



Regional Participant Manual

Jefferson Golf Course

Seattle, WA

November 9, 2012

Hosted by the University of Washington

Table of Contents

Meet Personnel.....	3
Division I Men’s and Women’s Track and Field/Cross Country Committee Members	4
Schedule of Events.....	5
Lodging.....	6
Course Diagram/Information.....	7
Dressing Rooms.....	8
Drug Testing	8
Entry Procedures.....	8
Declarations	10
Evacuation Severe Weather Plan.....	10
Finish Line Procedure.....	12
Mandatory Meeting.....	12
Merchandise	12
Packet Pick-up.....	12
Practice Schedule	12
Protest.....	13
Sports Information/Results.....	13
Sports Medicine	13
Tents.....	13
Uniforms	14
Transportation/Travel Information	15
Maps.....	16
Host City Information.....	18

Meet Personnel

<u>Title</u>	<u>Name</u>	<u>Phone Number</u>
Meet Director	Karen Baebler Assistant Athletic Director for Sport Operations flor@uw.edu	WORK: 206-685-7853 CELL: 206-459-0511 FAX: 206-616-1523
NCAA Representative	Stan Kerr Head Track and Field Coach, Eastern Washington skerr@ewu.edu	WORK: 509-359-2376 CELL: 509-280-2513
Sports Information Contact	Michael Bruscas Assistant Director of Communication mbruscas@uw.edu	WORK: 206-543-2331 CELL: 206-714-5556 FAX: 206-543-4668
Sports Medicine Director	Katie Green Assistant Athletic Trainer Kgreen2@uw.edu	WORK: 206-543-3178 CELL: 206-450-3321 FAX: 206-685-3521
Assistant Meet Director	Jessica Veris Assistant Director for Sports Operations jessiv@uw.edu	WORK: 206-543-4895 CELL: 206-612-7385 FAX: 206-616-1523
Assistant Meet Director	Kirby Young Sports Operations Intern Kyoung2@uw.edu	WORK: 206-685-6937 CELL: 425-802-1701 FAX: 206-616-1523
Division I Cross Country Championship Director	Holly Sheilley Assistant Director of Championships, NCAA hsheilley@ncaa.org	WORK: 317-917-6503 CELL: 317-966-0489 FAX: 317-917-6237
Meet Referee	Geof Newing gnewing@comcast.net	PHONE: 206-818-5811
Host Coach	Greg Metcalf Head Cross Country Coach, University of Washington gmetcalf@uw.edu	WORK: 206-543-0811 CELL: 206-679-5590



2012-13 DIVISION I MEN'S AND WOMEN'S CROSS COUNTRY/TRACK & FIELD COMMITTEE

<p>Jessica Descartes Assistant Commissioner America East Conference 215 First Street, Suite 140 Cambridge, Massachusetts 02142 Office: 617/695-6369 x113 Fax: 617/695-6380 Cell: 781/801-2267 E-mail: Descartes@americaeast.com</p>	<p>Gregg Gensel Head Cross Country and Track & Field Coach Utah State University 7400 Old Mail Hill Logan, Utah 84322 Office: 435/797-2061 Fax: 435/797-8241 Cell: 435/770-0085 E-mail: gregg.gensel@usu.edu</p>	<p>Maisha Kelly, Chair Senior Associate Athletics Directors and Senior Woman Administrator Bucknell University Lewisburg, Pennsylvania 17837 Office: 570-577-1712 Fax: 570-577-3081 Cell: 570-238-0272 Email: mrp016@bucknell.edu</p>
<p>Stan Kerr Head Track and Field Coach Eastern Washington University 207 Physical Education Building Cheney, Washington 99004-2431 Office: 509/359-2376 Fax: 509/359-2828 Cell: 509/280-2513 E-mail: skerr@ewu.edu</p>	<p>Curt Kraft Director of Track and Field East Carolina University Olympic Sports Complex Greenville, North Carolina 27858 Office: 252/737-1417 Fax: 252/737-1414 Cell: 252/227-3666 E-mail: kraftc@ecu.edu</p>	<p>Philip Olson Head Track and Field Coach Stephen F. Austin State University P.O. Box 13010 Nacogdoches, Texas 75962 Office: 936/468-4140 Fax: 936/468-7662 Cell: 936/462-3925 E-mail: polson@sfasu.edu</p>
<p>Todd Patulski Deputy Athletics Director Baylor University 150 Bear Run Waco, Texas 76711 Office: 254/710-3040 Fax: 254/710-2823 Cell: 254/709-9660 E-mail: todd_patulski@baylor.edu</p>	<p>Willie Randolph Director of Track and Field/Cross Country Central Michigan University Rose Center 100A Mt. Pleasant, Michigan 48859 Office: 989/774-3729 Fax: 989/774-1347 Cell: 989/621-3150 Email: randow1@cmich.edu</p>	<p>Susan Seaton Head Women's Track and Field/ Cross Country Coach University of Cincinnati 6531 Teakwood Ct. Cincinnati, Ohio 45224 Office: 513/556-1507 Fax: 513/556-2209 Cell 513/518-8125 E-mail: seatons@ucmail.uc.edu</p>
<p>Cinnamon Sheffield Senior Associate Athletic Director University of North Texas P.O. Box 311397 Denton, Texas 76203 Office: 940/565-3385 Fax: 940/565-3655 Cell: 214/207-8565 Email: csheffield@unt.edu</p>	<p>Gina Sperry Associate Athletic Director University of Rhode Island 212 Mackal Field House Kingston, Rhode Island 02881 Office: 401/874-5277 Fax: 401/87402458 Cell: 401/862-1451 Email: gsperry@uri.edu</p>	<p>Bill Walton Director of Track and Field/ Cross Country James Madison University Track Office MSC 2301 261 Bluestone Drive Harrisonburg, Virginia 22807 Office: 540/568-3935 Fax: 540/568-3489 Cell: 540/478-3329 E-mail: waltonwd@jmu.edu</p>
<p>Secretary Rules Editor Bob Podkaminer Owner Tournament Specialist, Inc. P.O. Box 9221 Santa Rosa, California 95405 Fax: 707/545-1791 Cell: 707/545-1781 E-mail: rpodkam@aol.com</p>		

