



Mt. SAC Invitational Trip - Herriman Track & Field

Thursday – 4/17/25:

7:25 am – Depart from Home, Meet at Salt Lake Airport (Southwest)
8:00 – Arrive and Check-in – Salt Lake Airport
9:50 – Depart for Ontario Int Airport – Flight #1051 – Transfer in PHX to Flight #0167
12:35 pm – Arrive in Ontario, CA
2:00 – Hotel Check-in at TBD
*3:00 – Lunch at location with various options
5:00 – Beach & shake out run (Huntington Beach)
*7:30 – Dinner at Huntington Beach Downtown
10:00 - Showered, in bed, lights out

Friday – 4/18/25:

8:30 am – Wake-up call and breakfast in lobby
9:00 – Short shake out run as needed
11:00 – Team Activity
*3:30 pm – Lunch at location with various options
5:00 – Leave for Mt. SAC – uniforms on & ready to go!
5:30 – Arrive at Mt. SAC for warm-up & prep
10:00 – Depart venue for Dinner
*10:20 – Dinner at location with multiple options
11:30 - Showered, in bed, lights out

Saturday – 4/19/25:

8:00 am - Wake-up call and breakfast in lobby
9:00 – Leave for Mt. SAC – Uniforms on & ready to go!
9:30 – Arrive at Mt. SAC for warm-up & prep
*12:00 pm – Lunch at the Meet or local restaurants
8:45 – Depart venue for Dinner
*9:15 – Dinner at location with multiple options
11:30 - Showered, in bed, lights out

Sunday – 4/20/23:

8:30 am - Wake-up call and breakfast in lobby
10:20 – Checkout
10:30 – Depart for Ontario International Airport
*11:30 – Lunch at Airport
1:00 pm – Return Flight to SLC Airport (SW) – Flight #2665 – Transfer San Jose to Flight #0713
5:50 – Arrive at SLC Airport for pick up (parents must pick their athletes up or find them a carpool home from the airport, no transportation provided).

Hotel Info:

Embassy Suites by Hilton Ontario Airport
3663 E Guasti Rd, Ontario, CA 91761

Meet Venue:

Hilmer Lodge Stadium
Mt. San Antonio College
1100 N Grand Ave, Walnut, CA 91789

Contact Info:

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

2025 Trip Breakdown:

The Mt. SAC Relays is the holy grail of relay meets in the US! Getting to compete for a win in the brand new Hilmer Lodge Stadium, competing against the best in the country is what it is all about! Focus on delivering big performances for your teammates, learning from some of the best in the country, and enjoy warming up with and meeting college and pro athletes! You are the best of the best at Herriman! Represent us well, and let's bring home some bigtime hardware!

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, Jackets
7. Pajamas
8. Shoes – Training and Racing
9. About \$60+ 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 70-95 Degrees while we are there and sunny. Bring appropriate clothing.