customerservice@4nsp.com](mailto:customerservice@4nsp.com).

3. **OSAA CHAMPIONSHIP PROGRAMS:** [www.osaa.org/souvenirs/programs.asp](http://www.osaa.org/souvenirs/programs.asp)

Official Track & Field State Championship programs will be available at the OSAA merchandise booth at Western Oregon University for \$5. The program includes heat sheets for that day's events, a schedule of events, a listing of entries by school, historical state championship records and an 11"x17" color map of all OSAA member schools. Heat sheets for Saturday's finals will be available on Saturday at the OSAA merchandise booth for \$2. Forget to get yours at the event? Order online or by calling 503.682.6722.

4. **MINI REPLICA TROPHIES:** [www.osaa.org/souvenirs/minitrophy.asp](http://www.osaa.org/souvenirs/minitrophy.asp)

The OSAA is proud to be able to offer mini replicas of the trophies presented at the OSAA State Championships. Mini replica trophies are 8" tall x 10" wide x 5" deep and make a great gift for coaches, students, parents, etc. Mini replicas can be produced for teams and individuals for any year in any OSAA activity. Each mini replica trophy is \$45 and that includes a personalized nameplate, shipping & handling. Order online or by calling 503.682.6722.

5. **JOSTENS CHAMPION RINGS:** [www.osaa.org/souvenirs/jostens.asp](http://www.osaa.org/souvenirs/jostens.asp)

Both team and individual champions can now celebrate their hard work, dedication and success with an Official Champion Ring from Jostens. Champion rings come in eight stone colors with a metal choice of either White Lustrium or Yellow Suncast. Customize the sides of your ring with your name, number, school or mascot. The OSAA logo and activity panel depicting your championship will decorate the sides of your Champion Ring. You may also order a Champion Ring from previous years. Contact your Jostens representative or call 800.839.7125 to order.



# TENTATIVE TIME SCHEDULE (4/22/09)

## Friday, May 15 – Running Events

	Heat 1	Heat 2	Heat 3
.1A Girls 4x100-meter Relay	11:00	11:05	
2A Girls 4x100-meter Relay	11:10	11:15	
3A Girls 4x100-meter Relay	11:20	11:25	
.1A Boys 4x100-meter Relay	11:30	11:35	
2A Boys 4x100-meter Relay	11:40	11:45	
3A Boys 4x100-meter Relay	11:50	11:55	
.1A Girls 3000-meter Run (Final)	12:00	--	
2A Girls 3000-meter Run (Final)	12:13	--	
3A Girls 3000-meter Run (Final)	12:26	--	
.1A Girls 100-meter Dash	12:40	12:45	
2A Girls 100-meter Dash	12:50	12:55	
3A Girls 100-meter Dash	1:00	1:05	
.1A Boys 100-meter Dash	1:10	1:15	
2A Boys 100-meter Dash	1:20	1:25	
3A Boys 100-meter Dash	1:30	1:35	
.1A Girls 400-meter Dash	1:40	1:45	
2A Girls 400-meter Dash	1:50	1:55	
3A Girls 400-meter Dash	2:00	2:05	
.1A Boys 400-meter Dash	2:10	2:15	
2A Boys 400-meter Dash	2:20	2:25	
3A Boys 400-meter Dash	2:30	2:35	
.1A Girls 100-meter High Hurdles	2:40	2:45	
2A Girls 100-meter High Hurdles	2:50	2:55	
3A Girls 100-meter High Hurdles	3:00	3:05	
.1A Boys 110-meter High Hurdles	3:10	3:15	
2A Boys 110-meter High Hurdles	3:20	3:25	
3A Boys 110-meter High Hurdles	3:30	3:35	
.1A Girls 200-meter Dash	3:40	3:45	
2A Girls 200-meter Dash	3:50	3:55	
3A Girls 200-meter Dash	4:00	4:05	
.1A Boys 200-meter Dash	4:10	4:15	
2A Boys 200-meter Dash	4:20	4:25	
3A Boys 200-meter Dash	4:30	4:35	
.1A Girls 300-meter Low Hurdles	4:40	4:45	
2A Girls 300-meter Low Hurdles	4:50	4:55	
3A Girls 300-meter Low Hurdles	5:00	5:05	
.1A Boys 300-meter Int. Hurdles	5:10	5:15	
2A Boys 300-meter Int. Hurdles	5:20	5:25	
3A Boys 300-meter Int. Hurdles	5:30	5:35	
.1A Boys 3000 (Final)	5:40	--	
2A Boys 3000 (Final)	5:52	--	
3A Boys 3000 (Final)	6:04	--	
.1A Girls 4x400-meter Relay	6:15	6:23	
2A Girls 4x400-meter Relay	6:31	6:39	
3A Girls 4x400-meter Relay	6:47	6:55	
.1A Boys 4x400-meter Relay	7:03	7:11	
2A Boys 4x400-meter Relay	7:19	7:27	
3A Boys 4x400-meter Relay	7:35	7:43	

