



2024

# Timpanogos Invite

Friday, we face our stiffest test yet at the prestigious 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 89 degrees for the high on meet day so plan ahead with lots of hydration and a plan to keep yourself cool and hydrated. Please email Coach Soles with questions.

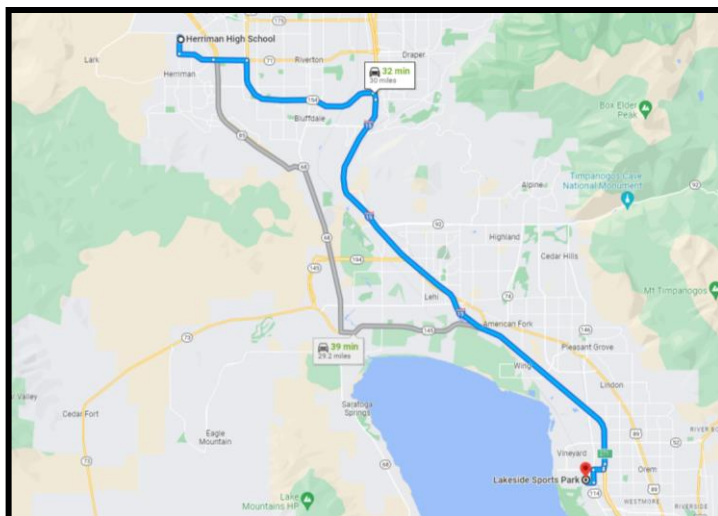
What to bring?	Important Meet Facts	Time Schedule
<b>Uniform:</b> (on when you get to the bus) No Outside Clothing! Limited Jewelry	First event is at 9:00 am	Arrive at HHS: 6:45 am
<b>\$\$\$</b> for T-shirt or snack bar	This is the most competitive meet in Utah this season. Time to step up!	Buses Leave School: 7:00 am
<b>Running shoes/Spikes</b> and extra pair of socks	Girls Fr/So – 9:00 am Boys Fr/So – 9:30 am Girls Jr/Sr – 10:00 am Boys Jr/Sr – 10:30 am Girls Varsity – 11:00 am Boys Varsity – 11:30 am Team Awards – 11:45 am	Arrive at Meet: 7:35 am
<b>Food: ex:</b> bagels, bananas, fruit, water and Gatorade	Bus leaves from the north side of the high school by the main gym	Leave Meet – 12:30 pm
<b>Extras:</b> Sunscreen, back-up water	<b>Lake Side Park</b> 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 Cross Country**  
Coach Soles – Cell # 951-326-6992  
Email – doug.soles@jordandistrict.org