

<b>USA Track and Field Region 8 Championships July 8-11, 2010</b>	Phone	Toll Free Phone	Rate	Free Parking	Restaurant	Free Continental Breakfast	Lounge	Indoor Pool	Pool Hours	Fitness Center	Laundry	Free Wireless Internet	Pets Allowed	Rollaways	Suites	Room Service	Shopping within 3 blocks	Refrigerator in Rooms	Coffee in Room	Microwave in Rooms	Cable TV	In-room movies offered	Coach Parking	Free Breakfast
<b>CENTRAL</b>																								
Holiday Inn Express - 1140 24th Street, Des Moines, 50311	(515) 255-4000	(800) 465-4329	\$99.95	X		X			n/a			X					X		X		X		X	X
<b>DOWNTOWN</b>																								
Des Moines Marriott Downtown - 700 Grand Avenue, Des Moines, 50309	(847) 384-2730	(800) 228-9290	\$135.00		X		X	X	5:00a-midnight	X	X		X	X	X	X	X		X		X	X	X	
Holiday Inn Downtown at Mercy Campus - 1050 6th Avenue, Des Moines, 50314	(515) 283-0151	(800) 465-4329	\$99.95	X	X		X	X	7 am - midnight	X		X		X	X	X			X		X	X	X	
Hotel Fort Des Moines - 1000 Walnut Street, Des Moines, 50309	(515) 362-5246	(800) 532-1466	\$89.00		X				n/a	X	X	X		X	X	X	X	X	X	X	X	X	X	X
Quality Inn & Suites Event Center - 929 3rd Street, Des Moines, 50309	(515) 282-5251	(800) 424-6423	\$89.95	X	X	X	X	X	8:00a-11:00p	X		X	X		X	X		X	X	X	X		X	X
Suites of 800 Locust Hotel & Spa - 800 Locust Street, Des Moines, 50309	(515) 288-5800	(800) 320-2580	\$149.00			X	X		n/a	X		X		X	X	X	X	X	X	X	X	X	X	X
<b>NORTH</b>																								
Baymont Inn & Suites - 4685 NE 14th Street, Des Moines, 50313	(515) 265-4777	(877) 229-6668	\$89.95	X	X		X	X	10:00a-10:00p	X	X	X		X	X	X	X	X	X	X	X		X	X
Travelodge - 4685 NE 14th Street, Des Moines, 50313	(515) 265-5671		\$74.00	X	X	X	X		10:00a-10:00p	X	X	X		X		X	X	X	X	X	X		X	X
<b>EAST/NORTHEAST</b>																								
EconoLodge Inn & Suites Fairgrounds - 410 E 30th Street, Des Moines, IA 50317	(515) 262-2525		\$75.00	X		X		X	8a-10p; 10p-12a adults			X	X	X	X			X	X	X	X		X	
<b>NORTHWEST</b>																								
American Inn & Suites - 5626 Douglas Avenue, Des Moines, 50310	(515) 278-1601	(800) 578-7878	\$59.99	X		X			n/a			X	yes, but w/a cost		X		X		X		X		X	
AmericInn Lodge & Suites - 251 Gateway Circle, Grimes, 50111	(515) 986-9900	(800) 634-3444	\$89.90	X		X		X	7:00a-midnight	X	X	X	X	X	X			X	X	X	X		X	X
<b>SOUTH</b>																								
Best Western Des Moines Airport Hotel & Conference Center - 1810 Army Post Road, Des Moines, 50315	(515) 287-6464	(800) 325-3535	\$99.00	X	X	X	X	X	6:00a-11:00p	X	X	X	X	Y-cost	X	X		X	X	X	X	X	X	X
Heartland Inn - Airport - 1901 Hackley Avenue, Des Moines, 50315	(515) 256-0603	(800) 334-3277 code 28	\$84.99	X		X		X	7:00a-11:00p	X		X		X	X			By request	X	By request	X		X	X
Holiday Inn - Airport - 6111 Fleur Drive, Des Moines, 50321	(515) 287-2400	(800) 248-4013	\$95.00	X	X		X	X	8:00a-10:00p	X	X	X	X	\$10 fee	X	X		X	X	X	X		X	
<b>WEST</b>																								
Best Western - Des Moines West - 1450 NW 118th Street, Clive, 50325	(515) 221-2345	(866) 788-7013	\$79.00	X		X		X	8:00a-11:00p	X		X							X		X		X	X
Chase Suite Hotel - 11428 Forest Avenue, Clive 50325	(515) 223-7700	(888) 433-6140	\$84.00	X		X	X		10:00a-10:00p	X	X		X		X		X	X	X	X	X		X	X
Country Inn & Suites - 1350 NW 118th Street, Clive, 50325	(515) 223-9254	(800) 456-4000	\$99.00	X		X		X	5:00a-midnight	X	X	X		X	X		X	X	X	X	X	X	X	X
Days Inn - Valley West - 1600 NW 114th Street, Clive, 50325	(515) 226-1600		\$42.00	X		X			7:00a-10:00p	X		X	X			X	X		X		X	X	X	X
Days Inn at Walnut Creek - 1258 8th Street, West Des Moines, 50265	(515) 223-1212	(800) 792-5688	\$79.95	X		X		X	6:00a-11:00p			X				X	X		X		X		X	X
Hampton Inn - West Des Moines - 7060 Lake Drive, West Des Moines, 50266	(515) 223-4700	(800) 426-7866	\$104.00	X		X		X	5:30a-11:00p	X	X	X		X			Some	X	Some	X	X	X	X	X
Hilton Garden Inn West Des Moines & Conference Center at Jordan Creek - 205 S 64th Street, West Des Moines, 50266	(515) 223-0571	(877) Stay-HGI	\$119.00	X	X		X	X	8:00a-10:00p	X	X	X	X			X	X		X		X	X	X	
Sheraton - West Des Moines - 1800 50th Street, West Des Moines, 50266	(515) 223-1800	(800) 325-3535	\$99.00	X	X		X	X	6:00a-midnight	X	X	X	X			X	X		X		X	X	X	
Staybridge Suites Hotels - 6905 Lake Drive, West Des Moines, 50266	(515) 223-0000	(800) 527-1133	\$99.00	X		X	X	X	24 Hours	X	X	X	X	X	X		X	X	X	X	X		X	X
Valley West Inn - 3535 Westown Parkway, West Des Moines, 50266	(515) 225-2524	(800)-833-6755	\$94.00	X	X		X	X	6:00a-11:00p	X	X	X			X	X	X	X	X	X	X		X	
West Des Moines Marriott - 1250 Jordan Creek Parkway, West Des Moines, 50266	(515) 267-1500	(800) 228-9290	\$86.00	X	X		X	X	5:30a-11:00pm	X	X	X	X	X		X	X	X	X	X	X	X	X	X
Note: Rates do not include taxes, are subject to availability & blackout dates may occur.																								
Rates are set for these dates only, will fluctuate throughout the year																								
<b>Please ask for the USATF or Track &amp; Field rate to receive a discount and support these hotels</b>																								
<a href="http://www.seedesmoines.com">Visit www.seedesmoines.com for local information or call 800-451-2625</a>																								