## Friday, May 15 – Field Events

3A Boys Pole Vault	1:30
3A Boys Shot Put	2:00
3A Boys Triple Jump	3:45
3A Girls Javelin	1:45
3A Girls Long Jump	2:00
3A Girls Discus	4:30
3A Girls High Jump	4:30
2A Boys Pole Vault	11:00
2A Boys Shot Put	12:00
2A Boys Triple Jump	1:45
2A Girls Javelin	11:45
2A Girls Long Jump	12:00
2A Girls Discus	2:15
2A Girls High Jump	2:30
.1A Boys Triple Jump	11:45
.1A Boys Pole Vault	4:00
.1A Boys Shot Put	4:00
.1A Girls Discus	12:00
.1A Girls High Jump	12:30
.1A Girls Javelin	3:45
.1A Girls Long Jump	4:00

## Saturday, May 16 – Running Events (Finals)

	1A	2A	3A
Girls 4x100-meter Relay	12:00	12:05	12:10
Boys 4x100-meter Relay	12:15	12:20	12:25
Girls 1500-meter Run	12:30	12:40	12:50
Boys 1500-meter Run	1:00	1:10	1:20
Girls 100-meter Dash	1:30	1:35	1:40
Boys 100-meter Dash	1:45	1:50	1:55
Girls 400-meter Dash	2:10	2:15	2:20
Boys 400-meter Dash	2:25	2:30	2:35
Girls 100-meter High Hurdles	2:40	2:45	2:50
Boys 110-meter High Hurdles	2:55	3:00	3:05
Girls 800-meter Run	3:10	3:15	3:20
Boys 800-meter Run	3:25	3:30	3:35
Girls 200-meter Dash	3:40	3:45	3:50
Boys 200-meter Dash	3:55	4:00	4:05
Girls 300-meter Low Hurdles	4:10	4:15	4:20
Boys 300-meter Int. Hurdles	4:25	4:30	4:35
Girls 4x400-meter Relay	4:50	4:58	5:06
Boys 4x400-meter Relay	5:14	5:22	5:30

## Saturday, May 16 – Field Events

3A Boys Javelin	1:00
3A Boys Long Jump	1:30
3A Boys Discus	3:15
3A Boys High Jump	3:15
3A Girls Pole Vault	1:00
3A Girls Shot Put	1:45
3A Girls Triple Jump	3:30
2A Boys Javelin	11:00
2A Boys Long Jump	11:30
2A Boys Discus	1:15
2A Boys High Jump	1:15
2A Girls Pole Vault	10:30
2A Girls Shot Put	12:00
2A Girls Triple Jump	1:30
.1A Boys Discus	11:15
.1A Boys High Jump	11:15
.1A Boys Javelin	3:00
.1A Boys Long Jump	3:30
.1A Girls Triple Jump	11:30
.1A Girls Pole Vault	3:30
.1A Girls Shot Put	3:30

