

2010
Central Zone
Senior Championships

August 5-8
Bismarck, North Dakota



How to get there

BISMARCK AIRPORT AIRLINE FLIGHT SCHEDULE

All flights operate daily except as noted



DELTA to/from Minneapolis EFFECTIVE JANUARY 5

DEPARTURE					ARRIVAL				
FLIGHT #	TIME	SEATS	AIRCRAFT	NOTES	FLIGHT #	TIME	SEATS	AIRCRAFT	NOTES
6944	5:00 AM	50	CRJ		6962	10:34 AM	50	CRJ	
7115	7:50 AM	100	DC9S		3071	12:47 PM	50	CRJ	
4233	11:05 AM	50	CRJ		4214	2:32 PM	50	CRJ	
1429	1:17 PM	50	CRJ		6929	4:15 PM	100	DC9S	
2937	2:57 PM	50	CRJ		4131	6:53 PM	50	CRJ	
7196	4:55 PM	100	DC9S		3025	11:23 PM	100	DC9S	



United Express Airlines to/from Denver EFFECTIVE January 1

DEPARTURE					ARRIVAL				
FLIGHT #	TIME	SEATS	AIRCRAFT	NOTES	FLIGHT #	TIME	SEATS	AIRCRAFT	NOTES
6635	6:39 AM	66	CRJ		6541	12:47 PM	50	CRJ	
6541	1:18 PM	50	CRJ		6175	4:07 PM	66	CRJ	
6175	4:49 PM	66	CRJ		6686	10:42 PM	66	CRJ	X SAT (eff. Jan 9)
					6686	6:52 PM	66	CRJ	SAT ONLY (eff. Jan 9)

United Express Airlines to/from Chicago O'hare EFFECTIVE January 1

DEPARTURE					ARRIVAL				
FLIGHT #	TIME	SEATS	AIRCRAFT	NOTES	FLIGHT #	TIME	SEATS	AIRCRAFT	NOTES
6494	3:02 PM	50	CRJ		6494	2:27 PM	50	CRJ	



ALLEGIANT AIRLINES to/from Las Vegas EFFECTIVE January 1

DEPARTURE					ARRIVAL				
FLIGHT #	TIME	SEATS	AIRCRAFT	NOTES	FLIGHT #	TIME	SEATS	AIRCRAFT	NOTES
415	12:05 PM	150	MD83	MON, WED, FRI, SUN	414	11:25 AM	150	MD83	MON, WED, FRI, SUN

ALLEGIANT AIRLINES to/from Phoenix/Mesa EFFECTIVE January 1

DEPARTURE					ARRIVAL				
FLIGHT #	TIME	SEATS	AIRCRAFT	NOTES	FLIGHT #	TIME	SEATS	AIRCRAFT	NOTES
639	9:30 PM	150	MD83	WED, SAT	638	8:45 PM	150	MD83	WED, SAT

* PLEASE NOTE: SCHEDULES CHANGE FREQUENTLY
CONTACT AIRLINES FOR MOST UPDATED INFORMATION OR WITH ANY QUESTIONS

Car Rental Information

Company	Address	Phone
<u>Avis</u>	2301 University Dr. Bismarck Airport	(701) 255-0707
<u>Enterprise</u>	1010 South 12th St. Bismarck, ND 58504	(701) 258-8000
<u>Overland West / Hertz</u>	PO Box 2218 Bismarck Airport	(701) 223-3977
PHP Motors Auto Rentals	3714 Memorial Highway Mandan, ND 58554	(701) 667-0160

Bus Information

- Please visit Rimrock Stages for current information and scheduling.

