

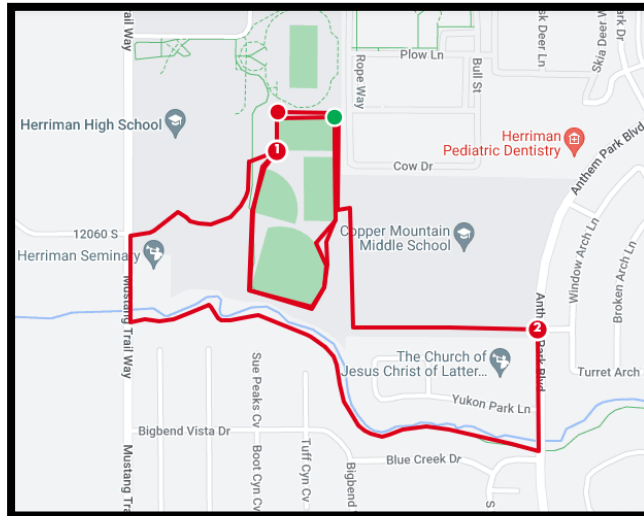


2023 Camp Time Trial

June 26th marks the 2nd **Camp Time Trial** at Herriman High School. There are 2 races, the Mile Race which is 1 mile and consists of any athletes who are not 100% ready for the longer time trial. This is a fun opportunity to see how training is helping you get faster! The Camp Time Trial race is ~2.50 miles, and is the determining factor for spots at our Capitol Reef XC Camp from July 10– July 14. The top 16 boys & top 16 girls times from the time trial qualify to camp (athletes that finish outside the top 16 may get selected to go if spots open up, *but it is not guaranteed*). Any open spots will be determined per coaches' discretion. We encourage all athletes, alumni, and parents to attend our time trial and be a part of the festivities! The time trial gives athletes the chance to earn their trip to camp and show they have been working hard to make Herriman XC an elite team. Please plan to stay the whole time and cheer on both races! There is plenty of parking at the high school and restrooms will be available. We look forward to you joining us on the 26th. Please check out the info and time schedule below. Bring lots of fluids and be on time so you have warm up time!

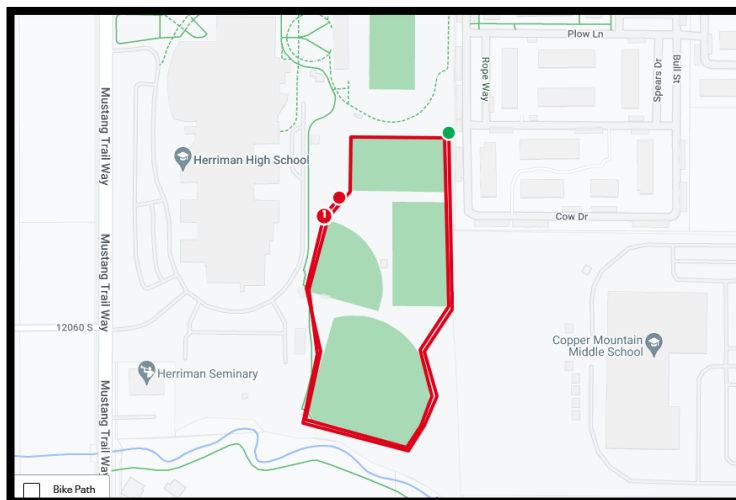
Important Info	Practice Schedule	Time Schedule
Make sure you have your summer waiver turned in. You only have to turn it in once for the summer. You can find a blank one on the XC homepage of the website.	Warm-up on your own	6:30 am
Parents will be needed to help with the races. Check in with Coach Hopkin for where you will be stationed.	Coaches Introduction & race instructions	6:45 am
Athletes that are 9-12 need to run the Camp Time Trial if they want to qualify for camp. 7 th & 8 th graders are preferred to run the mile time trial.	Boys & Girls 2.50 Mile Time Trial – Top 16 Qualify to Camp (9-12 th can only qualify to camp)	6:50 am
For any athlete not ready for the longer time trial at this point in the season.	Mile Time Trial	7:35 am
Reminders: Bring lots of water or Gatorade, headphones and Garmin watches can be worn, you can wear a uniform or just shorts and a t-shirt.	Team Cool down & Team Meeting	7:50 am
Remember that no matter the results, have fun and use it as motivation for the season!	Practice Ends - Please check the schedule online for Tuesday's practice location and time!	8:30-9:00 am

Race Courses



Camp Time Trial Course – 2.50 miles

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, left at the back parking lot, around the south of the school, out the school entrance onto Mustang Trail Way, left onto the Midas Creek Trail, left onto Anthem Park Blvd, left into Copper Mountain Middle School, through the gate to the high school, turn right and finish by the shot put ring (red dot).



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