



2022 Region 3 Championships

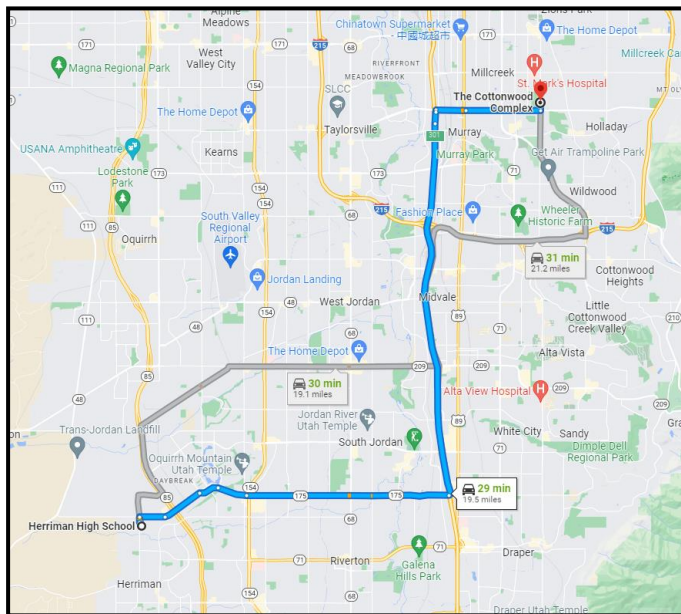
Wednesday is our Region Championship Meet for the 2022 XC Season! The weather looks good and this will give us a chance to run all out for a Region 3 Title this season! Athletes are out of class at 12:10 pm, the buses leave at 12:30 pm, so make sure to eat and be on the bus by 12:30 pm. Make sure you 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. Please email Coach Soles with questions. Run to win!

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 2:00 pm	Out of Class: 12:10 pm
\$\$\$ for T-shirt or snack bar	This is for all the marbles, time to step up!	Buses Leave School: 12:30 pm
Running shoes/Spikes and extra pair of socks	JV Girls – 2:00 pm JV Boys – 2:45 am Varsity Girls – 3:30 pm Varsity Boys – 4:15 pm	Arrive at Meet: 1:00 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: 5:45 pm
Extras: Sunscreen, back-up water	Cottonwood Complex 4400 S 1300 E Millcreek, UT 84124	Arrive at HHS: 6:15 pm

Herriman High School
11917 S, Mustang Trail Way, Herriman, UT 84096

- > Take W 11800 S and W Daybreak Pkwy to UT-175/W 11400 S in South Jordan
8 min (3.0 mi)
- ✓ Follow UT-175/W 11400 S and I-15 N to UT-266 E/4500 S/Taylorville Expy in Murray. Take exit 301 from I-15 N
18 min (13.9 mi)
- ↑ Continue onto UT-175/W 11400 S
⚠ Parts of this road may be closed at certain times or days
4.7 mi
- ↗ Use the left 2 lanes to merge onto I-15 N via the ramp to Salt Lake City
8.8 mi
- ↘ Use the right 2 lanes to take exit 301 for UT-266/4500 so.
0.3 mi
- ↗ Keep right at the fork, follow signs for Murray
262 ft
- > Follow 4500 S to S 1300 E in Millcreek
6 min (2.6 mi)

The Cottonwood Complex
4400 S 1300 E, Millcreek, UT 84124



Herriman High School Track & Field
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