

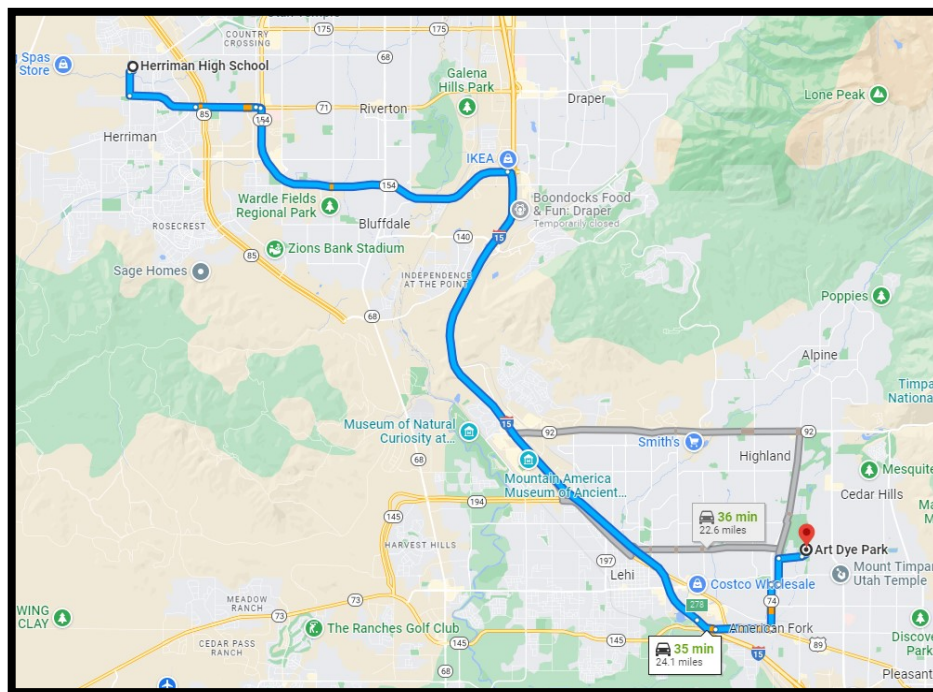


2024

TwiKnight Invitational

Friday, Sept 20th, we get a flat and fast course down at the TwiKnight Invitational. This will be a good opportunity to run a fast 3-mile PR and get yourself ready for the Region 2 finals meet! There are 2 levels of races per gender, but we will be focusing on the JV races this meet. It may be wet and a bit muddy at this meet, so prepare accordingly with extra shoes and socks. There are many top teams, so this is going to be fun! 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 4:30 pm	Arrive to School: 2:45 pm
\$\$\$ for T-shirt or snack bar	This is a fast course, come ready to blaze!	Bus Leaves School: 3:00 pm
Running shoes /Spikes and extra pair of socks	Fr/So Boys – 4:30 pm JV Girls – 5:00 pm JV Boys – 5:30 pm	Arrive at Meet: 3:45 pm
Food: ex: bagels, bananas, fruit, water and Gatorade	Buses leave from the north side of the high school by the main gym	Leave Meet – 6:30 pm
Extras: Sunscreen, back-up water	Art Dye Park, 1000 North 550 East American Fork, UT	Arrive back at HHS: 7:10 pm



Herriman High School Cross Country
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