SCHEDULE OF EVENTS

(All Times are Pacific Standard Time)

Thursday, November 8

- | | |
|---------------|---|
| Noon – 4 p.m. | Course inspection/practice
Weather permitting |
| 4 p.m. | Packet pickup
Jefferson Golf Course clubhouse |
| 4:30 p.m. | Mandatory coaches meeting
Jefferson Golf Course clubhouse |

Friday, November 9

- | | |
|------------|---|
| 10:00 a.m. | Course opens to competitors
Please call Jessica Veris at 206-612-7385 for frost warning or severe weather updates on race day if needed |
| 11:30 a.m. | First gun fired (indicating 30 minutes to start) |
| 11:35 a.m. | National Anthem |
| 11:40 a.m. | Second gun fired (20 minutes to start)
Women’s competitors must report to assigned boxes
Begin clerking procedure |
| 11:50 a.m. | Third gun fired (10 minutes to start) |
| Noon | Women’s 6K championship race |
| 12:45 a.m. | First gun fired (30 minutes to start) |
| 12:55 a.m. | Second gun fired (20 minutes to start)
Men’s competitors must report to assigned boxes
Begin clerking procedure |
| 1:05 p.m. | Third gun fired (10 minutes to start) |
| 1:15 p.m. | Men’s 10K championship race |

Immediately following second race, recognition of top runners and teams

LODGING

The following is a list of designated team hotels and their contact information. The institution is responsible for contacting the hotel to make all arrangements and providing the hotel with a rooming list.

Silver Cloud Hotel, Broadway

1100 Broadway, Seattle, WA 98122

Contact Person: Shawn Bounds

206-204-1183 shawnb@silvercloud.com

8 min, 3.95 miles from course

Rate: \$119

Crowne Plaza

1113 6th Avenue, Seattle, WA 98101

Contact Person: Beth Harwood

206-676-3923 BHarwood@cphotelseattle.com

8 min, 3.73 miles from course

Rate: \$119

Courtyard by Marriott, Seattle Lake Union

925 Westlake Ave North, Seattle, WA 98109

Contact Person: Melanie Reynolds

800-228-9290 melanie.reynolds@marriott.com

12 min, 5.43 miles from course

Rate: \$109

SpringHill Suites by Marriott, Downtown Seattle

1800 Yale Avenue, Seattle, WA 98101

Contact Person: Josh Reade

206-403-2273 Josh.Reade@marriott.com

9 min, 3.18 miles from course

Rate: \$109

COURSE DIAGRAMS/INFORMATION

Maps, course information and race preview are available at the following link:
<http://www.gohuskies.com/sports/c-xc/spec-rel/083012aac.html>

2012 NCAA Cross Country West Regionals Jefferson Golf Course, Seattle, WA



DRESSING ROOMS

Men's and women's locker rooms will be available in the administration building for team use before and after the competition. These rooms will not be locked and no lockers will be provided. Only one shower is available in each locker room.

