

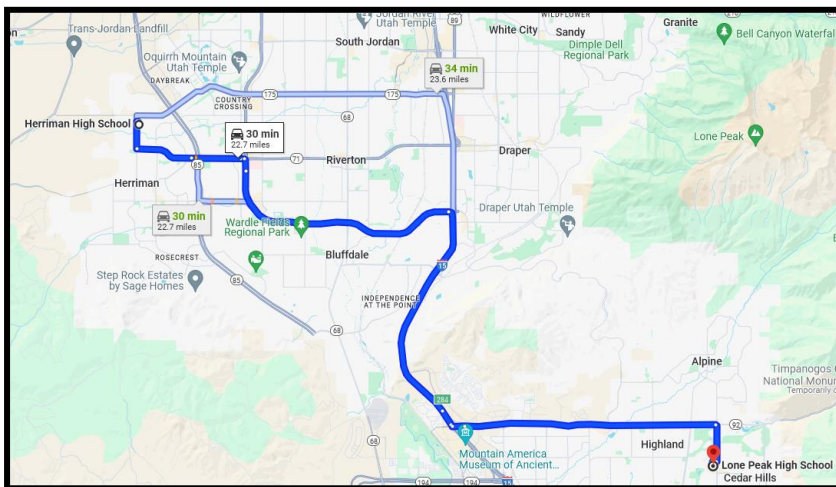


2024

Early Bird Invite

The Early Bird Invite is a big early season meet at Lone Peak High School! It is always great to race the top teams, and we should see some very good teams here. We go to represent Herriman with our best and hope to continue to show we will be one of the best overall combined track programs in the country this season. Be prepared for a tough schedule for some of you with both Friday and Saturday events. This meet will have high pressure but will be great in preparing us for the State Meet. There is amazing competition in every event, so please be prepared to watch events as well as compete in them. Please double check **your** entries posted for qualifiers. This is a very competitive meet and only our top athletes will make it in.

What to bring?	Friday Time Schedule	Saturday Time Schedule
Uniform: (on when you get to the bus)	Frosh Out of Class: 12:15 pm Athletes Out of Class: 12:40 pm	Arrive at Herriman: 7:15 am Bus Leaves Herriman: 7:30 am
\$\$\$ for T-Shirt (optional) & Food (snack bar)	The bus was cancelled – athletes need permission form and can then drive themselves, go with parents, or ride with friends to the meet and back	Bus Arrives at LPHS: 8:00 am Bus Leaves LPHS: ~3:00 pm
Running shoes/Spikes and extra pair of socks		Bus Returns to Herriman: 3:40 pm (Always a Guesstimate)
Food: ex: bagels, bananas, fruit, water and Gatorade	First Events 3:00 pm	First Events 9:00 am
These can be long days, have a plan for food, hydration, naps, etc.	Lone Peak High School 10189 N. 4800 W., Highland	Have a plan for checking in, warm-up, hydration, etc.



Please double check directions before leaving



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