- [Capital Area Transit](#) - public transit system

Where to Stay

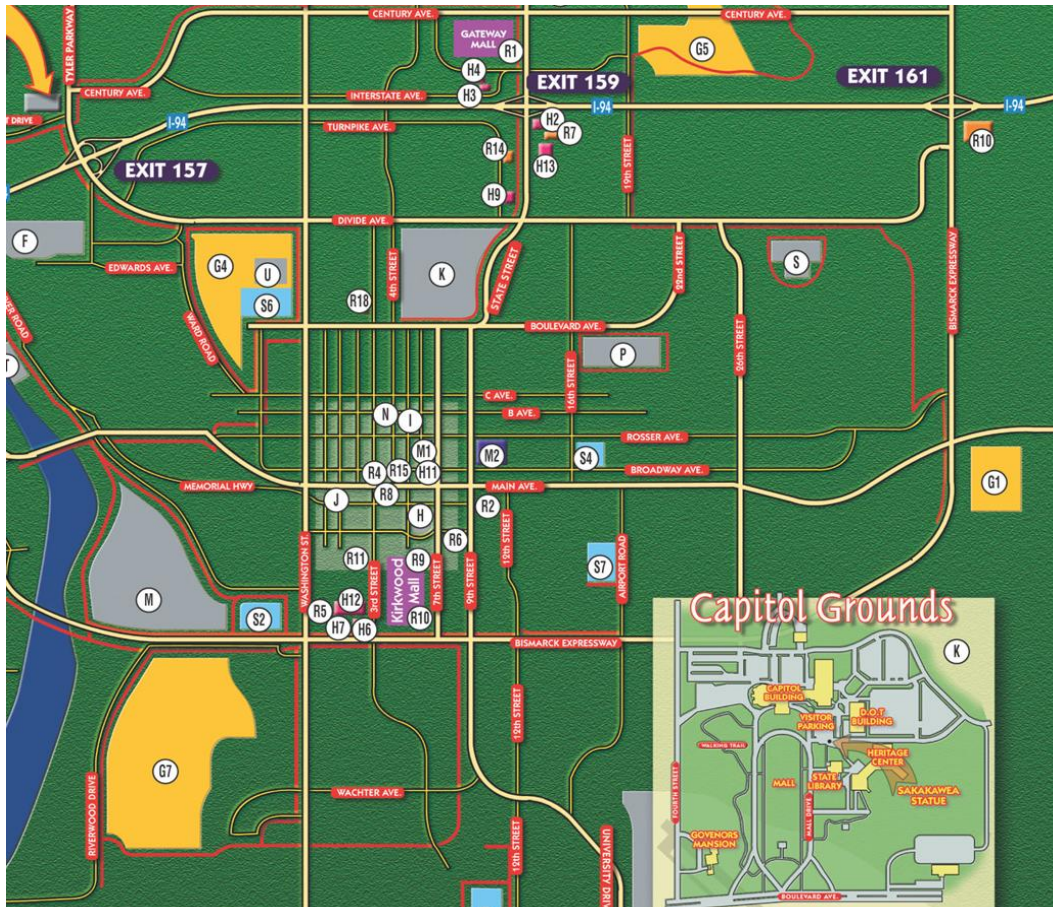
The official hotels for the Central Zones Swim Meet are:

Best Western Ramkota (H12 on map)

88 S. 3rd St., Bismarck, ND 58504

701-258-7700

<http://bismarck.ramkota.com/>



Radisson Hotel (H11 on map)

605 E. Broadway Ave.

Bismarck, ND 58501

701-255-6000

<http://www.radisson.com/hotels/ndbisdt>

Housing Information

To ensure getting these rates please ask participants to tell the reservations people that you are with the Central Zone Swimming.

<i>HOTEL/MOTEL</i>	<i>TELEPHONE</i>	<i>LOCATION</i>	<i>RATES</i>
Candlewood Suites	701-751-8901	4400 Skyline Crossing	\$99.99
Country Suites	701-258-4200	3205 N. 14 th Street	\$114.00
Days Inn	701-223-9151	1300 E. Capital Avenue	\$74.95 Single \$84.95 Double
Doublewood Inn	701-258-7000	1400 E. Interchange Ave.	\$71.00
Fairfield Inn North	701-223-9077	1120 Century Avenue	\$92.00
Fairfield Inn South	701-223-9293	135 Ivy Avenue	\$92.00
Kelly Inn	701-223-8001	1800 N. 12 th Street	\$84.99 - \$89.99
Radisson Hotel	701-255-6000	605 E. Broadway Avenue	\$91.00
Ramkota Hotel	701-258-7700	800 S. 3 rd Street	\$83.00
Seven Seas Hotel & Waterpark	701-663-7401	I-94 & Exit 152 Mandan	\$89.00

