



2023

# UIAAA Invite

Saturday is our second invitational of the 2023 XC Season! The weather looks good and we have an opportunity to build off the success of our first couple meets. 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. Time to face some solid competition and prove we are ready! Please email Coach Soles with questions.

What to bring?	Important Meet Facts	Time Schedule
<b>Uniform:</b> (on when you get to the bus) No Outside Clothing! Limited Jewelry	First event is at 8:00 am	Arrive at HHS: 6:15 am
<b>\$\$\$</b> for T-shirt or snack bar	This is a very competitive meet and will be a good test of our improvements from the first 2 meets this season.	Buses Leave School: 6:30 am
<b>Running shoes/Spikes</b> and extra pair of socks	Frosh/Soph Girls – 8:00 am Frosh/Soph Boys – 8:30 am Varsity Girls – 9:00 am Varsity Boys – 9:25 am JV Girls Race 1 – 9:50 am JV Boys Race 1 – 10:40 am Awards – 11:40 am	Arrive at Meet: 7:20 am
<b>Food: ex:</b> bagels, bananas, fruit, water and Gatorade	<b>Buses leave from the north side of the high school by the main gym</b>	Leave Meet – 12:30 pm
<b>Extras:</b> Sunscreen, back-up water	<b>Spanish Fork Sports Park Sports Complex</b> 295 West Volunteer Drive, Spanish Fork UT 84660	Arrive at HHS: 1:30 pm

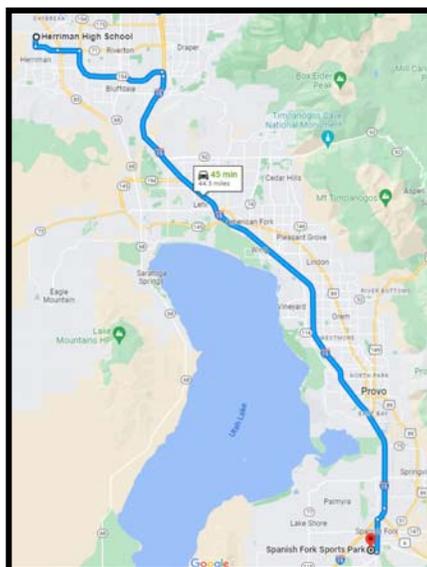
← from Herriman High School, 11917 S, Mustang Tr...  
to Spanish Fork Sports Park, 295 Volunteer Dr, Sp...

**45 min (44.3 miles)**  
via I-15 S  
Fastest route now due to traffic conditions

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

- > Get on I-15 S in Draper from UT-154 S  
15 min (9.8 mi)
- > Follow I-15 S to UT-156 S/N Main St in Spanish Fork. Take the UT-156/Main St exit from I-15 S  
28 min (32.2 mi)
- > Continue on N Main St. Drive to Volunteer Dr  
6 min (2.3 mi)

**Spanish Fork Sports Park**  
295 Volunteer Dr, Spanish Fork, UT 84660



**Herriman High School Track & Field**  
Coach Soles – Cell # 951-326-6992  
Email – doug.soles@jordandistrict.org