DRUG TESTING

Please see 2012 NCAA Division I Cross Country Pre-Championship Manual for information.

ENTRY PROCEDURES

Regional and National Entry Forms (note: same procedure as in the past). Coaches will be allowed to submit a maximum of 15 student-athletes on the entry form. Only the 15 student-athletes listed on the entry form may compete in the regional and/or national championship meets. Coaches will not be able to change the 15 student-athletes on the entry form should the team qualify for the national championship meet. Online entries will be available on DirectAthletics beginning on Monday, October 29 at 8:00 a.m. Eastern time. **Coaches must submit the forms ONLINE by 5 p.m. Eastern time, Thursday, November 1. The late deadline for regional entries is 5:00 p.m. Eastern time, Friday, November 2.** Forms received after the deadline on November 1 and prior to the late deadline will be subject to a fine of \$200 per individual up to a maximum penalty of \$300 per team (men's and women's teams are considered separate teams). This includes corrections to the original submission or additions/deletions to the submission. Any exceptions to the roster policy will only be considered in extraordinary circumstances and should be addressed in writing to the Track and Field Committee and NCAA championship manager. Each institution should print a copy of its entry forms to hand carry to the regional and national sites.

The qualifying finish of teams and individuals at the regional meets will constitute entry into the national meet. No further entry is required for the national meet.

Please follow instructions below to complete your entries for the regional/national championship.).

Please note: If you already have a DirectAthletics account for your team, you should login at www.directathletics.com and use your existing account to submit your entries. The NCAA entry process is no different than submitting entries to other DA meets. If you know you have an account but have forgotten your username/password, you can click the "I forgot my password" link in the login box.

STEP 1—Creating a DirectAthletics Account

If you are new to DirectAthletics, you will be able to create an account for your team by following the instructions below:

1. Go to www.directathletics.com/ncaa.html.
2. On the right side (in the New Account Creation box), select your division.

3. Select your team, choosing only what genders you are submitting entries for. Enter your contact information—this information will be used only by the NCAA and the meet hosts. Last, enter the username and password you would like for your account. Please choose a username that is unique—common usernames like “bears” or “adam” or “track” are likely to be taken.
4. Click Continue and you will be brought to the default Team Roster page. You can see what team you are controlling by looking at the Team dropdown on the navigation bar across the top of your account [i.e., Texas (Men)]. If you have a men’s and women’s account, it will usually default to men first.
5. Follow Step 2 below to enter your roster.

STEP 2—Setting Up Your Online Roster

Before submitting your entries for the championships, you must first add all attending student-athletes to your DirectAthletics roster:

1. On the default Team Roster page, click the green “Add Athletes” link above “Welcome to your DirectAthletics account!”
2. Select the number of student-athletes you wish to enter. You can always add more later.
3. Enter your student-athletes’ first names, last names and school years and click “Submit”. Please be aware of what gender you are entering—you will complete the roster and entry process for one gender first, and then repeat the process for the other gender (see the Important Notice after Step 3 below)
4. The system will display the student-athletes you have added to your roster. You are now ready for the final step of Submitting Your Roster/Entries.

STEP 3--Submitting Your Roster/Entries

Once your student-athletes are added to your roster, you must submit your roster to the NCAA Division I Championships.

1. Click the HOME tab in the upper left of the site. Under Upcoming Meets, click the green Register button next to the NCAA Division I Championships.
2. Check off the box for each student-athlete you wish to enter. You can check the top box to select (or un-select) your entire roster. If you have left anyone off your roster accidentally, you can add them using the “Add New Entry” box.
3. When you have completed your entries, click “Submit”. You MUST click “Submit” to submit your entries.

4. You will see your current, submitted entries on the “View Entries” page. For entry confirmation, click the link for a printable receipt or click the Email Confirmation link at the top of the “View Entries” page. An Email Confirmation will be sent to the email address in your account.
5. At any time before the entry deadline, you may edit your entries by clicking the “Edit Entries” link next to the meet in the HOME tab.

Please note if you are entering Men AND Women, you will now repeat Steps 2 and 3 with the other gender. Select the opposite gender from the Team dropdown on the navigation bar across the top of your account. Repeat Steps 2 and 3. You must request separate email confirmations for Men and Women.

REMINDER: It is the coach’s responsibility to inform the track and field committee immediately if for some reason a student-athlete entered and selected to compete in any national competition cannot compete.

