



2024 Bob Firman Invitational Itinerary

Friday – 9/27/24:

8:00 am – Arrive at Herriman (North Parking Lot)
8:15 am – Leave for Boise
Meal #1 - 12:00 pm - Lunch at location with various opts
3:00 pm – Hotel Check-in
4:15 – Packet Pick-up & Course Run Through at course
5:15 – Team Pictures at course
Meal #2 - 6:30 – Dinner at location with multiple options
10:30 - Showered, in bed, lights out



Saturday – 9/28/24:

7:15 am – Wake-up call and breakfast in lobby
8:00 – Leave for Eagle Island State Park Course
8:30 – Arrive at course for warm-up & prep
9:25 – Boys Frosh Individuals Race
10:30 – Boys B Team Races Varsity Division 1 Race
11:20 – Girls A Team Races Girls Elite Race
11:50 – Boys A Team Races Boys Elite Race
1:25 pm – Girls B Team Races Varsity Division 1 Race
2:00 pm – JV Boys Individuals Races Section 1
Meal #3 - 3:15 – Lunch at various options in Boise, ID
4:15 – Leave for Herriman HS
Meal #4 – 7:40 – Dinner in Pocatello, ID
10:45 – Arrive at Herriman HS for pick up



Hotel Info:

Hampton Inn & Suites Boise/Spectrum
7499 West Overland Road
Boise, Idaho, 83709

Course Info:

Eagle Island State Park
Boise, ID

Contact Info:

Head Coach - Doug Soles
951-326-6992
doug.soles@jordandistrict.org



2024 Trip Breakdown:

This trip gives us a chance to take on the best of the Northwest NXN Region and beyond. Many of the top teams in the country come here, and we want to make sure we show that we can win big races on hard courses. **We will be taking a charter bus for this trip.**

What to Pack

1. Uniform, Team T-Shirt, Team Warm-ups
2. Socks & Underclothes
3. Sweats, Jeans, Warm-up Wear
4. Workout outfits
5. Shorts & T-shirts

6. Sweatshirts, Light Jackets
7. Pajamas
8. Shoes – Training and Spikes
9. About \$50+ of spending money if possible (T-shirt, Souvenirs, etc.)
10. Toothbrush, Toothpaste, Hairbrush, Hairspray, deodorant, etc.
11. iPad, iPhone, chargers & headphones
12. It is will be between 65-80 Degrees while we are there and sunny. Bring appropriate clothing.