



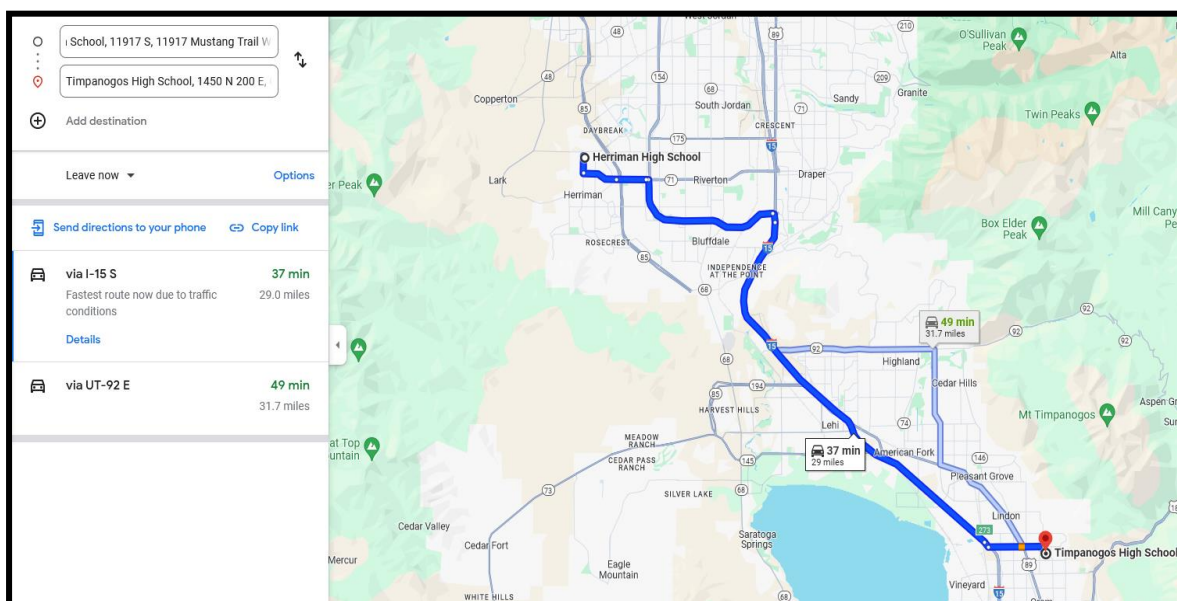
2025

# Alpha Invite

This week we travel to the Alpha Invite on Saturday, and it is a very competitive invite at Timpanogos High School. The weather looks to nice, but cool in the morning. We should be ready to get some good experience against some solid competition! Be on time, in uniform, ready to compete! There are buses down and back, so be prepared to be to the school on time for the bus. Buses may return home earlier or later than listed, it just depends on the flow of the meet and the number of entries...

Please email Coach Soles with questions.

What to bring?	Important Meet Facts	Thursday
<b>Uniform:</b> (on when you get to the bus) No Outside Clothing!	First Events Start at 9:00 am	Arrive at HHS: 7:20 am
<b>\$\$\$</b> for food if they have a snack bar.	Check in at your field events and ask questions so you understand the process.	Bus Leaves School: 7:30 am
<b>Running shoes/Spikes</b> and extra pair of socks	Check the entries online to see what you are in!	Arrive at Meet: 8:00 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 – 6:00 pm
	<b>Timpanogos High School</b> 1450 N 200 E Orem, UT 84057	Arrive at HHS: 6:30 pm (this is just a guesstimate)



**Herriman High School Track & Field**  
Coach Soles – Cell # 951-326-6992  
Email – [doug.soles@jordandistrict.org](mailto:doug.soles@jordandistrict.org)