## High Jump, Pole Vault Starting Heights & Increments

### 3A Boys High Jump

Start at xxx; 2" increments to xxx; 1" increments thereafter

### 3A Boys Pole Vault

Start at xxx; 6" increments to xxx; 3" increments thereafter

### 3A Girls High Jump

Start at xxx; 2" increments to xxx; 1" increments thereafter

### 3A Girls Pole Vault

Start at xxx; 6" increments to xxx; 3" increments thereafter

### 2A Boys High Jump

Start at xxx; 2" increments to xxx; 1" increments thereafter

### 2A Boys Pole Vault

Start at xxx; 6" increments to xxx; 3" increments thereafter

### 2A Girls High Jump

Start at xxx; 2" increments to xxx; 1" increments thereafter

### 2A Girls Pole Vault

Start at xxx; 6" increments to xxx; 3" increments thereafter

### 1A Boys High Jump

Start at xxx; 2" increments to xxx; 1" increments thereafter

### 1A Boys Pole Vault

Start at xxx; 6" increments to xxx; 3" increments thereafter

### 1A Girls High Jump

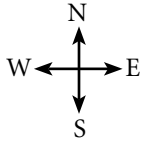
Start at xxx; 2" increments to xxx; 1" increments thereafter

### 1A Girls Pole Vault

Start at xxx; 6" increments to xxx; 3" increments thereafter

**NOTE:** Actual time schedule for running events will be determined when the number of heats is known for each event. The actual time schedule will be posted on the OSAA website on Sunday, May 10, 2009 and printed in the souvenir program.

# WESTERN OREGON UNIVERSITY



Alder View Townhouses  
4 3 2 1

Arbor Park Apartments

University Park Conference Center

Gentle House (WOU Foundation)

Gentle House Parking

Caretakers Residence

Gentle Ave.

OMA Parking

Oregon Military Academy

Lot N

Lot N

Willow Way

Winegar Av.

Lot M

Lot B

Powell St.

Jackson St.

Warren St.

Main St.

Riddell Rd.

N. Monmouth Ave.

Stadium Dr.

Heritage Loop

One way

Q Loop

Stadium Dr.

Lot P

**Room 108 Implement Weigh-in & Packet Pick-up**

Church St.

**One Way**

**Pass Gate**  
**Main Gate**

Lot G

Stadium

McArthur Field

Lot F

Humanities and Social Sciences

Administration

Lot A

Smith Music Hall

Academic Programs and Support

Lot L

Jackson St.

**Bus Curb Parking**

**Bus Curb Parking**

Stadium Dr.

