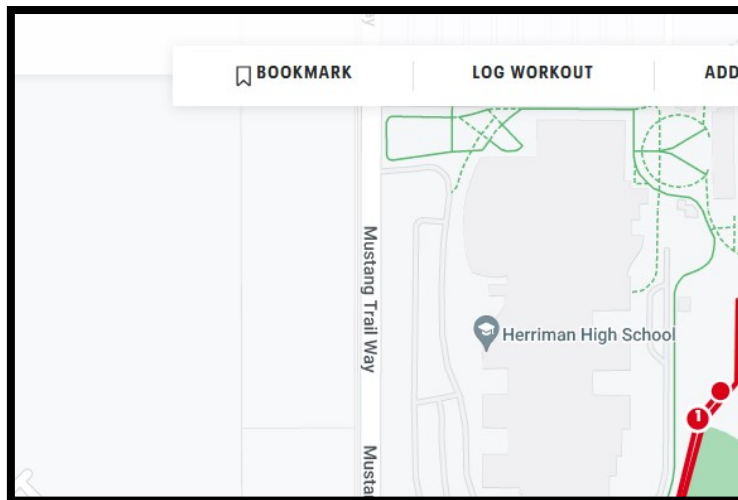


2023 HXC Color Wars

Friday, August 4th we will be hosting the first scored race of the HXC Season. This race challenges our athletes to run hard to support and score for their team color, giving a lesson in teamwork and laying it on the line when your team needs you! Please support your athlete by wearing their team color! We are excited to offer this race as a preparatory race for grades 7-10, while they 11th and 12th graders on the team will act as team coaches. Athletes will come to Friday practice as normal, be warmed up by their team coaches, and then we will have a 1 mile race around the back fields at Herriman HS. This race is designed to have fun and help athletes learn how to warm-up, participate in, score, and cool down at a XC meet. Everyone is expected to do their best to attend and help their team win this culminating race for a fun week!

Important Info	Meet Schedule	Time Schedule
Please bring athlete prepared to race: Running & racing shoes, shorts, team color top. Athletes can listen to music during race.	Warm-up with your team color coaches!	7:30 am – Herriman High School
Be on time to the starting line, ready to perform!	Race Instructions	7:55 am
See the scorecard online to determine overall team finish. Everyone matters!	1 Mile Color Wars Race (Everyone)	8:00 am
Make sure to go to the bathroom before coming to practice! Eat somethings, and have something to drink!	All competitors cool down - 2 mile cooldown & Core HIIT 3 *Older athletes do their workout	8:20 am
Parents will be needed to help with the races.	At the end of practice, team Color Wars winners will be announced!	9:30-10:00 am

Race Course



Mile Time Trial Course – 1 mile (2 loops)

Starts by the discus ring (green dot) heading south to the baseball field, around the baseball and softball field, back to the start and around again, finishing just past the softball field (red dot).

Questions? Please email Coach Soles – doug.soles@jordandistrict.org