DECLARATION: Coaches will declare their eight student-athletes at the mandatory coaches meeting. All forms will be turned in at this time. Changes may be assigned if approved by meet director or race official one hour prior to the event.

FINAL DECLARATION: Student-athletes must check in with the clerks at their assigned box 20 minutes prior to the start of their race. Teams are permitted to ONLY RUN 7. A team running more than 7 will be disqualified and the action will be considered misconduct.

SQUAD SIZE: Teams are limited to a maximum of seven competitors. Institutions entering **five to seven** runners in the meet must compete as a team. If fewer than five competitors run, they will compete as individuals.

EVACUATION/SEVERE WEATHER PLAN

Lightning Policy. Following NCAA protocol, we will be using WeatherSentry online lightning detection and weather monitoring system. Once lightning enters the 30 mile radius of competition, we will begin preparations to protect the student-athletes and spectators. Once lightning enters an 8 mile radius of our site, competition must stop and student-athletes and spectators will be moved to safe areas. We will not begin any activity until 30 minutes have passed since the last lightning strike inside the warning ring.

Shelter Locations. Should shelter be necessary due to inclement weather, teams will be directed to the clubhouse or for cover.

Severe Weather Policy for 2012 NCAA Cross Country Regional Championships

For the safety of all spectators, student-athletes, officials and coaches the following will be used in case of severe weather (e.g., cold temperatures and/or heavy snow):

1. The meet director and NCAA track and field committee will monitor the weather during the week and morning of the championships.
2. A central information location and/or phone number to call for information on delays and/or postponement to the following day. Then the host can leave a message at that number alerting coaches of different start times or a delay in course inspection times due to inclement weather. This number 206-612-7385 will be placed in the information with the coaches' packets and on the meet website.
3. The games committee will determine whether the start of the meet should be delayed or if the meet should be postponed until the following day. All consideration should be taken in regards to the policies toward competition on Sunday for each institution. The games committee at the regional will make their recommendation to the NCAA with the NCAA approving the final plan.
4. If the race has already begun and would have to be suspended in the middle of the competition, the track and field committee would recommend the following:

Men's 10,000 meter - If competition is suspended before the 3,000 meters mark you may run the same day with a two hour delay. If competition is suspended after 3,000 meters we would recommend postponement until the next day.

Women's 6,000 meter - If competition is suspended before the 2,000 meters mark you may run the same day with a two hour delay. If competition is suspended after 2,000 meters we would recommend postponement until the next day.

5. If necessary, competition may be postponed until Saturday, per NCAA policy, with similar if not the same start times. This information must be communicated with all involved institutions.
- ** Appropriate provisions will be made to the facility to ensure the safety of competitors and spectators. The games committee reserves the right to make changes to the above policies and schedules as they see fit.

FINISH LINE PROCEDURES

Timing will be kept using timing chips given to coaches at the mandatory meeting on Thursday. Coaches are responsible for their team's chips and assigning them to the appropriate participant. Volunteers will collect the chips from the runners in the corral upon completion of the race.

Runners should continue to run through the timing system at the finish and continue to move through the chute as quick as possible. Water and trainers will be available if needed in the corral area. Coaches and fans can wait for the runners outside of the finish area. Athletes must return their chip before leaving the corral. It is the responsibility of the competitor and the coach to turn in their chips.

MANDATORY MEETING

Coaches are required to attend the mandatory coaches meeting on Thursday, November 8 at 4:30 p.m. (Pacific Standard Time) at the Jefferson Golf Course clubhouse. Prior to the meeting starting coaches may pick up their packets beginning at 4 p.m. Hors d'oeuvres and drinks will be served at the coaches meeting.

MERCHANDISE

Merchandise will be available for purchase from 1 p.m. - 3 p.m. during the Thursday practice session and Friday beginning at 11 a.m.

PACKET PICKUP

Packets will be available Thursday, November 8, between 4-4:30 p.m. at the Jefferson Golf Course clubhouse.

Course maps and descriptions will also be available and host representatives will be there to answer any questions on the course. Coaches with outstanding fines will not receive their packets until the fine is paid.

PRACTICE SCHEDULE

Practice access to the course is limited to Thursday and the day of competition, weather permitting. The course will be available November 8, from 12 p.m. - 4 p.m. The course will be open at 10 a.m. the morning of the race unless there is frost on the ground.

**** Coaches will receive text messages for frost warnings or severe weather updates. If you have any questions or concerns please call 206-612-7385.**

PROTESTS

A protest/appeals tent/area will be located near the finish line. Forms will be available at the tent for the head coach to provide information about the alleged incident or problem, citing the NCAA rulebook. The NCAA committee's ruling and explanation will be posted along with the results of the race. The protest period does not begin until the results of the last race have been posted.