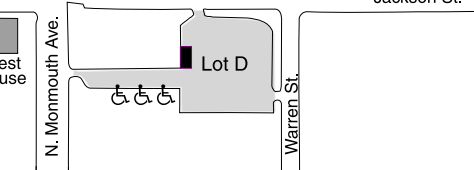
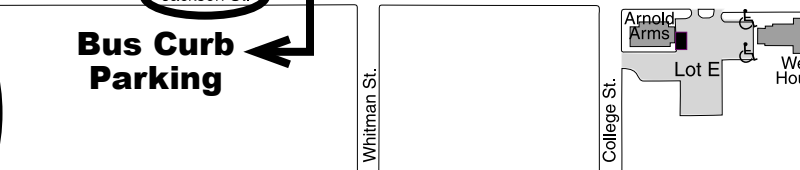
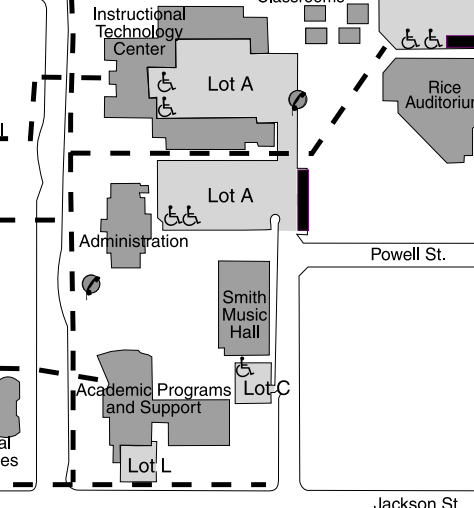
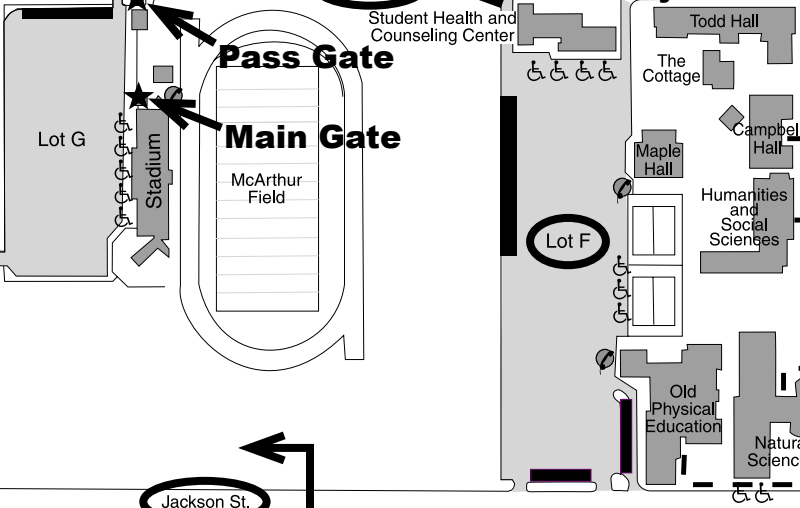
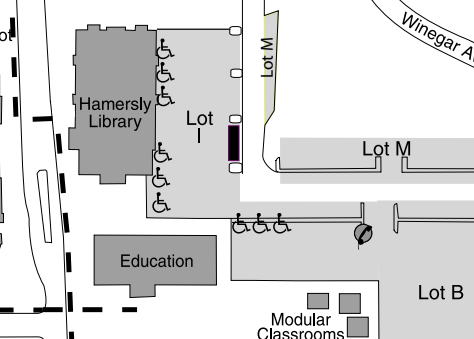
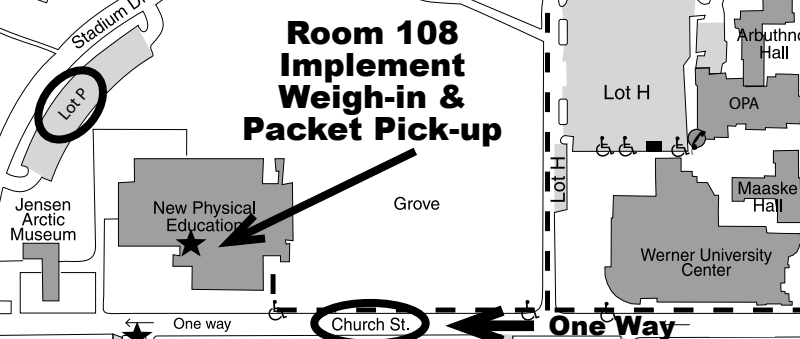
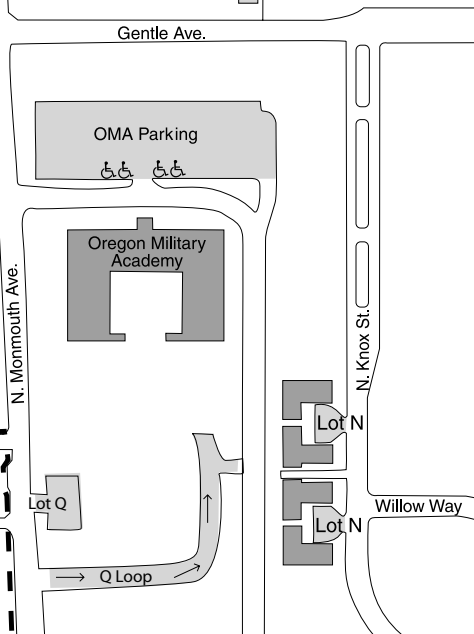
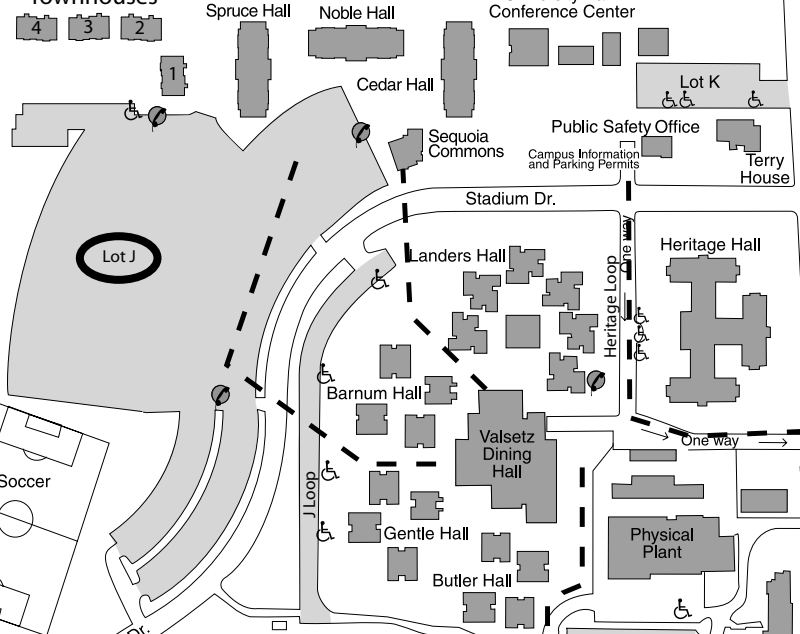
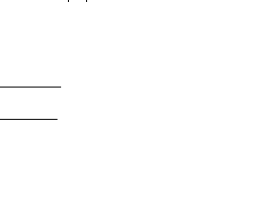
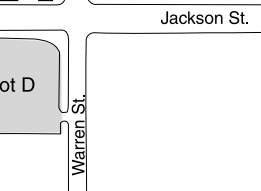
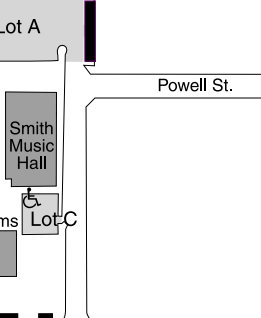
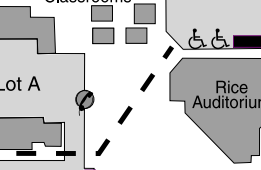
