

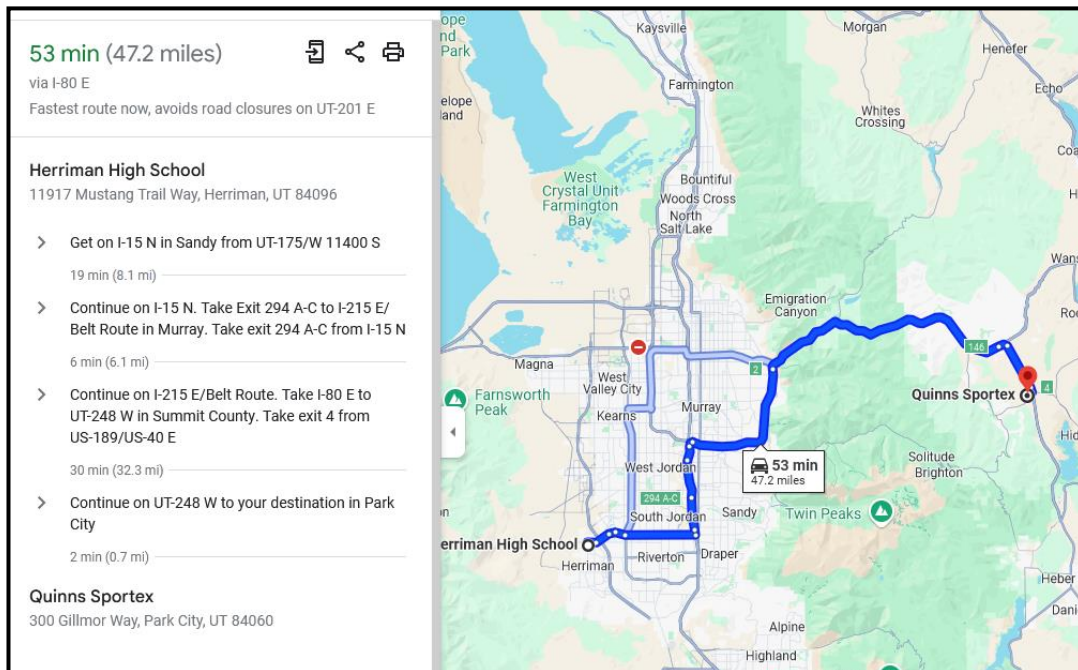


2024

# Park City Invite

Friday is a great chance for some of our younger athletes to step into bigger roles and compete with great athletes! This is a tougher course, but it is out and about on the trails in Park City, so it will be a fun place to run. Look at this as an opportunity to show what you can do on a tougher course. We will stop for lunch in Park City on the way home. 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 9:15 am	Arrive at HHS: 6:45 am
<b>\$\$\$</b> for T-shirt or snack bar	This is a tough course, but fun!	Bus Leaves School: 7:00 am
<b>Running shoes/Spikes</b> and extra pair of socks	Open Race – 8:45 am Girls JV – 9:15 am Boys JV – 9:45 am Girls Varsity – 10:45 am Boys Varsity – 11:15 am Awards – 11:40 am	Arrive at Meet: 8:00 am
<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 – 1:00 pm Meal Stop: 1:15 pm
<b>Extras:</b> Sunscreen, back-up water	<b>Quinns Junction Sports Complex</b> 600 Gillmor Way, Park City, UT (Directly off US Highway 40, exit 4)	Arrive at HHS: 3:30 pm



**Herriman High School Cross Country**  
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