RESULTS

Each coach will receive one copy of the official results. Results will also be posted on NCAA website (NCAA.com). Coaches may pick up results packets in the media tent. Although NCAA awards are not provided at the regional championships, the USTFCCCA will provide awards that will be presented at the end of the last race. This will include a medal for the top 25 individuals from each gender, and top two teams from each gender will receive a plaque.

SPORTS INFORMATION

Members of the media and coaching staffs may pick up results after each race at the media tent. The results can also be found online at ncaa.com after the completion of each race. Contact Michael Bruscas at the University of Washington for more information at 206-714-5556 or by email at mbruscas@uw.edu.

SPORTS MEDICINE

There will be a training tent set up for the Thursday practice session as well as Saturday's competition. This will be located on the course near the finish line. If you have any special needs, please contact Katie Green at 206-543-3178 or by email at kgreen2@uw.edu.

Training Room Hours:

Thursday, November 8	12 p.m. – 4 p.m.
Friday, November 9	10 a.m. – end of meet

Student-trainers must present a prescription or letter of treatment from the institution's certified trainer in order to administer electric modalities. Modality treatment will only be given with written permission from your institutions' medical staff. Competing institution's trainers will not be allowed on the course unless their athlete becomes injured or ill. An ambulance will be nearby for the races.

TENTS

Teams or fans looking to rent tents for this event should contact Abbey Party Rents at 206-362-3222 no later than 5 p.m. on Monday, November 5th. The host will coordinate the setup of all tents and randomly assign teams. Tents will be set up by 12 p.m. on November 8.

UNIFORMS

In all events and award ceremonies, competitors must wear the proper uniform (warm-ups included) of the institution they represent in the championships. Uniforms for all cross country team members must meet the following criteria: (1) School-issued; if they are singlets, they must be identical; (2) pants may be of any length, but must have identical color; and (3) visible undergarments must be of an identical solid color. Uniforms must be clean and of a material and design so as not to be objectionable. Bare midriff tops are not acceptable. (Note: The uniform top must meet or hang below the waist band when the competitor is standing.) Uniforms must allow for competitors' numbers to be placed above the waist (front and back) and for hip numbers to be placed on the hip, not on the leg or thigh. Uniform tops must not obscure hip numbers.

Logos. An institution's official uniform and all other items of apparel (e.g., socks, headbands, T-shirts, wristbands, visors or hats, and towels) that are worn by student-athletes in competition may bear a single manufacturer's or distributor's normal trademark, not to exceed 2.25 square inches, including any additional material (e.g., patch) surrounding the normal trademark or logo. The logo or trademark must be contained within a four-sided geometrical figure (i.e.,

rectangle, square, parallelogram). In addition, an institution's official uniform cannot bear a design element similar to the manufacturer's that is in addition to another logo or that is contrary to the size restriction. A student-athlete representing an institution in intercollegiate competition is limited to wearing apparel items that include only the logo (not to exceed 21/4 square inches) of an apparel manufacturer or distributor. The student-athlete may not wear any apparel that identifies any other entity, other than the student-athlete's institution. These restrictions apply to all apparel worn by student-athletes during the conduct of competition, which includes prerace or post race activities.

TRANSPORTATION

All transportation needs will be the responsibility of the participating team.

Directions

From Airport to Silver Cloud Hotel:

Merge onto WA-518 E
Merge onto I-5 N toward Seattle
Take the Dearborn St/James St exit 164A
Turn right onto James St
Turn left onto Broadway

From Airport to Courtyard by Marriott

Merge onto WA-518 E
Merge onto I-5 N toward Seattle
Take exit 167 toward Mercer St
Turn right onto Fairview Ave N
Turn left onto Valley St

From Airport to Crowne Plaza

Merge onto WA-518 E
Merge onto I-5 N toward Seattle
Take the Dearborn St/James St exit 164A
Take the exit toward Madison St
Take the 1st left onto Madison St

