



2023

Alpha Invite

Saturday is a very competitive invite at Timpanogos High School. The weather looks to be cold and we should be ready to get some good experience against some solid competition! Be on time, in uniform, ready to compete! We are guessing the meet will be over around 7:00 pm, but it could vary so be available to pick up your athlete anytime in the afternoon.

Please email Coach Soles with questions.

What to bring?	Important Meet Facts	Time Schedule
Uniform: (on when you get to the bus) No Outside Clothing!	First events are at 9:00 am	Arrive at HHS: 7:15 am
\$\$\$ for food if they have a snack bar.	Check in at your field events and ask questions so you understand the process.	Bus Leaves School: 7:30 am
Running shoes /Spikes and extra pair of socks	Check the entries online to see what you are in!	Arrive at Meet: 8:00 am
Food: ex: bagels, bananas, fruit, water and Gatorade	Buses leave from the north side of the high school by the main gym	Leave Meet – 7:00 pm
Extras: Sunscreen, water	Timpanogos High School 1450 N 200 E, Orem, UT 84057	Arrive at HHS: 7:30 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 9th 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

Coach Soles – Cell # 951-326-6992

Email – doug.soles@jordandistrict.org