






# 2024 RAC Invite

Friday, we have an opportunity to race on a flat and fast course! This used to be Pre-State, but that will return next year at the Sugarhouse State Meet Course. This will be a good meet with lots of quality races. Be prepared to run hard and compete! The races are broken down by Frosh/Soph and Jr/Sr, so you are racing athletes of all levels. Be prepared for any kind of weather! Please email Coach Soles with questions.

What to bring?	Important Meet Facts	Time Schedule
<b>Uniform:</b> (on when you get to the bus) No Outside Clothing! Limited Jewelry	First event is at 8:30 am	Arrive at HHS: 6:30 am
<b>\$\$\$</b> for T-shirt or snack bar	Top 25 in each race will receive a medal.	Buses Leave School: 6:45 am
<b>Running shoes/Spikes</b> and extra pair of socks	Fr/So Girls – 8:30 am Fr/ So Boys – 9:00 am Jr/Sr Girls – 9:30 am Jr/Sr Boys – 10:00 am	Arrive at Meet: 7:20 am
<b>Food: ex:</b> bagels, bananas, fruit, water, and Gatorade	Buses leave from the north side of the high school by the main gym	Leave Meet – 10:45 am Meal Stop – 11:15-12:15 am
<b>Extras:</b> Sunscreen, back-up water	<b>Regional Athletic Complex</b> 2280 Rose Park Ln, Salt Lake City, UT 84116	Arrive at HHS: 12:45 pm

← from Herriman High School, 11917 S, Mustang Tr...  
to 2280 Rose Park Ln, Salt Lake City, UT 84116

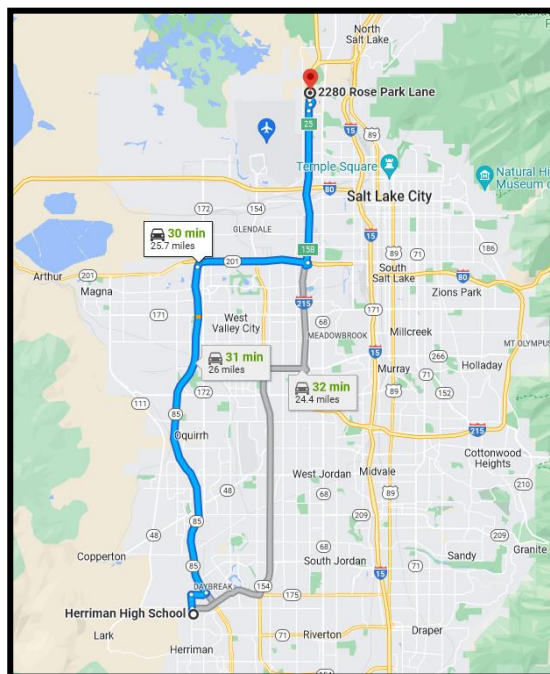
**30 min (25.7 miles)**   

via UT-85/Mountain View Corridor/N Mountain Vw  
Fastest route now due to traffic conditions

**Herriman High School**  
11917 S, Mustang Trail Way, Herriman, UT 84096

- > Take Kitty Hawk Rd and S Lake Ave to UT-85/Mountain View Corridor/N Mountain Vw in South Jordan  
4 min (1.3 mi)
- > Continue on UT-85/Mountain View Corridor/N Mountain Vw. Take I-215 N to N I-215 Frontage Rd/Rose Park Ln. Take exit 25 from I-215 N  
26 min (23.7 mi)
- > Drive to Rose Park Ln  
2 min (0.7 mi)

**2280 Rose Park Ln**  
Salt Lake City, UT 84116



**Herriman High School Cross Country**  
Coach Soles – Cell # 951-326-6992  
Email – doug.soles@jordandistrict.org