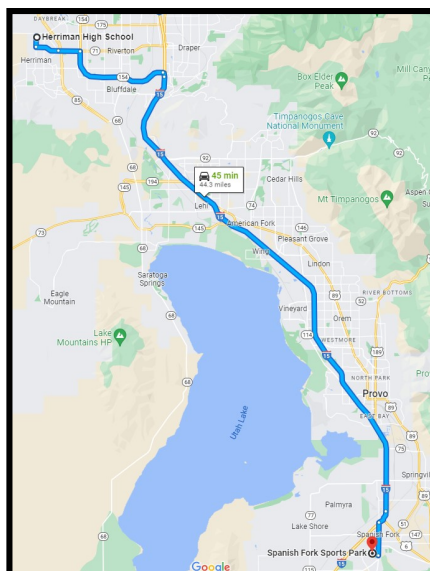
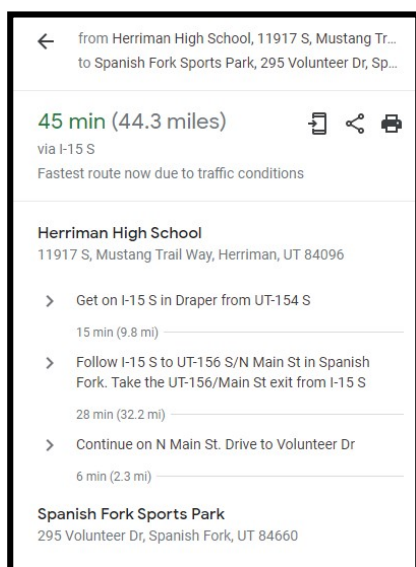




2024 UIAAA Invite

Saturday is our first real test of the 2024 XC Season! The weather looks good and we have an opportunity to build off the success of our first couple meets. The bus leaves early, so make sure to set 2 alarms and be to the school on time. Make sure you get there on time and quickly get loaded on the buses. Please check the meet schedule below so that you know when and where you are racing at the meet. Time to face some solid competition and prove we are ready! 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: 5:30 am
\$\$\$ for T-shirt or snack bar	This is a very competitive meet and will be a good test of our improvements from the first 2 meets this season.	Bus Leaves School: 5:45 am
Running shoes /Spikes and extra pair of socks	Frosh/Soph Boys – 7:30 am Frosh/Soph Girls – 8:00 am Varsity Girls – 9:00 am Varsity Boys – 9:25 am JV Girls Race 1 – 10:00 am JV Boys Race 1 – 10:30 am	Arrive at Meet: 6:40 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 – 12:00 pm
Extras: Sunscreen, back-up water	Spanish Fork Sports Park Sports Complex 295 West Volunteer Drive, Spanish Fork UT 84660	Arrive at HHS: 1:00 pm



Herriman High School Cross Country
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