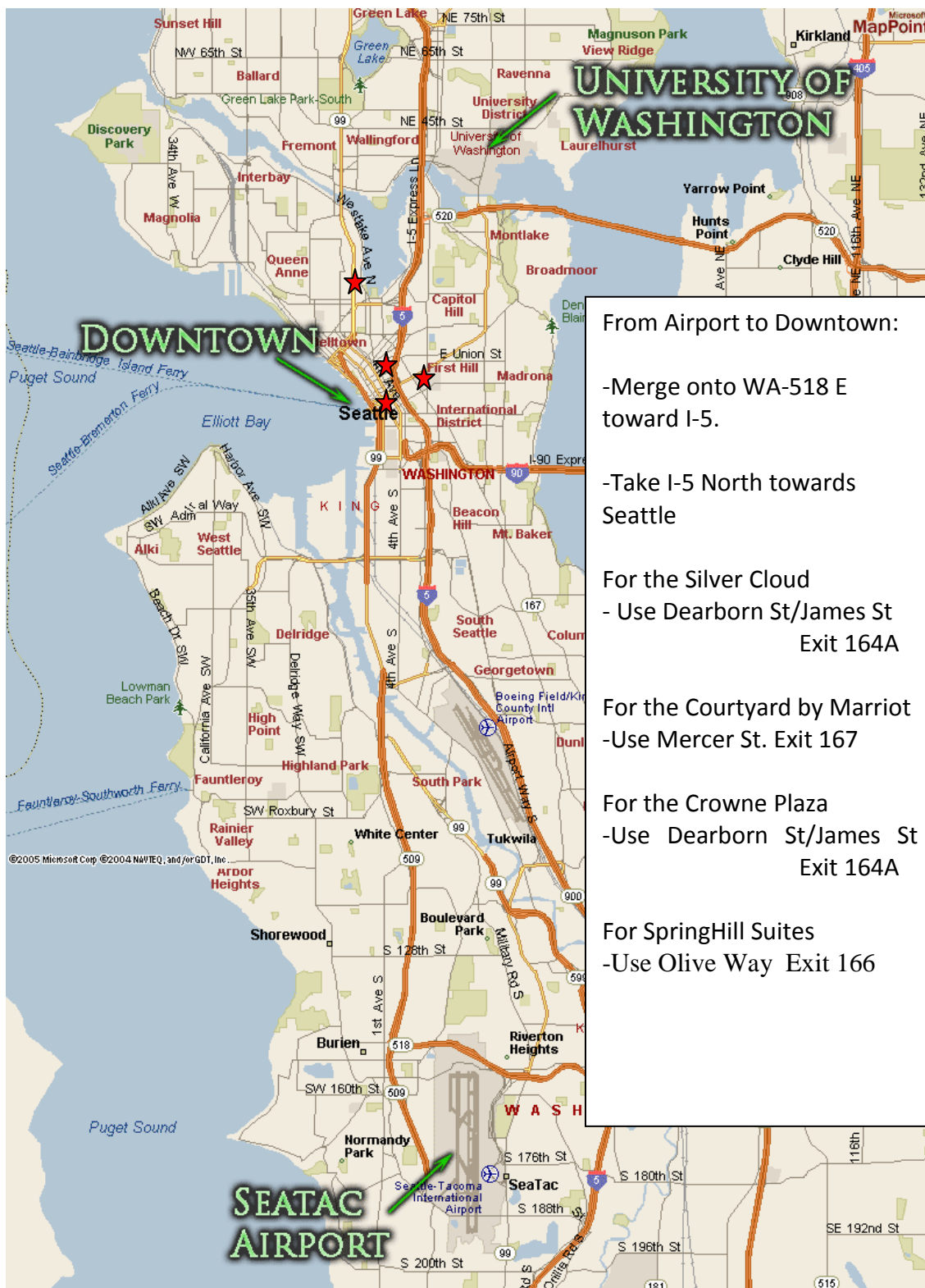
SpringHill Suites

Merge onto WA-518 E
Merge onto I-5 N toward Seattle
Take the Olive Way exit 166
Turn left onto E Denny Way
Turn left onto Yale Ave

