



2025

Airshow Invite

Saturday, we head over to the Airshow Invite at Cedar Valley High School in Eagle Mountain. The weather looks good but bring lots of layers for the morning and later in the meet as it gets cold. Parents can check their athlete out and take them home after their last event as needed. The bus leaves at 7:00 am, so make sure to set an alarm and be to the school on time. The meet may finish later, so check the schedule so you know how it is progressing. Coach Baggett will be the head coach at this meet for HHS.

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!	Everything begins at 9:00 pm	Arrive to HHS: 6:50 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: 7:00 am
<u>Running shoes</u> /Spikes and extra pair of socks	Check the entries online to see what you are in!	Arrive at Meet: 7:30 am
<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 – 5:30 pm
<u>Extras:</u> Sunscreen, water	Cedar Valley High School 1389 Aviator Ave, Eagle Mountain, UT	Arrive at HHS: ~6:00 pm

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

- Our team area is cleaned up!
- We have all 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 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).
- Prepare for a long day!



Herriman High School Track & Field

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