



# 2024 Bob Firman Invitational Itinerary

## Friday – 9/27/24:

8:00 am – Arrive at Herriman (North Parking Lot)  
8:15 am – Leave for Boise  
12:00 pm - Lunch at location with various options  
3:00 pm – Hotel Check-in  
4:15 – Packet Pick-up & Course Run Through at course  
5:15 – Team Pictures at course  
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  
3:15 – Lunch at various options  
4:15 – Leave for Herriman HS  
10:00 – 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](mailto: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 Racing Flats (you can't wear spikes at this meet)
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.