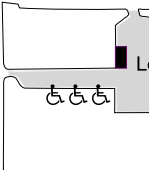
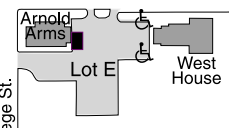
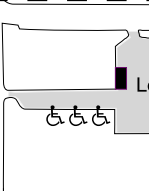
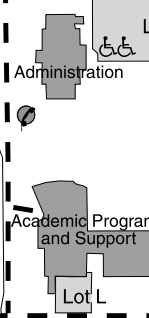
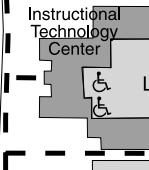
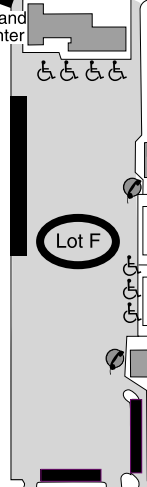
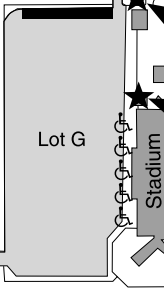
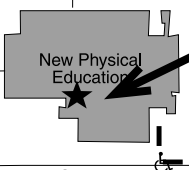
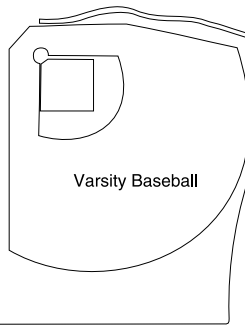
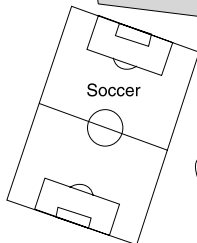
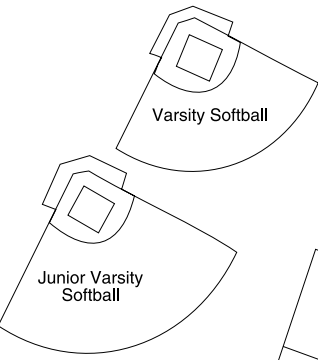
Whitman St.

