



2025

# Tiger Trials

Saturday is a big invite at **Orem High School** (moved back this year). The weather looks warm and windy and we should be ready to compete against some of the best athletes in Utah this weekend! The bus leaves very early, so make sure to set 2 alarms and be to the school on time. Make sure you get there in time to get your equipment loaded on the bus. 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. Entries are limited, so only top varsity will get in. PR Time! We are going to multiple invites this week, so make sure you know which one you are in.

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!	First events are at 8:00 am	Arrive at HHS: 6:00 am
<b>\$\$\$</b> for food if they have a snack bar.	This is a big varsity meet, be prepared to compete at your best!	Buses Leave School: 6:15 am
<b>Running shoes/Spikes</b> and extra pair of socks	Check the entries online to see what you are in!	Arrive at Meet: 7:00 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 – 7:00 pm
<b>Extras:</b> Sunscreen, water	<b>Orem High School</b> 175 S 400 E, Orem, UT 85097	Arrive at HHS: 7:30 pm

**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 9<sup>th</sup> 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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