Where to Eat

Asian, Chinese, Japanese

China Wok

Mandan · 110 4th Ave. N.E.
701-663-8888 · Inexpensive

Chopsticks House

324 North 3rd Street
701-250-8812

Hong Kong Chinese Restaurant

1055 East Interstate Avenue
701-223-2130 · Inexpensive

Rice Bowl Chinese Restaurant

Mandan Main Street
701-663-1986 · Inexpensive

The China Garden Restaurant

1929 North Washington Street
701-224-0698 · Inexpensive

American

Bistro: An American Café

1103 E. Front Ave.
224-8800

Dairy Queen

N State Street
701-258-4438 · Inexpensive

TGI Friday's

330 Riverwood Drive
701-223-0999 · Inexpensive

Applebee's Neighborhood Grill & Bar

3200 North 14th Street
701-255-0200 · Inexpensive

Applebee's Neighborhood Grill & Bar

434 South 3rd Street
701-222-1018 · Inexpensive

Cracker Barrel Old Country Store

1685 North Grandview Lane
701-223-2785 · Inexpensive

Dairy Queen

230 West Broadway Avenue
701-223-0548 · Inexpensive

Dairy Queen

Mandan · 1000 East Main Street
701-663-3996 · Inexpensive

Dairy Queen Southside

1101 South 12th Street
701-223-3438 · Inexpensive

Dairy Queen Store

913 Burlington Avenue
701-255-5068

Dairy Queen Store

1804 North 13th Street
701-258-4438

Denny's

405 South 7th Street
701-223-2015 · Inexpensive

Perkins Family Restaurant

100 East Bismarck Expressway
701-221-3112 · Inexpensive

Perkins Family Restaurant

1100 East Interstate Avenue
701-222-0625 · Inexpensive

Perkins Family Restaurant

2700 State Street
701-222-0625 · Inexpensive

Space Aliens Grill & Bar

1304 East Century Avenue
701-223-6320 · Inexpensive

Big Boy

413 Shirley Street
701-258-4125 · Inexpensive

Casual Dining

Dairy Queen

N State Street

701-258-4438 · Inexpensive

A & W Express

1160 West Divide Avenue

701-258-0266 · Inexpensive

A & W Restaurant Long John Silvers

304 East Front Avenue

701-221-9779 · Inexpensive

Dairy Queen

230 West Broadway Avenue

701-223-0548 · Inexpensive

Dairy Queen

Mandan · 1000 East Main Street

701-663-3996 · Inexpensive

Dairy Queen Southside

1101 South 12th Street

701-223-3438 · Inexpensive

Denny's

405 South 7th Street

701-223-2015 · Inexpensive

Domino's Pizza

1031 South Washington Street

701-222-3100 · Inexpensive

Domino's Pizza

119 East Century Avenue

701-258-4030 · Inexpensive

Domino's Pizza

Mandan · 1100 East Main Street

701-663-6988 · Inexpensive

Papa John's Pizza

625 South Washington Street

701-258-8888 · Inexpensive

Papa Murphy's Take N' Bake Pizza

209 South Washington Street

701-255-7272 · Inexpensive

Fast Food & Chains

Subway

2700 State Street

701-224-9294 · Inexpensive

Arby's Roast Beef

2601 State Street

701-255-2987 · Inexpensive

Arby's Roast Beef

706 Kirkwood Mall

701-258-9930 · Inexpensive

Burger King

2626 State Street

701-255-2737 · Inexpensive

Burger King

315 East Sweet Avenue

701-258-5032 · Inexpensive

Burger King

Mandan · 1400 East Main Street

701-663-3331 · Inexpensive

Hardee's

3 South Saint & Bowen Avenue

701-258-8229 · Inexpensive

Hardee's

Highway 83 North

701-258-1023 · Inexpensive

Hardee's

Mandan · 500 East Main Street

701-663-4040 · Inexpensive

KFC

2700 State Street

701-222-4125 · Inexpensive

KFC

409 South 3rd Street

701-224-0125 · Inexpensive

McDonald's

1401 East Calgary Avenue

701-224-0350 · Inexpensive

Italian

Carino's Italian Grill

1601 West Century Avenue
701-258-5655 · Moderate

Olive Garden

3400 N. 14th St.
701-223-1106 · Moderate

Latin, Mexican, Spanish

Pancheros Mexican Grill

1225 W. Century Ave.
751-2021

Taco John's

Mandan · 814 East Main Street
701-663-2828 · Inexpensive

Qdoba Mexican Grill

312 3rd Street
701-250-0005 · Inexpensive

Taco Bell

2616 Rock Island Place
701-223-2468 · Inexpensive

Taco John's

1911 North 13th Street
701-223-7547 · Inexpensive

Taco John's

1518 Burnt Boat Drive
701-258-1688 · Inexpensive

Taco John's

1922 East Broadway Avenue
701-258-5151 · Inexpensive

Paradiso Mexican Restaurant

2620 State Street
701-224-1111

Taco John's

320 South 3rd Street
701-222-1878 · Inexpensive

Sergio's Mexican Restaurant

401 East Bismarck Expressway
701-223-3422

Steak & Seafood

Jack's Steakhouse N Saloon

1201 South 12th Street
701-221-9120

Taco Del Mar

913 Burlington Drive
701-222-3044 · Inexpensive

A & W Restaurant Long John Silvers

304 East Front Avenue
701-221-9779 · Inexpensive

East Forty Steakhouse

1401 Interchange Avenue
701-258-7222

Bonanza Family Restaurant

Mandan · 1704 East Main Street
701-663-5858 · Inexpensive

Iron Eagle Saloon and Steakhouse

Mandan · 308 West Main Street
701-663-5622

Red Lobster

1130 East Century Avenue
701-222-2363 · Moderate

Long John Silver's A & W

3120 North 14th Street
701-355-4314

Texas Roadhouse

1505 Burnt Boat Drive
701-250-6746 · Moderate

North American Steak Buffet

2000 North 12th Street
701-223-1107

What to Do

Bismarck offers a variety of entertainment for you during your stay. Here are a few websites for you to peruse as you think about “where to go and what to do” after your competition each day. We know you’ll enjoy Bismarck, not only for what it offers with sights, sounds, history and entertainment, but with our legendary North Dakota hospitality.

- **Parks, recreational walking/biking/running trails, public golf courses:** www.bisparks.org
- **Music, theater, art shows, cultural events, concerts:** <http://southwestnd.culturepulse.org>
- **Attractions:** www.discoverbismarckmandan.com
- **North Dakota Heritage Center:** <http://history.nd.gov>
- **Midway Bowling Lanes:** www.midwaylanes.com
- **Shopping:** www.kirkwood-mall.com/
www.gatewayfashionmall.com
www.downtownbismarck.com
- **Movies:**
 - Grand Theatres - 1486 Interstate Loop, Bismarck - (701) 222-1607
 - Carmike 8 - 2700 State Street, Bismarck - (701) 223-5988 www.carmike.com