



2023

# Mountain Ridge & West Jordan Tri

Wednesday is our **2<sup>nd</sup> JV Meet** of the Region 3 Season at West Jordan High School. The weather looks cold and wet, so be prepared for cooler temps into the evening! Be on time, in uniform, with lots of layers in case it is windy and rainy, ready to compete! We are guessing the meet will be over around 6:00 pm, but it could vary so be available to pick up your athlete anytime in the afternoon. Remember we are there to compete, so dial in your events and focus on success!

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!	First events are at 3:30 pm	Frosh Out of Class: 1:15 pm HS Out of Class: 1:40 pm
<b>\$\$\$</b> for food if they have a snack bar.	Check in at your field events and ask questions so you understand the process.	Buses Leave School: 2:00 pm
<b>Running shoes</b> /Spikes and extra pair of socks	Check the entries online to see what you are in!	Arrive at Meet: 2:30 pm
<b>Food: ex:</b> bagels, bananas, fruit, water and Gatorade	<b>Buses leave from the north side of the high school by the main gym</b>	Leave Meet – 6:00 pm
<b>Extras:</b> Sunscreen, water	<b>West Jordan High School</b> 8136 S 2700 W, West Jordan, UT	Arrive at HHS: 6:30 pm (this is just a guesstimate)

**At the end of the meet before we head to the bus, make sure:**

- Our team area is cleaned up!
- We have all of our batons, shot put, javelin, and discus, and vault equipment.
- You have your personal apparel and competition shoes in your bag.
- Congratulate the opposing athletes, parents, coaches and thank them for hosting the meet.
- You look after our 9<sup>th</sup> graders and make sure they have all of their stuff, had a good time at the meet, and ask them what they learned and how they had fun.
- Find ways to contribute to everyone making it to the bus on time and ready to head back to HHS (pack up canopies, ask coaches how you can help, etc).



**Herriman High School Track & Field**

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