



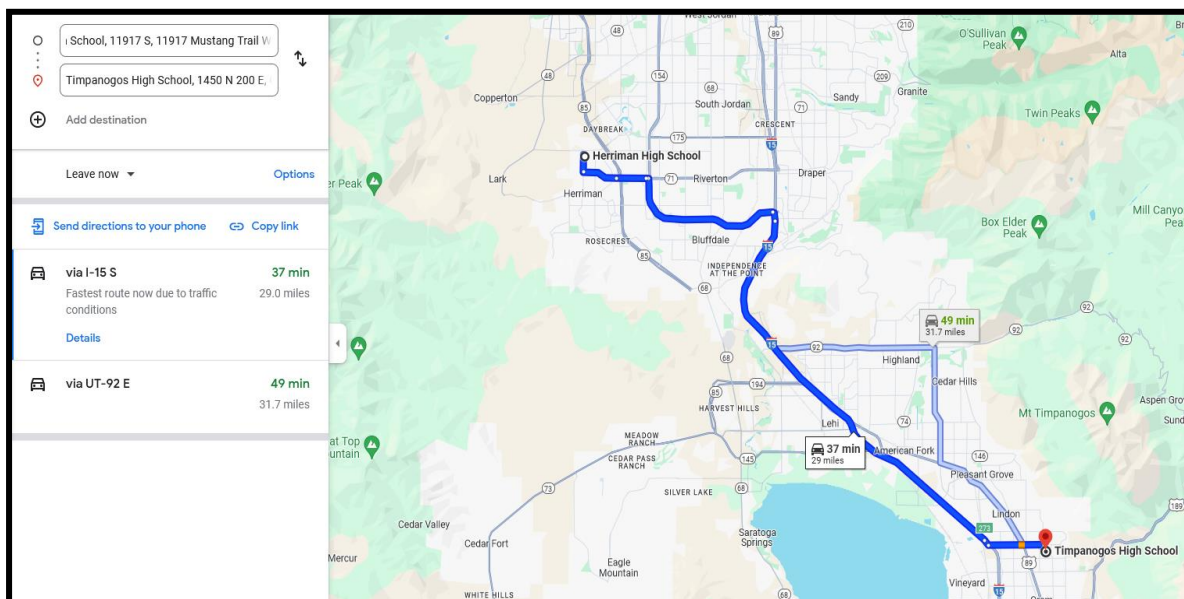
2024

Alpha Invite

This week we travel to the Alpha Invite on Wed and Thurs, and it is a very competitive invite at Timpanogos High School. The weather looks to be cold and potentially a bit rainy on Thursday, but we should be ready to get some good experience against some solid competition! Be on time, in uniform, ready to compete! There are buses down and back on both days, so be prepared to be to the school on time for the bus. Buses may return home earlier than listed, it just depends on the flow of the meet and the number of entries...

Please email Coach Soles with questions.

What to bring?	Wednesday	Thursday
Uniform: (on when you get to the bus) No Outside Clothing!	Arrive at HHS: 12:15 pm	Arrive at HHS: 12:15 pm
\$\$\$ for food if they have a snack bar.	Bus Leaves School: 12:30 pm	Bus Leaves School: 12:30 pm
Running shoes /Spikes and extra pair of socks	Arrive at Meet: 1:00 pm	Arrive at Meet: 1:00 pm
Food: ex: bagels, bananas, fruit, water and Gatorade	Leave Meet – 10:00 pm	Leave Meet – 9:30 pm
Timpanogos High School 1450 N 200 E, Orem, UT 84057	Arrive at HHS: 10:30 pm (this is just a guesstimate)	Arrive at HHS: 10:00 pm (this is just a guesstimate)



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