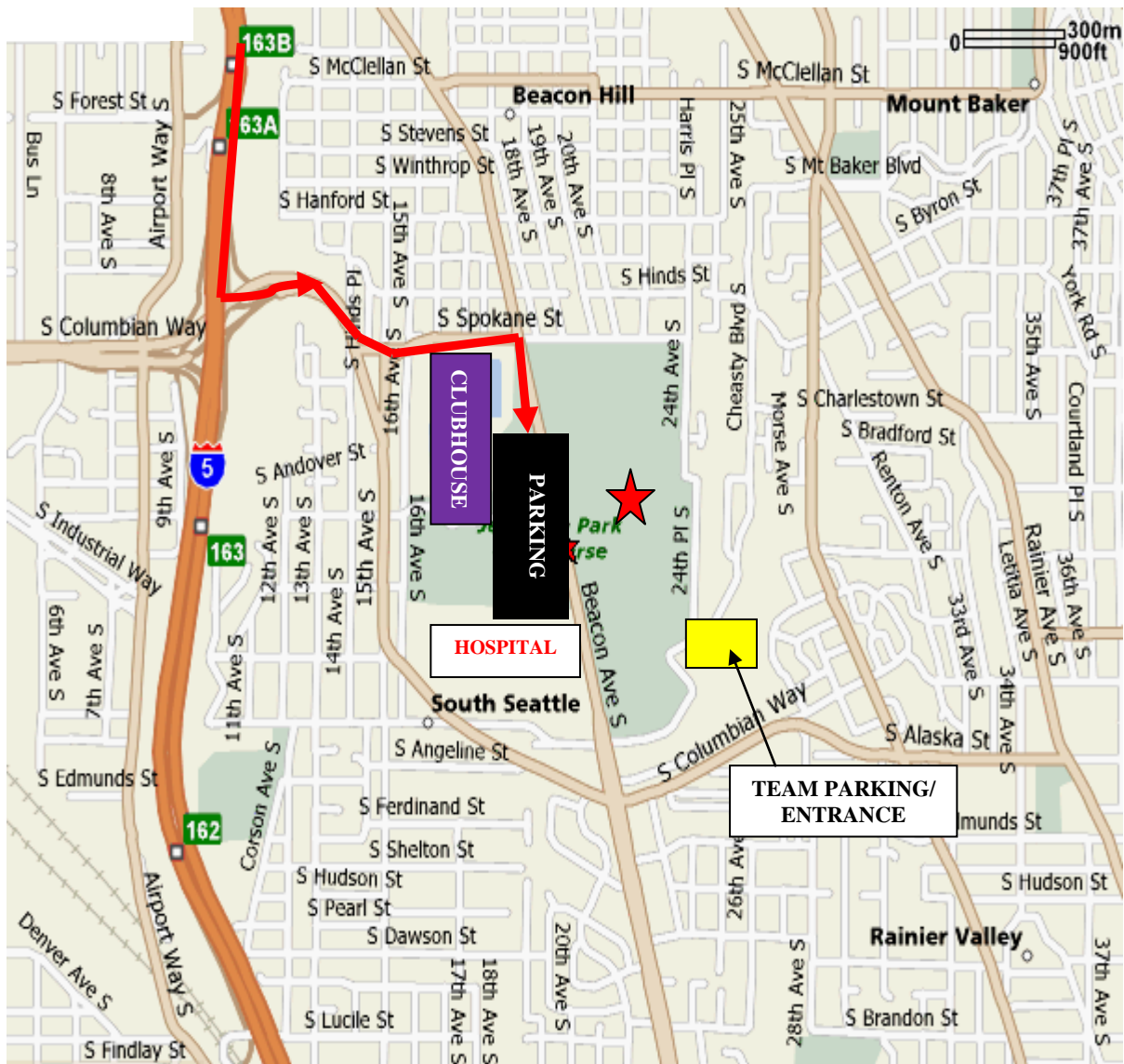
From I-5 North and South to the Course

I-5 to Columbian Way exit 163A
Left at the first light on Spokane St.
Second right on Beacon Avenue South
1/4 mile to club house, parking on the right.
The Jefferson Golf Course is located at 4101 Beacon Avenue South, Seattle, WA 98108.

Maps



Course Parking



From Downtown to Course:

- I-5 South to Columbian Way exit 163A
- Left at the first light on Spokane St.
- Second right on Beacon Avenue South
- 1/4 mile to club house, parking is on the right.

HOST CITY INFORMATION

<u>Downtown Seattle Restaurants</u>	<u>Phone</u>	<u>Cuisine</u>
Anthony's Pier 66 2201 Alaskan Way	(206) 448-6688	Seafood
The Brooklyn 1212 2nd Avenue	(206) 224-7000	Steak and Seafood
Buca di Beppo 701 9 th Ave N	(206) 284-1892	Family Style Italian
Chandler's Crabhouse 901 Fairview N	(206) 223-2722	Seafood and Steak
China Harbor 2040 Westlake N	(206) 286-1688	Chinese
The Crab Pot 1301 Alaskan Way	(206) 624-1890	Seafood
Duke's Chowder House 901 Fairview N	(206) 382-9963	Seafood, Northwest
El Gaucho 2505 1 st Ave	(206)-728-1337	Steak, Seafood
Elliotts Oyster House 1201 Alaskan Way Pier 56	(206) 623-4340	Seafood
Ivar's Acres of Clams Pier 54	(206) 624-6852	Fresh Seafood
McCormick & Schmicks 1st Avenue and Spring	(206) 623-5500	Northwest Seafood, pasta, and beef dishes
Metropolitan Grill 820 2nd Avenue	(206) 624-3287	Best Steakhouse
Spaghetti Factory 2801 Elliot	(206) 441-7724	Italian
13 Coins 125 Boren Avenue N.	(206) 682-2513	Continental open 24 hours
Wild Ginger 1401 3 rd Ave	(206) 623-4450	Chinese/Thai
Waterfront Seafood Grill 2801 Alaskan Way	(206) 956-9171	Seafood

