



2023

Pre-Region Meet

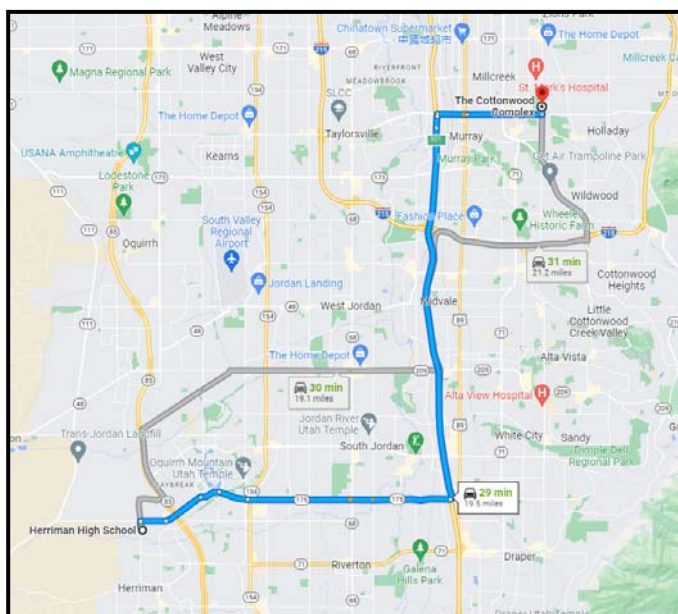
Tuesday is our first Region Meet of the 2023 XC Season! The weather looks hot and this will help us see how we stack up against the other teams in Region 2. The bus leaves at 4:45 pm, so make sure to be to the school on time. Make sure you get quickly loaded on the buses. Please check the meet schedule below so that you know when and where you are racing at the meet. Have lots of food and water/Gatorade for this meet! 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! No crazy jewelry!	First event is at 6:30 pm	Arrive at HHS: 4:30 pm
\$\$\$ for T-shirt or snack bar	This is just our Region 2. Schools: Herriman, Bingham, Mountain Ridge, Riverton, Copper Hills, and Corner Canyon	Buses Leave School: 4:45 pm
Running shoes /Spikes and extra pair of socks	Varsity Girls – 6:30 pm Varsity Boys – 7:10 pm (<i>Everyone runs varsity at this meet</i>)	Arrive at Meet: 5:15 pm
Food: ex: bagels, bananas, fruit, water and Gatorade	Buses leave from the north side of the high school by the main gym	Leave Meet – 8:00 pm
Extras: Sunscreen, back-up water	Cottonwood Complex 4400 S 1300 E Millcreek, UT 84124	Arrive Back at HHS: 8:30 pm

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

- > Take W 11800 S and W Daybreak Pkwy to UT-175/W 11400 S in South Jordan
8 min (3.0 mi)
- ✓ Follow UT-175/W 11400 S and I-15 N to UT-266 E/4500 S/Taylorville Expy in Murray. Take exit 301 from I-15 N
18 min (13.9 mi)
- ↑ Continue onto UT-175/W 11400 S
⚠ Parts of this road may be closed at certain times or days
4.7 mi
- ⬆ Use the left 2 lanes to merge onto I-15 N via the ramp to Salt Lake City
8.8 mi
- ➡ Use the right 2 lanes to take exit 301 for UT-266/4500 so.
0.3 mi
- ↗ Keep right at the fork, follow signs for Murray
262 ft
- > Follow 4500 S to S 1300 E in Millcreek
6 min (2.6 mi)

The Cottonwood Complex
4400 S 1300 E, Millcreek, UT 84124



Herriman High School Track & Field
Coach Soles – Cell # 951-326-6992
Email – doug.soles@jordandistrict.org