College St.

N. Monmouth Ave.

Warren St.

**Bus Parking:**  
**Friday**  
**Jackson & Stadium**  
**Saturday**  
**Lot F**  
**Lot J & Lot P**



to Lincoln City < H w y 22 to McMinnville ^^ H w y 22 to Salem  
 ---->

North  
 West East  
 South

**WESTERN OREGON UNIVERSITY**

Riddell  
 R o a d

Hoffman Road

G u n C i u b R o a d

**WESTERN OREGON UNIVERSITY**

Big Town Hero  
 Courtesy Inn  
 J's 99 Grill

A v e  
 Jackson Street

Sing Fay  
 Rice Time

Nagani, Rick's Bagel/L. Caesar  
 Main St. Eatery

Dairy Queen  
 A&W / KFC

Casa Tequila

Star Duster

J Bella  
 Ragin' River

Andy's  
 Dusty Spurs

Jade Terrace

Monmouth Street

Central Plaza

Roth's San Antonio  
 McDonald's Figaro's  
 Subway Los Dos

Burrrito Track  
 Muchas Gracias

99W to Corvallis v v v

**WESTERN OREGON UNIVERSITY**

**RESTAURANTS**

<i>Name/Address</i>	<i>Phone/Food</i>	<i>Hours of Operation</i>	
Andy's Cafe	838-1696	Mon - Fri	5 AM - 2 PM
227 S. Main St.	<i>Brkfst/Lunch</i>	Sat	6 AM - 2 PM
Independence	<i>Family Dining</i>	Sun	7 AM - 2 PM

Burrito Track	838-4997		
189 S. Pacific Ave.	<i>Mexican Food</i>	Mon - Sat	9 AM - 9 PM
Monmouth			

Casa Tequila	838-0170		
870 N. Main St.	<i>Mexican Food</i>	Sun - Thu	11 AM - 9 PM
Independence		Fri - Sat	11 AM - 10 PM

Dusty Spurs Pizza Co.	838-4040	Mon - Thu	11 AM - 9 PM
301 S. Main St.	<i>Pizza</i>	Fri - Sat	11 AM - 10 PM
Independence		Sun	Noon - 9 PM

J Bella Restaurante	838-4425	Tue - Thu	11 AM - 8:30 PM
114 S. Main St.	<i>Italian</i>	Fri - Sun	8 am - 8:30 PM
Independence			

J's 99 Grill	838-1730		
220 N. Pacific Ave.	<i>Family Dining</i>	Daily	7 AM - 9 PM
Monmouth			

Jade Terrace	606-4092		
1450 Monmouth St.	<i>Chinese Food</i>	Mon - Sat	11 AM - 9:30 PM
Independence		Sunday	Noon - 9 PM

Los Dos Amigos	838-0223		
1349 Monmouth St.	<i>Mexican Food</i>	Sun - Thu	11 AM - 9 PM
Independence		Fri - Sat	11 AM - 10 PM

Mendi's Pizza	838-5413	Mon - Thu	11 AM - 10 PM
1695 Monmouth St.	<i>Pizza</i>	Fri - Sat	11 AM - 11 PM
Independence		Sun	Noon - 10 PM

Nagani's (formerly)	838-4511		
183 W. Main St.	<i>Sushi /</i>	Mon - Sat	11AM - 9:00 PM
Monmouth	<i>Chinese</i>		

New York Bagel Bistro	838-4602	Mon - Fri	6 AM - 3 PM
405 E. Main St	<i>Bagel</i>	Sat	7 AM - 3 PM
Monmouth	<i>Sandwiches</i>	Sun	8 AM - 3 PM

Rice Time	838-2694		
310 E. Main St.	<i>Japanese/</i>	Mon - Fri	11 AM - 8 PM
Monmouth	<i>Korean</i>	Sat	4:30 PM - 8 PM

San Antonio	838-1304	Mon - Thu	11 AM - 9 PM
1311 Monmouth St.	<i>Mexican Food</i>	Fri	11 AM - 10 PM
Independence		Sat	10 AM - 10 PM
		Sun	11 AM - 9 PM

Sing Fay	838-3723		
198 W. Main St.	<i>Chinese Food</i>	Sun - Fri	11 AM - 9 PM
Monmouth		Sat	4:00 PM - 9 PM

Star Duster Café	838-1781	Mon - Sat	6 AM - 3 PM
4705 Airport Rd.	<i>Family Dining</i>	Sun	7 AM - 3 PM
Independence		Thu - Sun	4 PM - 8 PM