Movie Theatres**Downtown**

City Centre Cinemas	1420 5 th	206-622-6465
Cinerama	2100 4th	206-443-0808
Meridian 16	1501 7th	206-223-9600
<i>Pacific Place 11</i>	<i>600 Pine Street</i>	<i>206-652-2404</i>

Eastside

Factoria Cinemas	3505 128th SE, Bellevue	425-641-9206
Kirkland Parkplace	404 Park Place Center, Kirkland	425-827-9000

North Seattle

Alderwood Cinemas	3501 184th SW, Lynnwood	206-776-3535
<i>Grand Cinemas Alderwood</i>	<i>18421 Alderwood Mall Blvd</i>	<i>206-774-3536</i>
Oak Tree Cinemas	10006 Aurora N.	206-527-1748

University District

Guild Forty-Fifth St. Theatre	2115 N 45th	206-633-3353
Metro Cinemas	4500 9th NE	206-633-0055
Seven Gables Theatre	911 NE 50 th	206-632-8820
Varsity Theatre	4329 University Way NE	206-632-3131

Shopping**Airport**

Southcenter Mall (>150 stores)	633 Southcenter Mall	206-246-7400
--------------------------------	----------------------	--------------

Downtown

City Centre (21 exclusive stores)	1420 5th Ave.	206-624-8800
Pacific Place	600 Pine Street	206-405-2655
Westlake Center (>70 stores)	400 Pine Street	206-287-0762

Eastside

Bellevue Square (Major stores)	302 Bellevue Square	425-454-8096
Factoria Square (>75 stores)	Exit 10 off I-405	425-747-7344

North Seattle

Alderwood Mall (Major stores)	Alderwood Mall Blvd., Lynnwood	425-771-1121
Northgate Mall (Major stores)	555 Northgate Mall	206-362-4777

Amusements and Attractions

Experience Music Project 325 5th Avenue N	206-770-2700
---	--------------

With its roots in rock and roll, EMP serves as a gateway museum, reaching multigenerational audiences through our collections, exhibitions and educational programs, using interactive technologies to engage and empower our visitors. At EMP, artists, audiences and ideas converge, bringing understanding, interpretation and scholarship to the popular culture of our time. Admission: Adults \$20.00, Seniors \$17, Youth (ages 5-17) \$14, and children under 5 are free.

Pike Place Market*On First Avenue, Downtown*

The oldest farmer's market in the country. It is a free-form fun-house of sights, smells, sounds, and characters. It hosts numerous specialty shops, a fresh fish, fruit, vegetable, flower and craft market, as well as a variety of wonderful restaurants. Just watch out for flying fish!

Seattle Center*350 Harrison Street*

206-684-8582

Offering the visitor a ride on the monorail from downtown to the Pacific Science Center, Space Needle, Fun Forest, Center House shops and restaurants, home of the Opera, Pacific Northwest Ballet, Key Arena – home of the Seattle Super Sonics and Seattle Storm, Repertory Theater, Children's Museum and Theater. Beautifully landscaped 74-acre urban park.

Space Needle*219 Fourth Avenue North (Seattle Center)*

206-443-2111

"If you see only one thing in Seattle, see everything." A revolving restaurant with a 360-degree observation deck. Open 9:00 a.m. until 11:00 p.m. Monday-Thursday, 9:00 a.m. until 12:00 a.m. on Saturdays and Sundays. Two restaurants – Sky City Restaurant and Skycafe (on observation deck). Admission: Adults \$12.00, Seniors \$8.00, Children ages 5-12 \$4.00, and children under 5 are free.

Washington State Ferries*Pier 52, Downtown*

206-464-6400

The State ferry system is Washington's top tourist attraction. Eight ferry routes connect 20 terminals linking islands, the Olympic and Kitsap Peninsulas, Victoria and Vancouver Island. Ferries accommodate autos, buses and trucks. Every departure on the ferries will take a person to someplace special. Call the above number for ferry schedules, prices and location of terminals.