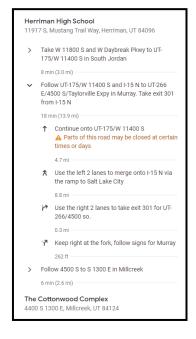
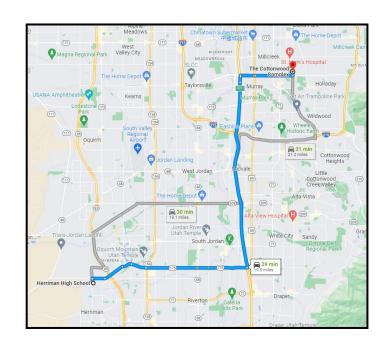
Saturday the 10th is our first invitational of the 2024 XC Season! The weather looks good and we have an opportunity to see where our summer fitness has us to start the season. The bus leaves early, so make sure to set 2 alarms and be to the school on time. Make sure you get there on time and quickly get loaded on the buses. Please check the meet schedule below so that you know when and where you are racing at the meet. Remember you must have your RMA account with physical completed! Time to show them we are building the top program in the country! It is GO time! Email Coach Soles w/questions.

What to bring?	Important Meet Facts	Time Schedule
<u>Uniform:</u> (on when you get to the bus) Herriman Clothing!	First event is at 8:15 am	Arrive at HHS: 6:30 am
\$\$\$ for T-shirt or snack bar	This is a solid meet that allows us to see where our conditioning is at. Check the entries online to see what you are in!	Buses Leave School: 6:45 am
Running shoes/Spikes and extra pair of socks	JV Girls - 8:15 am Varsity Boys – 9:00 am Varsity Girls – 9:45 am JV Boys – 10:30 am	Arrive at Meet: 7:15 am Awards: 11:45 am
Food: ex: bagels, bananas, fruit, water	Buses leave from the north side of the high school by the main gym	Leave Meet – 12:30 pm
Extras: Sunscreen, back-up water	Cottonwood Complex 4400 S 1300 E Millcreek, UT 84124	Arrive at HHS: 1:00 pm







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