



2025

Farmington Invite

Friday, we take on some of the best schools in our county at Farmington High School for the Phoenix Invite. The weather looks good and we are loading up some of our events for our best races of the season! Check the release times so you know what time to be to the bus. Make sure you get there in time to get your equipment loaded. We are unsure when the meet will finish, so please be in contact with your athlete so you know when to pick them up from the meet. Time to get more athletes qualified to State!

Please email Coach Soles with questions.

What to bring?	Important Meet Facts	Time Schedule
<u>Uniform:</u> (on when you get to the bus) No Outside Clothing!	First events are at 2:30 pm	Frosh Release: 11:30 am HHS Release: 11:45 am
<u>\$\$\$</u> for food if they have a snack bar.	This is a big varsity meet, be prepared to compete at your best!	Bus Leaves School: 12:05 pm
<u>Running shoes/</u> Spikes and extra pair of socks	Check the entries online to see what you are in!	Arrive at Meet: 1:00 pm
<u>Food:</u> ex: bagels, bananas, fruit, water and Gatorade	Buses leave from the north side of the high school by the main gym	Leave Meet – 8:00 pm
<u>Extras:</u> Sunscreen, water	Farmington High School 548 W Glovers Ln, Farmington, UT	Arrive at HHS: 9:00 pm (This is a Guesstimate)

At the end of the meet before we head to the bus, make sure:

- Our team area is cleaned up!
- We have all of our batons, shot put, javelin, and discus, and vault equipment.
- You have your personal apparel and competition shoes in your bag.
- Congratulate the opposing athletes, parents, coaches and thank them for hosting the meet.
- You look after our 9th graders and make sure they have all of their stuff, had a good time at the meet, and ask them what they learned and how they had fun.
- Find ways to contribute to everyone making it to the bus on time and ready to head back to HHS (pack up canopies, ask coaches how you can help, etc).



Herriman High School Track & Field

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