



2022 Timpanogos Invite

Saturday, we face our stiffest test yet at the Timpanogos Invitational in Orem. Many of the state's top teams and individuals will be present. There are also many levels of races, so be prepared to run in the race you are entered in. It is supposed to be near 100 degrees on meet day so plan ahead with lots of hydration and a plan to keep yourself cool. Please email Coach Soles with questions.

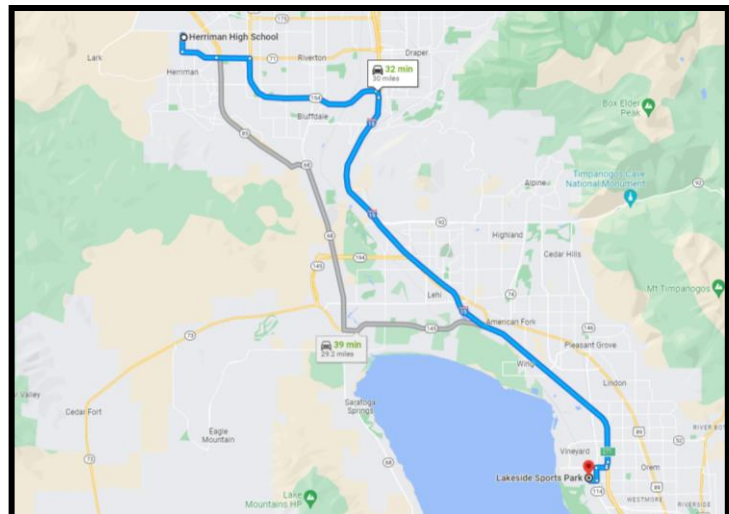
What to bring?	Important Meet Facts	Time Schedule
Uniform: (on when you get to the bus) No Outside Clothing! Limited Jewelry	First event is at 7:30 am	Arrive at HHS: 5:45 am
\$\$\$ for T-shirt or snack bar	This is the most competitive meet in Utah this season. Time to step up!	Buses Leave School: 6:00 am
Running shoes/Spikes and extra pair of socks	Senior Girls – 7:30 am Senior Boys – 7:50 am Junior Girls – 8:10 am Junior Boys – 8:30 am Varsity Boys – 9:20 am Elite Girls – 9:50 am Elite Boys – 10:10 am Soph Girls – 10:35 am Soph Boys – 10:50 am Frosh Girls – 11:10 am Frosh Boys – 11:30 am	Arrive at Meet: 6:30 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 – 12:30 pm
Extras: Sunscreen, back-up water	Lake Side Park 400 South 1850 West Orem, UT	Arrive at HHS: 1:00 pm

32 min (30.0 miles)
via I-15 S
Fastest route now due to traffic conditions

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

- > Get on I-15 S in Draper from UT-154 S
15 min (9.8 mi)
- > Follow I-15 S to W Center St in Orem. Take exit 271 from I-15 S
16 min (18.9 mi)
- > Continue on W Center St to your destination
4 min (1.3 mi)

Lakeside Sports Park
400 S 1850 W, Orem, UT 84058



Herriman High School Track & Field
Coach Soles – Cell # 951-326-6992
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