Yang's	838-2330		
160 N Monmouth Av	<i>Teriyaki</i>	Mon - Fri	10 AM - 7:30 PM
Monmouth			

**GROCERY STORES - Independence**

Roth's	838-0165	Daily	6 AM - 10 PM
Walmart	838-9860	Daily	7 AM - 11 PM

**FAST FOOD / COFFEE**

<i>Name/Address</i>	<i>Phone/Food</i>	<i>Hours of Operation</i>	
A & W / K F C	838-4266	Daily	
380 S. Pacific Hwy	<i>Burgers</i>	Lobby	10:30 AM - 9:30 PM
Monmouth	<i>Chicken</i>	Drive-Thru	10:30 AM - 10 PM

Big Town Hero	838-3333		
564 E. Powell	<i>Sandwiches</i>	Mon - Sat	10 AM - 9 PM
Monmouth		Sun	11 AM - 7 PM

Brooks & Terry's	910-6003	Mon - Fri	6 AM - 6 PM
Espresso Drive-Thu	<i>Espresso</i>	Sat	7 AM - 5 PM
Bi-Mart - Mon.	<i>Bagels</i>	Sun	8 AM - 5 PM

Brooks & Terry's	871-9689	Mon - Fri	6 AM - 5 PM
Espresso Drive-Thu	<i>Espresso</i>	Sat	7 AM - 5 PM
Central Plaza-Indep.	<i>Bagels</i>	Sun	8 AM - 5 PM

Burgerville USA	838-6096	Daily	
615 E. Main St.	<i>Espresso</i>	Lobby	7 AM - 10 PM
Monmouth	<i>Burgers</i>	Drive-Thru	7 AM - 11 PM

Dairy Queen	838-4500		
320 S. Pacific Hwy.	<i>Burgers</i>	Mon - Sat	10 AM - 10:00 PM
Monmouth	<i>Ice Cream</i>	Sun	10:30 AM - 10 PM

Dutch Bros. Coffee	606-0537		
165 N. Pacific Hwy	<i>Coffee</i>	Sun - Thu	5 AM - 10 PM
Monmouth	<i>Muffins</i>	Fri - Sat	5 AM - 11 PM

Figaro's	838-6459		
1321 Monmouth St.	<i>Take Out</i>	Mon - Thu	11 AM - 9 PM
Independence	<i>Pizza</i>	Fri - Sat	11 AM - 9:30 PM

Little Caesars	606-3773		
413 E. Main St	<i>Take Out</i>	Sun - Thu	11 AM - 10 PM
Monmouth	<i>Pizza</i>	Fri - Sat	11 AM - 11 PM

Main St. Pub/Eatery	838-4281		
169 W. Main St.	<i>Burgers</i>	Mon - Fri	10 AM - 8 PM
Monmouth	Minor Hrs are	Sat - Sun	11 AM - 8 PM

McDonald's	838-3337		
1315 Monmouth St.	<i>Burgers</i>	Daily	6 AM - Midnight
Independence			

Muchas Gracias	837-0400		
601 Clay St.	<i>Mexican Food</i>	Daily	24 hours a day
Monmouth			

Rick's Place	838-4912		
123 E. Main St.	<i>Espresso</i>	Mon - Sat	7 AM - 5 PM
Monmouth	<i>Sandwiches</i>	Sun	8 AM - 4 PM

Subway	838-5732		
1379 Monmouth St.	<i>Sandwiches</i>	Daily	9 AM - Midnight
Independence			

**LODGING**

Courtesy Inn			Mon - Fri
270 N. Pacific - Hwy 99			<i>Breakfast</i> 7 AM - 10:30 AM
Monmouth	838-4438	<i>Lunch</i> 11 AM - 2 PM	
		<i>Dinner</i> 5 PM - 8 PM	

Dallas Inn & Suites			<i>Late Night</i> 8 PM - 11 PM
250 Orchard Dr.			
Dallas	623-6000	Sat - Sun	<i>Brunch</i> 10 AM - 2 PM
			<i>Dinner</i> 5 PM - 6:30 PM

Phoenix Inn Suites			<i>Late Night</i> 6:30 PM - 11 PM
1590 Weston Ct NE			
Salem	581-7004		

**CAMPUS DINING - VALSETZ**