

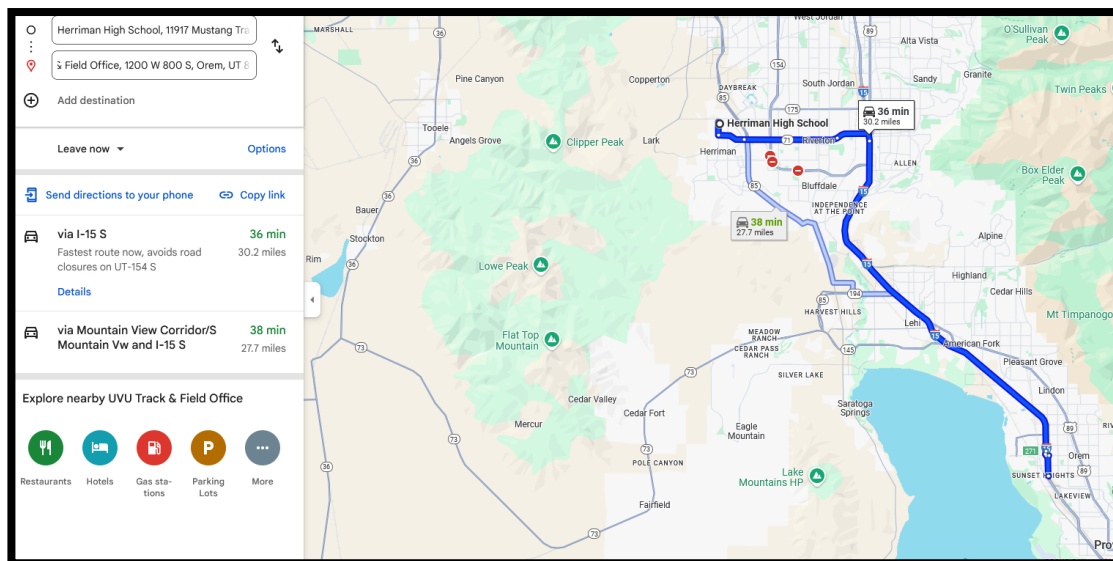


2025

Early Bird Invite

The Early Bird Invite is a big early season meet at **Utah Valley University**! It is always great to race the top teams, and we should see some very good teams here. We go to represent Herriman with our best and hope to continue to show we will be one of the best overall combined track programs in the country this season. Be prepared for a tough schedule for some of you with both Friday and Saturday events. This meet will have high pressure but will be great in preparing us for the State Meet. There is amazing competition in every event, so please be prepared to watch events as well as compete in them. Please double check **your** entries posted for qualifiers. This is a very competitive meet and only our top athletes will make it in. Prepare for cold and maybe rain!

What to bring?	Friday Time Schedule	Saturday Time Schedule
Uniform: (on when you get to the bus)	Bus Leaves Herriman: 1:00 pm Bus Arrives at UVU: 1:35 pm	Arrive at Herriman: 7:15 am Bus Leaves Herriman: 7:30 am
\$\$\$ for T-Shirt (optional) & Food (snack bar)	Bus Leaves UVU: ~8:00 pm	Bus Arrives at UVU: 8:05 am Bus Leaves UVU: ~4:00 pm
Running shoes/Spikes and extra pair of socks	Bus Returns to Herriman: 8:45 pm (Always a Guesstimate)	Bus Returns to Herriman: 4:40 pm (Always a Guesstimate)
Food: ex: bagels, bananas, fruit, water and Gatorade	First Events 3:00 pm	First Events 9:00 am
These can be long days, have a plan for blanket, jackets, food, hydration, naps, etc.	Utah Valley University 800 West University Pkwy Orem, UT 84058	Have a plan for checking in, warm-up, hydration, etc.



Please double
check
directions
before leaving



Herriman High School Track & Field
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